



## Rotary South Plaza The Next Phase Of ArtsPark

As part of ongoing enhancements to the Alliance for the Arts ArtsPark and campus, the Alliance recently announced the Rotary Club of Fort Myers South Plaza, on the southwest corner of its campus. The plaza is made possible by a \$25,000 gift from the club to the Alliance. To commemorate the project, a Rotary plaque will be installed and dedicated this summer.

"The arts and Rotary have long been intertwined," said Greg Blurton, past president of Rotary Club Fort Myers South and Edison National Bank vice president. "The Rotary Club of Fort Myers South is honored to support the Alliance ArtsPark, as it is the perfect opportunity to bring together our similar mission of transforming lives and improving culture and community through inspiration. We are thankful to partner with the Alliance to dedicate the Rotary South Plaza for our community to enjoy – ultimately building goodwill and better friendships."

The Rotary South Plaza is part of the



ArtsPark at the Alliance for the Arts

photo provided

overarching Alliance ArtsPark & Water Wall. Completed project highlights include new crosswalks, sidewalk, pathways, lighting, landscaping reflecting Southwest Florida ecosystems, a new contemporary

building paint job and a reshaped retention basin that is more effective at collecting and cleaning stormwater. All enhancements will be anchored by the installation of the Caloosahatchee Water

Wall by internationally acclaimed artist Michael Singer.

"Our club is proud to support this plaza which serves not only to beautify the community, but also makes the Alliance for the Arts' ArtsPark even more accessible and welcoming to the residents of local neighborhoods along McGregor Boulevard," said Kerri Goldsmith, current president of Fort Myers Rotary South. "The leaders of the Rotary Club of Fort Myers South understand the widespread impact of the arts on our community and are thrilled to partner with Alliance for the Arts on this project."

"The Alliance is proud to have a space dedicated to Rotary South and their mission to unite people and take action to create lasting change across the globe," said Alliance for the Arts Board President and Rotarian Jon Romine. "Rotarians are known for their passion and commitment to sustainable projects from literacy to education to water and health. Like our fellow Rotarians, the Alliance is working hard to improve the health and wellness of our neighbors and neighborhood through the arts and campus beautification. It's a perfect partnership."

For more information, visit [www.artinlee.org](http://www.artinlee.org).

## Beach Approves Fireworks, But Not Specifically July 4

by Bob Petcher

Fireworks on Fort Myers Beach for America's 244th birthday may or may not happen. However, on Monday, town officials agreed on taking one step closer to a fireworks show sometime this year.

The Fort Myers Beach Town Council approved to authorize Town Manager Roger Hernstadt to execute a revised contract with Garden State Fireworks in the amount of \$27,000 for the 20-minute choreographed display between July 4 and December 31. A nonrefundable deposit of \$13,500 – 50 percent of the total cost – would have to be included with the signed contract, which was revised with language increasing a 90-day window to hold the fireworks show to 180 days to include New Year's Eve.

Councilmember Jim Atterholt believes Memorial Day weekend will be a good test run to see if people can adhere to social distancing. He asked Hernstadt to speak to other community officials on best practices and on the feasibility of fireworks on the Independence Day holiday this year. Hernstadt believes June 1 would be a drop dead date to sign the fireworks contract.

"The vast majority of people on



Fireworks on Fort Myers Beach

photo provided

this island and (visitors) have been very supportive of the social distancing new norms and have been very respectful. We should base our public policy based upon that we can trust people to do the right thing," Atterholt said.

A plan of action including the Lee County Sheriff's Office and Fort Myers Beach Fire Department should be the next step for beach officials to decide if July 4 is viable to have a fireworks show on the beach pier as in years past or on a barge in

the back bay, a "decentralizing" suggestion from Councilmember Bill Veach.

"If we had a plan put together between now and then that set forth some sort of operational idea of how this would happen on the Fourth of July at nighttime, then we might be able to vote on this," said Beach Mayor Ray Murphy. "Not knowing that at this point is a bit of a crapshoot, I think. We are all very much at risk at what happens down here. Our charge is to protect the health and welfare of our

people, and I am going to do everything I can to ensure that."

### State Of Florida Full Phase I

On May 18, Gov. Ron DeSantis' Safe. Smart. Step-by-Step. Plan for Florida's Recovery entered full phase I. Following are details of that plan:

Restaurant and Food Establishments – May increase indoor capacity to 50 percent with proper social distancing; and outdoor seating encouraged.

Retail – May operate up to 50 percent capacity indoors.

Barber Shops and Salons – Barber shops, hair and nail salons can reopen but must follow safety protocols.

Gyms and Fitness Centers – May operate up to 50 percent capacity; machines and surfaces must be self-sanitized after each being used.

Museums and Libraries – May operate up to 50 percent capacity if allowed by the local governments.

Amusement Parks – Amusement and theme parks are now allowed to submit reopening plans to the state.

Pro Sports – Professional sports teams are welcome in Florida; professional sports venues may open and operate for games, events and training.

Elective Surgeries – Elective surgeries may continue if a facility has adequate personal protective equipment, hospital bed surge capacity and works with the local community to prevent and contain outbreaks in long-term care facilities.

Nursing Homes – Visitation in long-term

continued on page 14

Historic Downtown Fort Myers, Then And Now:

# Saloons’ Last Days On First



by Gerri Reaves, PhD

Circa 1906, James E. Hendry, Jr. stood near the southwest corner of First and Jackson and pointed his pinhole camera westward.

If you could walk toward the horizon along the unpaved rutted streets in his photo, you’d soon find yourself at the river’s edge just beyond Monroe.

The image shows much of the main business – an indication just how small it was at the time.

Symbolizing the changes to come is the three-story brick Bradford Hotel (center right). It had opened in November 1905 and was the town’s second brick building.

By 1910, most of the wood-frame structures in the photos would be replaced with brick ones.

But the wood-frame buildings aren’t the only things that will soon vanish from First. So would the saloons.

The first decade of the 20th century was still a rowdy one for downtown, with cowboys still coming into town to leave their horses at livery stables while they whooped it up at the saloons.

The ensuing havoc raised the ire of some citizens, particularly women, who wanted a more civilized downtown.

That meant eliminating saloons as well as alcohol consumption altogether, if possible. Women wanted to feel safe on the streets.

The Women’s Christian Temperance Union (WCTU) and prominent women were among those waging an ongoing fight for a “dry” Fort Myers.

An incident recounted in Johnny Woolslair Sheppard’s family history, *One Man’s Family in Early Fort Myers, 1898-1945*, illustrates the “wild west” atmosphere that sometimes prevailed on the nighttime streets of Fort Myers and explains why the south side of First Street had a bad reputation.



James Hendry, Jr. took this westward view down First Street from Jackson circa 1906. At left are two saloon signs that would disappear when the town went “dry” two years later.

photo courtesy Florida State Archives



The sidewalks are now wider and the view more crowded, but the Bradford still stands and alcoholic drinks are sold on First, just like in the old days

photo by Gerri Reaves

As Sheppard recounts, his grandparents, John K. and Hattie Woolslair, arrived in Fort Myers in 1901 as newlyweds. They planned to move to the home John had built for them on the Orange River, but stayed that first night in town at Hill House on Lee Street.

That Saturday evening after dinner, his grandmother strolled towards First and Jackson and Harvie E. Heitman’s store. She witnessed two men fighting in the middle of First, and one man shot the other.

Another witness to the fight, Florida (Mrs. Harvie E.) Heitman, reassured Woolslair that the violence was not entirely representative of the town. Usually such incidents occurred only on Saturday nights when the cowboys came to town.

She said the wise strategy for ladies was not to walk on the south side of First where the stables and bars were.

Around the time this photo was snapped, there were at least three saloons along that side of the block alone, and signs for two are visible.

The large oval sign for one successful establishment of the period, Powell & Hawkins Murray Street Club, features the saloon’s name, as well as the word “whiskey” at the center.

Visible just beneath that sign is another “Saloon” sign, likely “Jim & Jerry Saloon,” proprietor JW Sewell.

In 1929, when Hendry was interviewed about this photo, he mentioned that across First and next to the Bradford stood a one-story “false front building” where liquor was sold.

Other notable drinking establishments in the town’s early decades were Charlton T. Tooke’s, which he opened in 1883 and ran only briefly before making enough money to enter the cattle business; Taff Langford’s Golden Palace; and Gilbert’s Oyster Saloon.

The struggle over whether the town would be wet or dry began in the 1880s, if not before. But once the town and county were incorporated, 1886 and 1887, respectively, the pro- and anti-alcohol lobbying began.

In the early years, there were several Lee County votes on the wet-dry issue and the results ping-ponged.

However, even when the county became officially dry and saloons had to close, alcohol was still available from bootleggers and moonshiners. Then there were the

continued on page 5

Independently Owned And Operated  
COPYRIGHT 2020 The River Weekly News  
LORKEN Publications, Inc.

**Publisher**  
Lorin Arundel

**Accounting**  
Mike Terry

**Advertising**  
Bob Petcher

The River Weekly News will correct factual errors or matters of emphasis and interpretation that appear in news stories. Readers with news, tips, comments or questions, call 239-395-1213 or write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957. FAX number: 239-395-2299. Email: [press@islandsunnews.com](mailto:press@islandsunnews.com). Email: [ads@islandsunnews.com](mailto:ads@islandsunnews.com)  
The River Weekly News reserves the right to refuse, alter or edit any editorial or advertisement.

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

**Reporters**  
Gerri Reaves, PhD  
Jeff Lysiak

**Contributing Writers**  
Jennifer Basey  
Kay Casperson  
Suzy Cohen  
Linda Coin  
Marcia Feeney  
Katie Frederic  
Shelley Greggs  
Tom Hall  
Marion Hauser, MS, RD

Ross Hauser, MD  
Craig R. Hersch  
Capt. Matt Mitchell  
Trinette Nelson  
Howard Prager  
J. Brendan Ryan, CLU,  
ChFC, MSFS  
Di Saggau  
Jeanie Tinch

**Read Us Online: [www.IslandSunNews.com](http://www.IslandSunNews.com)**

**THE RIVER**  
**WEEKLY NEWS**  
FROM THE BEACHES TO DOWNTOWN FORT MYERS



Lunch ladies make their way around the community photos provided

## Free Meals Delivered To Condo Residents

During these uncertain times, three members of the Myerlee Park North Condo Association are lifting spirits by preparing and delivering hot lunches to the residents of the 24 homes in the age 55 and older community. They have done so for the past nine Tuesdays.

The good samaritans are Kevin Boyanowski, who has been nicknamed



Hot lunches delivered with a smile

"Chef Kevin," his wife Mariann and Faith O'Nesti, Mariann's cousin. Chef Kevin has prepared most of the food, while the ladies have delivered the hot food in their golf cart dubbed "Meals on Wheels."

The kind act is reportedly not done for praise or reward, but out of the generosity of their hearts. They have turned down any mention of monetary payment or donation in return for their gifts of love, however, many residents have shown their appreciation to them with flowers, balloons and candy. Residents say it is so nice to not only receive these hot meals but to also see how cheerful and excited they are on their deliveries.\*

## Alliance Digital Theatre Plays On Thursday

Theatre Conspiracy at the Alliance for the Arts will present a series of online plays beginning Thursday, May 21 at 7:30 p.m. This virtual streaming will give audiences a chance to experience theatre from their own homes during physical distancing and creates opportunities for actors in the area to perform safely from home.

The Best Seats In Your House series continues on Thursday, May 28. Productions are directed by Bill Taylor and include local favorites Stephanie Davis, Kayleigh O'Connell, Anna Grilli, Lemec Bernard, Imani Williams, Madelaine Weymouth, Steve Coe and Katie Pankow.

Productions are free to stream, but a suggested donation supports the future of the arts in Southwest Florida. Pre-registration is required at [www.artinlee.org/bestseat](http://www.artinlee.org/bestseat) in order to provide an access link prior to showtime.

On May 21, experience short one-act plays written especially for online viewing:

*Taking Sum Lumps* by Ken Preuss, starring Kayleigh O'Connell and Anna Grilli; directed by Bill Taylor – A young woman breaks a mirror and is offered options by an agent in charge of dispensing the bad luck. Will she spread the bad luck across seven years or take it all in one lump sum?

*Screen Time* by Jonathon Ward, starring Imani Williams and Lemec

Bernard; directed by Bill Taylor – Mag and Ryan, best friends since college, confront doom with Zoom, social distancing with close-up romancing in a pandemic fatigued world.

*Day Four* by Reina Hardy, starring Madelaine Weymouth and Steven Coe; directed by Bill Taylor – Amanda and Gabe are in Day Four of lockdown at each other's apartments. Gabe is engrossed in video games, while Andrea begins to need more. She is online and in love with him while Gabe is online and in a battle for his video game life. Will Gabe respawn in his video game or in love?

On May 28, the short one-act plays written especially for online viewing include:

*Love Mom* by Shelley Stolaroff Segal, starring Stephanie Davis and Katie Pankow; directed by Bill Taylor – The last time they talked, Megan called her mom a "Karen." Mom found out what that means. They are miles apart from each other and not just geographically.

*Last Call* by Lia Romeo, starring Madelaine Weymouth and Steven Coe; directed by Bill Taylor – Eric's plane is in a steep descent. He makes one last call to the one woman he owes an apology. Can he win back her love before the plane crashes? Which wing of the plane fell off first? Was that a baby flying through the cabin? Will Wendy ever forgive him? Was that really a baby?

Productions are free to stream, but a suggested donation supports the future of the arts in Southwest Florida. Pre-registration is required at [www.artinlee.org/bestseat](http://www.artinlee.org/bestseat) in order to provide an access link prior to showtime.\*

# STIFEL

Investment Services Since 1890

**WE ARE PLEASED  
TO WELCOME**

**Jennifer Basey**  
First Vice President/Investments



## KNOWLEDGE

**For 130 years,** Stifel has served as a trusted financial advisor to individuals, just like you. Our knowledge and service have helped clients navigate all market cycles, even the difficult ones.

## SERVICE

**Stifel, a full-service wealth management and investment banking firm,** has the professional expertise and resources to assist you in developing a financial strategy designed for the challenges of today's up-and-down market and your long-term goals.

## EXPERTISE

Contact our office in  
**Fort Myers, Florida.**

**(239) 985-6540**  
**[baseyj@stifel.com](mailto:baseyj@stifel.com)**

12670 Creekside Lane, Suite 402  
Fort Myers, Florida 33919

Stifel, Nicolaus & Company, Incorporated | Member SIPC & NYSE | [www.stifel.com](http://www.stifel.com)

Fort Myers Art:

# Thinking About Next Role Helps Actor Amid Hiatus



by Tom Hall

**T**J Albertson is one of Southwest Florida's rising community theater stars. In the past two seasons, he has turned in outstanding performances as the priest in *The Crucible*, *Anorexia*

*Nervosa* in *The Legend of Georgia McBride*, *The Soldier* in *Andorra*, Tyler Johnes in *And the Winner Is...* and bad boy Timmy in *Hand to God*.

But with all of the nation's theaters shuttered indefinitely, Albertson no longer has an outlet for his creative impulses.

"On the days I didn't have rehearsal, I didn't know what to do with myself," Albertson concedes. "Now that (theater) has been taken away, it's an even greater loss."

Feeling adrift between roles may be disquieting, but it pales in comparison to the existential threat to the viability of local theater posed by COVID-19. Albertson voices the fear that if the mandate for social distancing goes on for too long, some local theater companies may find it impossible to reopen. And those that do may find it impossible to attract audiences since so many patrons have lost jobs and



TJ Albertson

photo courtesy [www.artswfl.com](http://www.artswfl.com)

their livelihoods.

"It's pretty terrifying, I'm not going to lie," said Albertson over the phone. "If there isn't the money for necessities, there certainly won't be discretionary income for theater. Every actor's worst fear is finding an empty house when they show up to perform."

Still, Albertson is an optimist at heart.

He points to Brendan Powers and Rachel Burttram's Tiny Theatre as a groundbreaking initiative for maintaining interest in theater until it becomes possible to resume live performances.

He's mindful, too, of other virtual opportunities, such as Florida Repertory Theatre's live stream of its canceled productions of *A Doll's House Part 2* and

*Every Brilliant Thing* and the National Theatre's plans to stream a free play every Thursday night.

Observing that people are binge-watching shows on Netflix and Hulu, Albertson also senses an opportunity to inculcate an interest in live theater among people who never previously considered themselves theatergoers. "With so many people working from home, this might actually give us a chance to create an interest in the performing arts in people who've never gone to a play or musical before."

To assuage their tattered nerves, they're turning to the visual and performing arts in record numbers – albeit in virtual formats.

"In times of absolute darkness, we turn to the arts," Albertson sagely observed. "They're so important in helping us get through tough times."

Since moving to Southwest Florida from Fairfax, Virginia in 2017, Albertson has found a home at Lab Theater and plans to do all that he can to help The Lab negotiate the turbulent waters (it's more akin to a tsunami) caused by the pandemic.

He feels privileged to have participated in so many incredible shows and wants to ensure that others get to enjoy the edgy, avant garde productions for which Lab is known.

Meanwhile, Albertson is honing his skills during the hiatus so that he's ready to hit the ground running once it becomes possible to stage live performances again. A recent Meisner Level One graduate, Albertson is wading through a stack of plays he's acquired over the years but never had the chance to read.

"As I read them, I'm thinking, if I was cast as this character or that character, how would I play the part?"

Whether it's a comedic part or a serious role, the key for Albertson is finding his character's motivation. "For me, it's finding those areas in the script that I can really dive down into and, from there, making bold choices and sticking with them."

He gives credit to each of the directors with whom he's worked with for giving him the tools needed to continually improve. He worked with Annette Trossbach in *The Crucible* and *Andorra*; Nykkie Rizley in *Hand to God*; Carmen Crussard in *And the Winner Is...*; Steven Coe for the *Festival of Tens*; and Brett Marston in *The Legend of Georgia McBride*.

But his most recent mentor was none other than New York director and Meisner instructor Steven Ditmyer in *How to Transcend a Happy Marriage*.

"The best actors are the ones who are constantly thinking about and hunting for that next role," Albertson said. "So that's what I'm trying to do."

Once the outbreak ends and it becomes possible to resume staging live performances, Albertson will be on the forefront of the effort to revitalize our local theater scene.

He's committed.

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

## Virtual Burger Battle To Benefit Animal Sanctuary

**M**illennial Brewing Company in Downtown Fort Myers will host the first ever Plant-Based Virtual Burger Battle amidst COVID-19, with the help of Food Idea Group and Carbon Press to benefit the Humane Haven Animal Sanctuary. The burger battle runs from Monday, May 25 at 5 p.m. to Saturday, May 30 at 10 p.m.

This 100 percent plant-based burger battle is meant to support local restaurants, bring attention to the supply chain breakdown and alternative meat options, and deliver a safe and enjoyable event to the public in time for National Burger Day on Friday, May 29. The burger battle will allow local restaurants and food trucks from Port Charlotte to Marco Island to go head-to-head in offering a single competition burger that is 100 percent plant-based.

"We're incredibly excited not only to bring Southwest Florida its very first virtual food competition, but also support our small local restaurants and food trucks while bringing attention to important issues of sustainability in our food chain supply and simultaneously raising money for a local nonprofit," said Amber Cebull, co-owner of Millennial Brewing Company.

Customers can purchase a plant-based burger for take-out from any of the participating food trucks or restaurants during the first five days of the competition and are encouraged to register their votes

online for the Best Plant-Based Burger. Voting URLs will be provided upon purchase for voting.

To view participating restaurants (updated frequently) or to enter your brick-and-mortar restaurant or mobile food truck into the competition, visit [www.swflburgerbattle.com](http://www.swflburgerbattle.com).

The six-day burger battle will culminate in a social-distance tailgate where attendees can listen to live music, order burgers from select participants, and tailgate in a social-distance tailgate parking lot at Millennial Brewing on May 30 from 5 to 10 p.m. VIP tailgate spots are available for a \$20 donation to Humane Haven Sanctuary. The burger battle winner will be announced at this event, following strict social-distancing guidelines and on Facebook Live and media outlets.

To purchase a tailgate spot, visit [www.swflburgerbattle.com](http://www.swflburgerbattle.com)

"This is a great way to unite the food community in a fun and engaging event while still remaining safe to the public and we're happy to sponsor and support it," said Rafael Feliciano, president of Food Idea Group.

Humane Haven Animal Sanctuary is a grass roots, non-profit organization based in Fort Myers that focuses on natural disaster rescue, the rescue and rehabilitation of both domestic and farm animals as well as animal adoptions. They are currently raising funds for various emergency cases as well as the initial infrastructure on their five acres to be able to welcome their first farm animal rescues.

For more information, call Millennial Brewing at 271-2255 or visit [www.facebook.com/pg/millennialbrewing](http://www.facebook.com/pg/millennialbrewing)✴

**NATURE BRACKETS**

[naturebrackets.com](http://naturebrackets.com)  
[info@naturebrackets.com](mailto:info@naturebrackets.com)

**New Designs Available at  
Forever Green Ace Hardware**  
2025 Periwinkle Way • Sanibel, FL

**For a Full Mailbox  
call Dave at  
(239) 454-1001**

**DANCE PARTY**  
2nd Saturday of the month! Ballroom, Latin, Swing. 6 p.m. lesson followed by open dancing.

**Suzanne's**  
DANCE | FITNESS

*Fitness with Flair @ Royal Palm Square*

Boutique-style group exercise and dance studio. Unique classes, friendly and inviting atmosphere.

**DANCE FITNESS**  
Cool moves, cool music, total body, low impact. Dance fitness, group exercise, contemporary movement, step aerobics, body sculpting.

**SOCIAL DANCING**  
Foxtrot, waltz, rumba, cha-cha, tango, swing, and more! Private lessons, and beginner, intermediate, and advanced group lessons. No partner needed.

239.822.9226 • [sdf@DanceSuzannes.com](mailto:sdf@DanceSuzannes.com) • [www.DanceSuzannes.com](http://www.DanceSuzannes.com)  
Royal Palm Square, 1400 Colonial Blvd. #27, Fort Myers



Sara Hassan



Nikita Danesh

## Middle Schoolers Pass Bills During Youth E-Congress

The School District of Lee County recently congratulated Lexington Middle School students Sara Hassan, Nikita Danesh, Jacob Paschall and Michael Briseno for writing and passing two bills during the Youth Leadership Initiative's National E-Congress. YLI's E-Congress allows students to simulate the role of a representative in the United States Congress, by researching and drafting legislation, debating it in legislative committees and voting.

"This is a tremendous accomplishment based on serious hard work and dedication," said Lexington Middle Social Studies teacher Cindy Volpe. "These students thoroughly researched, designed and formulated bills which were then vetted by adults and other students through an extremely rigorous, multi-stage legislative process. One of the things that makes me most proud of these students is that they chose to write bills designed to protect the rights of often marginalized groups – children with disabilities and immigrants."

Volpe engaged her seventh grade gifted social students' class with the



Jacob Paschall



Michael Briseno

E-Congress in January. The students developed nine bills, which were sent to other schools around the country for debate and amendments. Just before spring break, four were moved to a final vote. The E-Congress then virtually convened in April to approve two of the students' bills.

Sara Hassan and Nikita Danesh wrote a bill to create the Federal Disability Database. "The purpose of this bill is to create a Federal Disability Database (FDD) that would store the information from free developmental/behavioral testing for preschool age children," the bill says. "The reason for this early analysis is to get a disability diagnosis quickly. This is key to helping the person get whatever services, therapies and medication they may need in order for them to have the best possible life outcome."

Jacob Paschall and Michael Briseno wrote the No Immigrants Mistreated Act "to establish funding cuts on border security in order to fund immigration processing, simplify citizenship paths and improve justice in immigration courts." They proposed a new agency, The Department of Protecting Immigration, to manage border security, fund immigration courts and distinguish between asylum seekers and criminals at border crossings.

All four students will soon receive a certificate from the Youth Leadership Initiative honoring them for having a bill passed in the National E-Congress.✧

## Lee School District Nurse Of The Year

Wally Colon has been selected as the 2020 School District of Lee County Nurse of the Year. She was nominated by the administration at Veterans Park Academy, "because she is a rock star and always gives 100 percent."

"Wally provides a calm, rational answer to teachers and parents when there is a medical issue, which means the world to the school because that calm helps others calm down in crisis situations," said Veterans Park Principal Mary Blackmon. "She went above and beyond her responsibilities by reaching out and helping the community during this COVID-(19) event. She is a wonderful nurse, an amazing co-worker, and an all-around genuinely kind person."

Colon spends three days in the clinic at Veterans Park taking care of students' health care needs and assisting office staff. Her other two days are spent at G. Weaver Hipps Elementary School. She organized the district's donation of personal protective equipment that doubled some of the supplies at Lehigh Regional Medical Center in late March.

"Being honored as the district's Nurse of the Year is truly surprising and a humbling experience," Colon said. "I am honored to represent all the wonderful and amazing school nurses throughout our great district. We couldn't do this job without each other. We are a small department but we are mighty! We speak up for what is right, we advocate for our students and families, we fight for change,



Wally Colon

photo provided

we ensure for their health and wellbeing, every single day. Our voices, as healthcare professionals, are heard, valued and respected."

District and school staff surprised Colon with a car parade on Nurse Appreciation Day, presenting her with her award, flowers, balloons and a cake.

"Thank you to all our wonderful hard-working school nurses for their continued medical care and support of our students and staff," said Health Services Coordinator Beth Wipf. "Their expertise and excellent medical support to our students on a daily basis allows students to focus on their academics and excel in school."✧

From page 2

## Historic Downtown

unofficial "blind tiger" saloons that those in the know patronized.

Among several factors that date this photo before 1908 is that in that year the town once again went dry after the famous Carrie Nation of the WCTU came to town and preached the sins of alcohol.

Fort Myers then had a 25-year dry period, at least officially. In 1933, the Eighteenth Amendment of the U.S. Constitution that had instituted Prohibition in 1919 was repealed.

As for the frame structures on the left in the historic photo, they were replaced by the Bank of Fort Myers Building in 1910 on the corner and the Langford Building next to it the following year.

Coincidentally, while the block lost saloons in 1908, it gained its first movie theater, the Grand, in the Langford Building the same year, adding to the town's non-drinking amusements.

Walk down First Street and imagine when it resembled the old Wild West.

Then visit the following research centers to learn more about the transition from cowtown to city.

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

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

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

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

## Sincerely working for you!

SW Florida, Fort Myers Beach, Sanibel & Captiva Islands is All About Home

### McGregor Park Villa

Listed at \$207,900



### Fort Myers Beach

Listed at \$471,000



### REAL ESTATE SPECIALIST

SW Florida, Fort Myers Beach, Sanibel & Captiva Islands is All About Home

**Cathie Lewis, Realtor**

Phone: 239-745-7367

Cathie@AllAboutHome.Life  
Pfeifer Realty Group



### Summerlin Place

Listed at \$236,900



# World War II Vet Celebrates 100th Birthday

submitted by Rachel Hafer

Bus Jensen was born in 1920, just as telephones were becoming commonplace in homes. Fast forward 100 years, and Jensen is still using the phone to communicate with family and friends. Sort of. Rotary dial phones are long gone, so these days he’s using an iPad to Facetime his children and grandchildren, and multiple generations recently held a group chat virtually over Zoom.

“There have been so many changes. It’s really a different world,” said Jensen, an Army veteran who was a decoder during World War II. “It hasn’t stopped changing, and it will probably continue to change.”

As a resident at The Preserve, a senior living community in Fort Myers, Jensen has largely remained inside the building as a safety precaution to prevent the spread of COVID-19. His iPad has become a lifeline to the outside world.

“He watches videos on YouTube and Netflix,” said his daughter, Jan Harley. “He does all of his reading on the iPad. That’s how he gets all of his news.”

As Jensen’s 100th birthday was approaching, family and friends wanted to celebrate the milestone, but knew



Bus Jensen’s 100th birthday party at The Preserve

photo provided

a traditional birthday party was out of the question because senior living communities are restricting visitor access. So they arranged a surprise birthday vehicle parade on May 7 and invited friends and family along with the Lee County Sheriff’s Office and South Trail Fire & Rescue District. Cars were decorated with “Happy Birthday” signs and balloons, passing by at a safe distance as Jensen waved to each vehicle.

Then, the party moved inside The Preserve’s spacious screened-in patio – residents and staff on the inside, and family members and media on the

outside. Jensen led a Champagne toast and had a slice of birthday cake with his daughter and son-in-law, who were sitting at a table on the other side of the screen.

Jensen is the first resident to turn 100 at The Preserve, which adopted the same life enrichment program as Cape Coral’s Gulf Coast Village and sponsored by the nonprofit organization Volunteers of America.

Harley was not surprised that her father reached his 100th birthday with relative ease. Jensen’s mother lived until she was 101, and he didn’t smoke, didn’t drink and was an avid golfer. He started playing at age 12, which led to his first

job as a caddie earning 50 seconds per round of golf. Jensen reluctantly hung up his clubs last year at the age of 99.

“He’d go out and golf today if he could,” Harley said.

Rachel Hafer is director of life enrichment and memory support at The Preserve, which offers skilled nursing, transitional care and assisted living facilities.✧

## Blood Drive

Lee Memorial’s big Green Blood Mobile will be at Bonita Bill’s Waterfront Café for a blood drive on Friday, May 22 from 1 to 5 p.m.

Lorraine Semmer, the café’s bookkeeper, was diagnosed with cancer and needed a blood transfusion as part of her treatment, so officials thought hosting a blood drive would be the perfect opportunity to bring about awareness regarding the importance of donating blood, especially during the pandemic.

May 22 is Semmer’s birthday. All donors will receive a thank you gift and free wellness checkup including blood pressure, temperature, iron count, blood type and cholesterol screening.

Blood donations stay locally in Lee County, and bood drives are conducted using social distancing guidelines and appropriate infection control protocols intended to assure the safety of the products, donors, volunteers, recipients

continued on page 12

## Churches/Temples

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

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

**ANNUNCIATION GREEK ORTHODOX**  
Sunday 9 and 10 a.m., [www.annunciation.fl.goarch.org](http://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](http://www.batyam.org), 2050 Periwinkle Way, 579-0296.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**FIRST PRESBYTERIAN CHURCH OF FORT MYERS**  
11 a.m. Sunday, [www.fpcfmyers.org](http://www.fpcfmyers.org), 2438 Second Street, 239-334-2261

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

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

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

Boulevard, 218-8343.  
**LAMB OF GOD**  
Sunday 7:45 and 10 a.m., [www.lambofgodchurch.net](http://www.lambofgodchurch.net), 19691 Cypress View Drive, 267-3525.

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

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

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

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

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

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

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

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

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

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

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

**SAINT JOHN THE APOSTLE**

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

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

**SAINT NICHOLAS MONASTERY**  
Sunday 9:30 a.m., [www.saintricholasmonastery.org](http://www.saintricholasmonastery.org), 111 Evergreen Road, 997-2847.

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

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

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

**TEMPLE JUDEA (CONSERVATIVE)**  
Friday 6:30 p.m. and Saturday 9 a.m., [www.tjswfl.org](http://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](http://www.newchurchflorida.com), 10811 Sunset Plaza Circle #401, 481-5535.

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

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

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

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

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



Minute flowers line one side of scorpiantail's spike, blooming at the base upward  
photos by Gerri Reaves

#### Plant Smart

## Uncommon Names: Tails, Tongues And Feet

by Gerri Reaves

**D**o you ever wonder why some plants have their curious common names? Many derive from a resemblance or relationship to animals or animal features.

Just a sampling of the more intriguing ones are fishfuddle (*Piscidia piscipula*), used as a fish poison; catbrier (*Smilax spp.*), which has daunting thorns; maretail (*Conyza canadensis*); and non-native false hawksbeard (*Youngia japonica*) and foxtail fern (*Protasparagus densiflorus* var. *Myersii*).

Pictured here are three native species with at least one common name based on a resemblance to animal features. All are excellent low-maintenance additions to a butterfly or wildflower garden.

Scorpiantail's (*Heliotropium angiospermum*) undercurving spike of tiny flowers blooms first at the base of the "tail" and continue unfurling upward.

Each minute white flower has five petals and a pale yellow center. Pairs of them line one side of the spike, thus the curve.

Found in the southern half of the state, this perennial shrub of the borage, or forget-me-not, family is found mostly in

coastal areas.

It blooms all year, attracting various small butterflies, and is resilient, fast growing, drought tolerant and somewhat salt tolerant.

Give it a spot in full sun with well-drained soil. It sometimes volunteers in yards.

Deer-tongue (*Carphephorus paniculatus*) is found throughout the state and adapts to a range of habitats.

The tongue-shaped basal rosette of leaves gives this member of the aster family the catchy name.

In summer to winter in long cylindrical spikes of pink to purple, rayless flowers appear that attract butterflies. When in bloom, the plant is about three feet high.

It prefers full sun and well-drained soil. It will even tolerate nutrient-poor soil but not drought or salt.

Because of the tall spikes and vivid flower color, it looks best planted in groups. Give plants space, and they'll spread into a mat of basal leaves one to three inches tall.

Goat's-foot vine (*Ipomoea pes-caprae* subsp. *Brasilensis*) is named for the notched leaves resembling a goat's footprint. In fact, *pes-caprae* means goat's foot.

The two lobed leaves are two to four inches long, and their overall shape is rounded or oblong with a fold along the midvein.

High salt tolerance equips this species



Deer-tongue is named for the shape of the leaves in the basal rosette

for coastal environments. Give it a dry sandy spot in full sun.

It's a champion at preventing soil erosion, sending out runners, rooting at the nodes to bind soil, and sending down deep taproots as long as a yard.

A member of the morning glory family, it has large pink or purplish trumpet-shaped flowers of two to three inches across and made of five fused petals.

They bloom throughout the year, providing food for small wildlife and attracting a variety of pollinators.

The next time you hear a plant's catchy common name, take time to imagine what



Goat's-foot vine is named for the notched rounded leaves

the person who thought of the name had in mind.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wildflowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, and *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela, [www.floridata.com](http://www.floridata.com), [www.fnps.org](http://www.fnps.org), and [www.regionalconservation.org](http://www.regionalconservation.org).

*Plant Smart explores the diverse flora of South Florida.\**

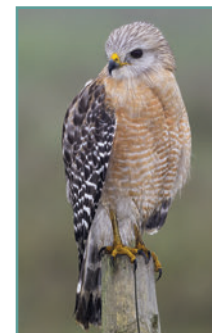
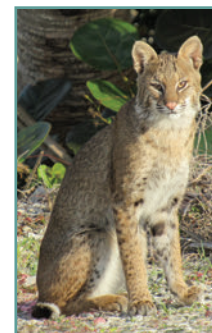
## Help SCCF Bring Back the Barn Owls

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

**Tell your pest control professional to NOT use these rat poisons:**

**• brodifacoum • bromailone • difenacoum • difethialone**

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



**SCCF 472-2329 • [www.SCCF.org](http://www.SCCF.org)**

### Under New Ownership

**Affordable  
ISLAND  
Irrigation**

**Get a Complete System Check Today!**

- Routine System Checks
- Repair of Current System
- New Installations
- Water Audits & Leak Detection
- Residential or Commercial

**239-738-9970**

[AffordableIslandIrrigation@gmail.com](mailto:AffordableIslandIrrigation@gmail.com)

# Back To My Roots



by Capt.  
Matt Mitchell

After a solid week of windy conditions, things finally let up for the weekend. Fishing in the wind is not always a bad thing, although it does make locating tarpon next to impossible. All it took was one calm day and the tarpon reappeared throughout the sound. Calm days are what we all dream of for tarpon fishing as these fish spend much more time up by the surface when its slick.

The eastern side of the sound held more tarpon than I have seen in a week as the winds relaxed. On a trip over the weekend, I had very low expectations after days of bad weather. I decided to ride through a favorite area in the middle sound and give it a quick look before going to plan B snook fishing. Within five minutes, we were greeted with rolling and free jumping fish. After setting up, we jumped a tarpon on a cut mullet within 15 minutes. The longer we sat there, the more fish appeared though they did not cooperate. I can't wait to get back on them tomorrow.

Smooth water creates the perfect conditions to take out my new 16-foot Silver King skiff. When I originally started guiding over 20 years ago, it was on a very similar 17-foot flats boat. More than 10 years ago, I switched to a 22-foot tower boat to accommodate larger groups and be able to fish more comfortably in choppy conditions. Although I love the classic 1969 Aquasport, there is a lot to be said about the stealth of a small boat. Silently moving on a push pole allows you to get much closer to the fish. This return to my roots is a great option to have, and I'm very excited about specific situations this little boat will excel in.

I plan on using this boat for working mangrove shorelines with artificial baits, stalking tarpon on the flats and taking my fly fishing enthusiasts.

The smaller boat seems to put you closer to nature and creates a more peaceful atmosphere. Being able to sight fish while push poling for a variety of species is another fishing experience I can now offer my clients.

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



Longtime client Keith Silar with a windy day Plan B snook caught with Capt. Matt Mitchell this week photo provided

## BOAT RENTALS

Fishing • Cabbage Key  
Dolphin Watching  
Captains Available

**472-5800**  
Jensen's Marina  
Captiva Island

**CLEAR YOUR GEAR™**  
It Catches More Than Fish  
Lead is toxic.  
Choose non-lead weights

**CAPT. MATT MITCHELL**

**Light Tackle Sport Fishing**  
Tarpon • Snook  
Redfish & More

**C: (239) 340-8651**  
[www.captmattmitchell.com](http://www.captmattmitchell.com)  
email: [captmattmitchell@aol.com](mailto:captmattmitchell@aol.com)

## Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.

# ISLAND MARINE SERVICES, INC.

• NEW MOTOR SALES • REBUILT POWERHEADS •  
• FACTORY TRAINED •

MERCURY – MARINER – JOHNSON – EVINRUDE  
SUZUKI – YAMAHA – OMC – I/O'S – MERCURUISER

*Courteous Professional Marine Repair Service • Dockside Service  
Serving Sanibel & Captiva For Life*

**472-3380 • 466-3344**

**Your Bottom Specialist**  
Call on Paint Prices

Dave Doane

## CROW Case Of The Week:

## Bobcat Release

by Brian Bohlman,  
CROW Marketing Manager

The Clinic for the Rehabilitation of Wildlife (CROW) treated and released a sub-adult, female bobcat on May 14 after it was struck by a vehicle on Buckingham Road in Fort Myers.

The cat was hit in the evening on May 7 as it was crossing the roadway. Tammy Streets was driving behind the vehicle that hit her and acted quickly by calling her high school friend, Cat Turner, a former senior staff rehabilitator and sea turtle tech at CROW. Cat and her husband, Kent Turner, rushed to the scene.

"When Tammy called us, she said she had just seen a bobcat get hit by a car and disappear into the brush," recalled Cat. "After about 30 minutes of searching, we gave up and headed for the car. That's when Kent glanced over and saw her in the ditch unresponsive with shallow breathing."

With her knowledge of working with injured wildlife in the past, Cat approached the bobcat slowly with a towel and was able to carefully place it into a cat carrier. Once secure inside the carrier, the bobcat was rushed to Blue Pearl Pet Hospital in Fort Myers, a 24-hour drop-off location for CROW. It was later picked up by a CROW staff member and taken to the wildlife hospital on Sanibel.

"We were very unsure of her chances of survival, but we knew her best chance was to get her to CROW as soon as possible," said Kent. "When we heard that she



A bobcat being released by CROW officials

survived long enough to make it there, we knew she had a fighting chance."

The bobcat arrived at CROW quiet, but alert. Veterinarians suspected she had suffered head trauma from the accident based on how she was acting. She was sedated so that a full exam could be performed, including radiographs and an ultrasound to evaluate for internal injuries.

"She showed aversive behavior like avoiding eye contact, but she was not alert or strong enough to show normal wild cat behaviors like hiding or aggression," said Dr. Megan Cabot, a veterinary intern at CROW. Radiographs did not reveal any broken bones, but the ultrasound showed signs of trauma to the lungs. "No external trauma was appreciated which highlights how important further diagnostics

like ultrasound can be in an emergent situation."

An intravenous catheter was placed in the leg so that fluid therapy and medications could be provided. By the next morning, she was much brighter and more alert. She was kept in the intensive care unit for a couple days to monitor her recovery.

"Bruising in the lungs often gets worse in the first 24 to 48 hours, then resolves over time," said Dr. Cabot. "There is no direct treatment and she is likely still healing, but luckily was strong enough to overcome the initial damage."

The feline then moved to an outdoor rehabilitation enclosure where she continued to be monitored closely using cameras to reduce human interaction.

photo provided

"She showed all normal behaviors and became increasingly stressed being confined in the enclosure," said Dr. Cabot. "Because she appeared fully recovered, when the risk from her stress became greater than the benefit of further monitoring, we cleared her for release."

On May 14, the female bobcat was returned to the area where she was rescued one week earlier. A suitable habitat that was away from the main roadway, thickly wooded and near a stream was selected for her release.

"She was hesitant to come out at first as she could hear and smell us in the area," Dr. Cabot said of the cat's release. "But after a short period of inspecting her surroundings, she shot off into the woods."

"We are both very happy to be a part of this beautiful cat's rescue and release," said Cat and Kent. "With everything going on in the world right now, it's very easy to forget the most vulnerable and innocent among us – the animals. Please consider donating whatever you can to help this fine organization continue helping wildlife."

As a 501(c)3 nonprofit, CROW relies on grants, donations and funds raised through its Visitor Education Center to provide the best care to its wildlife patients. With the ongoing pandemic, CROW's Visitor Education Center has been forced to close to the public, although its wildlife hospital remains open every day to receive and treat injured and orphaned wildlife of Southwest Florida. Donations help provide medical treatment, food and care for the thousands of animals admitted to the wildlife hospital each year. You can make a donation online by visiting [www.crowclinic.org](http://www.crowclinic.org) or on CROW's Facebook page. ✨

## UDDERLY GREAT FOOD!



**SOCIALLY DISTANCED**  
**Indoor & Outdoor Seating**

**DINE HERE OR TO GO**

**CRAZY FULL LIQUOR TROPICAL DRINKS**



2163 Periwinkle Way, Sanibel Island  
239.472.0606 • [SanibelIslandCow.com](http://SanibelIslandCow.com)



## LOOKING FOR A REPAIR SHOP YOU CAN TRUST?

**FREE**  
Pick-Up  
& Delivery  
Options



**TOUCH FREE SERVICE:** Complete clean/disinfect before and after service.  
**COMMUNICATION VIA TEXT & EMAIL FOR PHOTOS & VIDEO TO CLIENT**

### Clean and Honest Car Service

Google rated: 4.8 ★★★★★

We service all makes and models,  
both foreign and domestic.

Highly trained, professional, caring staff.

3 year/ 36,000 mile nationwide warranty.

Same day service in most cases.

**\$45 SPECIAL**  
**Synthetic oil change**  
**and tire rotation special\***

\* See Website for more details.  
Limit one per customer, no cash value, cannot be  
combined with any other offer or discount.

**239-277-1004 • [www.LegendaryFL.com](http://www.LegendaryFL.com)**

1921 Courtney Drive • Fort Myers, FL, 33901-9020

OPEN Mon - Fri 8am to 5:30pm • Sat 8am to 4pm • Sun Closed



State Of Florida MV# 97330

# Heights Center Construction Update

The Heights Foundation/Heights Center continues construction progress on the 36,000-square-foot, \$11.8 million Heights Early Learning and Education Center. The three-story building located on Hagie Drive in Harlem Heights is the latest addition to The Heights Foundation/Heights Center campus and will serve as the new home for GLAD Kids Early Learning Center, serving children birth to age 5, and the Harlem Heights Community Charter School, an elementary school for students in kindergarten through fifth grade. The building is scheduled to open for the 2020-21 school year.

“We are on target for the opening in fall 2020,” said Ryan Propp, construction superintendent with Owen-Ames-Kimball. “The exterior stucco is 75 percent complete, exterior painting has started, drywall finish is completed on the first floor classrooms and interior painting has begun. Cabinetry and acoustical ceiling work has begun on the first floor and site utilities are ongoing.”

“We are pleased that O-A-K has continued to move ahead, on time, with this project despite the COVID-19 crisis,” said Kathryn Kelly, founder, president and CEO of The Heights Foundation/The Heights Center. “We look forward to welcoming back more than 130 students to our charter school and more than 90 children from our early learning program



Heights Early Learning and Education Center at GLAD Kids.”

In addition to classroom space, the colorful building has a large multipurpose room with a capacity to serve meals for 180 students. The building has music and art labs designed with access to an outdoor roof terrace to encourage arts exploration and interaction with the environment. The terrace will also host

the aquaponics and hydroponics gardens. An outdoor play pavilion is included as part of the design for physical education activities. All classrooms have been designed with natural light, flexibility and technology in mind.

Some 84 percent of the project’s budget has been raised so far. Major donors include David Lucas, Jim and

Gaye Pigott, The Fernandez Family Foundation, Joe and Joann Catti, Dinah Bloomhall and FineMark Bank & Trust, as well as several anonymous donors.

For more information, contact Kathryn Kelly at 482-7706 or [kathryn@heightsfoundation.org](mailto:kathryn@heightsfoundation.org). For information about The Heights Foundation, visit [www.heightsfoundation.org](http://www.heightsfoundation.org).✧

photo provided

## COVID-19 Testing Sites In Lee County

There are now five COVID-19 testing sites open in Lee County:

CenturyLink Sports Complex, 14100 Ben C. Pratt/Six-Mile Cypress Parkway in Fort Myers, 9 a.m. to 5 p.m. seven days a week. Last car to be admitted at 3 p.m. No appointment, doctor’s note, symptoms or prescription required, 18 years or older. Visit [www.leegov.com/covid-19/testing](http://www.leegov.com/covid-19/testing).

Walmart parking lot, 4770 Colonial Boulevard in Fort Myers, 7 a.m. to 9 a.m. Monday, Wednesday and Friday. No appointment, doctor’s note, symptoms or prescription required, 18 years or older. Call 866-448-7719 or visit [www.MyQuestCOVIDTest.com](http://www.MyQuestCOVIDTest.com).

Lee Convenient Care – Page Field, 4771 South Cleveland Avenue in Fort Myers, noon to 4 p.m. seven days a week. Must be screened by a physician, received lab orders and made an appointment via phone to 343-9800.

Walmart parking lot, 545 Pine Island Road in North Fort Myers, 7 a.m. to 9 a.m. Monday, Wednesday and Friday. Must have symptoms, appointment required by calling 866-448-7719 Visit [www.MyQuestCOVIDTest.com](http://www.MyQuestCOVIDTest.com).

Walmart parking lot, 2522 Lee Boulevard in Lehigh Acres, 7 to 10 a.m. Monday, Wednesday and Friday. Must

have symptoms, appointment required by calling 866-448-7719 Visit [www.MyQuestCOVIDTest.com](http://www.MyQuestCOVIDTest.com).

The official sites to monitor for the most current information and to which you may access through direct links are:

Florida Department of Health – [www.FloridaHealth.gov](http://www.FloridaHealth.gov).

Centers for Disease Control and Prevention – [www.cdc.gov](http://www.cdc.gov).✧

## LeeTran Schedule Changes

Two bus routes recently returned to their off-season schedules, affecting Bonita Springs and LeeTran’s connection with Collier Area Transit (CAT).

Route 150, serving Bonita Springs and Lovers Key State Park, will run on an off-season Sunday schedule

Route 600, serving Bonita Springs and connecting with Collier Area Transit (CAT), will run on an off-season Sunday schedule

Due to the COVID-19 pandemic, LeeTran continues to provide modified bus service in Lee County. Complete information about current bus schedules is available at [www.rideleetrans.com](http://www.rideleetrans.com) or by calling the customer service team at 239-LEETRAN. LeeTran’s ADA Passport service will not be affected by these modifications. To make a Passport reservation, call 533-0300.

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

## CROW Interactive Wildlife Classes

For a limited time, Clinic for the Rehabilitation of Wildlife (CROW) on Sanibel is offering an opportunity to enhance distance-based teaching curriculum. These interactive sessions allow classrooms to have an open dialogue with their staff.

CROW Education and Outreach Director Rachel Rainbolt served as a Zoom guest speaker for local Sanibel teacher Rachel Stokes’ classroom at Lexington Middle School in Fort Myers this past week. Stokes, a lifelong resident of the island, said her students rarely get to Sanibel, so it’s a unique way to showcase local wildlife. The class sponsored Gigi, the Virginia opossum and Lola, the American kestrel from CROW during distance learning from COVID-19.

Programs are customized based on individual needs, ranging from more formal programs to casual conversations with students about wildlife. All programs feature an animal ambassador, animals that have recovered from injuries or had circumstances resulting in their inability for release to the wild. These members of the education team provide positive interactions with students, thus fostering an appreciation for the connection between humans, animals and the environment.

CROW has the following ambassadors available for virtual programming: Mina, the great horned owl; Lola, the American kestrel; Gigi, the Virginia opossum; Cobb, the corn snake; Irwin, the Florida box turtle; and Sydney, the American alligator.

If you are interested in scheduling a Wildlife Zoom in your virtual classroom or sponsoring one for your child’s class, contact Rachel Rainbolt by email at [rrainbolt@crowclinic.org](mailto:rrainbolt@crowclinic.org) about costs and availability.✧



Rachel Stokes conducting a Wildlife Zoom class

photo provided



Certified Senior Advisor Susan Doyle delivering masks

photo provided

## Face Shields Sent To Healthcare Workers

A deep desire to help healthcare workers. A commitment to its communities. A decades-long friendship. That was the package built out of passion and caring that has enabled Oasis Senior Advisors to provide plastic face shields for hospitals and skilled nursing facilities across the

country.

Oasis Senior Advisors is a nationwide network of compassionate advisors who connect seniors and their families to the resources they need and help make the transition to a senior living community that is the right fit. That compassion took on new meaning recently as Oasis Senior Advisors President John Benbrook took an idea, connected with an old friend and soon thousands of face shields were being produced for hospitals and skilled nursing facilities that partner with Oasis Senior Advisors.

"We really felt like we could help in a good way, help our partners who need it most," Benbrook said.

Benbrook reached out to high school friend Don Terwilliger, president of Digital Color Concepts, a high-tech printing company based in Mountainside, New Jersey, to inquire about their operation producing the shields.

"They jumped all over it," Benbrook said. "They saw the hotspots in New Jersey, New York and Maryland. It was no mystery to them. It literally took us five minutes to put this plan together."

To date, the printing facility has produced thousands of shields that have been distributed to Oasis Senior Advisors franchisees who have donated them to 51 hospitals and 91 skilled nursing facilities. Digital Color Concepts has the capability of producing 500 shields a day and could make up to 17,000. The company is making them for hospitals, nursing homes and food and beverage companies.

"And this is at zero cost to those receiving the shields," Benbrook said. There are shipping costs involved but those are being donated by the franchises distributing the masks.

"In the face of change and in the face of challenges, you focus on what you can control and where you can have a positive impact," said Benbrook, who also thanks his good friend for stepping up so quickly. "There is 35 years of trust there."

In this difficult time, Oasis Senior Advisors franchisees continue to work with senior living communities, skilled

nursing facilities and partners in every industry to connect seniors and their families to the right resources.

"In this uncertainty and doubt, it is easy to get paralyzed," Benbrook said. "Our value is how we communicate. We are finding creative ways to connect to families and business partners through virtual tours and utilizing safety protocols."✧✧

## Quite A Circuitous Route

Sanibel resident Visna Gembicki, formerly of Croatia, received this poem from a Croatian friend, now living in northern Thailand:

"We fell asleep in one world,  
and woke up in another.  
Suddenly Disney is out of magic,  
Paris is no longer romantic,  
New York doesn't stand up anymore,  
The Chinese wall is no longer a fortress,  
and Mecca is empty.

Hugs and kisses suddenly become weapons, and not visiting parents and friends becomes an act of love. Suddenly you realise that power, beauty and money are worthless, and can't get you the oxygen you're fighting for.

The world continues its life and it is beautiful. It only puts humans in cages. I think it's sending us a message:

"You are not necessary. The air, earth, water and sky without you are fine. When you come back, remember that you are my guests. Not my masters."

— Author unknown✧



## Your "I Could Use Some Calm Right Now" Store.

### We deliver CBD.

Get the high-quality CBD products you're looking for from Your CBD Store, the first dedicated CBD store. From calming to sleeping to pet anxieties, we can help you find the products you need, and we'll even provide phone consultations if you'd like.

**Save 20% in-store or by calling (239) 237-2807**

Stop by or order by phone today and mention this ad to save 20% on your order. (Same day delivery is also available for select Fort Myers zip codes when placing phone orders.)

**OR**

**Save 20% online at SunFlora.org**

Shop online at SunFlora.org for free delivery, and save 20% when you enter promo code 001FL at checkout.



# Your CBD Store®

Your CBD Store of Ft. Myers

4144 Cleveland Ave #2 • Ft. Myers • (239) 237-2807

Your CBD Store of Cape Coral

1532 SE 47 th St. • Cape Coral • (239) 217-0197

## Book Review

# Becoming Mrs. Lewis



by Di Saggau

**B**ecoming Mrs. Lewis by Patti Callahan is a work of historical fiction inspired by the life of Joy Davidman and her love story with author CS Lewis. Callahan had read many works

of Lewis and then discovered that Joy was also a brilliant writer. While doing her research, she started to realize Joy's influence on much of Lewis's work. The book consists of letters and dialogue between Joy and Jack, as Lewis was called by his close friends. Lewis called Joy "my whole world."

Theirs is one of the greatest love stories of modern times, and Callahan does a masterful job writing about it. Joy was a fiercely independent mother of two young boys when she met Lewis. She was also a passionate woman who changed the life of the respected author and inspired his books. Her love for Jack gave them both voices they never knew they had.

The book is written in first person from the viewpoint of Joy Davidman Lewis, and it paints a realistic picture of a woman's struggle in the 1950s to defy society's narrow definition of womanhood. We first meet Joy, as a young mother married

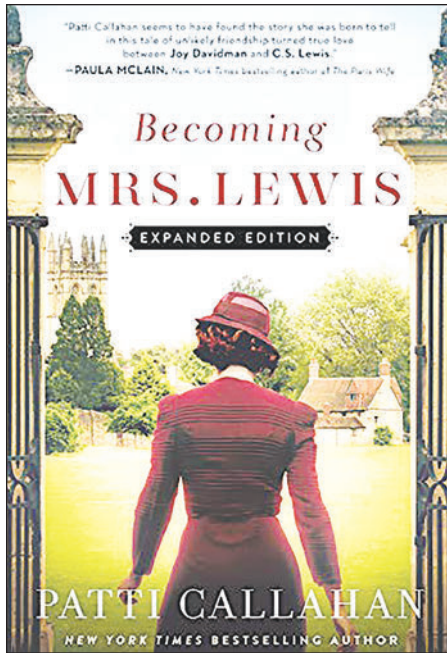


Image provided

to an abusive husband. Her search for answers ends up with her corresponding with CS Lewis. They were pen-friends for almost three years before they met.

As her marriage deteriorates, her friendship with Lewis grows until he becomes her closest friend. When she becomes very ill, she recuperates in England and, while she is gone, her husband begins an affair with her cousin. Once they are divorced, Joy and her two sons return to England where she soon begins a loving, lifelong bond with Lewis.

Callahan excels in describing the countryside in Oxford and the Kilns,

where Lewis and his brother Warnie lived. She also has an understanding of the complexities and politics of English intellectual society and the rules of both Cambridge and Oxford. The dialogue between Joy and Jack is fiction but so convincing one feels it is how they actually spoke to one another. There are many references to their works, and I found myself often looking them up to learn more about their writing. Many of Joy's Sonnets and passages from her other writings precede the majority of chapters. *Becoming Mrs. Lewis* is a beautifully written tale of a friendship that turned to true love. It's a literary treasure.✧

## School Smart



by Shelley M. Gregg, NCSP

**D**ear Readers, My

niece has been very concerned about her middle child, a darling 7-year-old boy. She told me that he has been having some rough

days and has not been doing well with the lockdown. I was dismayed to hear of the situation and got back to her with what I hoped were encouraging words. As I thought about my comments to her, it's clear that the main focus of my response was about the resiliency of children. Children are resilient – This is cause for celebration – Children are resilient! We must remember this as we go through these difficult times. And we need to, as parents and child caregivers, provide an environment for all children so that they can develop their resiliency.

Virginia Smith Harvey, the director of the school psychology program at the University of Massachusetts Boston, has reviewed and completed significant research on the topic of resiliency and says that this research has revealed that resilience results from positive social relationships, positive attitudes and emotions, the ability to control one's own behavior and feelings of competence (Doll, Zucker, & Brehm, 2004). She further reports that, "Resiliency is actually a normal trait that comes from inborn tendencies to adapt. If people's natural tendencies to adapt are appropriate, then they can overcome even severe adversity. If not, problems can occur."

Adversity is a natural part of life. At some point, we all face difficulties, so being resilient is important to dealing with adverse situations. While parents hope that their children never face extreme adversity, successfully facing tough situations can actually foster growth and give children the skills to be more resilient in the future. Approaches and habits that encourage resiliency can be from attitudes and emotions, feelings of competence, social competence, or physical health. Parents, teachers and other adults can foster children's resiliency in all of these areas. Dr. Harvey proposes these five ways to promote resiliency in your children and help protect them from long-term ill effects of difficult experiences:

Think positive! – Modeling positive

attitudes and positive emotions is very important. Children need to hear parents thinking out loud positively and being determined to persist until a goal is achieved. Using a "can do" problem-solving approach to problems teaches children a sense of power and promise.

Express love and gratitude! – Emotions such as love and gratitude increase resiliency. Praise should always occur much more often than criticism. Children and adolescents who are cared for, loved and supported learn to express positive emotions to others. Positive emotions buffer kids against depression and other negative reactions to adversity.

Express yourself! – Resilient people appropriately express all emotions, even negative ones. Parents who help kids become more aware of emotions, label emotions appropriately and help children deal with upsetting events are giving them useful life skills.

Get fit! – Good physical health prepares the body and mind to be more resilient. Healthy eating habits, regular exercise and adequate sleep protect kids against the stress of tough situations. Regular exercise also decreases negative emotions such as anxiety, anger and depression.

Foster competency! – Making sure that children and adolescents achieve academically is great protection against adversity. Children who achieve academic success and who develop individual talents, such as playing sports, drawing, making things, playing musical instruments or playing games, are much more likely to feel competent and be able to deal with stress positively. Social competency is also important. Having friends and staying connected to friends and loved ones can increase resiliency. Social competency can even be created by helping others.

Protecting our children against all of life's unexpected painful events is not possible. Giving them a sense of competency and the skills to face adverse circumstances can be a valuable legacy of all parents. Resiliency can be built by understanding these important foundations. The more we practice these approaches, the better able our children will be to weather whatever life brings.

Adapted from: *Resiliency: Strategies for Parents and Educators*, Virginia Smith Harvey, *Helping Children at Home and School II: Handouts for Families and Educators*, NASP, 2004

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

From page 6


## Blood Drive

and staff. For donation eligibility questions or more information about donating, call the Lee Health Blood Center at 343-2333.

Bonita Bill's Waterfront Café is located at 702 Fishermans Wharf on San Carlos Island, just before Fort Myers Beach. If interested in signing up, contact Shamie Kelly, drive chairperson, at 463-2588.✧

# EPIC FIRES OF FORT MYERS

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



**THOMAS P. HALL**  
ROBIN C. TUTHILL, EDITOR

Available at  
[www.Amazon.com](http://www.Amazon.com)  
[www.OutSkirtsPress.com](http://www.OutSkirtsPress.com)

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

## Bank Appoints Security Officer

Edison National Bank/Bank of the Islands President Robbie Roepstorff recently announced that John Ammons, in addition to his current responsibilities, has been appointed the bank's security officer. Ammons will retain the position he already holds as the bank's vice president and office manager of its Cleveland Avenue location. "John brings more than 37 years



John Ammons

of diverse banking experience to this important new role," said Roepstorff. "With 16 years of service here at Edison, John is well prepared for taking on this important responsibility."

In overseeing the bank's security program as the security officer, Ammons will conduct continual surveys of all offices, departments and functions to assess the evolving needs for security services or devices. Based on his findings, he will make appropriate recommendations to senior management and the board of directors. He will coordinate and oversee the scheduling of ongoing testing of the bank's security systems and security procedures.

Throughout his banking career, Ammons has continued his professional education. A lifelong resident of Lee County, Ammons is actively engaged in the bank's community service efforts.✱

## County Libraries To Open Doors At Select Sites

Library patrons will be able to visit the county's regional libraries with limited service, hours and capacity beginning Tuesday, May 26.

The Cape Coral Lee County Library, East County Regional Library, Fort Myers Regional Library, Northwest Regional Library and South County Regional Library will open at 25 percent capacity with hours 10 a.m. to 6 p.m. Monday through Wednesday, and 10 a.m. to 4 p.m. Thursday through Saturday.

Because of continued voluntary compliance and the community's greater awareness for Centers for Disease Control guidelines, the county announced the re-openings today at a regularly scheduled Board of County Commissioners meeting. This move is part of the county's phased-in approach for residents while still observing guidelines.

Previously announced contactless services and book returns will continue at all library system branches. Lakes Regional Library will not reopen its doors May 26 because of a previously scheduled project. The anticipated opening for this site is June 11.

At the five libraries that will reopen May 26, signs will be posted for following CDC guidelines, and floors will be marked to indicate spacing for social distancing.

Plexiglas shields are installed at all public service desks, and hand sanitizer and wipes will be provided to the public. The county has removed some furniture to encourage patrons to keep visits brief so that more patrons can enjoy the libraries.

Computer use will be limited to one hour per person per day. Play items in the youth areas have been removed, as has gaming equipment in the teen areas. Study rooms and meeting rooms are not open at this time.

Staff has identified capacity for each of the open libraries and will limit visitors to the building based on capacity.

The locations of the libraries that will open next week are:

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  
Northwest Regional Library, 519 Chiquita Boulevard North, Cape Coral  
South County Regional Library, 21100 Three Oaks Parkway, Estero

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

County leaders continue to monitor data and work with the Florida Department of Health related to the county's phased-in approach to re-opening sites. For more Lee County updates, visit [www.leegov.com/covid-19](http://www.leegov.com/covid-19).✱

## Chief Operating Officer Hired

Norma Iris Adorno, MHS, has been named chief operating officer for the Area Agency on Aging for Southwest Florida (AAASWFL).

As COO, Adorno will be responsible for providing leadership, guidance and direction for the internal operations of the organization. She will oversee all services and programs as well as other responsibilities such as human resource management and communications.

"We are pleased to welcome Norma as a key member of our senior leadership team. Her focus on respect for people first, as well as her exceptional quality and process improvement experience in nonprofits, will be invaluable as we move forward in addressing the growing and unique needs of our aging and disabled adult community in Southwest Florida," said Marianne Lorini, CEO.

Adorno joins AAASWFL from Trinity Health, Holy Cross Hospital (HCH) in Fort Lauderdale where she held the position of manager. In her role, Adorno was responsible for the operational oversight of several HCH locations for occupational health, employee safety and workers compensation. She has also held several executive positions at Lee Health in Fort



Norma Adorno

Myers. The most recent was as lean transformation specialist where she was part of the implementation and delivery of the health system's strategic and operational improvements.

Adorno holds a master of science degree in health care science from Nova Southeastern University and a bachelor of science degree in criminal justice studies from Florida Gulf Coast University. In addition, she has completed several certifications including certified just culture trainer and facilitator; certified job instructor trainer; and certified job relations trainer.✱

## University Video Series

Hodges University has tapped the expertise and talent of faculty to produce a series of short videos that include tips for relaxation, breathing techniques for anxiety, continuing the road to addiction recovery and the importance of sleep hygiene. The videos are free and available by visiting [www.pathways.hodges.edu/hereforyou](http://www.pathways.hodges.edu/hereforyou).

"We are fortunate to have faculty who not only excel at teaching, but also bring real world expertise to our students," said Dr. John Meyer, president of Hodges University. "Now we're sharing their knowledge with the community with videos that are about two minutes in length, but provide simple but powerful steps to help people. These videos are courtesy of Hodges Connect, our professional education training division."✱

## ARE YOU PREPARED? GET YOUR FREE EMERGENCY HEALTHCARE DOCUMENTS TODAY

**Serving Southwest Florida since 1924**

**[www.floridaestateplanning.com/healthcare](http://www.floridaestateplanning.com/healthcare)**

Our Law Firm has been assisting Southwest Floridians for nearly a century. During this difficult time we're here for our community. Everyone should have proper legal documents should they need them. For your free Healthcare Surrogate and Living Will, visit the link above.



**SHEPPARD, BRETT, STEWART,  
HERSCH, KINSEY & HILL, P.A.**  
Attorneys at Law



Main/Mailing Office: 9100 College Pointe Court, Fort Myers  
[www.floridaestateplanning.com/healthcare](http://www.floridaestateplanning.com/healthcare)



**ISLAND  
INSURANCE  
SERVICE**



Mark O'Brien  
Owner/Agent



Susan Barnes  
Personal Lines



Trish Barbone  
Agent



Justin Wheeler  
Agent

Call our office today  
for a new Auto  
quote.

We are **HERE**  
for all your insurance needs

Have an insurance question?

703 Tarpon Bay Rd, Sanibel, FL (239) 472-3022

Will Power

## The Irony Of Keeping It Simple



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

**W**hen a new client first visits with me to update their estate plan, it isn't unusual for them to say, "I just want to keep it simple."

The irony of that statement is that almost none of my clients has a "simple" situation. If all I had in my estate was a checking and savings account of less than \$100,000, and if I want to leave it all to my wife, then all I do is own the account jointly with her as "husband and wife."

Simple. Problem solved.

But that's not what most people have nor is it what they really want. What they really want are several things.

**Privacy:** They want their plan to be private, not public. This usually requires the use of a trust as opposed to a will. They have a certain idea how they want to take care of their loved ones when they're no longer around, and don't want their family to scramble in a time of crisis. So they want an ongoing relationship with seasoned professionals, which is different than a transactional experience, which many assume creating an estate plan is.

**Protection:** They want to protect the inheritance they leave their children from a divorcing spouse, a business lawsuit or creditors. Simple outright or staged distributions over time won't achieve that goal. We need something a bit more complex.

**Taxes:** Another goal is to minimize taxes. Even though federal estate tax exemptions are high and don't affect many, income tax planning is becoming more important as many clients have significant balances in their IRA and 401(k) accounts. Tax planning requires careful thought and consideration of various strategies.

**Avoid Court Processes:** No one wants unnecessary court processes to interfere with their lives, such as guardianship and probate. This goal coincides with the universal desire to minimize legal, accounting and financial service firm expenses. Who we designate as trustee, our power of attorney agent and health care surrogate comes into focus, along with the instructions we leave behind.

**Family And Financial Dynamics:** There's no such thing as a static family

or financial situation, is there? Our families grow with the birth of new children and grandchildren, and our adult children's needs change as they raise their own families.

As recent stock market gyrations caused by the global COVID-19 demonstrate, our financial situation is dynamic, perhaps more so than anyone cares to acknowledge. Some of us don't look at our monthly portfolio statements as we don't want to know the bad news. Consequently, we need an estate plan that can adapt to these changing circumstances.

Some clients are part of a blended family, where his children and her children are not the same. These clients generally want to take care of one another, but then have assets eventually filter back to their respective bloodlines. What does one do when a significant portion of their portfolio is held in an IRA or 401(k) account, for example? If Janet names George as her primary beneficiary, this is simple, right? But assume George survives Janet. He rolls over the IRA account and may select anyone that he wants to be his beneficiary. In other words, he has no obligation absent a nuptial agreement that expressly speaks to that point to name Janet's children.

Even if George is true to his word to name Janet's children, assume that after her death, George remarries without a nuptial agreement. His new spouse, should she survive him, will have rights to the IRA account.

### ***It's Not So Simple After All***

I believe I've made my case that most of us really don't have "simple" situations.

It's my feeling that when my clients say they want a "simple" estate plan, what they really mean are two things – first that their loved ones aren't trapped in endless meetings with attorneys, CPAs and financial advisors having to make important decisions about complex matters while they're grieving and vulnerable.

Second, they want to understand the plan. Most of our clients have already put an estate plan in place before they moved to Florida and met with us. Their prior attorneys did a lousy job with cookie cutter plans and didn't address their clients' emotional concerns. The clients walked away from that experience with an incomplete plan that they don't understand.

This is where having relationships with qualified professionals will keep things "simple." A good estate plan is one thought out, where different scenarios are considered, to ensure the plan remains consistent with the client's intent. Keeping that plan on track also requires consistent reviews so the attorney knows the current family dynamics.

When that happens, the plan works for the family. It's ready when it needs to be. Now that's simple.

©2020 Craig R. Hersch. Learn more at [www.sbshlaw.com](http://www.sbshlaw.com).✱

## More Parks And Rec Sites Open In Lee County

**L**ee county is re-opening pools, playgrounds, pavilions, courts, multi-purpose fields (soccer/lacrosse/football), fishing piers and splash pads beginning Friday, May 22. Staff will be onsite to help encourage following the CDC guidelines, including social distancing.

This move, approved at a regularly scheduled Board of County Commissioners meeting Tuesday, is part of the county's phased-in approach for residents while still observing guidelines. Additional signs advising of CDC guidelines have been placed at all sites.

Commissioners stressed it is imperative that residents remain vigilant to continue to mitigate the spread of COVID-19. Commissioners reopened hiking trails April 22; on April 29, the county reopened beaches, parking lots, most outdoor spaces at parks and freestanding bathrooms.

Details about the reopenings set for the coming weekend:

Staff will only allow 25 patrons into the pool at the top of every hour for 45 minutes to ensure social distancing and allow for physical exercise only.

Pools will be open Tuesday through Saturday 9 a.m. to 4 p.m. for laps and fitness only. Indoor showers and changing rooms will not be available at this time.

Youth swim teams will be able to practice under USA swimming's guidelines.

Multi-purpose fields (soccer, lacrosse and football) will reopen with no league play, benches or bleachers.

Activities on the multi-purpose fields will be restricted to groups of 10 or fewer to practice; some fields will need to be reserved and scheduled and some will be on first-come first-serve basis. Contact the Parks supervisor listed on each landing page at [www.leeparks.org](http://www.leeparks.org) for the individual site that has the field or call 533-7275 for assistance.

Parks staff will continue to clean frequently at all sites and educate the public on social distancing and CDC guidelines.

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

Camping at Caloosahatchee Regional Park also will resume Friday.

The Lee County Sheriff's Office will continue to assist with monitoring and educating the public at county beaches during the three-day Memorial Day weekend.

Recreation centers remain closed at this time.

Lee County Parks & Recreation summer camp plans continue to be finalized; camp will begin June 15. At this time, no new registration is being accepted. Parks staff booked about 4,000 camp reservations when the 2020 camp registration opened in February.

Announcements about camp, county operations and other information will be forthcoming; check [www.leegov.com/covid-19](http://www.leegov.com/covid-19) or Facebook Lee County Government.

Thanks go to those who have joined Take the Pledge social media campaign to employ best practices to stop the

spread of COVID-19. The video for the pledge has recently been refreshed. Visit [www.leegov.com/pledge](http://www.leegov.com/pledge).

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

## County Adjusts Schedules For Memorial Day

**M**ost Lee County administrative operations will be closed Monday, May 25, in observance of Memorial Day.

The county's holiday schedule adjustments are as follows:

Solid Waste – All garbage, recycling and yard waste collections in unincorporated Lee County, the City of Bonita Springs, the Village of Estero and the Town of Fort Myers Beach will take place one day after the regularly scheduled collection day for the entire week beginning May 25. This means that if your regular collection day is Monday, the collection truck will pick up that material on Tuesday. Tuesday's regularly scheduled pickups will occur on Wednesday and so on for the rest of the week through Saturday, May 30. Regular collection schedules resume on Monday, June 1.

Lee County Solid Waste facilities and offices are closed on Monday, May 25, in observance of the holiday. This includes the operation at the Household Chemical Waste Collection Facility, 6441 Topaz Court, and the Resource Recovery Facility

on Buckingham Road.

Solid Waste urges all residents to recycle the plastic, metal and glass from Memorial Day weekend activities.

Parks & Recreation – Outdoor spaces at parks and preserves remain open. Visitors are asked to observe social distancing guidelines. Recreation centers remain closed. Visit [www.leegov.com/covid-19](http://www.leegov.com/covid-19) or [www.leeparks.org](http://www.leeparks.org) for more information.

Libraries – Library administrative offices will be closed on Monday, May 25. While branches continue to be closed to the public, exterior book drops are open. Branches will resume scheduled Contactless Curbside Holds Pickup hours on Tuesday, May 26. Library online resources are available 24/7 at [www.leegov.com/library/online](http://www.leegov.com/library/online).

LeeTran – LeeTran will not run bus, trolley or paratransit service on the holiday, Monday, May 25. Service resumes Tuesday, May 26.

Route schedules and maps can be found at [www.rideleetrans.com](http://www.rideleetrans.com).✱

From page 1

## Fireworks

care facilities not allowed for COVID-19; hospitals are required to test all individuals before discharge to long-term care facilities; long-term care facilities are required to transfer residents who tested positive for COVID-19 if the facility is not equipped for appropriate care.

Schools – Students must continue distance learning.

Vacation Rentals – Counties may seek approval to operate vacation rentals by submitting a written request and county vacation rental safety plan to the Florida Department of Business.✱

## Superior Interiors

## Home Organization Tips



by Trinetta Nelson

As we stay close to home, feelings of nostalgia, accomplishment and recollection surface. It's a great time to look back at all of the memories made with family and friends, as

well as the personal goals you set and achieved this year. It's also the perfect opportunity for a fresh start; to find a new purpose, look forward to the future and embark on new journeys with your loved ones. With this refreshing time also comes an opportunity to get your home back in order, as upkeep may have fallen by the wayside.

The business of our lives over the course of a year often creates a whirlwind of chaos, likely making your living space less orderly than you'd like. So, why not take advantage of this time for a fresh start and get organized? Before you commit to this task, you need to be in the right mindset. When approaching an organizing project, it's important to think of it in a similar way you think of fitness routines and diets. These things are most successful when they are approached in a way that can be maintainable with your lifestyle. Organizing is the same. If the systems you set up are not feasible to maintain, then they will not stick. Once your mind is in the right place, you can get coordinated with ease. Here are a few home organization tips to consider during your time at home:

**Donate unused items** – Before you start reorganizing your items, get rid of everything you haven't used in months. These items are better off in the hands of someone who will utilize them, so instead of throwing things in the trash, take advantage of donating. Giving back is especially important during this time.

**Start filing** – Gone are the days of stacking your mail near the front door, only for it to pile up for months until it crashes down onto the kitchen floor. Put a filing system in place instead. Hangable storage is great because they can add character to a space while also being fully functional. Not only will this keep your mind at ease, it'll also make your living space look more sleek, stylish and put together.

**Develop a regular cleaning routine** – The last thing you want to do is put effort into a reorganized space in January only for it to fall to pieces by late February. Instead of letting your home get out of hand instantly, start prioritizing a regular cleaning routine. Each week reorganize everything in your living space that's out of place. Every other week, give each room a deep clean. Remember that it takes 21 days to develop a habit, so if you stay motivated and push yourself through the first month, your organization habits will stick.

Sometimes, getting your home back in order can seem like an impossible task. If you're worried about getting the job done on your own and you need some help maintaining an organized space as well, contact a design professional. They will provide helpful insight, tips and ideas to make your home more cohesive and organized.

*Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindceden.com. ✨*

## Back Down The Hill



by J. Bruce Neill, PhD

At long last, we think we have passed the peak of COVID-19 cases in the United States; and are on the backside of the curve. The peak we have anxiously and relentlessly awaited

– inside, isolated and, for many of us, with waning patience.

Let us all take a moment to reflect that the peak we have awaited, is not only the number of COVID cases, but also the number of our friends, family and community members that have lost their lives to this new, 21st century disease. It is a somber peak we have summited; stacks of dots representing bodies of loved ones, a third again more than the number of U.S. soldiers killed in the Vietnam war. We should crest this ridge with determination and purpose, not joyful glee.

Rest assured, no one is more anxious to bug out of a house, and back into a

larger, more communal world than I am. I do not sit still well, I rarely make it through an hour-long meeting in a chair; I cherish the Episcopal liturgy because it mandates we intermittently stand, kneel and walk. It's not that I like to keep moving, it's more like I will explode into a million tiny fragments if I sit still too long. Activity Deficient Disorder – I don't know that's a thing, but if it is, I have it. If not, someone should come and interview me and describe it. I can focus for a long time, I just can't stay in one place to do it.

See how quickly and smoothly I made this about me? I think we all tend to do that a little too easily, and we could all help our world be better if we didn't. If we spent a little more time thinking of others and how our actions may impact them. Maybe this is a great time to ponder whether our needs are truly that, needs, or just desires couched as needs so we can justify fulfilling them.

We do need to foster the economy, we need to care for our mental and emotional health; we need community, we need school and work – we need a sense of normalcy. But, as we build our new future, let's proceed with purpose, clarity and caution. None of us has been through a pandemic, and our actions impact many more people than we imagine.

Much research has been conducted on

the tragedies that befall mountain-climbing expeditions. Numerically, most happen after the summit – on the way back down the hill. The adrenalin rush is over, fatigue has set in, confidence is high; we are just plain tired and we make mistakes, often deadly ones.

As we pass what hopefully will be the summit of COVID, let's all look to the future, decide how we want it to be and craft our contributions with intention. Embrace a new normal in productive, kind and thoughtful ways.

If we are indeed on the way downhill – to the bottom, to our new normal – we have the longest and most dangerous part of this trip in front of us still.

Let's all be patient, remain close but maintain distance, be careful and wash our hands more than ever.

*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. ✨*

## Financial Group Awards Funds To Goodwill

Due to COVID-19, Ameriprise Financial accelerated their 2020 funding cycle to get grants to partner organizations as quickly as possible. Goodwill Industries of Southwest Florida (SWFL) was awarded

\$5,000 for a general operating grant. These funds will be used to support Goodwill Community Resource Centers/Job-Links and other services. Goodwill coordinators assist low-income and disadvantaged individuals, obtain and maintain employment, and provide assistance with applications for unemployment, financial assistance and stimulus payments. They also connect them with other community agencies that can assist them in their recovery. All locations have free access to the Internet, computers and digital skills training ranging from basic computer to productivity software.

"Although we are operating in a new and changing environment, our community resource coordinators continue to rise to this challenge assisting hundreds of individuals each week," said Fred Richards, Goodwill SWFL VP of Community Support Services.

For 125 years, Ameriprise Financial has helped clients plan for a confident retirement and a brilliant future. This also extends into the communities in which they live and work. Through collaborating with nonprofits, volunteerism, grants and individual giving, they create brilliant moments in our communities and help people thrive. They focus on helping individuals struggling to meet basic needs achieve economic stability by funding efforts to solve domestic hunger, end homelessness, and build strong and active communities.

For more information on Goodwill services, visit [www.goodwillswfl.org](http://www.goodwillswfl.org). ✨

## 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.

Learn more at **CaringMedical.com** and contact our team to review your case!



Ross Hauser, MD



Hauser Neck Center  
Caring Medical Florida  
9738 Commerce Center Ct.  
Fort Myers, FL 33908  
(239) 308-4725  
[DrHauser@CaringMedical.com](mailto:DrHauser@CaringMedical.com)

HELPING THE WORLD SEE CERVICAL INSTABILITY WITH 2020 VISION!

# Frankly Speaking



by Howard Prager

A beautiful diamond, manicured grass, the crack of the bat and the (softer) sound of cheers. Baseball is back – Korean baseball (KBO) that is. I watched live baseball last

week (actually I taped it) and am pleased to say it’s quite satisfying. The game is well-played. They have stars, teams and uniforms just like we do. Good fundamentals. Welcome to Korean baseball, where the uniforms and teams are known by their sponsors and their cities. The announcers are American and are quite good. I heard Jon Sciambi and Eduardo Perez, and they kept the play-by-play exciting enough, sharing background information even though I didn’t know the players. To break things up they had several interviews with Major League Baseball (MLB) managers during the game. I saw Trey Hillman interviewed about the differences managing in Korea and Japan, where he each won championships versus. the U.S. He’s currently a Marlins coach. He said he listened a lot more when managing in Korea and Japan and had two interpreters, but said even in the U.S. you have interpreters with Latino ballplayers who don’t speak English. Craig Counsell, manager of the Brewers, was also interviewed.

In Korean baseball they use video reviews of questionable plays and have a clock to limit them to three minutes. I saw that happen a couple of times with a close play at the plate where a replay

angle showed the runner safe. It is a more pitching-friendly league – 4.18 league ERA versus 4.51 in MLB in 2019 – and hitters are more focused on contact and putting the ball in play.

Some COVID-19 rules. Anyone not in uniform is required to wear a mask and gloves. Umpires wear masks, and players have the option of wearing masks. I saw some wearing them in the dugout. No spitting. No fans in the stands, although there were some people – from the teams? – who did appear in some of the seats behind home plate and another group in the grandstands.

What’s strange or different? Seeing all the signs and stadium ads in Korean. Cheerleaders for baseball. No organ or music. I thought it would be a silent game, but the scattered fans and players made enough noise to keep it interesting. Other differences include games ending in a tie if they aren’t decided in 12 innings. The mounds don’t have a uniform mound height – slight differences but still an adjustment. And, before 2016, they did not have a uniform baseball – there were six different baseballs and the home team provided them. Each team had to have and practice with six types of baseballs because it all depended on the home park.

My wife Laurie said it was hard for her to get excited about baseball teams and players she didn’t know. That wasn’t true for me, but I must say after seven innings of a close game, my interest was starting to wane. If you miss baseball, give KBO a try – it’s fun to watch live games and I loved the patter and interviews.

Last weekend, some American sports restarted, NASCAR at Darlington Raceway and golf at Seminole Golf Club, both played without any spectators and with distance and masks. Kevin Harvick won his 50th NASCAR race. Rory McIlroy and Dustin Johnson won the TaylorMade Driving Relief, earning

\$2,075,000 for charity while Rickie Fowler and Matthew Wolff earned \$1,555,000 in defeat. Adding in viewer donations, the event raised \$5,503,959 for COVID-19 relief. A nice way to get started. PGA events start June 11.

And, I have been remiss in sharing a good news story of the day. Let’s hear two. First about a bridal shop in the Little Village neighborhood of Chicago, a highly Hispanic neighborhood that has been hit with nearly 2,400 COVID-19 cases and is not far from U.S. Cellular Field (White Sox). The owner decided that during these times instead of making gowns they would make masks. So far, they’ve made 17,000 of them! Up and coming Sox star Eloy Jimenez heard about this and gave \$500 cash and \$500 gift cards to each of the workers to thank them and taped video messages of encouragement while arranging for the Sox to donate jerseys to use to make masks for first responders. This was greatly appreciated. There are many causes athletes and owners are supporting during these times, and these stories often go unreported and need to be shared. Share any extraordinary humanitarian stories that you hear during these times.

Second, Hall of Famer and Cubs and Expos great Andre Dawson was featured on the network news last weekend. He was an investor in a funeral home in Miami, and the owners wanted out. “The Hawk” decided it was his calling, and he and his family have become very involved as owners and managers of the home. He believes whatever he can do to support grieving families who have lost loved ones from COVID-19 and other causes is his personal calling right now. Andre, we keep cheering for you.

Stay safe and healthy! In the near future we’ll talk about *The Last Dance* to give you a chance to catch it in case you haven’t.

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

## Emergency Funds Available For FSW Students

Florida SouthWestern State College (FSW) students who have experienced financial hardship due to COVID-19 can now apply for CARES Act Student Emergency Funds. These grants are intended to assist students in need and do not need to be repaid.

The following is a list of expenses that can be considered for emergency grant funds if they were incurred in direct relation to the disruption of campus operations due to COVID-19: Housing; Food; Childcare; Technology (assistance with Wi-Fi access or purchasing computer hardware or software); and Course materials.

The emergency grant funds are not intended to be used to replace a loss of income or to pay for student expenses that are not directly related to the disruption of campus operations due to the coronavirus pandemic.

Emergency grant funds are limited and will be disbursed to eligible students based on order of application until all CARES Act funds are depleted. In order to be eligible to receive CARES Act Student Emergency Funds, students must meet the eligibility criteria found at [www.fsw.edu/caresact](http://www.fsw.edu/caresact).

For more information, eligibility requirements and instructions, visit [www.fsw.edu/caresact](http://www.fsw.edu/caresact).✽

## Family Foundation Makes Donation

As nonprofit healthcare systems Lee Health and NCH continue to lead Southwest Florida’s fight against the COVID-19 pandemic, community partners are answering the call for much needed regional support. One such partner is long-time benefactor of both healthcare systems, Richard M. Schulze Family Foundation, which celebrated the two organizations’ collaboration with a \$40,000 donation when they learned of the SWFL Stronger Together campaign. On the frontline of the crisis serving the community and collaborating on all fronts, Lee Health and NCH are sharing policies, action plans and media updates, coordinating outreach efforts, working together to reopen surgeries, and continuing to work on on-going training for team members as people adjust to the new normal. The SWFL Stronger Together campaign continues to raise funds and other support for the healthcare systems and professionals as people look to work through the continued challenges presented by COVID-19.

“There is a very real need for humanitarian services, and the effect on the economy will be enduring, but among the immediate needs is our healthcare providers and systems,” said Chris Simoneau, chief foundation and development officer. “Lee Health has been feeding our people at a cost of \$17,000 per week, and supplying more iPads and other technology support to keep everyone in our hospitals connected. These are just a couple examples of the impacts of this pandemic for the foreseeable future, and every dollar aides our teams in helping our healthcare heroes who are serving this community.”

The needs change on a daily basis, but the need for supportive funding does not. The gift from Richard M. Schulze Family Foundation and others like it are providing critical resources to support doctors, nurses and other healthcare workers. Funds are being used to buy additional equipment and supplies needed such as ventilators, masks and gowns as well as building back our supplies of personal protective equipment and other resources depleted over the last 60 days. Hospital personnel continues to provide better care for all patients and manage the changing landscape of the crisis by increasing technology resources like iPads to bridge the challenges of communication

during the current restricted visitor policy, and ensuring healthcare workers are supported. More than 150 restaurants and businesses across the Southwest Florida community have also contributed meals, care packages, footwear, as well as plants and flowers.

“The support we have received during these trying times has been tremendous,” said Troy Munn, associate chief development officer for NCH Center for Philanthropy. “The Schulze Family

Foundation’s gift and, indeed, every gift the SWFL Stronger Together campaign receives, makes a significant difference in allowing our organizations to focus on the care and wellbeing of our communities.”

For more information or to make an online donation to SWFL Stronger Together, visit [www.swfltogether.org](http://www.swfltogether.org). Resources through this site also include free telehealth information, hotlines, COVID-19 news and updates, as well as an Ask the Experts forum.✽

## SPORTS QUIZ

1. What former New England Patriots tight end was the host of WWE’s *WrestleMania 36* event?
2. In 2014, who became the first to drive the No. 3 car in the NASCAR Cup Series since Dale Earnhardt at the 2001 Daytona 500?
3. What player – nicknamed the “Clown Prince of Basketball” – had his No. 36 jersey retired by the Harlem Globetrotters in 2001?
4. Who is the only player inducted into both the Arena Football Hall of Fame (2011) and the Pro Football Hall of Fame (2017)?
5. Three-time Indianapolis 500 champion Helio Castroneves also was the Season 5 winner on what ABC TV competition series?
6. What former Major League Baseball player had a 44-game hitting streak as a member of the Cincinnati Reds in 1978?
7. WebstUR is the mascot for what university’s athletic teams?

## ANSWERS

1. Rob Gronkowski. 2. Austin Dillon. 3. Meadowlark Lemon. 4. Kurt Warner. 5. *Dancing With the Stars*. 6. Pete Rose. 7. The University of Richmond Spiders.

dearRPharmacist

## Popular Meds Are Derived From Plants



by Suzy Cohen, RPh

**D**ear Readers: Most people believe that medications are synthetic substances that the FDA has approved for the clinical treatment of disorders, without realizing they were

derived from a plant. Thousands of FDA-approved medications began as natural plants and flowers! You may not realize this, but no morphing and patenting is necessary... the natural plants actually provided what humans needed for eons.

Only recently have we begun to turn them into patented chemicals by altering their original form. But their original form is available as herbal medicine, and sold in health food stores nationwide. Maybe not in all cases like morphine, but certainly in thousands of examples.

The beautiful opium plant ultimately led to powerful natural analgesics (think of opium, codeine and morphine) that scientists took to a lab and chemically morphed into patentable (but more potent and addictive) synthetic "opiates," the most infamous of which is oxycodone.

But again, the raw material that was sourced originally from the Earth provided good medicine to begin with.

Another example is penicillin, which was derived from a fungus growing on an agar plate that was accidentally left out on the laboratory counter. The mold was quite visible to scientists. The mold of penicillin had killed the bacteria that was growing on the agar plate. In other words, many antibiotics are

fungus-based, and they can kill bacteria.

Before drug companies made a bazillion dollars with aspirin, we did have white willow, which was (and still is) the natural pain killer hidden within the white willow tree's bark. The active ingredient that acts as medicine is called salicin. When you use the herb, the salicin gets metabolized in your body to form salicylic acid which is even stronger.

There is another compelling story I can share with you about digoxin. This compound naturally occurs in the Foxglove plant (*Digitalis purpurea*). Centuries ago, people used to put these plant chemicals on the tip of their arrowheads in order to kill people.

Quinine is derived from a plant. From quinine we get hydroxychloroquine (HCQ) which may be useful for certain patients with COVID-19, depending on when it is given, and the dose. The Cinchona tree in Peru gave us quinine.

Paclitaxel (Taxol) is the most popular chemotherapy drugs for ovarian, esophageal, breast cancer, lung cancer, Kaposi sarcoma, cervical cancer, pancreatic cancer and others. It is derived from the beautiful Pacific Yew tree.

And finally, we should talk about cocaine. This was used by the Incas 3,500 years ago to produce anesthesia. It came from the Coca plant (*Erythroxylon coca*) and was widely available. Hard to believe!

There was a time and place, before some of us were born, when natural compounds from plants were widely used in our food, beverages and pharmacies. Older pharmacists don't even recognize the big stores today with drive-up windows. It is so very different than those apothecaries that used Mother Earth's original medications, not the mass produced synthetic ones.

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

Doctor and Dietician

## Thriving Immune System



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

**A**s in sports, the best offense is a good defense. Those with strong immune systems are better able to ward off infection and stay strong. Let us use this time to take inventory and tweak our daily habits:

1. Sleep – Minimum 7 hours. No two ways about it. We need it. Our bodies need to recharge and make those restorative hormones we all need to stay healthy. If you are having trouble sleeping, try keeping the room cool and dark, listen to something positive prior to sleeping, do not use your devices with the blue light before bed (or use blue blocker glasses), consider taking magnesium powder mixed in water.

2. Stress – We are all experiencing some stress during these current times. Try to focus only on what you can control. Stay positive. Be thankful. Monitor your heart rate variability (HRV) if you want to know how you are doing.

3. Human interaction – These times have been tough with social distancing. Humans are meant for interaction. As able, connect with friends, get together for a beach walk, bike ride, coffee, or just a chat in the driveway. Use virtual meeting applications too. Most people have now heard of Zoom, Teams and others!

4. Gratitude – We are all blessed to live in this country whether we agree with our politics or not. What a great country we

live in! Find positive things to be thankful for and have a grateful heart versus a complaining heart.

5. Healthy eating – You have heard us talk about this many other times. Eat real food. Simple as that. Right? Just like mom said, eat your veggies!

6. Keep moving – Movement is life. Sedentary, sitting, inactivity = death. Take a walk. Use your pool. Ride your bike. Walk around your yard or a park.

7. Supplements – Studies show that many supplements boost the immune system. We are fans of Vitamins A, D, C, elderberry, mushroom extracts, bovine colostrum, and many others. We also encourage diffusing or ingesting immune stimulating essential oils such as lavender, lemon, eucalyptus, peppermint, tea tree, oregano. We personally love On Guard from doTerra.

8. Eliminate pain – Use massage, PT, chiropractic, or regenerative medicine providers as resources to help you out of pain. Bacteria thrives on pain. The body is under more stress when in pain. Get rid of the underlying cause of the pain so you can thrive.

Stay strong! Hope to see you out there.

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at [info@caringmedical.com](mailto:info@caringmedical.com).*✧

## Registration Day Canceled

**T**he Lee County Tax Collector's Single Payment Saturday for vehicle registration renewals on May 23 has been canceled.

The Saturday registration date was to be held at service centers located in South Fort Myers, downtown Fort Myers, Cape Coral, Bonita Springs, North Fort Myers and Lehigh Acres.

For more information, visit [www.leetc.com/saturday](http://www.leetc.com/saturday).✧

Beautifulife:

## Footprints



by Kay Casperson

**I**walk the beach barefoot every morning. It is my wellness time, my quiet time, my prayer time and my rejuvenation. It is something that I need and would miss if I could not do it. This past

week, I began to realize how important it is to put your feet in the sand now and then, and noticed the various footprints that were left behind. There were people's footprints, big and small. There were dog prints, bird prints, and even marks left from the sea turtles coming in to lay their eggs in the sand.

I started to think about how healthy I

feel when I am breathing the air, soaking up the sun and feeling the sand between my toes. In fact, there are health experts who say that walking barefoot on the sand connects us to the beauty of nature. This, in turn, can help manage stress and make you feel better overall in many ways. It can awaken our senses, which is relaxing and energizing at the same time.

Seeing footprints in the sand reminded me of how important it is to leave our footprints behind for others to see and be inspired to keep going, keep pushing forward, to endure and survive all that life throws our way. There will always be times in our lives filled with sorrow, grief or disappointment, just as there will be joy, peace and celebration. Seeing footprints in the sand is a symbol that life keeps moving no matter what, and we are destined to keep moving forward.

This also reminded me of a famous poem that many of you have heard before. It was originally written by a woman named Mary Stevenson in 1936

and it goes like this:

"One night I dreamed I was walking along the beach with the Lord. Many scenes from my life flashed across the sky. In each scene, I noticed footprints in the sand. Sometimes there were two sets of footprints; other times there was only one set of footprints.

This bothered me because I noticed that during the low periods of my life, when I was suffering from anguish, sorrow, or defeat, I could see only one set of footprints. So I said to the Lord, 'You promised me, Lord, that if I followed you, you would walk with me always. But I have noticed that during the most trying periods of my life there has only been one set of footprints in the sand. Why, when I needed you most, you have not been there for me?'

The Lord replied, 'The times when you have seen only one set of footprints, is when I carried you.'

There will always be times in our lives where only one set of footprints shows

up, because we will all need to be carried now and then. Carried out of sorrow, carried out of pain, carried out of fear or loss. But if we hold tight to knowing that there is always a light that will shine through the darkness to get us to the other side, we will be able to continue our journey to our most blessed and beautiful life.

My affirmation for you this week is:

"I will leave my footprints in the sand and on the hearts of those I am blessed to know. I will keep walking forward and will cherish all of my blessings from yesterday, today and tomorrow."

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



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

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

My Stars ★★★★★

FOR WEEK OF MAY 18, 2020

**Aries** (March 21 to April 19) You might be a bit shaken by a friend's request. But before the Lamb leaps to conclusions, insist on a full explanation. You still might say no, but at least you'll know what you're saying no to.

**Taurus** (April 20 to May 20) Seeing red over those nasty remarks by someone with an ax to grind? Of course you are. So get out there and give your supporters the facts they need to get the truth out.

**Gemini** (May 21 to June 20) A changing situation should get you to reassess your vacation plans and make any adjustments as soon as possible. And don't fret – the change most likely will turn out for the better.

**Cancer** (June 21 to July 22) Don't put off dealing with any negative feelings that might be left over from a recent confrontation. The sooner all is resolved, the sooner you can move forward with fewer complications.

**Leo** (July 23 to August 22) Leos and Leonas might feel the urge to redecorate their dens, and that can turn into a good opportunity to strengthen family ties by putting the whole pride to work to make it happen.

**Virgo** (August 23 to September 22) Look for the most efficient way to get a job done quickly and well. Taking more time than you need to make it look more challenging is a short-sighted move you might regret later on.

**Libra** (September 23 to October 22) A pesky problem should be dealt with immediately so you can put your time and effort into something more important. Someone from your past could have significant news for you.

**Scorpio** (October 23 to November 21) A workplace situation becomes a lot more bothersome than you'd expected. Be careful not to be pulled into all that anger. Look for support among others who also want to avoid trouble.

**Sagittarius** (November 22 to December 21) Cheer up, lonely lovers, wherever you are. Just when you thought you'd been deleted from Cupid's database, the chubby cherub proves that's just not so. Congratulations.

**Capricorn** (December 22 to January 19) A casual relationship could take a more serious turn. Are you ready for it? Your stars say you are. Paired Sea Goats also will find a renewed richness in their relationships.

**Aquarius** (January 20 to February 18) Meeting a collaborator with new ideas seems to be a dream come true. But for both your sakes, be sure all your legal i's are dotted and t's are crossed before you start working together.

**Pisces** (February 19 to March 21) A romantic overture flatters the usually unflappable Fish. But since it's a sincere from-the-heart gesture, go ahead and enjoy it. A minor health problem responds well to treatment.

**Born This Week:** You have the warm heart of a Taurean and the sensitivity of a Gemini. You would make a wonderful leader. So go ahead: Run for office.

MOMENTS IN TIME

- On May 30, 1899, amateur bandit Pearl Hart and her boyfriend Joe Boot hold up an Arizona stagecoach. After taking \$421 in cash from three passengers, Hart took pity on them and handed each back \$1 so they could buy something to eat when they arrived in town.
- On May 28, 1902, Owen Wister's *The Virginian* is published. It was the first "serious" Western. The book became a sensation almost overnight, selling more than 1.5 million copies by 1938 and inspiring four movies and a Broadway play.

- On May 26, 1927, Henry Ford and his son Edsel drive the 15 millionth Model T Ford out of their factory, marking the famous automobile's official last day of production. The "Tin Lizzie" averaged about 17 mpg and could travel up to 45 mph.
- On May 27, 1939, a ship carrying 937 Jewish refugees is turned away from Cuba. The ship sailed close to Florida, hoping to disembark there, but a State Department telegram stated that the asylum-seekers must first "await their turns on the waiting list and qualify for and obtain immigration visas." After appeals to Canada also were denied, the ship was forced to sail back to Europe.
- On May 29, 1953, Edmund Hillary of New Zealand and Tenzing Norgay, a Sherpa of Nepal, become the first explorers to reach the summit of Mount Everest. News of their achievement broke on June 2, the day of Queen Elizabeth II's coronation.
- On May 31, 1962, in Israel, Nazi SS officer Adolf Eichmann is executed for his crimes against humanity during World War II. Following the war, Eichmann had fled to Argentina, where he was found by Mossad agents.
- On May 25, 1977, Memorial Day weekend opens with an intergalactic bang as the first of George Lucas' blockbuster *Star Wars* movies hits American theaters.

TRIVIA TEST

- Geography:** The island of Hispaniola is divided into which two countries?
- U.S. States:** Which state is known as the Badger State?
- Medical:** Which human organ is involved in the development of diabetes?
- Ad Slogans:** Which company advises clients to "leave the driving to us"?
- Monuments:** How long ago was Stonehenge built?
- Entertainers:** Which singer/actress was born with the name Anna Mae Bullock?
- Comics:** What kind of dog is Snoopy in the *Peanuts* comic strip?
- General Knowledge:** How many official languages does the United Nations have?
- Measurements:** How many drops are in a teaspoon?
- Music:** How many members sing in the Mormon Tabernacle Choir?

TRIVIA ANSWERS

1. Haiti and the Dominican Republic 2. Wisconsin 3. Pancreas 4. Greyhound bus lines 5. About 5,000 years ago 6. Tina Turner 7. A beagle 8. Six English, Spanish, French, Russian, Arabic and Chinese 9. 76 10. 360

NOW HERE'S A TIP

- If you have a stubborn stain on the driveway or garage floor, try oven cleaner. Spray the spot and cover it (to keep pets out) and then let it sit for several hours. Give it a good scrub and rinse with the hose. It might just do the trick!
- "I have a tip for you. When pouring water in your coffee pot, use a 4-inch funnel by placing it in the tank. Helps from spilling water. Pour slowly!" – PT in Illinois
- Three ways to honor veterans on Memorial Day: pause for the National Moment of Remembrance (3 p.m. local time), a minute-long pause to remember those who lost their lives in service to our country; donate flowers or place flowers on the graves of veterans in your local cemetery; listen to the stories of veterans through StoryCorps' oral history project ([www.storycorps.org/discover/military-voices](http://www.storycorps.org/discover/military-voices)).
- "Here's a recipe tip from my brother's man cave: Take a can of beer and mix it with a cup of barbecue sauce. Add a couple drops of hot sauce

continued on page 22

PUZZLES

Answers on page 23

Super Crossword

APPELLATION TRUNCATION

- ACROSS**

1 Duelist's weapon

5 — Club (retail chain)

9 Weds on the sly

15 Swine food

19 Carter of "Gimme a Break!"

20 "Stat!"

21 Film director George A. —

22 Bluish hue

23 Cruel Curry in a London borough?

26 Kitty chip

27 The real —

28 Skirt's edge

29 Give Mason the ax?

31 Make do with Paul?

34 "— a Letter to My Love" (1981 film)

35 Road goop

36 Song syllable

37 Acne care brand

38 Physics prize of note

42 Show penitence

44 College founded by Hagen?

51 Heredity determiner
- 52 Attired

53 Flummoxed

54 Mrs., in Bonn

55 Question for Knotts when he's holding a package?

60 Bygone space station

61 Extreme joy

64 Arcing tennis shot

65 Second letter addendum: Abbr.

66 Singer with the 2011 album "21"

68 Goes by car

69 Came in first

71 Sculpting aid

72 Not too tasty

73 "— a Rock" (1966 hit)

76 "Ni-i-i-ice!"

78 Semis, say

79 Go bad

80 Return Shearer's shoe brand

87 Traffic sound

88 Billion : giga- :: trillion : —

92 Anthony championing personal liberties?
- 96 — noires (bugbears)

97 January, in Spain

98 Coll. dorm supervisors

99 — -haw (donkey's sound)

101 Moose kin

102 With 111- Down, connect two dots, maybe

106 Battling it out with Murdoch?

109 Put Arthur on mood-stabilizing medication?

113 Regatta tool

114 Poet John

115 Exclude

116 "Whew, such a relief that Kahlo arrived!"

120 Area

121 Samplings

122 Kin of beige

123 Prep school on the Thames

124 Tram loads

125 Ukrainian port city

126 Exclude

127 Unit of force
- DOWN**

1 Sheffield loc.

2 Pervade

3 It's negatively charged

4 Vote in

5 Twain's Tom

6 "— live and breathe!"

7 Very virile

8 Nearly globe-shaped

9 Palindromic "before"

10 Lounges idly

11 All: Prefix

12 Lab's — dish

13 Great Lakes tribesmen

14 Northern French river

15 Commence

16 Monocle, e.g.

17 Pledge

18 Answer from the accused

24 "Warrior" co-star Nick

25 2,065, in old Rome

30 Year, in old Rome

31 Fawn's father

32 Defective

33 Uvea's organ

39 Cat breed

40 Virtual marketer

41 Victors' wreaths

43 Sir Isaac —

45 Slangy negative

46 Shaft of light

47 Call a halt to

48 "The jig —"

49 Turner and Kennedy

50 Ming of basketball

52 Elliot of the Mamas & the Papas

56 Feature of "gum" but not "gem"

57 Pledge

58 Download for a Kindle

59 Bible book before Habakkuk

61 Give a hug to

62 Fill with a crayon

63 Not dynamic, as a verb

67 Expand

70 "— so much"

71 Lug

73 "Who's there?" answer

74 Make — deal out of

75 Speed-of-sound ratio

77 Scorching

78 "The — Coochi Coo" (1961 hit)

81 Musicality

82 Winter hrs. in Wichita

83 "... — iron bars a cage"

85 When shows are broadcast

89 Forever

90 Had faith in

91 Inquires

93 Bereft

94 — Lanka

95 Myopic "Mr."

96 "I — You" (hit for Elvis)

100 Concludes

103 Hard — follow

104 "I thought — a deal!"

105 Humble

106 Phonies

107 Fast one

108 One way to mark losses

109 Clown name

110 Love deity

111 See 102- Across

112 Sinus docs

117 Cookie-pushing org.

118 Hexa-halved

119 Hex- ending

1	2	3	4		5	6	7	8		9	10	11	12	13	14		15	16	17	18	
19					20					21								22			
23					24					25								26			
	27							28				29					30				
31						32				33			34								
35					36				37								38		39	40	41
42				43			44	45				46	47	48	49	50					
51					52						53							54			
				55	56					57	58						59		60		
61	62	63						64				65					66	67			
68									69		70					71					
72						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							
79						73	74	75		76		77		78							

King Crossword

- ACROSS**

1 Work units

5 Urban carrier

8 Wanders

12 Hoodlum

13 Bobby of hockey

14 Leave out

15 Atmosphere

17 With skill

18 Godlike

19 Indefinite interval

21 To and —

22 Regimen

23 Sheepish comment

26 Mess up

28 Manicurist's concerns

31 Mater preceder

33 Insult (Sl.)

35 Nike slogan, "Just —"

36 Unpaid bills

38 1960s Pontiac

40 Homer's neighbor

41 Faraway fleet?

43 Actress Thurman

45 Help

47 Least adorned

51 Physicist Niels

52 Food of the gods

54 Tourney situations

55 Wire measure

56 Soda fountain treat

57 Right on the map?

58 Snoop

59 Arctic diving birds

5 Massachus- etts city

6 Joan of —

7 The staff of life

8 Proceed

9 Drive

10 Pickling herb

11 Eyelid woe

16 Ireland

20 Victory

23 Evil

24 Brewery prod- uct

25 Surprise attacks

27 Tractor-trailer

29 Falsehood

30 Norm: Abbr.

32 Originally

34 Unshaven, in a way

37 "Mayday!"

39 Mr. Sharif

42 Postage buy

44 Scent

45 Singer Lane

46 Protein-rich bean

48 Birthright bar- terer

49 Symbol of smoothness

50 Body pics

53 Russian space station
- DOWN**

1 "Zounds!"

2 Jim of sports radio

3 Asian desert

4 Express dis- dain nasally

MAGIC MAZE ● — STREET

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: **Most Crooked Street in the World**

- Across the Back

Basin

Bourbon
- Dead-end Downing

Easy

Fleet
- High Main

Narrow

One-way
- Sesame Two-way

Wall



Alligator Stadium Dogs

- 1 pound alligator sausage, sliced 3/4 way through lengthwise
- 2 bell peppers (red, yellow, or green), sliced thin
- 1 onion, sliced thin
- 1 tablespoon garlic
- 1 tablespoon unsalted butter
- Oil for cooking
- Hot dog buns
- Sea salt and fresh ground pepper, to taste

Preheat large skillet to medium-high and add oil to coat. Sear sausage on all sides until golden brown. Using same pan, add 1 tablespoon butter and 1 tablespoon oil. Add peppers and onions and sauté for 6-8 minutes or until slightly softened. Assemble by placing sausage in bun, top with peppers and onions and desired condiments.\*

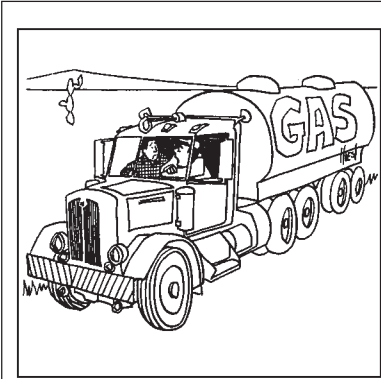


Alligator Stadium Dogs

photo courtesy Fresh From Florida

PUZZLES

Answers on page 23



"You'll never guess why we \_\_\_\_\_!"

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Notable

Choice

PITON

Remove

SPEEDO

Extent

PECOS

TODAY'S WORD

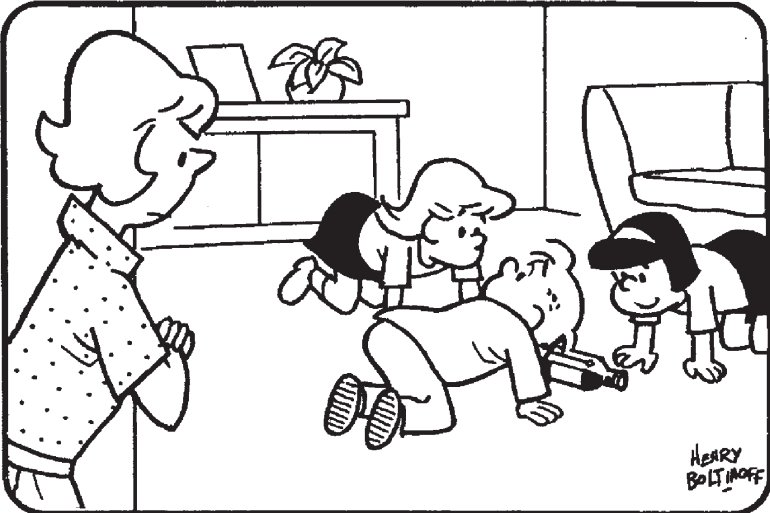
	5				1		8	
		9		2		3		
3	8		4					9
		4		7			3	
	2		1		6			4
1				8		5	2	
	6				3		4	
		7	2					1
8				6		2		

SUDOKU

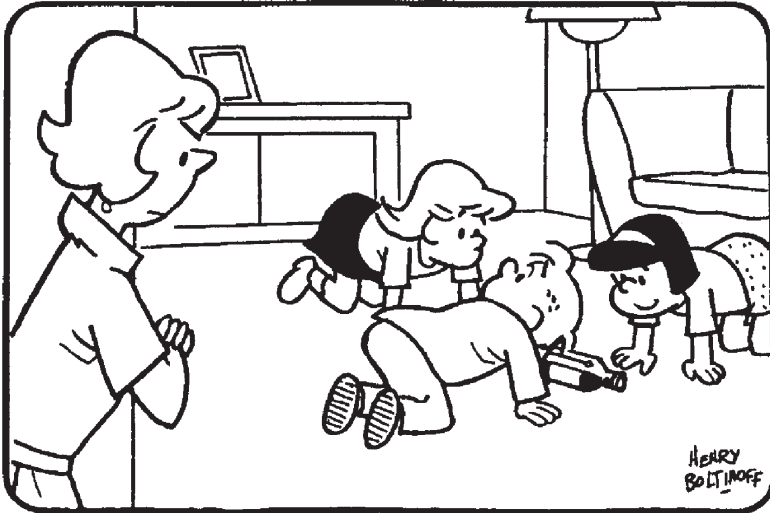
To play Sudoku: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Plant is missing. 2. Frame is added. 3. Woman's blouse is different. 4. Lamp is added. 5. Girl's skirt is different. 6. Woman's earring is added.



**FRIDAY**  
Sunny  
High: 83 Low: 79



**SATURDAY**  
Sunny  
High: 84 Low: 80



**SUNDAY**  
Sunny  
High: 85 Low: 81



**MONDAY**  
Sunny  
High: 88 Low: 83



**TUESDAY**  
Partly Cloudy  
High: 84 Low: 80



**WEDNESDAY**  
Sunny  
High: 87 Low: 82



**THURSDAY**  
Sunny  
High: 84 Low: 80

### Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:51 am	6:20 am	12:48 pm	8:18 pm
Sat	3:38 am	6:35 am	1:15 pm	8:56 pm
Sun	4:27 am	6:51 am	1:47 pm	9:38 pm
Mon	5:26 am	7:08 am	2:24 pm	10:25 pm
Tue	3:08 pm	11:17 pm	None	None
Wed	3:58 pm	None	None	None
Thu	5:00 pm	12:14 am	None	None

### Point Ybel Tides

Day	High	Low	High	Low
Fri	1:56 am	6:22 am	11:53 am	8:20 pm
Sat	2:43 am	6:37 am	12:20 pm	8:58 pm
Sun	3:32 am	6:53 am	12:52 pm	9:40 pm
Mon	4:31 am	7:10 am	1:29 pm	10:27 pm
Tue	2:13 pm	11:19 pm	None	None
Wed	3:03 pm	None	None	None
Thu	4:05 pm	12:16 am	None	None

### Punta Rassa Tides

Day	High	Low	High	Low
Fri	1:43 am	7:08 am	12:59 pm	8:27 pm
Sat	2:25 am	7:31 am	1:11 pm	9:09 pm
Sun	3:17 am	7:57 am	1:32 pm	9:53 pm
Mon	4:19 am	8:31 am	2:05 pm	10:37 pm
Tue	5:19 am	9:14 am	2:50 pm	11:24 pm
Wed	6:16 am	10:02 am	3:51 pm	None
Thu	7:12 am	12:17 am	5:06 pm	10:54 am

### Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	5:01 am	9:36 am	2:58 pm	11:34 pm
Sat	5:48 am	9:51 am	3:25 pm	None
Sun	6:37 am	12:12 am	3:57 pm	10:07 am
Mon	7:36 am	12:54 am	4:34 pm	10:24 am
Tue	5:18 pm	1:41 am	None	None
Wed	6:08 pm	2:33 am	None	None
Thu	7:10 pm	3:30 am	None	None

## PROFESSIONAL DIRECTORY

### ELECTRICAL

**J.T.E. ELECTRIC**  
SERVICE • RESIDENTIAL • COMMERCIAL • REMODEL

**Brady J. Rees**  
Generator and Service Expert  
T | 239-368-9511  
C | 239-980-1596  
generator@jteelectricinc.com

**STANDBY POWER**  
Authorized Dealer  
Lee, Collier, Hendry,  
Charlotte, Sarasota Counties  
Lic.# EC-13002460  
204-B Waldo Avenue,  
Lehigh Acres, FL 33971

### GENERAL CONTRACTOR

**D.BROWN**  
GENERAL CONTRACTORS LLC  
CGC1517615

**BBB**  
A BBB Accredited  
Business with an +A Rating

**NEW CONSTRUCTION  
& REMODELS**

239-593-1998 | www.dbrowngc.com

### TREE TRIMMING, ARBORIST

Arbor Specialist Since 1995 "Tell A Friend"

**TREE WEST**  
• Tree Trimming • Tree Removal  
• Stump Grinding  
**239-910-3256**  
info@treewestflorida.com  
www.treewestflorida.com  
P.O. Box 564, Sanibel, FL 33957  
Licensed, insured, workers compensation

### CONSTRUCTION/REMODELING

**COOPER**  
CONSTRUCTION  
Custom Homes & Remodeling Specialists  
We can design, build and manage any endeavor  
you can dream up.  
**239.454.5699**  
cooperconstruction@embarqmail.com  
Kerry Cooper • An Island Business Since 1982 • License # CBC1255742

### REALTOR

"When Only The Best Will Do!"

**JOHN NAUMANN  
& ASSOCIATES**  
real estate  
Est. 1975  
www.alanfisher.jnarealestate.com

**Alan B. Fisher**  
REALTOR®  
c - 504-919-2770  
alan131@icloud.com

1149 Periwinkle Way  
Sanibel, FL 33957  
o - 239-472-0176

### HOME SERVICES

YARD SERVICE • TREE SERVICE • POOL SERVICE  
HOME WATCH • CLEANING SERVICE

**JUERGEN SCHREYER**  
OWNER

**ISLAND HOME SERVICE**  
P.O. Box 1050 • SANIBEL • FLORIDA 33957  
WWW.ISLANDHOMESERVICE.COM  
INFO@ISLANDHOMESERVICE.COM  
PHONE: (239) 472-5247 • CELL: (239) 229-6366

### CLEANING SERVICES

**Professional Cleaning Services**  
Residential & Commercial  
Construction Clean Up  
Interior Windows  
Home Watch

**Jennifer Watson**  
(239) 810-6293  
brightntidy@gmail.com  
Licensed & Insured

### IRRIGATION

Under New Ownership

**Affordable ISLAND Irrigation**  
239-738-9970  
AffordableIslandIrrigation@gmail.com

Get a Complete System Check Today!  
• Routine System Checks  
• Repair of Current System  
• New Installations  
• Water Audits & Leak Detection  
• Residential or Commercial

### FISHING CHARTER

Light Tackle Sport Fishing  
Tarpon • Snook • Redfish & More  
**CAPT. MATT MITCHELL**

**USCG**  
Licensed  
& Insured

C: (239) 340-8651  
www.captmattmitchell.com  
email: captmattmitchell@aol.com



**The New Math:**  
**\$1 = \$8**

That's right! The Harry Chapin Food Bank can find, rescue, transport and distribute \$8 of nutritious food for every \$1 you donate. This turns your \$20 gift into 80 meals for a family!

*Thank you for your generosity!*

Mail your tax-deductible donation to:  
**The Harry Chapin Food Bank**  
3760 Fowler Street, Fort Myers, FL 33901  
Call (239) 334-7007 or donate online at:  
harrychapinfoodbank.org

**THE RIVER**  
WEEKLY NEWS  
FROM THE BEACHES TO DOWNTOWN FORT MYERS



Harry Chapin Food Bank  
OF SOUTHWEST FLORIDA



From page 18

## Now Here’s A Tip

if you’re feeling spicy. Use the mix to marinate chicken thighs for several hours before slapping them on the grill. He says the beer helps the chicken absorb the flavor, and he must be right, because it’s so yummy.” – ED in Arkansas

- Clean hairbrushes and combs by soaking them in a baking soda/water solution. Put them bristles down in a large cup and add the solution. Don’t do this to wood handle brushes.
- “Here’s a convenient way to measure oil and not have to wash an inconveniently shaped measuring cup: Label a glass jar with marks for common kitchen measurements: 1/4, 1/3, 1/2, 2/3, 3/4 and 1 cup. So easy.” – JK in Vermont

### STRANGE BUT TRUE

- A swarm of 20,000 bees followed a car for two days because their queen was inside the vehicle. The insects were removed by a beekeeper after the car was parked, but were back the next day, as the queen was still inside.
- Peter Ostrum, who portrayed Charlie Bucket in the original *Charlie and the Chocolate Factory*, declined the offer of a three-picture deal and bought a horse with his movie earnings. His resulting love for animals led him to pursue a career not as an actor, but a veterinarian.
- During World War II, Coca-Cola

wanted soldiers to have a taste of home and opened bottling plants near Europe. However, the soda was synonymous with the States, making it problematic for non-Americans to be seen drinking it, especially in the Soviet Union where it was viewed as a symbol of American imperialism. Soviet Gen. Marshal Georgy Zhukov, a fan who didn’t want to be seen consuming it himself, appealed to the company to make a clear version. A chemist at the Austrian bottling plant obliged by removing the drink’s coloring, after which “White Coke” was bottled in clear glass with a white cap and red star.

- *Jeopardy* fan Cindy Stowell dreamed nearly her entire life of being a contestant on the show. In 2016 she successfully auditioned and became a six-time champion even while battling Stage 4 cancer during filming. Sadly, she didn’t live to see her episodes air, but her \$103,000 in winnings was donated to cancer organizations.
- *Alice in Wonderland* author Lewis Carroll wasn’t the best at personal finance. Sure, he paid his debts on time, but would also often overdraft upwards of 7,500 pounds sterling – in spite of being a mathematics scholar at Oxford!
- The Vatican Bank is the world’s only bank that allows ATM users to perform transactions in Latin.

### THOUGHT FOR THE DAY

“Failure is a bruise, not a tattoo.”  
– Jon Sinclair

## Hit-And-Run Accidents Can Be Avoided

From a lay person’s standpoint, it seems that hit-and-run accidents in Lee County are increasing. Generally speaking, a hit and run is defined as being involved in a car accident (either with a pedestrian, another car, or a fixed object) and then leaving the scene without stopping to identify yourself or render aid to anyone who might need assistance.

A hit-and-run accident can happen very fast. It may be that a car came out of nowhere, ran a red light and then raced off, or one that rear-ended you – and didn’t even slow down. A hit-and-run crash is any accident where one of the drivers flees the scene.

In most states, it doesn’t matter whether you caused the accident or not. The act is committed simply by leaving the scene. There’s no question that a hit and run can leave you shaky, especially if you’re the victim. Whether you cause an auto accident or are the victim, the first rule is to stay on the scene.

So, what’s the main reason for hit-and-run accidents? Some people flee the scene because they are not properly insured or licensed; or their license has previously been revoked or is expired. It may be that one driver fell asleep at the wheel, was

on their phone, or simply missed seeing a stop/slow sign. A hit-and-run accident can result in a felony and more serious criminal charges. In circumstances where the accident was fatal, the hit-and-run driver could be charged with the death.

In the past year, there have been numerous hit-and-run accidents, including two that resulted in the deaths of young girls waiting at bus stops. In other incidents, individuals were hit when they weren’t crossing the street at a proper location.

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

For more information about the Injury Prevention Coalition or the grant application, contact Brian Raimondo at [ipcleecounty@gmail.com](mailto:ipcleecounty@gmail.com) or 330-2240.\*

## Be Generator Safe This Summer

Storm season will be here before we know it. Now is the time to prepare if you plan to use a generator. Although generators are super convenient in times of power outages, they can create hazardous conditions for both the people

# CLASSIFIED

### COMMERCIAL RENTAL

**POPULAR RENTAL LOCATION ON SANIBEL**



Call Judy at 239-851-4073.  
6/21 \* TFN

### VACATION RENTAL

**Island Vacations**  
Of Sanibel & Captiva  
*Million \$ Views Await You!*  
• Cottages • Condos • Homes •  
Miles of Beaches & Bike Paths  
**239-472-7277**  
**1-888-451-7277**  
1/4 \* TFN

### ANNUAL RENTAL

**CENTRAL SANIBEL**  
All utilities, wifi included, one bedroom, one bath, full kitchen, one car parking private unit.  
Annual \$1,450/month. Call or text 239-472-5222  
5/22 \* TFN

### RENTAL WANTED

**NEED GARAGE SPACE**  
I am wanting to rent a garage on Sanibel to store my car for the summer. Must be enclosed and secure. Please email Pat at [Patob1@comcast.net](mailto:Patob1@comcast.net) or call at 317-701-3000.  
5/15 \* 5/22

### SERVICES OFFERED

**SCARNATO LAWN SERVICE**  
Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available)  
Joe Scarnato (239) 849-6163  
[scarnatolawn@aol.com](mailto:scarnatolawn@aol.com)  
1/25 \* TFN

**ROGER NODRUFF ELECTRIC**  
Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203  
State License #13002788  
4/20 \* TFN

### SERVICES OFFERED

**ENVIROMOW**  
**A Full Service Landscape Co.**  
• Landscape Design, Install & Maintenance,  
• Tree Trimming by a Licensed Arborist  
• Professional Irrigation Repair  
• Licensed & Insured Home Watch Service Residential & Commercial  
**239-896-6789**  
11/29 \* TFN

### AUTOS FOR SALE

**2010 MINI COOPER S RED CONVERTIBLE**  
90 k. One owner. Great Island car! \$7,000 in very good condition. Call 239-405-0631.  
5/15 \* 5/22

**MERCEDEZ E350**  
Beautiful Mercedes E350 Sedan, \$9,900. Metallic Silver 99k Miles. One Owner Lady Driven. Clean, Looks Great, No Accidents, Panoramic Sunroof.  
239-357-1700  
5/22 \* 5/29

### 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](mailto:cappropmgr@gmail.com).  
5/1 \* TFN

### SERVICES OFFERED

**AL-ATEEN HELP LINE**  
Are you concerned with a friend or family member’s drinking? Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org). Meetings are held every day in Lee and Hendry counties. Al-Ateen meetings are also offered for ages 8 to 18.  
4/24 \* TFN

### VACATION RENTAL



**Cottages To Castles**  
Unique Vacation Rentals  
2427 Periwinkle Way  
Sanibel, FL 33957  
Local: (239) 472-6385  
Toll Free: (800) 472-5385  
Fax: (239) 472-5858  
[www.cottages-to-castles.com](http://www.cottages-to-castles.com)  
1/26 \* TFN

### SEASONAL RENTAL

**SUMMER RENTAL**  
In Sanibel, charming 2/1 cottage, starts June, 6 mo., 5 min. walk to beach, large yard, lovely furnishings, all you need to live like the locals. 727-644-6493.  
[www.seagrapecottageatsanibel.com](http://www.seagrapecottageatsanibel.com).  
5/22 \* 5/22

To advertise in the  
Island Sun  
and  
The River Weekly News  
Call 395-1213

within the home they are powering and any electric crews working in the area.

GenerLink offered by LCEC eliminates the use of extension cords and other hazardous connections by providing a safe connection from the electric meter directly to the generator. It also detects when a generator is operating and automatically disconnects from the utility grid, eliminating dangerous backfeed.

Benefits of GenerLink include:

### Easiest and safest generator connection

Allows customers to run virtually any appliances up to the capacity of their generator

Easily installed behind the electric meter  
by a certified LCEC technician

Connection at the meter keeps your portable generator outside where it is safe

Seven-year manufacturer's warranty

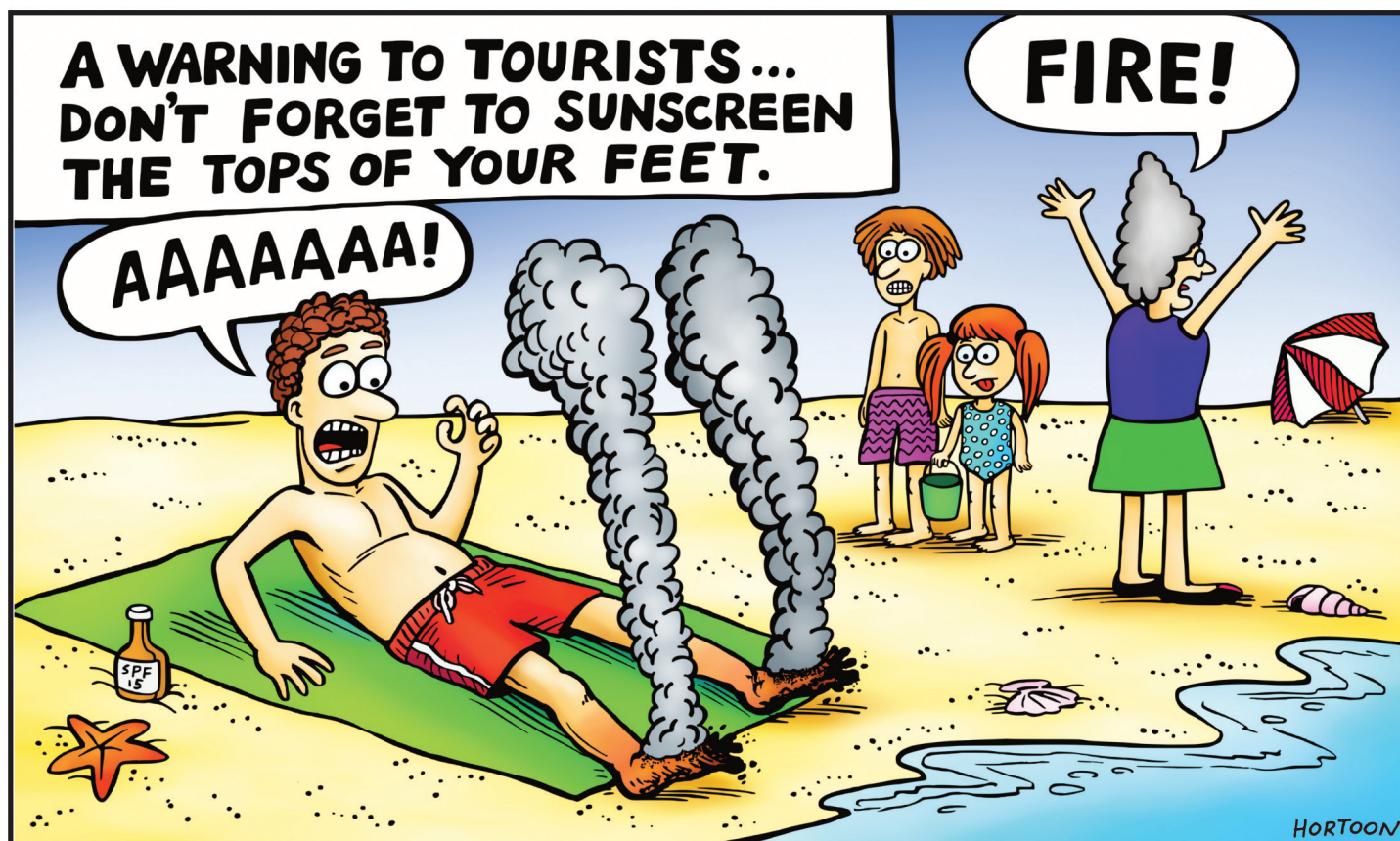
There are two types of GenerLink available to LCEC customers for lease or purchase. Visit the GenerLink section at [www.lcec.net](http://www.lcec.net) for more information. ❖❖

## SCRAMBLERS

1. Salient; 2. Option;  
3. Depose; 4. Scope

Today's Word  
**STOPPED**

# HORTOONS



# PUZZLE ANSWERS

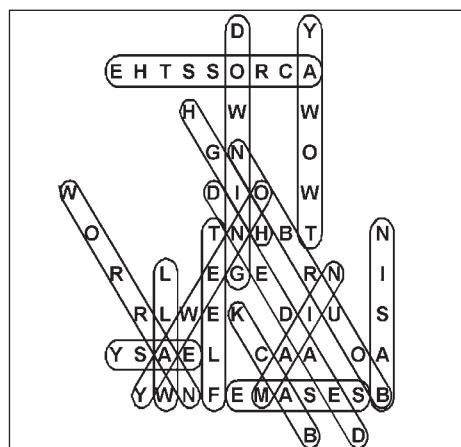
## SUPER CROSSWORD

[illegible]

## KING CROSSWORD

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

## MAGIC MAZE



## SUDOKU

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

## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Captiva Beach	Captiva	2000	4,376	\$3,200,000	\$3,080,000	70
Woodrings Subd	Sanibel	1959	1,189	\$2,650,000	\$1,700,000	307
Savona	Cape Coral	1993	2,713	\$1,199,000	\$1,100,000	67
Cape Coral	Cape Coral	1970	3,315	\$1,000,000	\$782,500	525
Cape Coral	Cape Coral	1979	2,718	\$995,000	\$870,000	92
Whiskey Creek	Fort Myers	2003	3,215	\$995,000	\$900,000	125
Cape Coral	Cape Coral	1995	4,376	\$949,900	\$909,000	0
Whiskey Creek Club Estates	Fort Myers	1982	4,289	\$874,900	\$830,338	29
Edgewater	Fort Myers	1997	3,478	\$850,000	\$775,000	133
Cape Coral	Cape Coral	2020	2,477	\$799,000	\$781,000	24

Courtesy of Roval Shell Real Estate



*Randy Wayne White ©*

# WE'RE BACK!

We're implementing our **Enhanced Safety Measures** that you'll notice when you get inside.  
Thank you for trusting in us to provide you with a great experience & some sense of normalcy.



Sanibel • Captiva • Ft. Myers Beach • Downtown St. Pete (Coming Soon)

     
[WWW.DOCFORDS.COM](http://www.docfords.com)



THE ORIGINAL  
**YUCATAN SHRIMP!**

Visit Our Sister Locations on Ft. Myers Beach  
***The Dixie Fish Co. & The Whale***