



Dueling Pianos Kicks Off Sounds Of Summer Series

The Sidney and Berne Davis Art Center (SBDAC) will feature its first concert in the Sounds of Summer series on Friday, June 19.

Dueling Pianos will feature two grand pianos placed back-to-back in the center of SBDAC's Grand Atrium with an audience seated in the round. Featured pianists, Sarah Hadeka and David Rode, will take audience suggestions for the next song in their setlist. However, it's up to the piano players what songs will be featured. Audience members are encouraged to sing along to some of the greatest piano hits of all time by musicians like Billy Joel, Elton John and Queen.

The evening will also feature the People's Choice winner announcement for the June Juried Exhibition, titled Rumors or Reality. The exhibition in the Grand Atrium, along with international artist Monika Bokelmann's exhibition in the Capital Gallery, will be available for viewing through June 25 with hours from 10 a.m.



A previous Dueling Pianos performance

to 3 p.m. Monday through Friday.

Cost for Dueling Pianos is \$10 at the door. There is complimentary admission for exhibiting artists participating in the Rumors or Reality show. Doors open at 7 p.m. and

photo provided

the concert begins at 8 p.m.

SBCAD will also be holding Wednesday yoga classes again from 11:30 a.m. to 12:30 p.m. Bring your yoga mat and water bottle and get ready to stretch your mind,

body and spirit. Drop in class is \$15 per participant.

As for safety protocol due the effects of COVID-19, SBDAC officials are encouraging everyone to bring in and don their own personal protective gear. There will be sanitizers for use while inside the building. All restrooms, door handles, stair banisters, elevator panels, cash registers and pin pads, computers, telephones and all other frequently used surfaces will be disinfected every hour or more.

There is a reduced capacity limiting large groups. There is a one-way foot traffic pattern and signage with friendly reminders to maintain appropriate social distancing throughout the building.

The Sidney & Berne Davis Art Center is requiring all staff members to wash their hands immediately upon arriving to work and to stop working at regular intervals throughout the day to wash hands. All bartenders will be wearing disposable gloves, and there will be a single handler of cash encouraging customers to use credit cards or mobile payment methods.

The Sidney and Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit www.sbdac.com or call 333-1933.*



Science demonstration

photo provided

Live And Virtual Summer Camps At Science Center

The IMAG History and Science Center's new safe summer camps designed especially for rising kindergarten through eighth grade students began June 8, while virtual camps with a little Zoom magic begin Monday, June 15.

Camp IMAG offers children a safe, fun, exciting and educational curriculum blending science, technology, engineering and mathematics (STEM) with history, humanities and the arts in themed weekly

sessions with activities, games, crafts and exhibit explorations. Camp IMAG is where campers become explorers and experimenters, scientists and astronauts, programmers and pilots, mechanics and moviemakers, and even superheroes and villains.

Camps are divided into rising kindergarten through first graders, rising second through third graders, rising fourth through fifth graders, and rising sixth through eighth graders. One-week camp sessions include Lego Engineers, Wizard Academy, Master Chefs, Adopt-a-Bot, Tiny Tech, Movie Makers, Culinary Chemists, Messologists, Tech Garage, Space Cadets,

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Plant Sale At The Estates Saturday



The Garden Shoppe at Edison and Ford Winter Estates offers a large selection of quality plants and trees in a unique setting

photo provided

Edison and Ford Winter Estates will hold its first Summer Plant Sale on Saturday, June 13 from 9 a.m. to 4:30 p.m. The sale will take place outdoors, in the Garden Shoppe and surrounding areas. The shop is stocked with new plants and three vendors – Calusa Palms, Sunland Orchids and Deep South Natives – will be on site until 2 p.m. Horticulturists will staff a Garden Guidance table and answer guests' gardening questions until 2 p.m.

Admission to the plant sale is free.

A limited number of garden carts are available, so guests are encouraged to bring their own. Additional discounts are available for members (guests can join that day and get the discount). Refreshments will be available for purchase.

The Garden Shoppe offers a unique place for gardeners to shop for quality plants. A large selection of flowering and fruit trees, butterfly plants, herbs, succulents, orchids, rare exotics and Florida natives are available. Wind chimes,

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Historic Downtown Fort Myers, Then And Now:

Eastward View On First, Circa 1955



by Gerri Reaves, PhD

Although these photos were taken 65 years apart, the signature royal palms and the facades of two historic mainstays accentuate the similarities in the look and feel of downtown that has persisted over the decades.

The imposing U.S. Post Office makes it easy to get your visual bearings in the circa-1955 view from First and Jackson. Built in 1933, that building functioned as the post office until 1964, when the new one opened on Monroe Street.

Then the coquina-rock structure was converted into a Federal Courthouse.

Today, only the streetscaping, benches and the bronze cylinders of Jim Sanborn’s light sculpture *Caloosahatchee Manuscripts* on the sidewalk suggest the passing of the time.

However, the architectural gem is now the Sidney & Berne Davis Art Center. At right and across First Street are the canvas awning entrance to the Franklin Arms Hotel and a sign advertising both air conditioning and free parking.

The front three-story section of that hotel was originally built in 1916 as the “new” Hill House, a boardinghouse-hotel with roots in pioneer days. It was sold and became the Franklin Arms in 1918, and the eight-story tower to the rear opened in 1924.

Today, the former Hill House section is a law firm and the tower is condominiums. But the similarities in the photos end there. Aside from the post office and hotel, almost everything else in the historic photo is gone.

In the 1955 view, look through the palm fronds to the southeast corner at Lee (center left behind pedestrians) and you’ll see the popular Blue Goose Restaurant.

Today, the two-story First Street Center occupies that corner. It was built in 1960, as Thrifty Drugs, and is now home to various businesses and offices, including the Goodwill Boutique in the corner spot.

That balconied building right center on the corner at Lee is the Roberts Building,



Circa 1955, the U.S. Post Office (left) was on First between Jackson and Lee. Across First is the Franklin Arms Hotel. The building with the open balcony is the Robert Building at Lee.
photo courtesy Florida State Archives



The Post Office is now the Sidney & Berne Davis Art Center and the Florentine Building stands on the Lee corner. The Franklin Arms tower is condominiums and the front section is a law office.
photo by Gerri Reaves

the second one so named to stand there. The first had been destroyed by fire in 1907 and the one pictured here replaced it.

When the photo was taken, Kate Jeffcott realty, investments and insurance was in the prime corner office space, and apartments were located on the upper floor.

Over the decades, a host of businesses and offices were located in the building, among them Hunt Foto and the public library for 17 years.

Around 1960, it was demolished and the First National Bank Building was built on the corner.

Until a few years ago, it was Bank of America. It has been renovated and renamed the Florentine Building.

Also vanished from the landscape – and quite recently – is that church steeple farther east at Royal Palm Avenue, just visible over the palm trees.

In 1955, the First United Methodist Church’s sanctuary, the third in its long history, was still new, the first service having been held in it in December 1953.

The sanctuary in the photo was demolished in 2017; the church had closed the previous spring.

Look toward Royal Palm today and you’ll see the Fort Myers Regional Library at the southwest corner.

Walk down to First and Jackson and compare and contrast street scenes separated by 65 years.

Then visit the following research centers to learn more about downtown Fort Myers in 1955.

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

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

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

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

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Microsoft Florida State Champions

Once again, out of the hundreds of thousands of Microsoft competitors for the State of Florida, Dunbar High School continues its dominance and has three state champions ready to compete for a national title. Dunbar now has 15 Florida state champions over the past 10 years.

Dunbar High and Certiport, a Pearson VUE business, recently announced the following students have been named Florida's Microsoft Office Specialist Champions for the 2020 Microsoft Office Specialist (MOS) U.S. National Championship.

Dan Trembley's junior networking student, Ian Depauw, Florida State Champion Microsoft Excel 2019

Mark Dunaway's sophomore networking student, Carson Mulvey: Florida State Champion Microsoft Excel 2016

Mark Dunaway's junior networking student, Kevin Dimaculangan: Florida State Champion Microsoft Word 2016

"Honestly, having two Microsoft World Champions and four National Champions coming from Dunbar High School has been quite a nice testament to the incredible programs we offer," said Principal Carl Burnside. "So, to be able to send students practically every year to compete makes each year's competition even more exciting!"

"Our advanced network academy not only produces Microsoft champions but offers these students the ability to not only earn over 33 information technology (IT) credentials but utilize those credentials to move on to internships and post-secondary success," said Denise Spence, IT programs manager.

Unfortunately, due to COVID-19, the 2020 U.S. National Championship live event has been cancelled, but the three



Ian Depauw

state champions are invited to compete at the 2021 Microsoft Office Specialist U.S. National Championship at the Hilton Orlando Lake Buena Vista in Orlando on June 21 to 23, 2021.

During the 2021 MOS U.S. National Championship

event, student competitors will take a unique competition exam in their track, further testing their knowledge of the applications. One winner per track will be named the 2020 MOS U.S. National Champion and win a trip to compete in the 2021 MOS World Championship.

"We're impressed by these students – not only have they proven they are the best in their state at using Microsoft Office products effectively, they now have an important distinction to place on their resume that shows a desire to learn and validate in-demand skills," said Craig Bushman, vice president of marketing, Certiport. "The title 'Microsoft Office Specialist' will serve them well in their academic and career pursuits."

For more information about the US MOS Championship, visit www.us.moschampionship.com.



Carson Mulvey



Kevin Dimaculangan

JROTC Cadets Earn Scholarships

Graduating JROTC cadets in the Class of 2020 earned \$5.4 million in scholarships to continue their education after graduation. The School District of Lee County's JROTC program is one of the largest in the country, consisting of 15 Army JROTC programs, more than 7,500 cadets and 80 instructors.

Scholarships were provided by several veteran groups. The Lee Coast Chapter (Fort Myers/Sanibel) of the Military Officer's Association of America (MOAA) provided five scholarships to the following cadets:

Suzette Brito, Lehigh Senior High;
Tommie McBride, Lehigh Senior High;
Alec Koontz, Fort Myers High;
Kelli Ahlquist, North Fort Myers High;
and

Kelsi Grigas, Mariner High.
The Cape Coral chapter of the MOAA provided three scholarships to the following cadets:

Isabel Basillis, Cape Coral High;
Christian Lumadue, Oasis High; and
Garrett Palow, North Fort Myers High.
The local chapter of the Military

Order of the Purple Heart provided one scholarship to Cadet Stephanie Trejo of Mariner High.

The Combat Infantryman's Association provided one scholarship to Cadet Pablo Gomez of Ida Baker High School.

Don Radke from the Perry Campbell Fund Raising organization provided one scholarship to Howie Aviles of Lehigh Senior High School.

The West Point Society of Southwest Florida provided \$1,500 to support county-wide JROTC activities.

This year, the JROTC Cadets contributed over 52,000 hours toward community service. Projects included but were not limited to blood drives, food drives, assisting the homeless, clothing and toy collections for battered women's shelter, visiting veteran's retirement home, environmental cleanup, Habitat for Humanity, and making "Blessing Bags" for first responders to distribute in emergency situations. JROTC cadets also completed a month-long food drive resulting in donation of more than 17,000 food items to Community Cooperative Inc.

The JROTC programs' mission is to Motivate Young People to be Better Citizens. For more information, contact Lee County JROTC Operations Officer William Zacovic at williamrz@leeschools.net.

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Fort Myers Art:

Setting Sights On Film, Gomez Is Going Places



by Tom Hall

Kinley Gomez is going places. Just not to Southern California this month. That had been the plan. The incoming senior at Canterbury School is among a handful of talented

applicants who've been accepted into the University of Southern California's (USC) vaunted advanced summer screenwriting program. But due to COVID-19 concerns, the four-credit course has been moved online. And, for now, so has Gomez's attention and focus.

While she won't be able to meet people in person or network face-to-face, Gomez nonetheless expects to learn invaluable tools, techniques and tips in screenwriting once the six-week course starts in the last week in June. She aspires to write – and perform in – comedic movies in the tradition of those written by and starring the likes of Judd Apatow, Adam Sandler, Will Ferrell and Steve Martin.

"While I love and admire Amy Poehler, Tina Fey and Kristen Wiig, I really enjoy the male comedians more,



Kinley Gomez

photo provided

and I'm absolutely obsessed with Judd Apatow, Will Ferrell and Steve Martin," Gomez professed. "They inspire me. I watch old (*Saturday Night Live*) SNL sketches constantly and study their comedic timing. And interviews (they've given) to see how they respond to awkward questions. I watch a lot of Judd Apatow and Steve Martin because all the films they do are similar, so I study them because they provide a template."

If you've seen Gomez perform at Lab Theater, you might not associate her with comedy, but her family, friends and classmates affectionately refer to her as "the funny one." Even her teachers joke

about Gomez flying them up to New York once she lands a gig on *SNL*.

"When I was little, I was goofy but not necessarily funny. I've discovered my comedic side over the past two years," Gomez self-assesses. "I always look for the funny side when things aren't so great. I like to take normal situations and point out the irony or the humor in them. No matter how strange or dire a situation may be, there is always something people can laugh about."

Improv enables Gomez to hone her observational skills so that she can size up people, places and circumstances in the twinkle of one of her arresting turquoise eyes.

"I'm really into improv and I take improv classes through Second City in Chicago, which is the best comedy school in the country – where all the *SNL* people get their start. I take classes online, and whenever I'm in Chicago, I go to their show. That's one of the things I'm inspired by and put a lot of time into."

Gomez's comedies are about real life people. Relatability is the polestar that guides her storytelling.

"Everybody has some crazy in their life. I want to highlight that in a positive way to make people laugh," she said.

She'll get her opportunity in the USC summer playwriting program, where she's required to write a feature-length screenplay over the span of the six-week course. She's not waiting, though, for the class to begin. She's already at work piecing together the 120- to 140-page screenplay she'll have to produce.

"It's going to be a teen coming-of-age comedy based loosely on some of the people in my high school," she teases.

Meanwhile, Gomez is also developing her playwriting abilities. Since the onset of the coronavirus pandemic, she's submitted work to several online writing contests, including the Almost Theatre Festival and Quarantine Bake-Off.

The Entertwine writing challenge recently accepted one of her submissions and "there is a theater in New Hampshire that is looking for content for their fall season, so I submitted a few short plays to them too," Gomez noted.

Of course, Gomez is the first to acknowledge that writing for the stage is different than writing for film.

"For film, you have to consider camera angles and the set is a lot more intricate. For stage, you have to consider the actors' abilities and the stage setting. But you also have the ability to include the audience in the structure of the play, which I find interesting," she said.

In fact, her musical, *The Torah Yah*, begins with actors sitting around a table that's located in the proscenium in the middle of the audience.

Wait. What? She writes musicals?

"I've written a few other short musicals and short plays that my theater class at school has performed," Gomez said matter-of-factly.

But they're no amateur affair.

For example, she wrote *The Torah Yah* for the Florida State Thespian Festival. The world's largest high school theater competition, the Florida State Thespian Festival gives more than 7,000 high school thespians and their drama

troupes an opportunity to show their stuff each year alongside other schools from around the state.

Gomez's musical won a very high superior in the competition and was one of five pieces chosen to go to the state competition which, unfortunately, was canceled because of COVID-19.

While screenwriting is her passion, film acting comes in a close second.

She said, "The opportunities to get into film in Fort Myers are limited, so I take anything I can get. Right now, I'm working on a short film called *BloodandFlame*. It's about vampires. We only started in March and soon after was interrupted by COVID-19. But I had promo shoots this past weekend. I'm cast as little Jewel, a delightful, innocent-seeming maniac. She's totally crazy, and I'm really excited about this project because it's the first film I've been able to be a part of. It's a good opportunity to learn."

And as it turns out, it was Annette Trossbach who converted Gomez from shy, retiring introvert into the emerging stage and film actor, screenwriter and playwright she's becoming with every passing day.

"Annette was my drama teacher when I was in kindergarten," Gomez said.

And in her first play, *Snow White*, Gomez played (wait for it) the Evil Queen. "I was really loud and I played the part really well. And everybody was super surprised by that."

Since kindergarten, Gomez has kept in touch with Trossbach and performed a few times at Lab Theater.

Notwithstanding all the disruptions and uncertainty surrounding COVID-19, Gomez is looking forward to an active and accomplished senior year at Canterbury.

"As a senior, I'll definitely be doing the thespian competition again. And then I will also be part of the fall play. We're hoping to do some cabaret projects every other month too. That will give me an opportunity to perform more, and then we're going to do some one-act plays," she said.

She will also be hosting some improv comedy nights for Canterbury, not to mention doing Mock Trial again.

In February, before COVID-19 turned our worlds upside down, the Canterbury Mock Trial Team took second place in the Lee County Mock Trial Competition.

After high school, Gomez fully intends to study film and screenwriting in college. Who knows? Southern Cal may even make the short list of the schools to which she applies. And from there, she'll take her place among the stars – whether that's in New York on *Saturday Night Live*, writing comedic movies a la Judd Apatow and Adam Sandler, or setting her own trajectory.

Kinley Gomez is definitely going places.

Including virtually to Southern California this month.

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

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From left, Brandon Wolf, Charley Carpenter, Josh Gidcumb and Jacob Mossholder of the 2019 winning team photo provided

Clay Shooting Tournament To Benefit LARC

Lee Association for Remarkable Citizens (LARC) will host the second annual Aiming for Ability Clay Shooting Tournament on the outside course at Sarasota Trap Skeet & Clays on Friday, June 19. Registration begins at 8:45 a.m., a mandatory safety meeting starts at 9:30 a.m., and the tournament is slated for 10:00 a.m. Lunch and awards will immediately follow.

All proceeds will benefit LARC's innovative program – LAB: Learn, Achieve, Become. Last year's event raised more than \$14,000 for the organization that works to empower individuals with intellectual and developmental disabilities.

Entry fee is \$600 per foursome or \$150 per person and includes lunch, ear protection, 100 targets, four boxes of ammunition and golf cart.

Participants must be at least age 18. Shotgun rentals are available for an additional fee. Trophies will be awarded to top three teams.

"This is an outdoor venue and we are taking all necessary precautions for social distancing, cleaning and disinfecting," said Angela Katz, LARC development director. "Our new LAB program offers an experiential learning environment for individuals with intellectual and developmental disabilities. LAB transforms traditional program areas into spaces for innovation, vocation, demonstration and learning. Five Labs focus on skills that maximize independence and employment success."

Sponsorship opportunities that include shooting foursomes and event recognition are available.

Sarasota Trap Skeet & Clays is located at 3445 Rustic Road in Nokomis. To register or learn more about sponsorship opportunities, visit www.larccleecounty.org or contact Katz at 334-6285 ext. 229 or angelakatz@larccleecounty.org.

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Jason Cooper

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Aviation Ordnanceman Airman Jason Cooper from Fort Myers tightens a pin door on an F/A-18E Super Hornet, assigned to the "Red Rippers" of Strike Fighter Squadron (VFA) 11, in the hangar bay of the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) in the Atlantic Ocean.

The Harry S. Truman Carrier Strike Group (HSTCSG) remains at sea in

the Atlantic as a certified carrier strike group force ready for tasking in order to protect the crew from the risks posed by COVID-19, following their successful deployment to the U.S. 5th and 6th Fleet areas of operation.

Keeping HSTCSG at sea in U.S. 2nd Fleet, in the sustainment phase of OFRP, allows the ship to maintain a high level of readiness during the global COVID-19 pandemic.✴

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Prepare For An Active Hurricane Season This Year

Now that hurricane season has officially begun and lasts through November 30, people in prone areas need to be prepared... 2020 is being called an above average hurricane season.

If you’ve been through a hurricane, regarded as one of nature’s most powerful storms, you know most of the items you need for preparation, what to do during the storm, and what to do following the storm. If not, you need to pay attention to these lists.

Before The Storm

Know your evacuation routes and listen to meteorologist reports and when/if you should evacuate. Know the location of hurricane shelters in your area; remember that not all shelters will be utilized. Have a safety plan in place. Have flashlights and battery-operated radios and check their working condition. Have a first aid kit ready.

Trim trees and shrubbery; clean out gutters and downspouts; and inspect and secure mobile home tie downs. Bring in lightweight objects such as garbage cans, garden tools, toys and lawn furniture.

Fill up the gas tank, obtain extra cash and invest in nonperishable foods; including one gallon of water per person for three days minimum; Have a manual can opener.

If evacuating, leave early. Notify

neighbors and family outside of the area of your evacuation plans. Make plans for your pets

During The Storm

Stay indoors and away from windows. Listen to local authorities and stay tuned to radio or TV for weather bulletins. Use flashlights as a source of light; do not use candles. Turn refrigerator to maximum cold and open only when necessary

After The Storm

Wait for the all clear to be announced. Stay away from standing water – it may be electrically charged from underground or downed power lines; critters and raw sewage may also be present.

Do not attempt to drive across flowing water. As little as six inches of water may cause you to lose control of your vehicle; two feet of water will carry most cars away.

Generators

Although generators are useful, people die in incidents related to them each year. The primary hazards to avoid when using a generator are carbon monoxide poisoning, electrocution and fire.

Following are some safety tips when using a generator:

Never plug the generator into a wall outlet. Always use generators outdoors, away from doors, windows and vents. Keep the generator dry. Operate on a dry surface under an open, canopy type structure. Plug appliances directly into the generator or use a heavy duty outdoor rated extension cord.

Never use generators in homes, garages, crawl spaces or other partially enclosed or enclosed areas even with

ventilation.

Follow manufacturer’s instructions; install carbon monoxide monitors in your home (check the battery and alarm frequently)

Before refueling the generator, turn it off and let it cool. Fuel spilled on hot engine parts could ignite and don’t overload the generator.

Safety Tips For Cleaning Up

Watch for loose or dangling power lines: stay away from them and report them immediately to the proper authorities. Wear sturdy shoes or boots and protective clothing when cleaning up debris. Be aware of snakes, insects or animals driven to higher ground by floods. Enter your home with caution. Open windows and doors to ventilate and dry your home.

If there has been flooding, have an electrician inspect your home before turning on the breaker. When using chainsaws, wear protective gear (consisting of head, face, hearing, leather gloves and chainsaw protective chaps).

While cleaning up, avoid overexertion and practice good lifting techniques. When working in hot environments, have plenty of drinking water available; use sunscreen and take frequent rest breaks.

Southwest Florida residents who follow these rules will find out that they can weather the storm and return to normalcy. These lists are being suggested by the Lee County Injury Prevention Coalition, which serves as a collaborative effort or partnership whose function is to facilitate partners’ work; It acts 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 hurricane preparedness, contact Brian Raimondo at ipcleecounty@gmail.com or 330-2240.*

Girl Scout Summer Series

Girl Scouts of Gulfcoast Florida is offering a free Summer Spectacular series of weekly introductory troop meetings for girls and their families.

The new four-week series features unique hands-on activities for girls in kindergarten and first grade, second and third grade, and fourth and fifth grade, which explore the many program options available in Girl Scouting. Activities vary by grade levels, and are centered around STEM, the environment, healthy living, the arts and good citizenship. Participants will learn what it means to be a Girl Scout, how families can get involved, and what makes it the best leadership development experience for girls in the world.

The series will run Tuesday, June 16 through Thursday, July 9, and registrants may choose between 1 and 6 p.m. sessions. Each meeting will last under an hour with time for questions and answers about membership, volunteering and participation options.

Program scholarships are available based on financial need. To register for the free series, visit www.gsgcf.org.*

Churches/Temples

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Plant Smart

Lessons In Adaptability

by Gerri Reaves

If you ever needed a reminder how crucial adaptability and resilience are to a healthy life – indeed, survival – just think about the news of late.

We all need a daily dose of simple comfort and a dash of hope wherever we can find it, and one place to always find it is in the natural world.

You don't have to travel to faraway rainforests or the plains of Africa to see the network of life doing what it does every moment of everyday, seeking life and light and just getting on with it.

These photos capture very common plant species doing very common – but also remarkable, even wondrous – things. In other words, being themselves full out.

Native strangler fig (*Ficus aurea*) excels at making the best of circumstances, even to the point of spelling disaster for another species, usually a cabbage palm (*Sabal palmetto*).

That sprout emerging from the interior of a six-foot sign post illustrates the tree's nimbleness and hardiness. Of course, the common name is a misnomer, for the tree doesn't strangle.

But it is known for starting from a seed deposited in a tree canopy, usually by a bird, and gradually insinuating aerial roots around and down and eventually enveloping the host.

In short, it robs the host of resources and shades it out. It might take years to do it, but no matter. Persistence does the trick.

That silvery gray sphere perched on the side of a concrete wall seems to do the impossible, but native ballmoss (*Tillandsia recurvata*) performs such feats as a matter of course.

Minute seeds travel by air and land in unlikely places like this wall crevice. The plant, which is actually a bromeliad, not a moss, tenaciously holds fast, be it upside down or balancing on a power line.

Nevertheless, it goes about "making a living," gathering nutrients, aka moisture and debris, from its platform.

That unidentified fern framed in an



A native strangler fig seedling emerges from a six-foot tall sign post

photos by Gerri Reaves

opening of a parapet started similarly. Airborne spores landed in this ad hoc "planter" and developed. Like ballmoss, this epiphyte draws nutrients from the air and debris, and hairy rhizomes help the plant establish purchase.

Along with the mourning dove perched above it, the fern volunteers natural decorative touches to a historic building.

Nothing says hope and resilience like those plentiful seedlings under the historic live oak (*Quercus virginiana*) in front of the Lee County Courthouse.

The photo was taken after the tree's last season of acorns in fall 2010, which proved to be a banner one, bringing forth a miniature forest of young trees.

As the chain link fencing indicates, the tree, estimated to be about 150 years old, was even then designated for destruction due to public safety reasons.

But even as the tree deteriorated acorns sprouted around it, and even after its huge limbs were chain sawed off, green shoots appeared from the trunk.

Look to nature for solace, and remember... humans are part of this web of life, not outside or above it.

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



Native ballmoss can take up residence, defy gravity, and thrive almost anywhere, including tiny crevices



This fern in a parapet started life from an airborne spore



The historic live oak at the Lee County Courthouse had an especially large acorn crop in its final season of 2010, sprouting a miniature oak forest. Here, the tree is fenced off and awaits the destruction scheduled for only months later.

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Pre-Cristobal Action



by Capt. Matt Mitchell

Tropical storm Cristobal brought lots of rains and strong winds before finally moving out of here. In the days before the slow moving weather maker moved through, we managed to dodge the rain most days, until a weekend wash out. Any time we have approaching weather, it fires off fishing. The big change in barometric pressure triggers fish to eat. Add in some massive high tides generated by strong south winds and we had the perfect mangrove fishing set up.

Staying close to home most days, we kept an eye to the sky and were able to dodge showers. The breezy overcast conditions made a welcome change from the excessive heat we have been dealing with. Most trips this week, we targeted snook and redfish with success. During the lower tides, the better bite came in the passes drifting live baits up close to the structure. As the water got up higher, we switched our efforts to mangrove shorelines in the south eastern end of the sound.

Tarpon fishing this week was all about finding somewhere sheltered enough to be able to locate the fish. Until late in the week, east winds made

for a great set up on the northern beaches of Sanibel. Once located, these beach fish ate both crabs and threadfin herring. As winds switched to the south with the approaching weather, this was blown out. These beach fish will gradually reappear as conditions relax.

Later in the week, I took longtime client Gerald along with his wife, Virginia, on there first tarpon trip. Riding through all my favorite places in the bay, we saw only a few rolling fish. Opting to set up and soak some baits, I figured we would have a better shot at it. While anchored up in the choppy conditions, within 10 minutes we saw a few tarpon roll. Texting with other captains, it seemed no one had located any good numbers of fish.

A tarpon bite happens so fast. One second you're having a conversation, then like the flip of a switch, we were hurriedly clearing the other rods and giving chase as Virginia was hooked up. For the first few minutes this fish did not jump and really had us thinking it was a shark. As it came completely around the boat, it went airborne only 30 feet away. Virginia's tarpon put on a great show jumping a half dozen times before finally coming boatside for a face grab and release.

Congratulations on your first tarpon, Virginia!

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.✱



Virginia's tarpon boatside before release

photo provided

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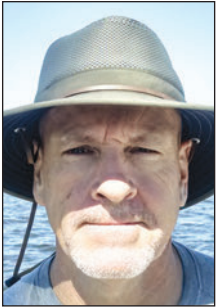
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CROW Case Of The Week:

CROW Animal Ambassadors



by Bob Petcher

Since 2012, CROW has instituted an animal ambassador program to provide an educational home for animals who are unable to be released into the wild. These animals are used during presentations

and programs on campus and off-site for an up close experience with wildlife. The rehabilitation staff spends countless hours training and building trust with these animals so that they can remain relaxed around crowds.

"One of my favorite things about working with these animals is being able to build trust and have a relationship with them as a handler," said CROW Rehabilitation Manager Breanna Frankel. "Mina, the great horned owl, for example, is an amazingly beautiful, powerful creature which would be capable of killing me if she wanted to, but knowing that she trusts me enough to feel comfortable and safe with me is very rewarding."

Mina arrived to the clinic in December 2016 with a partially amputated right wing. The injury had mostly healed by the time she was brought to the clinic, but rendered her unable to fly.

CROW currently has four other



Talon, the red-tailed hawk

photos by Brian Bohlman

animal ambassadors in addition to other animals worked into exhibits in the Visitor Education Center.

Talon, the red-tailed hawk, arrived at the clinic in January 2014 with a broken left wing. The fracture had already healed incorrectly and he was unable to fly.

Lola, the American kestrel, arrived in March 2013 after she was found in a front yard in Cape Coral. She also had suffered a broken wing which had not healed correctly. She is capable of short flights, but would not be able to fly well enough to hunt in the wild.

Gigi, the Virginia opossum, arrived in April 2019 after she was found orphaned with her two siblings. Gigi had sustained a traumatic amputation of most of her tail. Since a wild opossum uses their prehensile



Billy, the nine-banded armadillo

tail for balance and climbing to escape from predators, Gigi would not be a successful opossum in the wild.

Billy, the nine-banded armadillo, arrived in April 2017 as an orphan that was weak and malnourished. The rehab team nursed him back to health, but since armadillos were classified as a nonnative or invasive species by Florida Fish and Wildlife Conservation Commission (FWC) at the time, Billy was unable to be released. The classification was changed recently to reflect that armadillos have naturally expanded their range to include Florida. Billy has since become too accustomed to human care to live a successful life in the wild.

"Visitors come to CROW to learn about the native and migratory wildlife

who call Southwest Florida home. While on site, they can participate in our educational programs, including the daily presentations. During these programs, CROW's team members use animal ambassadors to teach the public about wildlife biology, ecological contributions and discuss why these animals are admitted as CROW patients," said CROW Education and Outreach Director Rachel Rainbolt.

When not participating in programs, animal ambassadors that do not reside in the center can be viewed on live feed cameras both in the center and online.

"Live camera feeds are accessible to anyone visiting the AWC Visitor Education Center during regular hours of operation or they can be viewed online at www.crowclinic.org/webcams," said Rainbolt.

Working with animal "educators" can be fulfilling.

"It is safe to say that all of CROW's team members are in this line of work because we love wildlife," said Rainbolt. "That being said, it gives us an even greater feeling when we get the opportunity to share that love with the public by introducing them to our animal ambassadors. These interactions not only encourage respect for wildlife and the environment but also address common misconceptions about certain species."

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



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Dotty St. Amand and Brian Sykes

Online Auction Raises Funds For Visually Impaired

Lighthouse of SWFL held an online auction in conjunction with the center's recent 10th annual Dining in the Dark at a Distance fundraiser and raised \$16,000 for programs serving the blind and visually impaired.

On May 16, guests were greeted at the Millennial Brewing Company parking lot entrance for curbside pick-up of their pre-ordered meal prepared by 3g Catering, craft beer from Millennial

Brewing Company and dessert from BIMBO Bakery.

An informational card with QR codes provided guests access to the online auction for bidding and insightful video clips with instructional tips to walk guests through donning the blindfold and using techniques taught by Lighthouse of SWFL certified instructors to help them enjoy their food and beverage without vision.

"The funds raised from Dining in the Dark at a Distance allows Lighthouse of SWFL to provide the necessary skills and training to people with blindness and vision impairment to help live a life of independence," said Carolyn Baker-McCord, director of development

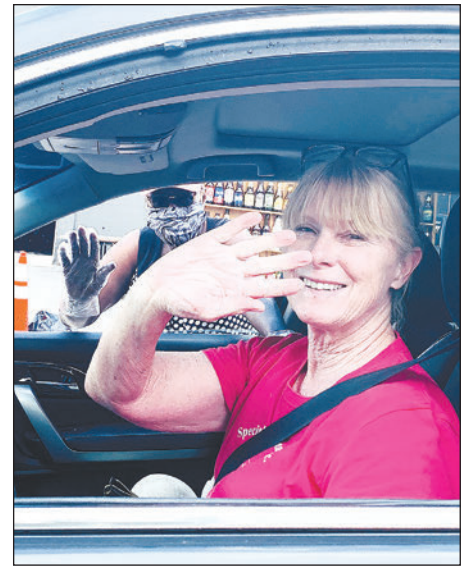
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Arya Carrandi

and communications for Lighthouse of SWFL. "We wish to sincerely thank our supporters for helping make this event such a success."

Sponsors of the event included



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Schlager, Schlager & Levin, CRS Technology Consultants, Motto Mortgage Infinity, Lee County Sheriff's Office, McGriff Insurance, Right at Home and Scott White Advisors.*

Adopt-A-Student Fundraiser For School Supplies

The Multicultural Centre of Southwest Florida will hold the kickoff of the Adopt-A-Student fundraiser in support of the 21st annual Big Backpack Event at The Skatium on Sunday, July 26 from 11 a.m. to 2 p.m. Each \$10 donation will "adopt a student" for the 2020-21 school year and provide them with a new backpack and school supplies, including notebook paper, folders, crayons, glue, pencils and pens.

The BIG Backpack Event is the largest back-to-school outreach program in Lee County each year. Due to the COVID-19 pandemic and need for social distancing, organizers were fearful they would have to cancel the event which draws an estimated crowd of 5,000 people annually. Since unemployment numbers have soared, the struggles families are facing this year have become overbearing for some, so organizers came up with a way to provide safe, curbside assistance to keep the event scheduled.

"As we face this pandemic, the need for our Big Backpack Event to serve the

needy students of our community is even greater this year," said Multicultural Centre of Southwest Florida Founder Leonardo Garcia. "We are inviting the community to join us to support more than 2,000 students and families in need with your financial support of \$10 or more."

Families can expect a very different event experience this year. Parents and students will remain in their vehicles as they approach the Skatium and be greeted by the sights and sounds of live music and street performers to celebrate back-to-school. Children must accompany parents or guardians in the vehicle in order for them to receive a backpack. Each vehicle will be directed by volunteers to slowly drive by to pick up new backpacks, essential school supplies, snacks and other giveaways curbside – all in an effort to keep volunteers, students and families safe and healthy.

Sponsors for the 2020 BIG Backpack Event include: Lee County Family News, WINK TV, CONRIC PR & Marketing, HABA, Lee County Sheriff's Office and the City of Fort Myers.

The Skatium is located at 2250 Broadway in downtown Fort Myers. For more information about the event, sponsorship or to become a volunteer, visit www.multicultural-centre.org or email info@multicultural-centre.org.*

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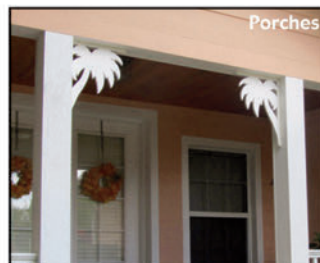
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Book Review

The Winemaker's Wife



by Di Saggau

The *Winemaker's Wife* by Kristin Harmel, is a moving story taking place amid the champagne vineyards of northern France in World War II during the French

resistance, and New York 2019 when Liv Kent, who has just lost everything, is visited by her eccentric French grandmother who insists they travel to France. The two storylines connections are gradually revealed.

In the spring of 1940, the German invasion of France begins, at Maison Chauveau, a winery near Reims. It's been in the same family for centuries and is currently owned by Michel Chauveau and his much younger wife, Ines. He is hardworking and practical, she is a gorgeous, whirlwind, naive and impetuous. Michel's right-hand man is his cellar master, Theo. His wife Celine knows winemaking almost as well as the men.

The Nazi's requisition all the fine wine, and to get even with them, the winemakers fill the Nazi requisitions with inferior wines packed with dirty



image provided

corks and bottles. The labyrinthine caves used for storing wines are also useful for hiding weapons, Resistance fighters and Jewish refugees. Danger rises for Celine because she is half-Jewish.

The present-day story revolves around a 40-year old New Yorker, Liv Kent, whose husband Eric has just traded her in for a younger version named Anemone. Liv calls her "a millennial vegan whose hippie parents named her after a species of jellyfish." Liv's grandmother Edith, age 99, arrives and

whisks Liv off to Reims. It's clear Edith wants to tell Liv something, but it takes her some time to accomplish that task, and it's something that will change Liv's life forever.

Years earlier when Liv told her grandmother she was going to marry Eric, she disapproved, saying he was wrong for her. Liv asked how she knew and Edith replied, "When you're young you see only the future. When you grow older you see the past. ... And the past has a way of showing you things clearly, whether you like it or not."

Maison Chauveau is fictional, but other actual Champagne houses and

people associated with them appear in the book. The region was a center for resistance to the Nazis. Harmel points out in her author's note, the second-rate wines in dirty bottles sent to the Germans are historical fact. Be sure to read those notes. Reviews include: "Love and betrayal forgiveness and redemption combine in a heady tale of the ever-present past, fantastic;" "A suspenseful story of the Champagne region in World War II;" "Pick up this epic and heart-wrenching World War II tale immediately."

In my opinion *The Winemaker's Wife* is a remarkable read.*

School Smart



by Shelley M. Gregg, NCSP

Dear Readers,

Here is some good news – the libraries in Southwest Florida are now open. Both the Lee County Library System and the Sanibel

Library opened in the past weeks. You can now go in person to both of these libraries. While, both libraries have done a spectacular job with their online and curbside pick-up programs while they have been closed, it's exciting to know that they are now open and once again their in-person services will be available. Of course, both libraries will have limited hours and are following the CDC guidelines of social distancing, occupancy rates and other health measures to insure a healthy environment.

Libraries are well known for their summer reading programs, and this year is no exception.

The Lee County System's summer program is completely online this summer as is the Sanibel Library's programming. Information from their websites about their offerings is listed below.

The Sanibel Library is open from 9 a.m. to 8 p.m. Mondays and Thursdays and 9 a.m. to 5 p.m. Tuesday, Wednesdays and Fridays. The library is open from 9 a.m. to 1 p.m. on Saturdays in June, July and August. Reading for Others starts June 1.

All children, from babies to age 18, are invited to register for the summer reading program online starting Monday, June 1. Participants can come into the library to receive a special gift (quantities are limited). As in years past, kids will read to earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. For every two hours of reading, the Sanibel Public Library Foundation matches each book "earned" with a book for patients at the Children's Hospital. Since its inception in 2012, participants have helped to contribute close to 10,000 books to the hospital.

Baby Bounce Time videos will be available at www.sanlib.org/children. Baby Bounce is a program that is aimed at parents of lap-sitting babies. It is a

fun session to help to build motor and literacy skills through stories, song and movement. This summer, Storytime with Miss Deanna will be available on the same web page and replaced each week by a new video. Page Turner Adventures will present virtual comedy story theater shows, crafts, recipes, author interviews, guest performers, contests and games. Page Turner Adventures will post new adventures every day and will be available for viewing from 1 to 4 p.m. daily. Check for a list of special events and programs. Summer Reading Program participants must register on Beanstack at <https://sanlib.beanstack.org/reader365>.

Libraries of the Lee County Library System – Cape Coral, East County, Fort Myers, Northwest and South Regional Lee County – are open Monday through Wednesday 10 a.m. to 6 p.m. and Thursday through Saturday 10 a.m. to 4 p.m.

The Imagine Your Story Summer Reading Program is designed to spark curiosity and encourage a life-long love of reading and learning with virtual programs, activities, weekly missions, reading challenges, games and more. Registration begins June 1 and runs through August. There are four age categories including pre-K, kids, teens, and adults. Everyone is encouraged to participate and join in on the fun.

Library officials will be presenting a full summer of virtual programming five days a week for 10 weeks. The programming will include comedy story theater shows, crafts, recipes, author interviews, guest performers, contests, games and much more. Programs will be linked from our Events and Programs webpage starting June 8.

Free activity books are available for families that wish to unplug for the summer or are looking for an additional reading challenge. Prizes are not available for the activity book challenge. View and print your free activity book from home. Go to the particular library website for more information.

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.*

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"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

Boys And Girls Clubs Reopening

Boys & Girls Clubs of Lee County (BGCLC) will officially reopen at Renaissance Preserve and Lehigh Acres on Monday, June 15.

After more than three months since closing the doors at its four locations, yet ensuring meals were provided to youth who needed it most, the Boys & Girls Clubs of Lee County will reopen two sites in a planned resumption of service for fun, mentorship, good citizenship and healthy lifestyles.

"This board has worked tirelessly, as has the staff, to ensure we have a positive place for our kids during the summer", says Mike Knox, board chair. "Though this pandemic has presented many challenges in offering a traditional summer program, I am so very proud we can offer programs that will be fun and educational, while taking every precaution for the safety of our staff and members."

To ensure compliance with CDC guidelines, the club initially will serve no more than 40 percent capacity at each location. Online registration for these sites, along with detailed information, can be found at www.loveleekids.org. Pre-registration began June 8 for current members and children of first responders. Registration opened to the public June 9, and is on a first come first served basis.

BGCLC will implement rigorous sanitization, safety and social-distancing protocols for members and staff. Regular evaluation and adherence to CDC and State of Florida guidelines will focus the club on continuous quality improvement. Reopening of the Pueblo Bonito site is slated for June 29 contingent upon successful implementation of safety protocols. The club will increase enrollment at each location based on our state's phased reopening plan.

Meals program – Effective June 15, BGCLC, in partnership with the School District of Lee County (SDLC), will launch its Summer Feeding Program. Grab and Go breakfast and lunch will be offered. Prior to June 15, the club will continue to partner with various agencies and communities in providing meals. Visit SDLC at www.leeschools.net for distribution sites.

Safety – Ensuring the safety of both staff and members is the club's highest priority. The following protocols will be in place:

Staff Safety – All staff will undergo wellness checks that include health surveys and temperature checks. Frequent handwashing, following CDC guidelines, will be built into the program schedule.

Social distancing, masks, and gloves are required for staff throughout the day.

Anyone with a temperature higher than 100.4 will be sent home and unable to return until fever-free – without medication – for 48 hours. Any staff with COVID-19 symptoms will be required to get a test for verification and may need to comply with a 14-day quarantine.

Member Safety – Members will comply with CDC requirements including social distancing, handwashing and temperature checks. Masks will be available upon request. Parents are enlisted in helping regularly check for symptoms. Any child who tests positive for COVID-19 may not return for 14 days. Parents, siblings or guardians from the household in question would not be permitted to enter the club. They will be notified immediately should the child fall ill at a club.

Programs – Club members will remain in groups of no more than nine and assigned to the same club professionals. Transitioning from the inside program to outdoors will account for safe social distancing. Between each transition, the area and equipment will be sanitized. Water fountains are closed. Only one member at a time can use the restroom. Under current guidelines, field trips will not be offered.

Children and families will receive regular notifications regarding expectations, policies and programs.

Sanitization – Cleaning procedures will commence while members are present and after they depart. Equipment, supplies, program space and all related high-touch areas will undergo thorough sanitization.

"The Boys & Girls Clubs of Lee County has been a vital component of this community for almost 50 years. Its commitment to youth has never wavered," said Knox. "BGCLC is that unique place where youth can grow, learn and come to understand just how special they are. And BGCLC is committed to doing everything needed to ensure their safety. We have missed these youth, and we can't wait to see them again."

For more information, visit www.loveleekids.org.

Blood Drive

Two local apartment communities will be holding a blood drive to support Lee Health on Tuesday, June 16. From 10 a.m. to 1 p.m., the public is invited to donate blood at The Vistas at Eastwood community located at 4985 Eastwood Greens Street in Fort Myers. Later that day, Lee Health's Blood Mobile will move to Colonial Commons community at 4590 Winkler Avenue in Fort Myers to receive donations from 2 to 6 p.m.

The first 20 people to donate blood per location will receive a free craft grilled

cheese from the American Grilled Cheese Kitchen food truck on site.

Following registration, there is a simple medical history questionnaire and a mini-physical. The entire life-saving process takes approximately 45 minutes

Board Appoints New Member

Tammy Hall, director of marketing and service division for CFS Roofing Services, has been named to the National Roofing Contractors Association (NRCA) Board of Directors.

"I am honored to have been nominated and elected to serve with such a distinguished group of industry leaders," said Hall. "I appreciate David Crowther, president of CFS Roofing Services, for supporting me with the time commitment and travel that is required to serve on the NRCA Board. It reflects his commitment to CFS Roofing being a leader in our industry and how important maintaining the latest in education and training is."

Hall will serve three years on the NRCA Board.

Founded in 1886, NRCA is a nonprofit association that represents all segments of the roofing industry, including contractors, manufacturers, distributors, architects, consultants, engineers and building owners, as well as county, city and state government agencies.

NRCA operates with a board of up to 48 directors and nine executive

with the actual donation time only being five to 10 minutes.

To comply with social distancing, interested donors are asked to text their RSVP with their name and preferred time slot to 941-621-6624.✱



Tammy Hall photo provided

committee officers. Up to 16 directors are elected each year.

NRCA's mission is to inform and assist the roofing industry, act as its principal advocate, and help members in serving their customers. NRCA has more than 3,500 members from all 50 states in the U.S. and 53 countries. In addition, it is affiliated with 85 local, state, regional and international roofing contractor associations.

Hall also serves as a board member on the Florida Roofing and Sheet Metal Contractors Association.✱

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Will Power

Salesman Vs. Estate Planner



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

There's a big difference between a counselor and a salesman. This became evident to me while speaking to a client who opened a self-directed IRA so that he could hold non-traditional investments like real estate inside of a qualified retirement account.

The salesman referred to the self-directed IRA as a great estate planning vehicle. While that might be true in a financial sense, self-directed IRA accounts can be problematic from a legal and tax perspective.

At the time of our conversation, this particular client was past his Required Beginning Date (RBD) to take Required Minimum Distributions (RMDs) from his IRA accounts. This is when self-directed IRAs can get a little hairy.

For most Traditional IRA account owners, once you attain age 72, you have RMDs that are calculated based upon a table and the December 31 fair market value balance of the account. If you have multiple IRA accounts, the total balance is used to calculate your RMD. You needn't take the proportional amount from each account. So long as you take your RMD amount during the calendar year, even if all of it is from one of many IRA accounts, you have satisfied the distribution requirement.

Failure to satisfy the RMD results in an excise tax equal to 50 percent of the shortfall, in addition to the income tax paid on the withdrawal. It's a draconian penalty.

Some financial planning companies pitch the benefits of Self-Directed IRAs. As mentioned earlier, you could contribute income producing real estate to a Self-Directed IRA, which defers appreciation and income until distributed. There are many rules regarding these types of investments, including who the custodian can be without an investment becoming a prohibited transaction.

But even if you follow all of the rules, there's a big problem once you turn 72. In order to calculate your RMD, you need to know the fair market value balance of the

account at the previous year end. When all that you own happens to be cash or publicly traded securities, the fair market value is readily determined. When you own non-traditional assets such as real estate or partnerships that aren't publicly traded, you need an appraisal of your interest to determine the fair market value.

Further, unless you have sufficient liquid assets (publicly traded securities and cash) inside of other Traditional IRA accounts to satisfy your RMD requirement for any given year, you'll have to figure out how to distribute a portion of the Self-Directed IRA account. There's also the possibility that the IRS disputes the value that you place on the investment or the portion of the distribution since there's no ready market for it. Any shortfall could result in a 50 percent excise tax.

There are some workarounds. If you have sufficient cash to purchase the asset from the IRA and replace it with cash once the RMDs become an issue, you can always do that. If that's your strategy, you need to ensure that the plan allows for such an exchange, and whether you can continue to hold the asset outside of an IRA. When those assets are sold and held by third-party custodians, that may or may not be possible.

When I examine Self-Directed IRA (sometimes they call these "Real Estate IRA" accounts) literature, the advantages are always highlighted but the disadvantages I point out above are rarely mentioned. And there's the difference between a "salesman" and an attorney. Assuming you engage an independent estate planning attorney who isn't earning management fees or commissions on the products, and further assuming he's familiar with the offering, then he can give you an unbiased opinion.

I mentioned Self-Directed IRAs to make a point for this article. But there are many financial products out there sold as estate planning solutions. Annuities and life insurance are other prime examples. I have an octogenarian chronically ill client who was sold a lifetime annuity. Because it has excessive early termination fees, he can't easily cash out, and the annuity itself is a bad investment for him given the fact that he's unlikely to live out a term necessary to achieve even a minimal return on his investment. This was sold to him as an estate planning solution.

The lesson to be learned here: When you're looking for estate planning solutions sold as financial products, or if a financial proposal looks enticing, first check with a qualified estate planning attorney – who has no interest in whether you go forward or not – for an honest opinion.

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Bank Helps To Combat Local COVID-19 Effects

As nonprofit healthcare systems Lee Health and NCH continue to lead the region's fight against COVID-19, the Southwest Florida community has stepped up to support the lifesaving mission of the SWFL Stronger Together campaign and provide aid for the healthcare heroes on the frontline of the crisis. Bank of America is the latest partner to contribute, granting \$75,000 to ensure a meaningful impact in the community it serves.

"Healthcare professionals are on the frontlines of our communities providing critical services to people affected by the coronavirus," said Gerri Moll, Southwest Florida market president for Bank of America. "Our partnership will help protect the medical teams of Lee Health and NCH and increase their invaluable medical response capacity."

With Bank of America's \$75,000 grant, donations of funds and in-kind support, including technology, personal protective equipment, care packages and meals to feed healthcare heroes, have surpassed \$1 million in contributions through the SWFL Stronger Together campaign. Yet, the need for supportive funding continues to grow and evolve as the healthcare systems and professionals look to manage the changing landscape of the crisis.

Donations 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, gowns and build back supplies of personal protective equipment and other

resources depleted over the course of the pandemic. To better care for all needs of patients and employees, increased technology resources like iPads are continuously being added to bridge the challenges of communication and ensure healthcare workers are supported.

For more information or to make an online donation, visit www.swfltogether.org.✴

PNC Bank Awards \$15K To Goodwill Services

PNC Bank awarded \$15,000 to support Goodwill Industries of Southwest Florida's Community Resource Center services in Southwest Florida. Serving more than 800 people a week, Community Resource Centers and Job-Link Centers provide assistance with unemployment applications, SNAP, LIHEAP, economic impact stimulus for non-filers, resume writing, online job search, up-skilling and digital skills training.

"PNC's commitment to Southwest Florida has never been more important as we collectively navigate the overwhelming challenges posed by this global pandemic," said PNC Regional President for West & Central Florida Chad Loar. "As a bank, we recognize our role as a pillar of the communities we serve, and we are actively working with several local organizations like Goodwill to help those affected by providing a variety of solutions that make the most sense for meeting their particular needs."

Goodwill SWFL values the charitable contribution made by PNC Bank and their work to strengthen and enrich the lives of their neighbors in the

communities where they live and work.

"During this unprecedented time, we anticipate that our demand for employment services and accessing needed community resources for people in need will be at an all-time high in the upcoming months," said Goodwill's VP of Community Support Services Fred Richards. "It is the generosity and proactive response by businesses like PNC that will assist us in sustaining and delivering these crucial services."

The Florida DEO reports more than 500,000 reemployment assistance claims already, and unemployment in Southwest Florida is predicted to rise. Goodwill's community services are needed more than ever.✴

New Minimum Standards For Vacation Rentals

A second amended version of Lee County's minimum standards regarding out-of-state reservations, called a Vacation Rental Safety Plan, was approved by state officials recently.

Pursuant to Executive Order 20-123 signed by Gov. Ron DeSantis on May 15, and effective immediately, the following amended measures are required as minimum standards for vacation rentals throughout Lee County that are accepting reservations and guests for any length of stay:

Reservations will not be permitted nor new guests accepted for check-in from areas identified by Governor DeSantis through Executive Orders as high-risk (currently Connecticut, Louisiana, New Jersey and New York); reservations made prior to an area being designated as high-risk can be honored.

Areas may be added or deleted based upon further Executive Orders by the Governor without the need for further amendment of the plan.

Lee County Manager Roger Desjarlais requested the amendment to the previously approved Vacation Rental Safety Plan after county officials received feedback from owners and managers of local properties.

Additionally, the county's plan includes the following requirements for vacation rentals:

Shall allow adequate time between the conclusion of a guest stay and the check-in of the next guest stay for appropriate cleaning and sanitation.

Shall clean and disinfect all frequently touched surfaces in the property between each guest stay.

Shall wash all linens, dishware and other service items available for use by guests between each guest rental.

Shall provide sufficient soap and surface sanitation supplies for guests to use in the vacation rental property during the guest's rental period.

Shall ensure adequate safety protocols are in place and publicly displayed in line with Centers for Disease Control guidance regarding shared or multi-residence amenities such as pools, gyms and other communal spaces.

Shall follow CDC guidelines for cleaning and disinfecting their facility, per the CDC site www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html.

Enforcement and regulation falls under the Department of Business and Professional Regulation, which has an emergency information page at www.myfloridalicense.com/emergency.

Lee County updates, information and documents can be viewed at www.leegov.com/covid-19.✴

Superior Interiors

Color Trends To Incorporate This Summer



by Linda Coin

From fashion and music, to hairstyle and design schemes, trends tend to sneak up on us on a regular basis. When it comes to decorating your house though, color trends should

only be followed when you absolutely adore them, and when they match your personality and style. Otherwise, you might find yourself repainting the walls of your home on an annual basis, something most homeowners would rather avoid. Color should be chosen based on the mood you want to create for the space. Trends can be used in small amounts, depending on how much you personally like them.

If you are interested in giving your home a new look, now's a great time to dive into some of the trendiest summer colors of 2020. These favored shades can bring liveliness to any room in your home when used properly.

For something fun, try a peachy coral or terra cotta. Looking to bring warmth to a space that feels cold and dreary? Coral is a shade that has been trending for a while and does not show any signs of going away soon. Terra cotta is another trendy hue that can make any room feel warmer. Both shades can make bold statements as wall colors, but can also be dispersed

throughout the home as an accent if you're not willing to take the larger risk.

Yellow can be a great accent color. If neutral is more your style, there is nothing wrong with that. Yellow is a great trendy shade that can be used as an accent or added to a neutral room as a breath of fresh air during the summer. A pop of yellow adds a happy note to an otherwise grey or neutral room. Adding pillows, accessories, or even a fun accent chair are manageable ways to give your room an update with a new color. Consider this shade in spaces that deserve more attention, such as the mudroom, entryway, or guestroom.

Blues and greens are still a trend that just won't go away. If there's a style that will remain for years, it's organic earth tones. Greens, blues and browns, or shades inspired by the tones of the earth, can look great throughout your home when used together. Calm blues (presented in many shades) to greens are always a welcome change to any room. The color family that represents parts of the earth, such as water, sky, dirt and grass, will continue for years to come as we never seem to get tired of the colors present in the world around us.

If you feel as though you have more time on your hands to spruce up your living space, choosing a new color scheme influenced by one of these trendy hues is a great way to express yourself, curb feelings of boredom and rejuvenate your home. If you're on the fence about one shade or you want to change a room but you're not sure where to start, get in contact with a design professional for assistance in making these choices. What better time than now to brighten up your home in preparation for summer?

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

District Appoints School Reopening Task Force

The School District of Lee County is taking another step to prepare for the 2020-21 school year by appointing a reopening task force to examine the safest ways to keep students and staff healthy and provide the most equitable education when school resumes in August. The PreK-12 Education Pandemic Response Task Force will meet during the summer and make recommendations for a safe reopening of school.

"I'm looking forward to getting their input because we've got a lot of important decisions to make," said Superintendent Dr. Greg Adkins. "It's important to be very important for us to get out in front of the public quite a bit over the course of the summer to communicate our plans and get feedback."

The task force has four guiding principles:

- Equitable Education
- Public Health and Safety
- Public Confidence
- Fiscal Responsibility
- The PreK-12 Education Pandemic

Response Task Force consists of a school board liaison and members chosen by the superintendent. Appointees include health professionals, business and community leaders, law enforcement, TALC and SPALC, principals, parents and students. District staff will provide support.

The Task Force members are:

Betsy Vaughn, school board member, School District of Lee County; Dr. Mary Beth Saunders, infectious disease/epidemiology, Lee Health; Char-nequa Smith (Shay), executive community health nursing director, Florida Department of Health, Lee County; Lt. Angel Queipo, youth services division, Lee County Sheriff's Office; Capt. Jason Fields, operations division, Fort Myers Police Department; Harlan Parrish, president, FineMark National Bank & Trust, Lee County; Marshall Bower, president and CEO, Foundation for Lee County Public Schools; Marcus Goodson, executive director, Lee County Housing Authority; Isaac Dozier, director of community development, City of Fort Myers Housing Authority; Kevin Daly, president, Teachers Association of Lee County; Jamie Michael, president, Support Personnel of Lee County; Carl Burnside, principal, Dunbar High School; Melissa Layner, principal, Bonita Springs Middle Center For The Arts; Scott LeMaster, principal, Manatee Elementary;

Scott Hertz, president, District Advisory Committee; Amy-Jane McWilliam, parent representative, West Zone; Brenda Clark, parent representative, West Zone; Angela Haas, parent representative, South Zone; Chrystal Vervaeke, parent representative, South Zone; Jacqueline Lineberger, parent representative, East Zone; Jewelene Harris, parent representative, East Zone; Brooklyn Gossett, student, Mariner High School; Sedona Stewart, student, Bonita Springs High School; and Yamil Bermudez, student, Lehigh Senior High School.

While the district hopes for a full reopening in August, the task force will assist in planning for three scenarios in case full reopening cannot happen:

1. Full time distance learning;
2. Combination of in-person and online classes;
3. Full return to campus with safety measures.

Task force members will assess recommendations concerning schedules, transportation, personal preventative and screening protocols, disinfecting and cleaning guidelines and how to best use existing classroom, cafeteria and gym space to maximize social distancing. Meetings will be recorded and posted on the district's YouTube channel.

Task Force findings and recommendations will be presented to the school board.

An email address dedicated to the task force has also been established. Parents can write to reopeningschools@leeschools.net with their questions, concerns, comments or suggestions.✱

Business Webinars

The Above Board Chamber of Florida will present two more June webinars designed to captivate, inform and tease your tastebuds.

The events will focus on the candidates for Congress and celebrity chef masterpieces. Each will be available on Zoom.

The exciting lineup includes:

Meet the Candidates for Congress from noon to 1:30 p.m. on Thursday, June 18. The main issues facing Florida and the U.S. will be addressed as candidates for the 19th Congressional District seat offer their positions ahead of the August 18 primary and November 3 general election. Cost to register is \$10.

Celebrity Chef Creations – Live Cooking Class from 2 to 3:30 p.m. on Thursday, June 25. Join renowned chefs Don Splain of the Founders Market + Bistro; Lisa Brown, founder of Free-Flowing Health; and Tim Yoa of Artisan Eatery in your own kitchen as they virtually work alongside you to prepare exquisite dishes during three, 20-minute sessions. Each person who registers in advance will be given the menus so items can be purchased. Registration cost is \$15 for the three sessions. The hosts will be Sweeney and Connie Ramos-Williams, president and CEO of CONRIC PR & Marketing.

To register for the June 18 webinar, visit https://us02web.zoom.us/webinar/register/WN_ijUGGgQRi6-f72HSH4IDg

To register for the June 25 webinar, visit https://us02web.zoom.us/webinar/register/WN_93MbTztQQiS8QO16m15tYQ.

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Frankly Speaking



by Howard Prager

There’s only one story to write about today, and it’s what our nation has been facing over the past two weeks – how can African-Americans be so tormented and killed because of their skin

color, and what can sports do? My job is not to change your opinion, it’s to report on sports and, in this case, how sports can lead society through change. You decide if they are doing the right thing as most sports open up over the next couple of months.

It was just over 70 years ago (1947) that Jackie Robinson became the first African-American to integrate baseball, 78 years after baseball started. That took bold thinking and commitment by Brooklyn Dodgers GM Branch Rickey, as well as Robinson’s nonviolent approach and ability to “turn the other cheek” despite horrible harassment from fans, players and managers. Baseball was the first sport to integrate, and others followed.

I Googled the purpose of sports in society and here’s what I found. “Sports play an important role in American society. They enjoy tremendous popularity but more important they are vehicles for transmitting such values as justice, fair play and teamwork. Sports have contributed to racial and social integration and over history have been a ‘social glue’ bonding the country together.” If this is the case, sports should be a leader in providing respect for all people and lead us towards change.

Colin Kaepernick tried. He used nonviolent protest four years ago in the NFL and as a result was blackballed from football. You may question his method, kneeling during the national anthem. To me, that was disrespectful. I’m a patriot and a scout leader. I also understood that he was delivering a message that this wasn’t the home of the free, and doing so peacefully. I wondered why more players didn’t join in. Akiem Hicks, defensive lineman for the Chicago Bears said what he believed 90 percent of the league thought at the time: “If I kneel, I am fired.”

For many professionals, sports is their ticket to freedom, success and adoration by the many fans that cheer for them on their teams or in fantasy leagues.

I decided to review statements from many sports teams and some leading players. Various groups have “rated” them and one team, the New York Knicks, has not even issued a statement. It was hard to even find statements from some teams, like the Chicago Cubs. Other teams issued statements and shared the actions and steps they were taking. The strongest statements to me acknowledged the problem, mentioned George Floyd and pledged to do better. Based on that, the Tampa Bay Rays have the strongest message in all of sports. It’s a five-part statement, starting with naming some of the people wrongly killed and saying, “The evils of institutionalized and systemic racism continue to plague our nation.” It goes on to say Black Lives Matter and “Our country demands better than this for its people.” The next part states that “words are not enough” and they are committing \$100,000 per year to supporting causes in the fight against systemic racism. “Over the coming days and weeks, we will identify and share these organizations with you, and do our best to amplify their vital messages.” The Rays end their statement with, “While our hearts are broken, we aren’t giving up.” Frankly, it’s a powerful statement. It’s specific, addresses the problem head-on and states what they will do, demonstrating actions and leadership.

Let’s go to Minneapolis, where this started. The Twins have a general statement of sadness, sympathies, and we need to do better. That’s the type of statement made by the majority of teams. The Timberwolves and Lynx instead have some very specific actions: “The Minnesota Timberwolves and Lynx announced the first of many steps the organization will take to fight racism and help unite its communities following the murder of George Floyd by law enforcement. The organization will enter a multi-year partnership with The Minneapolis Foundation to address systemic inequities and translate community anger into actions. The partnership will include civic leadership duties with both of our head coaches to serve as leaders on one of two advisory committees that will oversee the disbursement of the Fund for Safe Communities, a fund that will champion

the prevention of further violence, address systemic inequities, reform the criminal justice system and heal communities affected by this tragedy. The second advisory committee will be compiled of diverse youth from Minneapolis. The two committees will work collectively to disburse funds from the Fund for Safe Communities as early as next week.” Immediate action.

Many athletes have issued strong statements, including team owners Derek Jeter and Michael Jordan, who rarely weighs in on social change. They are heartfelt. Jordan committed \$100 million to racial equality initiatives over the next 10 years.

What about colleges? The following statement from FGCU head basketball coach Michael Fly isn’t as specific as the T-Wolves and Rays, but I believe sincere. He begins with his personal struggles of making sense of the George Floyd murder, what our nation has been through and what to say to his many black male athletes. Many college coaches have been working through the same thing. Coach Fly concludes with “Our hope is that a ‘new normal’ referenced frequently during the COVID-19 crisis will include a call to action, tangible strategies to fight racism, and a plan to advance equality. As a program and family, we are committed to continuing the conversation on race in America and affecting change. We refuse to let the emotions and convictions we feel today lead to inaction tomorrow.”

What do you think should be done? Is now the time? If not, when? Should it be done by individual teams or “institutionalized” by the professional leagues and the NCAA? At a time when sports aren’t being played, sports can play a big role in moving our country forward as they begin to restart.

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@islandssunnews.com.

License-Free Freshwater Fishing This Weekend

License-free freshwater fishing weekend is Saturday and Sunday, June 13 and 14. A fishing license is not required for Florida residents or visitors. License-free weekends provide an excellent opportunity for non-licensed recreational anglers to experience fishing.

“People are getting outdoors now more than ever,” said Eric Sutton, Florida Fish and Wildlife Conservation Commission (FWC) executive director. “Why not participate in or introduce someone new to the lifetime activity of fishing? We encourage anglers to get out on the water and discover why Florida is the Fishing Capital of the World.”

Before heading out to enjoy your time fishing, remember to stay safe by checking your local weather forecast, especially during this storm season. Boat safely by always wearing your life jacket, paying attention and maintaining

360-degree awareness while operating a boat. For more boating safety tips, visit www.myfwc.com/boating. And when you’re heading out, be sure to keep yourself and others safe by practicing social distancing. Learn more at <https://bit.ly/2wwwJ2d>. Get your Florida fishing license at www.gooutdoorsflorida.com.

All bag limits, closed areas and size restrictions apply. Learn more at www.myfwc.com/license. For fishing tips, visit www.myfwc.com/fishing.

Narconon: After Treatment Plan

Narconon reminds friends and family that one should have a solid plan when he or she leaves treatment for drug or alcohol abuse. This is important and it gives the recovering person the best possible chance at remaining clean.

There must be a plan in place that the recovering person can follow without getting discouraged. A person without a plan that has too much time on their hands is a recipe for disaster. That person will probably relapse. Filling that time with a structured environment and following the plan will greatly increase a person’s chances of being successful.

To learn more about having a plan after treatment, visit www.narconon-suncoast.org/blog/the-importance-of-supportive-friendships-in-recovery.html.

Narconon can help you take steps to overcome addiction in your family. Call 877-841-5509 for a no cost screening or referral.

From page 1

Plant Sale

fountains, ceramic flower pots and garden art are also offered. The Garden Shoppe is open seven days a week from 9 a.m. to 4:30 p.m.

Visitors will also be able to tour the botanical gardens, historic homes and museum store (all open seven days a week). The site includes more than 20 acres of gardens in a park-like setting with large shade trees and a scenic river view. Guests can take a self-guided tour of the gardens, stroll outside on the porches of the historic homes and look into the interior lifestyle of Thomas Edison and Henry Ford. The museum and laboratory remain closed.

Discounted admission tickets are available for visitors and members’ guests through June 29: adults, \$15; teens (ages 13 to 19), \$10; children (ages 6 to 12), \$5; children ages 5 and younger admitted free. No coupons or other discounts will be accepted. Visitors are encouraged to purchase tickets in advance online at www.edisonford.org. Touring the gardens is always free for members. To ensure social distancing, guided tours are not being offered at this time.

Following guidelines from the CDC, staff members are wearing protective masks, and surfaces are cleaned and sanitized daily. For updates and more information, visit www.edisonford.org and on Facebook @EdisonFordFL.

SPORTS QUIZ

- Name the Boston Celtics’ “Big 3” players who helped the team beat the Los Angeles Lakers in the 2008 NBA Finals.
- “Crash” Davis, “Nuke” Laloosh and “Skip” Riggins are all characters from what 1988 baseball comedy film?
- What Heisman Trophy winner from the University of Michigan scored a 99-yard kickoff return touchdown for the Green Bay Packers in Super Bowl XXXI and was named the game’s MVP?
- What hockey player defected from the Soviet Union and debuted with the NHL’s Buffalo Sabres in 1989?
- In 2001, a fastball from Arizona Diamondbacks hurler Randy Johnson struck and killed a bird in flight. According to ornithologists, what kind of bird was it?
- The official football used by the NFL is named “The Duke” in honor of what pioneering New York Giants owner/executive?
- A baseball player who has completed the “Olympics Rings” (aka “platinum sombrero”) has done what?

ANSWERS

1. Paul Pierce, Ray Allen and Kevin Garnett. 2. Bull Durham. 3. Desmond Howard. 4. Alexander Mogilny. 5. A mourning dove. 6. Wellington Mara. 7. Struck out five times in one game.

deaRPharmacist

Nutrients You Need Before Pregnancy



by Suzy Cohen, RPh

Dear Readers: Did you know a lady came to America from Spain, lied about her age to receive in vitro fertilization and had twins at the age of 66! Also, it's true that a woman's uterus expands to the size of

a watermelon by the third trimester!

According to the *World Fact Book*, the United States lags behind many other countries in terms of maternal death rate. Countries that do better than the U.S. include the United Kingdom, South Korea, Japan, New Zealand, France, Portugal, Canada, Germany, Israel and Iceland. No one is clear on why the U.S. has higher mortality for new moms giving birth, but it's something that prompted me to do more research. I don't have a specific answer to that statistic, however, I can certainly offer general vitamin tips to get your body ready for pregnancy, especially if you've been taking oral contraceptive medications.

Vitamin B9 – Should you take folic acid or folate? The answer is folate. Folic acid is a manmade B vitamin that is always given to women by doctors. It's suggested to reduce the risk of spinal cord issues such as spina bifida or other neural tube defects. So the recommendation is to take folic acid, but I'm suggesting folate. It's a more biologically active form of the same nutrient called vitamin B9. But folic acid is not the same as methylfolate. Folic acid does not have the "methyl" group that methylfolate has. They'll tell you it converts in your body, but by the time the folic acid metabolically converts to methylfolate, there's pretty much nothing left! So look for a prenatal that contains "methylfolate" or "folate" in its ingredient list. Those forms are the superior, methyl-promoting forms of folic acid and high-quality prenatal vitamins today contain those.

DHA – There are many, well-designed studies proving the benefits of DHA for proper fetal development. The healthy compounds from this special fish oil transfer from mother to baby via placenta, during breast-feeding and can also be given supplementally to a toddler. DHA is also needed for proper mental and motor skill

development. It can help with allergies and even attention span. Babies born with adequate amounts of DHA have improved levels of cognition.

If you have been on "The Pill" for more than a year, then you may want to consider a few other important nutrients. Certain B vitamins as well as C appear to diminish as well, as does your levels of magnesium, selenium and zinc. Your blood levels might be elevated, but your cells could be starving. There are tests to determine that, of course. Vitamin D and probiotic status are impacted from use of The Pill.

Getting your body ready for the strenuous pregnancy ahead requires a lot. Consider trace minerals, a prenatal vitamin that contains "folate" not folic acid and superfoods.

If you would like to read the complete version of this article, sign up for my free newsletter at www.suzycohen.com.

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.✱

Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free autism spectrum disorder (ASD) screening for toddlers ages 18 months to 5 at the Pediatric Specialist Office on Friday, June 19 from 9:30 a.m. to 2 p.m.

It is estimated that one in every 59 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838.✱

campers in a clean, safe environment. Staff at the center are using best practices for promoting good hygiene and hand washing, providing convenient sanitization stations throughout the premises, encouraging safe social distancing, wearing protective face coverings, providing safety tips and information, and performing hourly as well as daily cleaning, disinfecting and deep-cleaning protocols.

A complete list of camps for each grade level each week and camp registration are available online at www.theimag.org/camp. Early registration is suggested since participation in each camp session is limited in number.✱

Doctor and Dietician

What To Do With Canned Beans



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

When we went to the grocery store during "early quarantine days," the shelves were empty. We typically purchase a variety of beans to make delicious veggie-based meals and salads. So, let's talk about what we can do with all those beans.

Beans provide a vegetarian source of protein which helps us maintain and repair our bodies. Beans are also a great source of B vitamins, antioxidants and fiber. Thus, they help prevent heart disease, control glucose metabolism, provide a feeling of fullness and, best of all, they keep you regular. Nobody wants to be constipated. Makes you cranky.

Here are just a few ways that we like to use beans in our weekly menus: Garbanzo beans (chickpeas) are very versatile, and we make them many different ways. Season

with olive oil and your favorite spices then roast for a great healthy snack. Our favorite is chili-lime roasted chickpeas. Chickpea curry is delicious as a main dish. Vegetable soup or chili is a great way to utilize pinto and black beans. If you prefer something chilled and refreshing, these beans make wonderful salads when mixed with corn, bell peppers, onion, celery and an herb vinaigrette. We also love making fun Mexican-inspired dishes with these beans like burritos, fajitas or layered dips. Black bean burgers also deserve an honorable mention in this list of the most delicious ways to use beans.

We don't know about you, but we grew up on three-bean salad. Here is our scratch version: Cook a pound of fresh green beans, add a can of kidney beans and a can of cannellini beans (drained). Dressing: ¼ cup balsamic vinegar; 1 Tbsp. sugar; ¼ small onion, minced; 1 clove garlic, minced; ½ tsp salt; fresh chopped basil. Toss together and refrigerate. Prior to serving, we like to drizzle with olive oil and add a little more chopped basil and fresh ground pepper. If you like some heat, sprinkle with red pepper flakes.

So, the next time you open your cabinets and you see all those beans in there, take out a can and use your imagination. Make something healthy and delicious.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in 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.✱

Lee Health Relaxes Visitation Restrictions

Lee Health has eased visitation restrictions while following strict guidelines that will continue to protect the safety of patients and staff during the coronavirus pandemic. Visitation was suspended in March, with some exceptions for compassionate care, to limit the number of people entering health care facilities in an effort to curtail the spread of the coronavirus.

All visitors are required to practice physical distancing, complete a health screening, temperature check and thoroughly sanitize their hands with alcohol-based gel before visitation. Visitors are also required to bring their own mask or face covering, and wear it all times while in a Lee Health facility.

Visitation to any COVID-19 units or patients requiring airborne precautions (in an isolated room because they are potentially infectious) will continue to be restricted to compassionate care. Compassionate care generally refers to end-of-life situations to give family members the opportunity to say goodbye to their loved ones, but can cover other areas depending on individual circumstances. Compassionate care visitation is at the discretion of hospital leadership.

"Visitation is an important part of a

patient's recovery. Seeing loved ones brings them comfort and helps them feel more at ease while in the hospital. The restrictions that have been in place have been a hardship, and I thank our community for their understanding as we implemented necessary measures to keep people safe during a global pandemic," said Larry Antonucci, MD, MBA, Lee Health president & CEO. "We are pleased to be able to welcome visitors back into our facilities, and we are taking every precaution to ensure the safety of patients, visitors and health care workers."

At the main hospital campuses, patients will be allowed to designate one visitor upon admission. Visitation hours are: 10 a.m. to noon and 4 to 6 p.m. No visitors under age 12 are permitted.

In outpatient facilities, adult patients are allowed one visitor to accompany them to their appointments. For surgeries, visitors can accompany a patient to registration and then reunite with them in the recovery room. For pediatric procedures, one parent is permitted to stay with their child plus one additional guest above age 12.

During the visitation suspension, frontline health care workers were able to utilize technology to help patients interact with their loved ones virtually. Virtual visitation will remain an option for patients who are unable to have in-person visitors or want to connect with other loved ones besides the designated visitor. To view the full updated visitation policy, visit www.leehealth.org/our-services/public-health-awareness/hospital-visitation-temporary-restrictions.✱

From page 1

Virtual Camps

Backyard Scientists and STEAM Scavenger Hunt. In addition to camps for rising kindergarten through eighth graders, the IMAG also offers a Junior Camp Assistant Program for rising ninth through 12th grade students. The IMAG, through its commitment to support the community, offers tuition-assistance camp scholarships for families in need.

The IMAG History and Science Center is taking extensive steps to help ensure a clean, safe experience for all its



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

My Stars ★★★★★

FOR WEEK OF JUNE 8, 2020

Aries (March 21 to April 19) Still operating under a full head of self-esteem makes you want to tackle a matter you had shied away from. OK. But be sure to arm yourself with facts before you make a move.

Taurus (April 20 to May 20) That smart move you recently made caught the attention of a lot of people, including some with financial deals to offer. Use your Taurean wariness to check them out thoroughly.

Gemini (May 21 to June 20) Shyness might keep you from asking for more information on a potentially important matter. But your curiosity grows stronger by midweek and gives you the impetus for data-gathering.

Cancer (June 21 to July 22) Taking on too many tasks may not be the wise thing to do at this time. You might overspend both your physical and emotional energy reserves, and have to miss out on some upcoming events.

Leo (July 23 to August 22) Try to keep your spending at an affordable level. Splurging now – especially on credit – could create a problem if your finances are too low for you to take advantage of a possible opportunity.

Virgo (August 23 to September 22) You might not approve of a colleague's behavior during much of the week. But don't play the judgmental Virgo card here. As always, check the facts before you assume the worst.

Libra (September 23 to October 22) Coping with an old issue that has suddenly re-emerged could take a big toll on your emotional energies. Decide whether you really want to pursue the possibilities here.

Scorpio (October 23 to November 21) For all your skill in keeping your secrets safe, you could be unwittingly letting one slip out by the way you're behaving in that new relationship. Are congratulations soon to be in order?

Sagittarius (November 22 to December 21) Good old-fashioned horse sense could help you get around those who unknowingly or deliberately put obstacles in your way. Ignore the confusion and follow your own lead.

Capricorn (December 22 to January 19) A puzzling attitude change in a colleague from friendly to chilly might stem from a long-hidden resentment suddenly bubbling up. An open and honest talk should resolve the problem.

Aquarius (January 20 to February 18) This week, many ever-generous Aquarians might find themselves feeling an acquisitive urge. If so, indulge it. You've earned the right to treat yourself to wonderful things.

Pisces (February 19 to March 20) Expect to get a lot of advice on how to go about implementing your plans. But once you've sorted it all out, you'll probably find that, once again, your way will be the best way.

Born This Week: You enjoy the quiet times of your life, but when you're in the mood, you can throw a party everyone will want to go to.

MOMENTS IN TIME

• On June 18, 1812, the day after the Senate and the House of Representatives vote to declare war against Great Britain, President James Madison signs the declaration into law – and the War of 1812 begins. It was partly in response to the forcible induction of American seaman into the British Royal Navy.

• On June 15, 1846, Great Britain and the U.S. sign the Oregon Treaty, establishing the U.S.-Canadian border as the 49th parallel from the Rocky Mountains to the Strait of Georgia.

• On June 16, 1884, the first roller coaster in America opens at Coney Island, in New York. Known as a switchback railway, the roller coaster traveled at approximately six mph and cost a

nickel to ride.

• On June 19, 1905, some 450 people attend the opening day of the world's first nickelodeon, located in Pittsburgh. The storefront theater boasted 96 seats and charged each patron five cents to view live vaudeville acts as well as short films.

• On June 17, 1958, the Second Narrows Bridge, being built to connect eastern and northern Vancouver in western Canada, collapses, killing 59 workers. The bridge rose 175 feet above the water.

• On June 20, 1975, *Jaws*, a film directed by Steven Spielberg that made countless viewers afraid to go into the water, opens in theaters. The story of a great white shark that terrorizes a New England resort town became an instant blockbuster and the highest-grossing film ever at the time.

• On June 21, 1982, John W. Hinckley, Jr., who on March 30, 1981, shot President Ronald Reagan outside a Washington, D.C. hotel, was found not guilty of attempted murder by reason of insanity. Hinckley's defense argued that he was obsessed with the 1976 film *Taxi Driver* and the lead actress, Jodie Foster. Hinckley was released from the mental institution in 2018.

NOW HERE'S A TIP

• If you love a good BOGO deal, you're not alone. Oftentimes, for items like condiments or staples, this means you need a place to put it until it's time to use. For items that are safe to store at room temperature, find a place that is out of direct light, and is cool and dark. But avoid lower cabinets that are close to the stove or dishwasher, as these can get quite warm.

• Tackle the nitty gritty around knobs and crevices of your kitchen appliances with a toothbrush! Just dampen it, add a bit of baking soda for a gritty scrub that won't scratch, and then dip it in dish soap to cut through grease and grime.

• "Want your readers to last longer? Keep them in a fabric pouch when not in use. You can attach a keychain ring to a fabric pouch and hang that from a lanyard worn around your neck if you want to keep them on you. Reading glasses bump into many things and can get scratched easily, so protect them." – FJ in Florida

• Maybe you're not putting miles on your vehicle like you used to, but don't neglect your car! Take some time to get your car's interior looking great so she'll be ready when you get back on the road. Give the upholstery a good cleaning. Bust out the detail brushes on your vacuum or shop vac, and give leather and plastic surfaces a wipe down with a protectant.

• Never scrub a cast iron skillet. It needs the patina in order to heat food evenly. Here's how to keep yours operational: Clean with a stiff brush and regular dish soap. Rinse clean, and dry immediately, preferably by placing it on a warm to hot burner for a few minutes. When dry, rub with a light coating of oil.

STRANGE BUT TRUE

• Who says you have to be human to serve your country? Between 2001 and 2009, a goat called William ("Billy") Windsor was part of the 1st Battalion Infantry Unit of The Royal Welsh, with the title of lance corporal, no less. Although he was briefly demoted to fusilier following "unacceptable behavior" at Queen Elizabeth's official birthday celebrations, he eventually saw the error of his ways and regained his more esteemed rank.

• Actor Brad Pitt chipped out pieces of his own front teeth to play the role of Tyler Durden in the movie *Fight Club*.

• And speaking of teeth... in the American Civil War, soldiers were required to have at least four opposing front teeth so they could open a gunpowder pouch. Some draftees had their front chompers removed to avoid service.

• What's in a name? Depends on where you're from. When the Coca-Cola Company was ready

continued on page 22

PUZZLES

Answers on page 23

Super Crossword

FALL NICKNAME

- ACROSS
- 1 "Alto Rhapsody" composer

7 Amount of medication

11 Very close pals, briefly

15 Lay away

19 Handbook

20 Among other things, in Latin

22 A, in Austria

23 Start of a riddle

25 With the stroke of —

26 Busily engaged

27 Actress O'Grady

28 Actor Baio

29 Riddle, part 2

37 Brain part

38 Vends again

39 New York port on Lake Ontario

40 Some weather lines

44 Untold millennia

45 Gallery works

46 Frat.'s counterpart

47 Riddle, part 3

53 Epitomize
- 54 Volcano outflow

55 Waikiki whereabouts

58 Coll. e-mail ending

61 Coyote kin

62 Stopped sleeping

64 Actress Dana

66 Truckload

67 Riddle, part 4

70 Kid's "It" game

71 Four-time Indy 500 winner

73 Supreme Court justice

74 Get-out-of-jail fee

75 Metal-bearing rock

76 Tarnish

77 — vu

78 Mortar and —

80 Riddle, part 5

88 Mo. no. 10

90 I-10, e.g.

91 — mater (brain cover)

92 Smears with holy oil

93 Engender

95 In dire —

99 Songstress

Eartha
- 100 End of the riddle

105 Wise words

106 Mr. Spock's pointy pair

107 Flood figure

108 Feeling, informally

109 Riddle's answer

117 "— do in a pinch"

118 Desirous of equaling someone else

119 Advanced to the starting point, as a tape

120 Floor votes

121 "Fat chance"

122 Deleted, with "out"

123 Salsa brand
- DOWN
- 1 German car

2 Yell of cheer

3 California's Santa —

4 Castaway's shelter

5 Irked with

6 Sluggish mammal

7 One trying to lose weight

8 Yoko of music

9 Big inits. in fuel additives

10 Elver, e.g.

11 Lauren of "Key Largo"

12 Natural talents

13 Daughter, in Dijon

14 Paradise of "On the Road"

15 Manatee or dugong

16 Praise with a cap motion

17 "Just the last item is left"

18 Tried to get

21 Kingly

24 Snapshot, for short

28 Blues singer — Monica Parker

29 Stepped off

30 Little snack

31 Wind instrument

32 Prove false

33 Indigent

34 General — chicken

35 Monopoly card statistic

36 Spear

41 Nonetheless

42 Detach, as a book page

43 Clown prop

45 Flat — board

48 Radiates

49 Hawaii "hi"

50 Tolerate

51 50-50 gamble

52 Cheat

56 Use one's 106-Across

57 Impulse

58 Guesses at JFK

59 Judo hall

60 Too large to be strained, maybe

62 Former UN leader Kofi

63 Doughboys' conflict: Abbr.

64 Bleach

65 Shout at

68 Magic hex

69 Actress Smith of Tyler Perry films

72 Bullfight holler

77 Passing grade, barely

78 Greek philosopher

79 Slezak or Eleniak

81 Shaw playing a clarinet

82 Powerful car engine

83 On — (of equal value)

84 Nero's 53

85 Faithful wife of Geraint

86 Suffix with bachelor

87 Booming jets of old

88 Nero's wife

89 Crassness

94 Winged ones in heaven

95 Absorb

96 Part on a drama series, say

97 Dreadlocks wearer, often

98 Basked

101 "I love you," in Spain

102 Sushi sauce

103 Vanzetti's partner in anarchy

104 D-day time specification

109 Forest lair

110 Ingested

111 Mingle

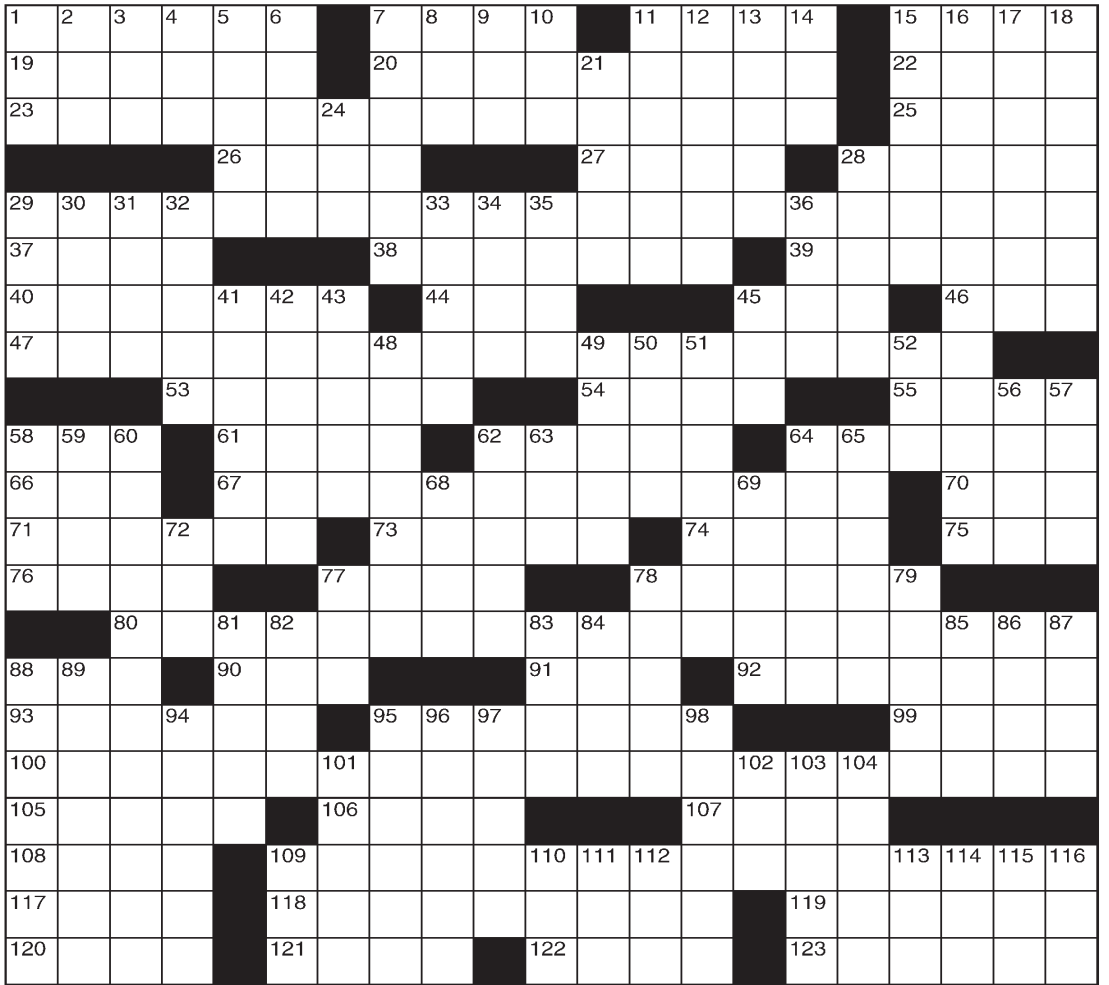
112 Rd.'s cousin

113 Authorize to

114 Lofty work

115 Floor cover

116 Relaxing site



King Crossword

ACROSS

- 1 Small plateaus

6 Bamboo eaters

12 Big commotion

13 Old Roman tax

14 Strengthen by heating and cooling

15 Move a painting, maybe

16 Medicinal amount

17 Computer brand

19 Chaps

20 Nickelodeon's explorer

22 Marley or Dylan

24 Underwear with underwire

27 Madams' mates

29 Moth variety

32 "The House That Ruth Built"

35 Advantage

36 Out of play

37 List-ending abbr.

38 Consume

40 Williams or Warhol

42 — -de-sac

44 On pension: Abbr.
- 5 Killer whale

50 "I, Robot" author

52 Passionate states

54 Cookbook entry

55 Lab monkey

56 Merchant

57 Apportioned
- 5 Not freelance

6 Skin opening

7 Bitter

8 To the — degree

9 Scotch-based liqueur

10 Top-rated

11 Autograph

12 Possessed

18 Parents' traveling accessory

21 Sugar suffix

23 Antiquated

24 "See ya"

25 "Awesome!"

26 Sweet fortified wine
- 28 Norm

30 Eccentric

31 HBO alternative

33 Mauna —

34 Toss in

39 Figure of speech

41 Mountain air?

42 Shopper's aid

43 Addict

45 Always

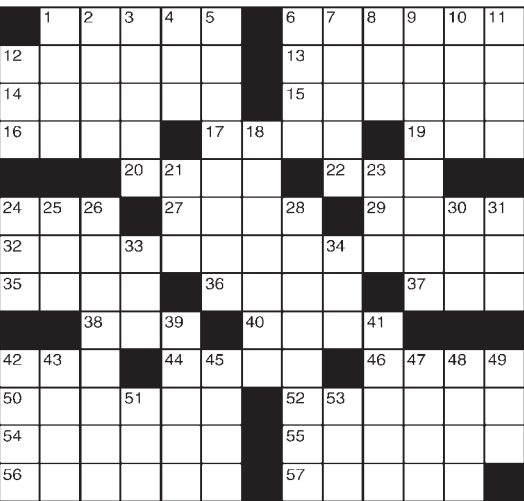
47 "Golden Girls" role

48 Gunk

49 Donkey

51 Central

53 Pi follower



MAGIC MAZE ● POPULAR BOAT NAMES

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- Aquaholic

Liberty

Sail

Therapy
- Diversion

Misty

Sea Ya

Time Out
- Fish Tales

Osprey

Seaduction

Victory
- Happy Hours

Pirate

Serenity

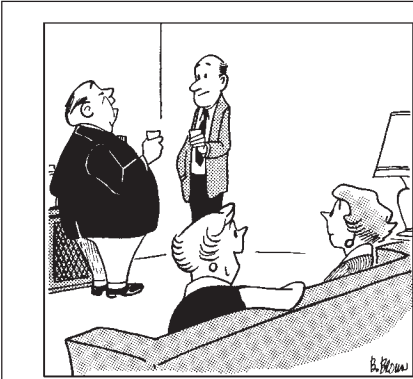


Mahi-Mahi Tostada
4 (6-ounce) Mahi-Mahi fillets
½ cup fresh cilantro, finely chopped (divided)
2 tablespoons hot pepper sauce
1 tablespoon fresh lime juice
4 tablespoons vegetable oil (divided)
4 corn tortillas
2 cups shredded lettuce
Fresh salsa, as needed
Sea salt and fresh ground pepper, to taste
Mix 1/2 of the cilantro, pepper sauce, 2 tablespoons oil, lime juice, and salt and pepper in large bowl. Add fillets to marinade. Cover and chill 1 hour. Remove fillets from marinade. Preheat grill to medium-high heat. Grill fillets 4 to 5 minutes per side until the center of fish is done. Transfer fillets to a platter and keep warm. Place 2 tablespoons oil in a large heavy saucepan over medium-high heat. Add tortillas, one at a time, pushing down gently into the pan with tongs. Cook 1 minute until browned on one side; turn and cook 1 minute longer until browned and crisp. Drain on paper towels. Place fillet on shredded lettuce in center of tortilla; top with fresh salsa and remaining cilantro.*



Mahi-Mahi Tostada photo courtesy Fresh From Florida

PUZZLES Answers on page 23



"Harold used to throw his _____ around — now all he can do is drag it."

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!

Peek

Guard

Fairy

Stigma

TODAY'S WORD


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

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. Apron is different. 3. Oven mitt is different. 4. Headband is missing. 5. Picture is different. 6. Girl's shoes are different.




FRIDAY
Mostly Cloudy
High: 86 Low: 75




SATURDAY
Few Showers
High: 81 Low: 70




SUNDAY
Few Showers
High: 85 Low: 74




MONDAY
Sunny
High: 88 Low: 77



TUESDAY
Mostly Sunny
High: 90 Low: 75



WEDNESDAY
Mostly Sunny
High: 86 Low: 77



THURSDAY
Sunny
High: 87 Low: 76

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	8:51 am	12:54 am	6:16 pm	12:34 pm	Fri	7:56 am	12:56 am	5:21 pm	12:36 pm	Fri	7:41 am	1:05 am	6:55 pm	1:09 pm	Fri	11:01 am	4:10 am	8:26 pm	3:50 pm
Sat	9:15 am	1:39 am	7:50 pm	2:18 pm	Sat	8:20 am	1:41 am	6:55 pm	2:20 pm	Sat	8:19 am	1:56 am	7:52 pm	2:22 pm	Sat	11:25 am	4:55 am	10:00 pm	5:34 pm
Sun	9:40 am	2:23 am	9:28 pm	3:38 pm	Sun	8:45 am	2:25 am	8:33 pm	3:40 pm	Sun	8:55 am	2:40 am	8:47 pm	3:18 pm	Sun	11:50 am	5:39 am	11:38 pm	6:54 pm
Mon	10:05 am	3:03 am	10:57 pm	4:38 pm	Mon	9:10 am	3:05 am	10:02 pm	4:40 pm	Mon	9:29 am	3:17 am	9:43 pm	4:08 pm	Mon	12:15 pm	6:19 am	None	7:54 pm
Tue	10:29 am	3:40 am	None	5:28 pm	Tue	9:34 am	3:42 am	11:18 pm	5:30 pm	Tue	10:04 am	3:47 am	10:49 pm	4:58 pm	Tue	1:07 am	6:56 am	12:39 pm	8:44 pm
Wed	12:13 am	4:12 am	10:53 am	6:11 pm	Wed	9:58 am	4:14 am	None	6:13 pm	Wed	10:42 am	4:13 am	11:53 pm	5:49 pm	Wed	2:23 am	7:28 am	1:03 pm	9:27 pm
Thu	1:19 am	4:40 am	11:18 am	6:52 pm	Thu	12:24 am	4:42 am	10:23 am	6:54 pm	Thu	11:20 am	4:34 am	None	6:39 pm	Thu	3:29 am	7:56 am	1:28 pm	10:08 pm

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

From page 18

Strange But True

to import to China, it needed a moniker that fit with the majority of that country’s spoken languages. The original choice, “Kekoukela,” sounded phonetically similar, but in certain dialects translates to “bite the wax tadpole” or “female horse stuffed with wax.” Further research yielded a far more satisfactory solution, “Kekoukele,” meaning “tasty fun.”

- Romantic poet Percy Bysshe Shelley was one of literature’s first prominent vegans.

- Scientists studying a deadly disease transmitted from camels also found that the animals contained the pathogens from which the common cold was born. Do we now know whom to blame?

- As many as 35 percent of people who hire a professional cleaning service admitted to cleaning up before the help arrives.

- Native Southerners might well be surprised to learn that the word “y’all” dates to 1631. It was first used by the English scholar William Lisle in the sentence, “The captive men of strength I gave to you, the weaker sold; and this y’all know is true.”

THOUGHT FOR THE DAY

“Although the world is full of suffering, it is also full of the overcoming of it.”
– Helen Keller

TRIVIA TEST

1. **History:** Who was the first to sign the Declaration of Independence?
2. **Movies:** Which dwarf wore glasses in Disney’s *Snow White and the Seven Dwarfs*?
3. **Measurements:** How many years are in a millennium?
4. **Famous Quotations:** Which stand-up comedian once said, “There are two seasons in Scotland: June and winter”?
5. **Geography:** Which country is home to Mount Kilimanjaro?
6. **Medical:** What is the common condition known as “muscae volitantes”?
7. **General Knowledge:** Which university’s athletic teams are known as the Ducks?
8. **Music:** Which singer/songwriter is known as the “Man in Black”?
9. **Monuments:** Which U.S. monument is known as the Mother of Exiles?
10. **Television:** What was the name of Norm’s favorite restaurant in the *Cheers* sitcom?

TRIVIA ANSWERS

1. John Hancock 2. Doc 3. 1,000
4. Billy Connolly 5. Tanzania 6. Eye floaters 7. University of Oregon 8. Johnny Cash 9. The Statue of Liberty 10. The Hungry Heifer

PETS OF THE WEEK

Lee County Domestic Animal Services

Trooper And Lilly



Trooper ID# A818288

photos provided

Lee County Domestic Animal Services adoption center has reopened by appointment only. Visit the website at www.leelostpets.com to complete an online adoption application prior to calling 533-7387 to make an appointment. The center is open Monday through Friday from 10 a.m. to 4 p.m.

Trooper is a 10-year-old male domestic shorthair (technically a senior), but he is a teenager at heart. Visit on Instagram @leeanimalservices to see a video of Trooper and his great personality. His adoption fee is \$10 and includes neuter, microchip, up-to-date vaccinations, county license, and a 10-day health check. If you would like to



Lilly ID# A818231

visit with Trooper, call 533-7387.

Lilly is a 2-year-old pit bull/hound mix that loves to ham it up for the camera. The only time she isn’t smiling is when she pauses long enough to eat and sleep. This happy girl would make a great addition to any family. She would love a yard or the ability to go for long walks as she is active. If you would like to visit with Lilly, call 533-7387. Her adoption fee is \$75.

The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.✪

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Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

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

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

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

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

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

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

Cycling
Safety Notes

- Ride to the right
- Warn to pass
- Wear a helmet
- Use lights at night
- Always be courteous



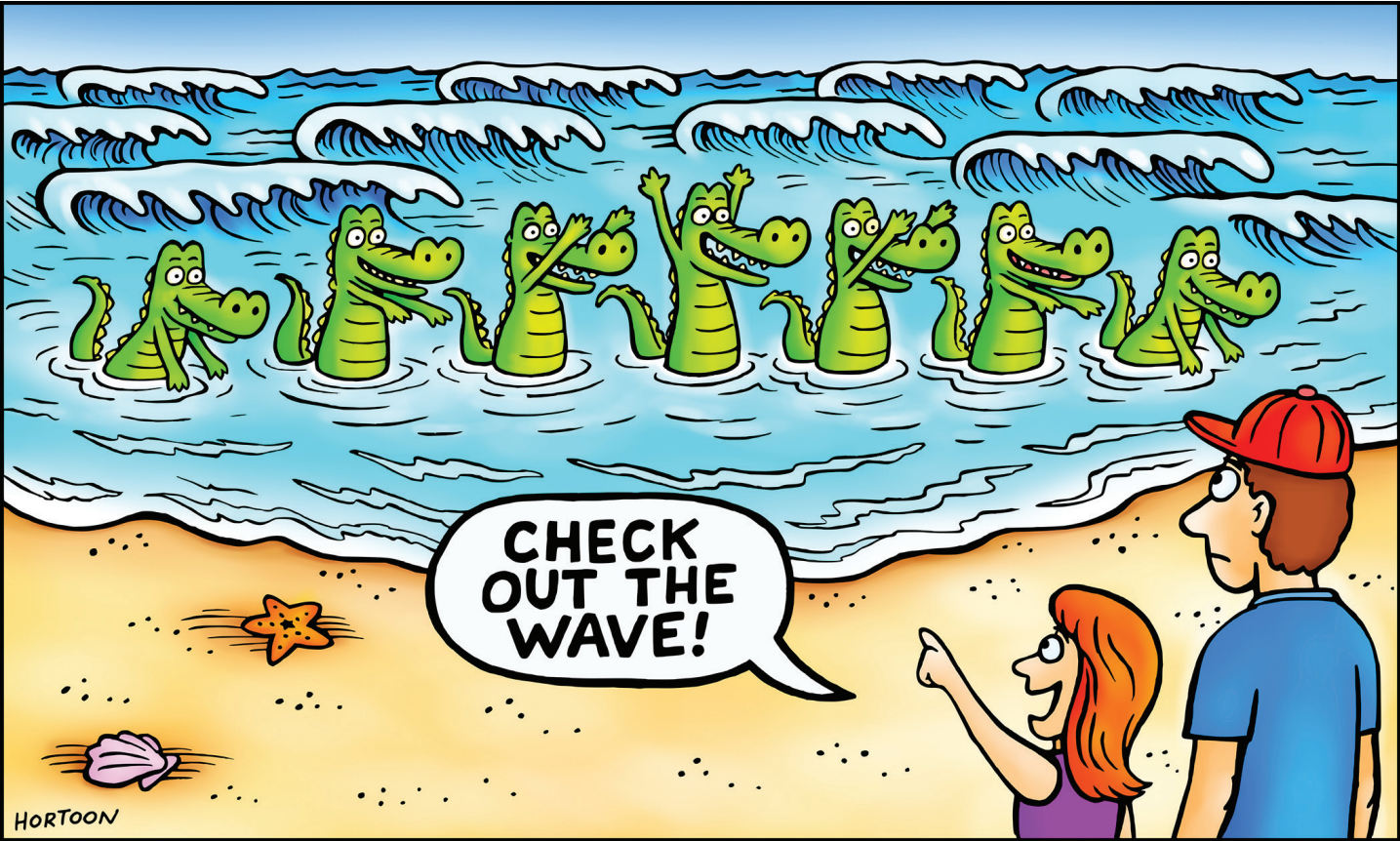
SANIBEL BICYCLE CLUB

SCRAMBLERS

- 1. Gander; 2. Warden;
- 3. Sprite; 4. Shame

Today's Word
WEIGHT

HORTOONS



PUZZLE ANSWERS

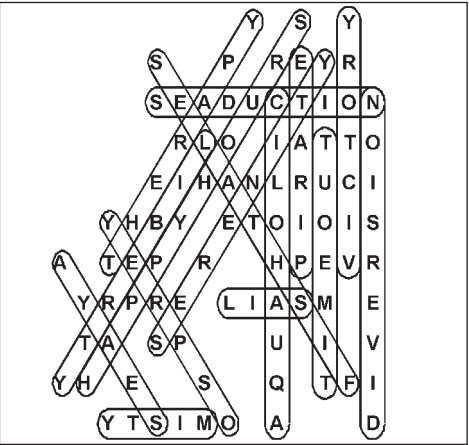
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



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Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	1925	2,000	\$7,489,000	\$6,899,000	133
Hidden Harbor	Bonita Springs	1995	8,970	\$4,500,000	\$2,724,348	406
Bonita Beach	Bonita Springs	1985	3,505	\$3,250,000	\$3,000,000	220
Case Subdivision	Fort Myers Beach	1930	4,212	\$2,799,000	\$2,750,000	90
Sandrift	Captiva	1988	2,076	\$2,495,000	\$2,025,000	7
Sanibel Shores	Sanibel	1993	2,386	\$1,295,000	\$1,075,000	89
Tarpon Estates	Cape Coral	2004	3,350	\$1,099,000	\$1,010,000	268
Kreamers Subdivision	Bokeelia	2014	2,084	\$980,000	\$980,000	151
Cape Coral	Cape Coral	2015	2,686	\$979,000	\$910,000	168
Cape Coral	Cape Coral	2017	2,418	\$900,000	\$835,000	223

Courtesy of Royal Shell Real Estate



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