

## Registration Open For Butterfly Count At Estates

Edison and Ford Winter Estates (EFWE) will participate in the North American Butterfly Association's (NABA) 45th annual Butterfly Count on Wednesday, July 24 from 10 a.m. to noon. Results of the count help researchers monitor butterfly population trends throughout the United States, Canada and Mexico, as well as the effects of weather and habitat loss.

Each year, butterflies are observed and counted at approximately 450 count sites. The counts are tallied and compiled into annual count reports, which are available through NABA and include information about species population size and geographical distribution. Each count site is required to cover a 15-mile diameter circle within one day. The EFWE count includes Lakes Regional Park and Rotary Park to ensure coverage of 15 miles. Butterfly spotters may participate at any of the three locations.



Participants at the estates during a previous butterfly count

photo provided

Last year, participants counted a total of 383 butterflies, and 24 different species were observed. That number was down from the 2018 count, with 531 butterflies. Monarch, gulf fritillary and white peacock butterflies have been seen most frequently. One team last year saw 78 white peacocks. Some of the other butterflies

with significant numbers include the barred yellow, ceraunus blue, dainty sulphur and polydamas swallowtail.

The count offers butterfly enthusiasts a chance to observe many different species, practice their identification skills and help scientists monitor butterfly populations. It is also an opportunity to

meet other like-minded individuals and share information. Many participants have butterfly gardens in their own yards. For anyone wishing to create a butterfly garden, a NABA-certified butterfly demonstration planting is viewable in the Garden Shoppe, and both nectar and host plants are available for purchase.

To participate in the count, all butterfly enthusiasts must register with Lisa at [lwilson@edisonford.org](mailto:lwilson@edisonford.org) before July 17. The fee to participate is \$5 per person, which covers the required fee EFWE pays to NABA. Experience is helpful, but not required, as groups will include both beginners and seasoned butterfly enthusiasts. Those with less experience can help record data or take photos.

Be prepared to walk outside for at least two hours in hot, humid weather. All participants should wear a hat and sunscreen, and bring drinking water.

The total number of participants will be capped at 50 to allow for social distancing. EFWE employees will be wearing masks, and all participants will be encouraged to wear masks. For more information, visit [www.edisonford.org](http://www.edisonford.org) or call 334-7419.\*

## Installation Of Water Wall Exhibit Begins At Alliance

Internationally acclaimed artist Michael Singer has begun the installation of the *Caloosahatchee Water Wall* to the Alliance for the Arts ArtsPark.

The water wall is part of ongoing enhancements to the Alliance campus. The main structure of the piece, steel beams and aluminum panels, were expected to be installed by June 24. Additional landscaping, ground work and pavers will be installed over the following four weeks.

The *Caloosahatchee Water Wall*, a public art piece, not only depicts the Caloosahatchee, it also affords an array of environmental restoration. The design of the wall sweeps up water from the ArtsPark pond and filters it before allowing the water to trickle back down. As the water rolls to the bottom of the sculpture, it drips, reels and lands onto plants and soil at the base, allowing one more shining and slow-moving wash before eventually making its way out to the Caloosahatchee.

"It is truly an honor being selected by the Alliance for the Arts as the artist to create a public sculpture for this inspiring Fort Myers-based organization," said Singer. "My hope is the *Caloosahatchee Water Wall* sculpture becomes a distinguishing work of art for the Alliance while also providing the larger community with an understanding of interconnections



The *Caloosahatchee Water Wall* under construction

photo provided

between very special natural water systems of the Caloosahatchee River as well as our responsibility to take on damaging environmental human impacts. My hope is that this water wall sculpture motivates positive actions that will address complex water quality issues in the region."

Singer has received numerous awards, including fellowships from the National Endowment for the Arts and the John Simon Guggenheim Foundation. His works are part of public collections in the United States and abroad, including the Australian National Gallery, Canberra; Louisiana Museum of Modern Art, Humlebaek, Denmark; Guggenheim Museum, New York; The Museum of Modern Art, New York; and Metropolitan Museum of Art, New York.

The water wall is the anchor to the Alliance's overarching ArtsPark. Completed project highlights include new crosswalks, sidewalk, pathways, lighting, landscaping reflecting Southwest Florida ecosystems, a new contemporary building paint job and a reshaped retention basin that is more effective at collecting and cleaning stormwater.

"It has been a pleasure watching the Alliance campus transform into a space that draws the community in and encourages creativity," said Alliance for the Arts Executive Director Lydia Black. "We are enormously grateful to artist Michael Singer, the campus enrichment team, the Alliance staff and board, and the countless community partners who have made this project possible."

Campus improvements are supported

continued on page 8



Historic Downtown Fort Myers, Then And Now:

# Happy July Fourth, 1910



by Gerri Reaves, PhD

The Fourth of July was always an important celebration in early Fort Myers, and a parade was the central component. Festivities sometimes included

a barbecue, races, ballgames, or various contests as well, and patriotic music might be provided by the Fort Myers Brass Band.

As the holiday approached, a call would go out for every town and community in the county to participate. Businesses, organizations and individuals were encouraged to enter a float or decorated car.

By 1910, automobiles were playing a big part in the annual parade, beginning to gradually replace horse- or ox-drawn wagons.

This 1910 photo of the July 4 parade's automobile lineup is evidence of that trend.

The view is essentially northward along the railroad tracks on Monroe Street (left) with the Caloosahatchee in the distance. The tree cover obscures the mere handful of one- or two-story structures lying between the photographer and the river.

On the right between two utility poles is the intersection at Second Street.

Behind those poles is Courthouse Square.

That steepled building on the right is Lee County's first permanent courthouse, a two-story, wood-frame, church-like building with a three-and-a-half-story "steeple" on its northwest corner.

It had opened in 1894 (seven years after Lee became a county) at the same location where the 1915 county courthouse now stands facing Main Street.

Some of the cars in the historic photo are decorated with American flags. The "red, white, and blue" was ubiquitous in parades in early Fort Myers, no matter the holiday.

They appear to be headed for a right turn down unpaved First Street. By the 1920s, parades became large events run by local organizations such as the Fifty Thousand Club, and motor vehicles had largely replaced animal transportation.

Only a few years after this historic photo was taken, ox- or horse-drawn wagons or individual horseman had become mostly a novelty in a parade, a reminder of the town's pioneer days.



In this northward view, automobiles line up for the 1910 Fourth of July parade, one car entering from Second Street (right). The railroad track (lower left) runs down Monroe Street to the Caloosahatchee. The steeple of the first Lee County Courthouse is prominent in the upper right.

photo courtesy Bob Henley Clark



Today, Monroe Street lacks the railroad tracks but sees a steady parade of cars, July 4 or not. The Lee County Administration Office Building dominates the view of Courthouse Square.

photo by Gerri Reaves

Walk down to Monroe and Second and contrast today's vista with that of 1910, when a very small town turned out big for the Fourth of July.

Then visit the following research centers to learn more about how early Fort Myers celebrated holidays.

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

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

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

Sources: The Archives of the Southwest Florida Historical Society and the *Fort Myers Press*.✧

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**Reporters**  
Gerri Reaves, PhD

**Contributing Writers**

Jennifer Basey	Ross Hauser, MD
Kay Casperson	Craig R. Hersch
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Marcia Feeny	Howard Prager
Katie Frederic	J. Brendan Ryan, CLU,
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The Museum and Botanic Research Laboratory are open at Edison and Ford Winter Estates  
photo provided

## Estates Reopens Museum And Laboratory

Edison and Ford Winter Estates recently opened the 15,000-square-foot air-conditioned Museum and historic Botanic Research Laboratory. The botanical gardens and riverside of the property previously opened. The site is open seven days a week, 9 a.m. to 4:30 p.m.

The museum will feature a returning exhibit, DC vs. AC: Edison, Tesla, Westinghouse, and the Race to Electrify America. The exhibit illuminates the relationship between Edison, Tesla, and Westinghouse and explores their contributions to electricity. The curatorial staff are also giving two existing galleries in the museum a makeover, so there will be several new areas for visitors to view. The children's Spark!Lab is currently closed.

"The relationship between Edison, Tesla and Westinghouse has been dramatically explored in books, films, and popular culture," said Mike Cosden, executive vice president. "This exhibit answers a lot of questions about the three men and explores the invention of electricity."

Guided tours will once again be available and limited to groups of 10 people to ensure everyone can adequately practice social distancing. Self-guided tours are also available and allow visitors to use an app on their personal phones along with a printed map of the site. Guests will learn about Thomas Edison and Henry Ford, while strolling more than 20 acres in a park-like setting. The gardens offer large shade trees, a scenic river view and plants and trees from around the world.

Specialty tours, including Inside-the-Homes, Automotive and Garden

tours are also available. These guided tours offer visitors the chance to see and explore behind-the-scene areas with a knowledgeable site historian. To ensure that people will have room to stand six feet apart, a maximum of 10 tickets will be sold for each tour. Garden tours (with a horticulturist) are available by appointment only. Visitors will be required to reserve tickets in advance.

With the opening of the museum and laboratory, regular-priced admission tickets are in effect. Admission tickets for self-guided tours are as follows: adults, \$25; teens (13 to 19), \$20; children (6 to 12), \$15; children age 5 and younger will be admitted free. Guided tours: adults, \$30; teens, \$25; children, \$18. Members get in free. Visitors are encouraged to purchase tickets online at [www.edisonford.org](http://www.edisonford.org).

The outdoor Garden Shoppe and the Museum Store are also open. The Garden Shoppe offers unique and hard-to-find plants, shrubs and trees, herbs, succulents, fruit trees and Florida natives. Garden staff are available to answer gardening questions. Members receive a 10 percent discount on all garden and gift items (excludes tickets).

The Museum Store is stocked with unique gift items and souvenirs, including books, clothing, kitchenware, kid's games and science kits, artwork from local artists and garden art. There are also many Thomas Edison and Henry Ford signature souvenir items, such as replica light bulbs and model Mustang cars.

Following guidelines from the Centers for Disease Control, all staff are wearing protective masks, and surfaces are cleaned and sanitized daily. Visitors will be required to wear masks during guided tours; masks are recommended for self-guided tours. All visitors should practice social distancing throughout the site. For more information, visit [www.edisonford.org](http://www.edisonford.org).✽

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Fort Myers Art:

# Grateful For Being Taken Under Their Wings



by Tom Hall

**T**amicka Armstrong considers herself lucky. Very lucky. She's enjoyed the great fortune of sharing the stage with some special actors since her theatrical debut in 2018 in Greg Lam's

*Repossessed* at Theatre Conspiracy at the Alliance for the Arts.

Besides Armstrong, the cast for that production included Rachel Burrtram, Brendan Powers, Lauren Drexler, Joann Haley, Lisa Kuchinski and Patrick Day. Since then, she's shared the boards with Kuchinski twice more (in *Chicago* and *Marian* or the *True Tale of Robin Hood*), Haley in *Marian* and such talents as Paul Graffy (*How to Transcend a Happy Marriage* and *The Crucible*), Annette Trossbach (*How to Transcend a Happy Marriage*), Steven Coe and Imani Williams (*The Crucible*), and Shelley Sanders and Karen Goldberg in *Marian*.

"I can't imagine a better environment for a budding actor than to be around such talented, well-educated, well-trained, intelligent people who are more than willing to share their knowledge and experience," Armstrong said.

She also marvels at the caliber of the directors she worked under in those shows. Trossbach directed *The Crucible*. Gerri Benzing was at the helm for *Chicago*. Rachael Endrizzi directed *Marian*, with Stephen Hooper in the chair for *Repossessed*. But for her role as Pip in *How to Transcend a Happy Marriage*, it was New York's Steven Ditmyer giving direction.

"Working with Steven Ditmyer, taking the Meisner class (she was one of 13 Meisner Level One graduates) and learning his method were eye-opening," Armstrong said. "I learned so, so much!"

She was also soaking up knowledge from Carmen Crussard and choreographer Lauren Perry as assistant stage manager on *In the Heights* before Lab Theater had to suspend production due to the



Tamicka Armstrong

photo courtesy www.artsfwl.com

COVID-19 outbreak the week before it was due to open.

Whether she's taking direction or observing other actors in rehearsal and during performances, her approach is simple and straightforward. She listens carefully, taking it all in.

"I'm such a novice and so theater illiterate that I don't know enough to be intimidated, which is a good thing," she laughed softly. "That frees me to absorb as much as I can about their process."

So she listens and watches, and because she's so attentive, her cast mates gladly take her under their wing.

"Annette and Rachel were remarkably open in their willingness to talk about acting in general and the theater scene here in Fort Myers... where to go and how to cultivate a character. I adore Annette. She's so fabulous. Rachel is soooo creative. And Paul Graffy works so hard at his character," she said. "It was heartbreaking what happened to him in *The Curious Incident of the Dog in the Night Time* (which closed due to the pandemic after only one performance)."

Armstrong's progress can be described as meteoric, with her performance as polyamorous Pip in *How to Transcend a Happy Marriage* nothing short of groundbreaking. But her entry into the local theater scene can be described as fortuitous, serendipitous or even unlikely. After taking a theater course in college, she promptly decided she had way too much stage fright to be successful, so she

switched majors. But after relocating to Southwest Florida from wintry Wyoming in 2017, she enrolled in an improv class at the Alliance for the Arts not only to meet people and get involved in the local community, but to challenge herself as well.

"I found that improv, to a certain extent, and theater, to a greater degree, helps me get out of my head because it forces me to focus on the character and what's happening in the scene," Armstrong explained. "Building a character and developing a connection and emotional communication internally and with my scene partners hone skills that help me in my everyday life."

Armstrong cops to being prone to anxiety, and these are certainly anxious times. While she and her cast mates were able to complete their run of *How to Transcend a Happy Marriage*, the production's run was in jeopardy over the final week.

"People were turning in their tickets, and we played to smaller audiences," she said.

But she's coping well and credits her theater-enhanced ability to stay in the moment with enabling her to navigate the isolation and anxiety we're all feeling as a result of the novel coronavirus pandemic.

"At first, I treated it as a chance to slow down and pay attention to things that tend to get neglected when I'm doing theater. So for the first couple of weeks, I could take my time and make a meal, enjoy the rare pleasure of taking my dog for a long walk without a script in hand, and spending time in the garden," Armstrong shared. "I feel that we're so disconnected with our planet, which is sad. We're not one with nature like we were eons ago. So it's fun to put my hands in the dirt."

She pauses to reflect on her last comment, realizing that she sounded a lot like Pip. "I started thinking early on (during rehearsals for *How to Transcend a Happy Marriage*) that she's the type of woman I'd love to be: empowered, ethical and responsible when it comes to animals and products."

But the luxury of leisure has all but worn off. "The restlessness has kicked in – which everyone's got to be feeling. I don't want to get too caught up in negative 'what ifs' because anxiety will run wild."

She pauses to consider our current state of affairs. "Anxiety is the misapplication of creative energy," she said pensively. "So I'm trying to be very intentional with how I spend my time – doing anything that's

going to engage my brain and allow me to focus on the now."

She has tuned in to a couple of episodes of Burrtram and Powers' Tiny Theatre virtual readings of scenes, monologues and short plays. She's caught several other virtual offerings so that she can stay in touch with her family and friends in the theater community. But one activity she assiduously eschews is watching television.

Not just because of the news. "Watching mindless TV is not my thing because it doesn't allow me to channel my energy," she said.

So she's staying positive as she passes the time and endures her nightly isolation. So when it is time to resume performing, she'll be ready and rearing to go. After all, she may be a theater neophyte, but Armstrong knows she's on upward trajectory. She's not about to let a little thing like a global pandemic derail a promising future in community theater.

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.\*

## Theater Pauses Reopening Plans

Out of an abundance of caution and due to the current trend of confirmed cases of COVID-19 rising in the state of Florida, Broadway Palm has made the difficult decision to postpone the opening of *The Sound of Music* until Wednesday, July 8. This decision is said to be necessary to assure the health and safety of theater guests, staff members and performers.

Broadway Palm is pleased to report that they have no confirmed cases of COVID-19 among their staff or actors. And although a soft reopening earlier last month was safely completed with 1,458 audience members entertained over a three week period, theater officials believe it is in the best interest to postpone the official reopening until the daily trend line of new cases decreases.

All ticket holders for these cancelled performances of *The Sound of Music* will be contacted and rescheduled for future performances. For more information, visit [www.broadwaypalm.com](http://www.broadwaypalm.com).\*

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## Foster Volunteer Nationally Recognized

Cheryl Partin, foster volunteer at Lee County Domestic Animal Services (LCDAS), has been recognized as one of 22 National Foster Heroes by the Petco Foundation and Skechers' charity footwear collection, BOBS from Skechers, in celebration of National Foster a Pet Month in June.

"Cheryl has been an invaluable foster parent over the last few years. She never hesitates to assist us when asked, and always complies with our requests," said Nicole Ferguson-Morrison, veterinarian at Lee County Domestic Animal Services. "Her positive attitude and willingness to help us has been exemplary and very appreciated by our staff. She is much deserving for all the hard work she puts in to foster for our organization."

For stepping up and saving animal lives in Fort Myers, Cheryl will receive a prize pack and her incredible lifesaving work will be honored along with National Foster Hero peers on [www.petcofoundation.org/foster](http://www.petcofoundation.org/foster).

"It is an honor to recognize the National Foster Heroes who are making a difference in their communities and demonstrating the lifesaving impact of fostering pets," said Susanne Kogut, president of the Petco Foundation. "During the response to the COVID-19 crisis, we saw a significant spike in the number of people fostering pets. Our goal is to continue this trend, inspire more people to join the pet fostering movement and make pets sheltering in foster homes, versus animal shelters, the new normal. Because, if less than two percent of pet-owning households in the U.S. fostered one pet a year, we could eliminate unnecessary euthanasia in animal shelters tomorrow."



Cheryl Partin photo provided

National Foster a Pet Month is part of the Petco Foundation's Pledge to Save Pet Lives which encourages animal lovers to adopt, foster, volunteer and/or donate this summer with a goal of inspiring 1.5 million pledges to match the approximate number of pets unnecessarily euthanized in shelters each year in the U.S.

In addition to mobilizing the animal-loving public to help local animal welfare organizations save lives through the COVID-19 crisis, the Petco Foundation's Pledge to Save Pet Lives included \$1M in emergency product and cash donations to animal shelters. This commitment follows the Petco Foundation's recent distribution of more than \$13 million to animal welfare organizations nationwide.

To learn more about Lee County Domestic Animal Services and how you can help, visit [leelostpets.com](http://leelostpets.com). For more on the Petco Foundation and to take the Pledge to Save Pet Lives, visit [www.petcofoundation.org/pledge](http://www.petcofoundation.org/pledge) and join the conversation on Facebook, Twitter and Instagram.\*

## Artists, Groups Can Apply For Grant Funds

The Alliance for the Arts, a nonprofit visual and performing arts center in the heart of Fort Myers, recently announced a relief program for Lee County's arts organization and individual artists.

The Arts are Vital Grant is an emergency relief program for Lee County's arts organizations and individual artists formed in partnership with the Meisenberg Family Trust to ensure the sustained impact of the arts during a time when it is needed most. The program provides one-time grant awards to arts organizations and professional artists with urgent financial need who reside in Lee County. These funds are unrestricted and may be used by the organizations and artists to help with financial issues due to the impact of COVID-19 on their organizations, lives and livelihoods.

Subject to the availability of funds, arts organizations may receive up to \$5,000

and individual artists will receive up to \$500.

Applications opened June 29 and close at midnight on Sunday, July 12. Artists residing in Lee County and eligible nonprofit organizations are encouraged to apply at [www.artinlee.org/grant](http://www.artinlee.org/grant). Grant recipients will be announced in August.

This grant is made possible by a generous gift from the Meisenberg Family Trust and was facilitated by Jeremy and Paul Meisenberg, in memory of their mom and former Alliance Board Member and cultural supporter, Deborah Meisenberg.

"Deb Meisenberg's thoughtfulness, generosity of spirit and passion for the arts will live on at the Alliance and in all who will benefit from her gift. We are grateful to Deb's sons, Jeremy and Paul, for continuing the good works of their mom and for making sure the arts remain relevant during this time of uncertainty," said Alliance for the Arts Executive Director Lydia Black.

For more information or to apply, visit [www.artinlee.org/grant](http://www.artinlee.org/grant). Direct all grant-related questions to [grants@artinlee.org](mailto:grants@artinlee.org).\*

## Big Backpack Event This Month

The 21st annual Big Backpack Event for Lee County school children will be held as scheduled at the Fort Myers Skatium on Sunday, July 26 from 11 a.m. to 2 p.m.

In an effort to maintain social distancing, 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 pickup new backpacks, essential school supplies, snacks and other fun giveaways curbside – all in an effort to keep volunteers, students and families safe and healthy. Some 2,000 new backpacks will be given out on a first-come, first-serve basis.

Since early March, the coronavirus pandemic has created monumental hardships on families making the cost of back-to-school supplies an overwhelming burden. Event organizers with The Multicultural Centre of Southwest Florida were determined to find a way to support families during these difficult times without jeopardizing safety and wellbeing. Thanks to individual and business sponsors, The Big Backpack Event will provide much needed economic relief, supplying the first

2,000 children, ages 5 to 12, with new backpacks filled with pencils, pens, paper, crayons, folders and other essential back-to-school items. Other curbside stations will provide snacks and other giveaways.

No event activities will be held inside the Skatium and no parking will be permitted. Families who arrive by bus or on foot will be able to receive backpacks for their children in a designated area clearly marked that will provide social distancing of six feet between each family. Masks are required.

"The thought of having to cancel The Big Backpack Event at a time when unemployment is high and families are in crisis weighed heavily on our hearts," said event public relations and marketing chair Connie Ramos-Williams, president of CONRIC PR & Marketing. "We are excited to collaborate with the City of Fort Myers to make this curbside back-to-school celebration and giveaway a reality."

Nearly 40,000 backpacks have been distributed to families over the event's 20-year history. The event draws close to 5,000 people in attendance each year, with the largest crowd reaching 15,000 during the height of the recession back in 2008. An estimated 80 percent of Lee County children currently qualify for free or reduced meal programs at their schools and that was prior to the impact of the COVID-19 pandemic.

"Our mission is to help Lee County school children of all cultures start the new school year with confidence and

continued on page 16

# Let Freedom Ring!

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Carter Reynolds and his family photo provided

# North Fort Myers Runner Commits To University

Carter Reynolds from North Fort Myers has signed with the Webber International University men’s cross country team from the upcoming 2020-21 academic year.

Reynolds participates in the mile and two mile runs for the Lee County Sheriff

Office Explorers club team. His academic major is expected to be criminal justice management.

Previous academic accomplishments at North Fort Myers High School include Academic Award for Outstanding Student 2020 in Agriscience Foundations and current straight A’s for fourth quarter senior year. Previous athletic accomplishments include three-year varsity letterman in cross country, one-year varsity letter for track and field, 2016-17 Coaches Award for cross country, 2018-19 Coaches Award for cross country,

2019-20 Athletic Achievement Award for cross country and 2020 Elite Nekton for track & field.

Other awards include successful completion of 2019 Southwest Florida Law Enforcement Explorer Academy.

Reynolds chose Webber “to continue my running career and pursue a criminal justice degree in order to become a police officer in a small sports-driven university where you are treated like family.”

Webber’s Head Cross Country Coach James Simpson said, “I’m excited to announce the signing of Carter Reynolds from North Fort Myers High School. For me, it’s going to be great to watch Carter grow as a collegiate student-athlete.”

Join us in welcoming Carter Reynolds to the Warrior family.

Webber International University is a private university located in Babson Park, Florida.✧

# Graduates

Gavin Meade of Fort Myers received a bachelor of arts degree in neuroscience from Hamilton College on Sunday, May 24 in a virtual commencement ceremony.

Madeline Goldberg of Fort Myers graduated from Union College during the college’s recent online conferral of degrees. She graduated with a bachelor of science degree in mechanical engineering.

Hunter Bontrager of Cape Coral graduated from Baldwin Wallace University in Berea, Ohio with a bachelor of arts degree in sport management. He is a Cape Coral High School graduate.

Miles N. Crockett of Cape Coral recently graduated from Colby College in Waterville, Maine. He received a bachelor of arts degree in physics and biology, attended Cape Coral High School and is the son of Ann Wagner of Ann Arbor, Michigan, and Mark Crockett of Fort Myers.✧

# Dean’s Lists

Marie Chailosky of Fort Myers has been named to the spring 2020 Dean’s List at Ohio University in Athens, Ohio.

Cameron Welch of Fort Myers was named to the spring 2020 Dean’s List at Kennesaw State University in Kennesaw, Georgia.

Four Fort Myers residents was named to the spring 2020 Dean’s List at Valdosta State University in Valdosta, Georgia. They are Taylor Bristol, Gabrielle Miller, Mark Sheme and Akira Gilmore.

Nicole Fortner-Rodriguez of Fort Myers was named to the spring 2020 Dean’s List at Jacksonville State University in Jacksonville, Alabama.✧

# 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.

**CHAVURAT SHALOM**  
(Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 10 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

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

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

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

334-8937.

**CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY**  
Sunday 8 and 10:45 a.m. Jan 1 - Easter; 9 a.m. after Easter - Dec 31.  
www.crownoflifelutheran.com. 5820 Daniels Pkwy, 482-2315.

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

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

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

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

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

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

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

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

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

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

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

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

481-1143.

**KINGDOM LIFE**  
Sunday 10:30 a.m., 2154 McGregor Boulevard, 218-8343.

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

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

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

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

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

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

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

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

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

**SAMUDRABADRA BUDDHIST CENTER**  
Meditation classes. www.MeditationInFortMyers.org, 567-9739.

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

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

**SAINT JOHN THE APOSTLE**

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

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

**SAINT NICHOLAS MONASTERY**  
Sunday 9:30 a.m., www.saintricholasmonastery.org, 111 Evergreen Road, 997-2847.

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

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

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

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

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

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

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

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

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

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

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

Email changes to press@islandsunnews.com or call 395-1213.✧



## Plant Smart

## Rattleweed

by Gerri Reaves

**R**attleweed (*Crotalaria retusa*) is a short-lived perennial introduced to the U.S. from the pantropics about a century ago.

In some parts of the world, the plant is harvested as a food, medicine and fiber source.

But in the U.S., this nitrogen-fixing member of the pea family was to be used as a cover crop in agriculture to suppress weeds and prevent erosion.

It also had ornamental value because of the showy flowers.

Now, it is commonly considered a weed, popping up in sunny dry well-drained locations such as roadsides, disturbed areas and fields. In some states, it is considered a “noxious weed” or an invasive.

The plant is a prolific seed producer, and birds and other wildlife spread the seeds, so it’s no surprise that in Florida the plant is naturalized, i.e., sustaining itself outside cultivation.

Fortunately, the bella moth is helping to control its spread by laying eggs on the nonnative *Crotalaria* species as well as the native ones. The plant’s poison makes the moths’ eggs unpalatable to predators.

This pretty weed grows to about four feet tall, taking an erect form.

The simple, or undivided, alternate leaves are up to about four inches long, generally oblong to oval, smooth and hairy on the undersides.

The tips are usually retuse, or notched,



**Rattleweed, introduced to the state for agricultural use, has escaped cultivation and become naturalized in Florida**

photo by Gerri Reaves

thus the word *retusa* in the scientific name.

Golden yellow flowers appear on an elongated raceme, an inflorescence that is an unbranched stem or stalk.

Like many flowers in the pea family, rattleweed’s have a standard, or banner, wings and a keel. Petals often have reddish streaked veins.

The standard, or upper larger petal, resembles a half circle, and the smaller two lower petals are fused and ridged to form a keel.

Short thick oblong pods of about two inches long remain on the plant after the flowers and leaves are gone. They have an inflated or puffed-up appearance.

The 12 to 20 yellow to brown seeds detach from the pod and rattle when moved, thus another common name, rattlepod. It is also called devil bean.

Like seeds of other species of the genus *Crotalaria*, rattleweeds are said to be toxic, although the cooked seeds are consumed in some Asian locations.

Given the plant’s toxicity and invasive potential, it’s best to avoid cultivating it, despite its beauty.

Sources: [www.plantsoftheworldonline.org](http://www.plantsoftheworldonline.org), [www.regionalconservation.org](http://www.regionalconservation.org), [www.tropical.theferns.info](http://www.tropical.theferns.info) and [www.upi.com](http://www.upi.com).

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

## Red Snapper Fishing Has Begun

**T**he recreational red snapper season has started in gulf state and federal waters and will remain open through July 25, closing July 26.

“I’m excited to announce the beginning of Florida’s recreational red snapper season in state and federal gulf waters,” said Gov. Ron DeSantis. “Florida is the Fishing Capital of the World, and we are proud to welcome Floridians and visitors to participate in red snapper season as our state moves forward with the safe reopening of our economy.”

“Red snapper season is one of the most anticipated and exciting saltwater fishing seasons that contribute to Florida being the Fishing Capital of the World,” said Eric Sutton, Florida Fish and Wildlife Conservation Commission (FWC) executive director. “The years of collaborative work with stakeholders and partners has resulted in a significant increase in the number of fishing days over the past few years, from just a few days to 45 red snapper fishing days in gulf state and federal waters this year.”

For-hire operations that do not have a federal reef fish permit may also participate in the season but are limited to fishing for red snapper in gulf state waters only.

If you plan to fish for red snapper in gulf state or federal waters (excluding Monroe County) from a private

continued on page 12

## Bay Scallop Season Open

**T**he 2020 recreational bay scallop season for Dixie County and a portion of Taylor County opened June 15 and will remain open through Labor Day, September 7. This includes all state waters from the Suwannee River to the Fenholloway River and includes the towns of Keaton Beach and Steinhatchee.

The daily bag limit from June 15 to 30 in this area is one gallon of whole bay scallops in shell or one cup shucked per person, or five gallons whole or two pints shucked per vessel.

From July 1 through Labor Day in this area and all season long in other areas when open, regular bag and vessel limits apply. Regular season limits are two gallons of whole bay scallops in the shell or one pint of bay scallop meat per person, with a maximum of 10 gallons of whole bay scallops in the shell or 1/2 gallon bay scallop meat per vessel (1/2 gallon = 4 pints). Vessel limits do not allow an individual to exceed their personal bag limit.

Additional bay scallop season dates are as follows:

Joseph Bay/Gulf County: August 16 through September 24. This region includes all state waters from the Mexico Beach Canal in Bay County to the westernmost point of St. Vincent Island in Franklin County.

Franklin County through northwestern Taylor County (including Carrabelle, Lanark and St. Marks): July 1 through September 24. This region includes all state waters from the westernmost point of St. Vincent Island in Franklin County to the mouth of the Fenholloway River in Taylor County.

Levy, Citrus and Hernando counties (including Cedar Key, Crystal River and Homosassa): July 1 through September 24. This region includes all state waters from the mouth of the Suwannee River in Levy County to the Hernando-Pasco county line.

Pasco County: Open for 10 days starting the third Friday in July (July 17 to 26). This region includes all state waters south of the Hernando-Pasco county line and north of the Anclote Key Lighthouse including all waters of the Anclote River.

Scallops may be collected by hand or with a landing or dip net.

There is no commercial harvest allowed for bay scallops in Florida.

Direct and continuous transit of legally harvested bay scallops is now allowed through closed areas. Boaters may not stop their vessels in waters that are closed to harvest and must proceed directly to the dock or ramp to land scallops in a closed area.

For information on bay scallop regulations, visit [www.MyFWC.com/Marine](http://www.MyFWC.com/Marine) and click on “Recreational Regulations” and “Bay Scallops” under the “Crabs, Shrimp and Shellfish” tab.\*

## Help SCCF Bring Back the Barn Owls

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

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**sccf.org**

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



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# Small Baits Big Fish



by Capt. Matt Mitchell

Everywhere you look in and around the passes we are seeing huge schools of small fry bait. Most of this bait, although too small to cast with, is what the fish are dialed in on. Having a live well full of smaller shiners has been the key to getting in on great action on a crazy variety of fish.

Catching this bait has been as easy as finding diving pelicans over shallow grass flats. Using a quarter-inch mesh cast net after a few minutes of chumming, these

baits rise up and flicker by the hundreds, and its basically one and done. What this bait lacks in size makes up for in numbers. It's mostly shiners, but there are threadfins mixed in. I like to use most of the really small stuff to live chum with. After a few hours, the threadfins die off and sink to the bottom. There is so much of this small bait around that it's easy to catch all day long.

My favorite way to fish these small baits is to downsize the gear to 10-pound test on 2500 series spinning reels. I rig up with a 20-pound leader and a No. 1 hook, making it possible to throw these little baits. Another option is fishing under a popping cork that gives you enough weight to cast these tiny baits a little bit further.

Mangrove shorelines within sight of the passes with fast-moving tides are great places to get started. Chumming some of this bait will quickly tell you how many fish there are. Snook, redfish, jacks and big mangrove snapper have been exploding on this little fry bait.

Grunts and pinfish have remained effective in the passes, although during the heat of the day, it seems the fish are not willing to work for a big meal and rather prefer to snack on this small bait. Our big snook of the week did come first thing in the morning while drifting larger grunts through the passes. While fishing with the Zoha family midweek, nine-year-old Nico caught his very first snook, a 36-inch bruiser, on our very first drift.

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



Nine-year-old Nico Zoha with his first snook, a 36-incher caught while fishing with Capt. Matt Mitchell this week photo provided

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From page 1

## Water Wall

in part by John E. & Aliese Price Foundation, National Endowment for the Arts, Robert Rauschenberg Foundation, Frizzell Family Foundation, Deborah Meisenberg Family Trust, LAT Foundation, Rotary Club of Fort Myers South, a special gift in memory of Lucille Remler, Huffer Foundation, Keep Lee County Beautiful Foundation, LCEC, The Claiborne and Ned Foulds Foundation and a multitude of Alliance members and patrons.

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

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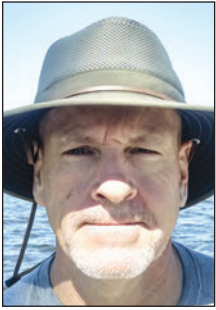
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## CROW Case Of The Week:

## Downy Woodpecker



by Bob Petcher

The downy woodpecker (*Dryobates pubescens*) is the smallest woodpecker in North America. Its tiny stature allows it to reach food that larger woodpeckers have trouble with,

such as insects living on or in the stems of weeds, even with a short bill. Its color pattern involves black and white, usually in some form of checkered arrangement.

At CROW, a nestling downy woodpecker was admitted from Fort Myers after the dead tree that contained its nest was knocked down. The woodpecker suffered some bruising over its left leg, but was otherwise healthy. Its other two siblings did not survive the fall.

Many times, babies – particularly cavity nesters like this – can be re-nested using a nest box, but since the bruising associated with the fall must be closely monitored, this nestling will remain at CROW.

“The bruising was concerning at first because we didn’t know if it would spread up or down the leg in the following 24 hours,” said CROW Rehabilitation Manager Breanna Frankel. “Luckily for this woodpecker, it stayed concentrated to



Patient #20-3014 is rehabbing from its bruising sustained during a tree fall

photo by Breanna Frankel

one area and did not have any fractures associated with the bruising. It did not require any additional medical attention like pain medication or splinting.”

Frankel said the patient is almost a month old – nearly a fledgling – based on its feather growth and has taken to eating quite nicely.

“It is currently being fed various soft insects, small pieces of berries and a soft insectivore diet. It gets fed every hour right now from 7 a.m. to 7 p.m. and

has a very good appetite,” she said. “As this woodpecker grows and learns to fly, it will be transitioned to an outdoor cage. Over the next three weeks, we will be weaning it off assisted feeds and teaching it to eat on its own. Once it is eating entirely on its own and showing appropriate biological behaviors, it will be released back to the wild.”

According to Frankel, downy woodpeckers start nesting in early spring with peak nesting times between April

and May. “The entire nesting season can range from February to July here in Florida, and some nesting pairs can even have two separate clutches in one season.”

Wildlife officials say that property owners must remember various birds such as screech owls and woodpeckers nest in hollowed-out dead trees. While they may appear as an eyesore in a yard, they provide valuable habitat for the creatures inside. If you have to cut down a tree, try to do it in the fall or very early winter to avoid cutting down trees with babies inside.

“During ‘baby season,’ it’s important to avoid landscape work if possible. Late March to July is nesting season for many songbird species, including woodpeckers,” said Frankel. “Woodpeckers, screech owls and other songbirds like great crested flycatchers utilize cavities in dead trees as their nesting sites. By cutting down these dead trees during the spring, you may be putting the nests of these birds in danger. A fall of even just five feet can cause broken bones, significant bruising and even death in some cases. Though the trees may be an eyesore, they bring an abundance of wildlife that is a sight worth seeing.”

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](http://www.crowclinic.org).✱

## Lee Clerk Closes Office To Clean

The Lee County Clerk of Court’s Recording Office located at 2115 Second Street in Fort Myers is closed for an office deep cleaning and will offer online services only. Court services remain unaffected.

The clerk’s office works in support of essential county government and court functions and therefore will continue providing services, but without face-to-face recording and marriage license/ceremonies interactions until further notice. Marriage licenses and ceremonies are available online only. Passport services have been suspended until future notice. Call 1-877-487-2778 for other passport serving locations.

Recording transactions can be e-recorded, mailed or dropped off with payment and a self-addressed stamped envelope. For online services and e-recording, visit [www.leeclerk.org](http://www.leeclerk.org).

If you do not know the amount of your transaction, you may:

Call 533-5007 for an estimate and then mail or drop off your documents with a self-addressed stamped envelope for processing.

Drop off your documents to the address below in a sealed envelope with your name, address and phone number on the outside of the envelope. You will then be called with an amount (including postage if not including a self-addressed stamped envelope).

The drop-off location is Administration Building Recording Office, 2115 Second Street in Fort Myers. The mailing address is PO Box 2278, Fort Myers, FL 33902.

For more information, call 533-5007, email [recording@leeclerk.org](mailto:recording@leeclerk.org) or visit [www.leeclerk.org](http://www.leeclerk.org) for the latest updates on services.✱

## Surveyor Work In South Lee County

Contractors working for Lee County Natural Resources have begun surveying canals, swales, ditches and drainage structures within the East Mulloch Water Control District in southern Lee County.

The surveys, conducted by AIM Engineering and Survey Inc. as part of the development of the Southern Lee County Flood Mitigation Plan, will take several weeks to complete.

Surveyors may be seen within the properties south of Alico Road and east of U.S. 41 to complete this work in accordance with Florida Statute 472.029. A notice is placed on the door of each residence a day or two before work is to be performed.

For more information on Lee County Natural Resources’ efforts to protect and improve water quality, visit [www.leegov.com/naturalresources/waterquality](http://www.leegov.com/naturalresources/waterquality). For more information on Lee County’s flood mitigation efforts, visit [www.leegov.com/flooding](http://www.leegov.com/flooding).✱

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From left, Kyle DeCicco, Debra Mathinos and Kathryn Kelly with a check for The Heights Foundation photos provided

## Bank Donates Relief Funds To Local Nonprofits

Sanibel Captiva Community Bank's charitable donation in the amount of \$100,000 will help 11 Southwest Florida not-for-profit organizations serving children and feeding people in need due to the unprecedented challenges caused by the COVID-19 pandemic.

"We want to support our community as we all face the hardships this global pandemic is causing," said Sanibel Captiva Community Bank Chief Executive Officer and President Craig Albert. "We've dealt with our fair share of disasters in Southwest Florida,

including Hurricanes Charley and Irma, and we've proven ourselves to be a resilient community. I am confident we will all get through this by helping one another."

The gift will support Southwest Florida programs serving the ongoing needs of children and hunger relief efforts including The Harry Chapin Food Bank of Southwest Florida, FISH of SanCap, Blessings in a Backpack SWFL, Valerie's House, PACE Center for Girls-Lee, The Heights Foundation, Hearts to Home, Senior Friendship Centers, Children's Education Center of the Islands, Sanibel Sea School and Sanibel School Fund.

The contributions are in addition to ongoing work with customers through Small Business Administration Paycheck Protection Program loans, other loans and lines of credit, and loan deferrals.\*



From left, Amy McQuagge, Meg Geltner and Margo Brewster with a check for PACE Center for Girls-Lee



From left, Kyle DeCicco, John Nicholson, Connie Ramos Williams, Nathan Shaw, Cecilia St. Arnold, Craig Albert, Chris Rakos and Jim Parker with funds for Blessings in a Backpack SWFL



From left, Amy McQuagge, Lana Hollier and Angela Melvin with funds for Valerie's House



From left, Kyle DeCicco, Lee Golden and Deb Dickinson with a check for Senior Friendship Centers



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(239) 217-0197



## Book Review

## Such A Fun Age



by Di Saggau

**S**uch a Fun Age by Kiley Reid is already in television development and is a Reese's Book Club pick. The story begins with Emira, a 26-year-old babysitter in Philadelphia,

dancing through the aisles of a grocery store with her 3-year-old charge when a security guard accuses her of kidnapping the child. Emira is black. The security guard and Emira's charge Briar are white. Briar's dad is called by Emira to come to her aid.

Someone films the whole confrontation and Emira is sent a copy. The threat of that tape getting out is what dominates the story. Emira starts dating the nice white guy, Kelley, who made the tape. She finds out that all his friends are black and most of his ex-girlfriends were also women of color. She sees that Kelley feels cool being close to black people, but he's also thoughtful and smart and she wants to believe in him.

Alix, Briar's mom, begins a needy friendship with Emira who puts up with her because she cares so much about Briar. As the book goes on, one sees that both Kelley and Alix's relationships with Emira become a battleground where each



image provided

tries to prove the other is the real racist. Meanwhile, Emira is just trying to live her own life. She's 26 and will no longer be on her parents' health insurance. She wants a job with benefits, a job that will give her respect. When the video goes public, both women find themselves on a crash course that will upend everything they think they know about themselves and each other.

Alix has made a living with her confidence-driven brand, showing other women how to do the same. She has

companies send her free stuff and then posts letters and reviews on a blog. She's excited about working with Hillary Clinton's campaign and proudly counts the number of black guests she'll have at her dinner. As terrible as she is, it's hard

not to have feelings for her.

*Such a Fun Age*, explores the stickiness of transactional relationships, what it means to make someone "family," and the complicated reality of being a grown-up.\*

## School Smart



by Shelley M. Greggs, NCSF

**D**ear Readers, Every summer I receive many questions from parents of preschool-aged children who are concerned about their child's readiness for kindergarten.

Many of you are wondering if your child has the maturity, the preparation and the skills to be successful in today's more academically rigorous kindergarten. In the next weeks, I will be addressing these questions through a series of articles focusing on school readiness, skills and social/physical/cognitive maturity. I hope you find the information helpful.

**The Basics - What is School Readiness?**

Most states designate a specific, arbitrary cut-off date to have uniformity in school entry practices. If a child reaches a certain age by the cut-off date (typically age 5 for kindergarten and age 6 for first grade), a child may begin school. However, cut-off dates vary considerably across states, and research tells us that age is not the most accurate measure of how well a child will adjust to school. However, these policies are relatively fair because all students are treated equally. Often school districts and communities hold kindergarten screening programs designed to help parents determine if their child is ready for school and to identify problems in development that might warrant attention or extra services.

While much of the data collected by these kindergarten screening programs is helpful for understanding a child's readiness for school, we must remember that young children are very difficult to evaluate accurately given their rapid development, short attention spans and often inconsistent performance on demand. Children also may be entering the school system with varying linguistic abilities, varying cultural heritages and varying levels of both personal experience and cultural exposure. So, while it is reasonable to expect that children enter kindergarten as active, curious and motivated learners, it is not reasonable to expect that all 5-year-olds have the same level of preparation needed to acquire early reading, math and social skills, or have the same attention spans or motor dexterity. Children learn different skills at different rates.

Deliberation of school readiness must take into account the range and quality of children's early life experiences. Research has suggested that many aspects of children's lives influence their preparation for formal school learning, including cognitive, social, emotional and motor development and, most importantly, early

home, parental and preschool experiences.

School readiness then signifies the child's attainment of a certain set of emotional, behavioral, motor and cognitive skills needed to learn, work and function successfully in school. School readiness means that a child is ready to enter a social environment that is primarily focused on education.

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

From page 7

## Red Snapper

recreational vessel, even if you are exempt from fishing license requirements, you must sign up as a gulf reef fish angler or state reef fish angler when signing up after July 1 (annual renewal required). The gulf reef fish angler designation will be expanded statewide and renamed state reef fish angler starting July 1. To learn more, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and click on "Recreational Regulations" then "Gulf Reef Fish Survey" or "State Reef Fish Survey" under "Reef Fish" tab. Sign up at [www.gooutdoorsflorida.com](http://www.gooutdoorsflorida.com).

Gulf reef fish anglers and state reef fish anglers might receive a questionnaire in the mail regarding their reef fish trips as part of Florida's Gulf Reef Fish Survey and State Reef Fish Survey. These surveys were developed specifically to provide more robust data for management of red snapper and other important reef fish, and have allowed FWC the unprecedented opportunity to manage gulf red snapper in state and federal waters. If you receive a survey in the mail, respond whether you fished this season or not.

When catching red snapper and other deep-water fish, look out for symptoms of barotrauma (injuries caused by a change in pressure) such as the stomach coming out of the mouth, bloated belly, distended intestines and bulging eyes. When releasing fish with barotrauma, use a descending device or venting tool to help them survive and return to depth. Learn more about fish handling at [www.myfwc.com/fishhandling](http://www.myfwc.com/fishhandling).

To learn more about the recreational red snapper season in gulf state and federal waters, including season size and bag limits, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and click on "Recreational Regulations" and "Snappers," which is under the "Regulations by Species - Reef Fish" tab.

The federal Gulf season for for-hire operations with federal reef fish permits is June 1 through August 1.\*

## EPIC FIRES OF FORT MYERS

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

THOMAS P. HALL  
ROBIN C. TUTHILL, EDITORAvailable at  
[www.Amazon.com](http://www.Amazon.com)  
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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



## Life Insurance

## Lifetrack

J. Brendan Ryan,  
CLU, ChFC, MSFS

One of the hallmarks of universal life insurance (UL) is its flexibility.

At the policyowner's discretion and within some limits, the amount of coverage

and the premium can be adjusted to fit the policyowner's wishes. At the insurer's discretion, the internal charge, known as the cost of insurance (COI), and the interest credited to the cash value can also be adjusted.

The cash value that builds up is the lifeblood of the policy. The amount of cash value of a given policy is determined by how much the policyowner chooses to pay over the years, how much interest is credited to the cash value, and how much charge (COI) is levied against the cash value.

The COIs grow over the years. So, if there is not enough cash in the policy to generate a good amount of interest to help pay the COI each month, the policyowner has to pay more, substituting his or her dollars for the missing interest income.

Historically, this flexibility has led in some cases to some misunderstanding. Perhaps the agents did not always explain the policy mechanics thoroughly enough, or perhaps the clients were simply not listening. But some policies that were purchased with a certain expectation on the part of the policyowner did not develop the cash value that was originally projected (but not guaranteed). This usually resulted from much lower interest rates being credited than originally expected. And the policyowners were surprised to learn that their cash value had dwindled to a low ebb and that they would have to pay a lot more to get the policy in good shape again.

If the policyowners had paid attention to their annual reports, they could have seen the problem coming and reacted in a way that would have led to a less expensive solution. Sadly, I find that most people file those reports away or just throw them away without reading them.

Finally, at least one insurance company has come up with a way to help

policyowners in this regard at no charge. If Joe, the policyowner, agrees, the insurer will track the performance of Joe's policy each year and notify him if things are not staying on track. If the cash value is either overperforming or underperforming the projection that the agent submitted – and that Joe signed off on – when the policy was issued, then the insurer will recalculate the premium necessary to get it back on track. They will notify Joe of the pending change in premium, and Joe can allow the change to be made or else tell them not to change it and keep on paying his regular premium. A year later, the insurer will recalculate and notify him again, and so forth.

If Joe wishes to establish a funding goal different from that shown on the original projection, he can have the insurer run a new projection, which then becomes the guide for future recalculations.

Presumably, other insurers will eventually make such a benefit available. For this insurer:

The benefit cannot be added to older policies;

For policies issued from now on, the benefit can be added at the time of issue or any time thereafter; and

If you have the benefit removed from the policy, it can be added back at a later date.

This sort of free service has always been available for UL. But Joe had to call the insurer each year and ask for it. Now it can be automatic. And, in this way, there will be no surprises for policyowners who tend not to pay attention to their annual reports.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at [jbryanclu@aol.com](mailto:jbryanclu@aol.com).✴

## President's List

Five Southwest Florida residents were named to the spring 2020 President's List (4.0 grade-point average) at Clemson University in Clemson, South Carolina.

Caroline Elizabeth Marshall of Fort Myers is majoring in civil engineering. Karlie McKenzie Olmstead of North Fort Myers is majoring in marketing. Jennifer Joyce Crowell Roberts of Fort Myers is majoring in graphic communications. Anna Kathleen Seltzer of Fort Myers is majoring in marketing. Bethany H. Seltzer of Fort Myers is majoring in psychology.✴



From left, Olivia Orth, Katie Damminger, Teri Hansen, Katie Armes, Melissa Mitchell and Jonathan Price  
photo provided

Marketing Firm  
Earns Four Awards  
For Video Designs

Priority Marketing earned four international Telly Awards for its impactful video storytelling that raised both awareness and support for its client partners.

The four award-winners include:

Silver Award (social media video) – Harvest & Wisdom video outlining new organic dining options and culinary

masterpieces at Shangri-La Springs.

Silver Award (social media video) – Shine the Light SWFL video highlighting the community's remarkable acts of generosity and solidarity during the COVID-19 crisis.

Silver Award (branded content video) – Saluscare testimonial video featuring candid, emotional interviews with individuals impacted by mental health and substance use disorders.

Bronze Award (social media video) – Captiva Cruises promotional video showcasing the beauty of Southwest

continued on page 14

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## Will Power

# Four Different Methods Of Charitable Giving From Your Estate



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

**M**any individuals have charitable intent that they would like to incorporate into their estate plans, but aren't quite sure how to accomplish that. Today, I'm going to outline four main methods of including charities in your estate plan.

**Outright Bequests to the Charities** – Outright bequests to the charities are the simplest and most straightforward of these avenues. Here you designate what charities receive how much from your estate. If you want the money to be slated for a certain activity within that charity (e.g. your favorite university

for the purpose of providing scholarships), you could so designate in your will or trust.

Here, you are relying on the charities to abide by your wishes. They can consume the principal for the stated purposes, or if there is no stated purpose, then for their general cause.

**Public Foundation** – The next avenue would be a public foundation, such as the Southwest Florida Community Foundation (SWFCF), United Way or a host of other foundations that serve to achieve charitable objectives.

Here, you would name the public foundation in your trust and describe the charitable causes that you would like for your bequest to satisfy. The public foundation typically invests your money, pooled with their other funds, and the proportionate amount of income generated by your fund would be distributed annually to the charitable causes you set forth.

Because it is a public foundation, meaning that a majority of its assets and revenues are not from one or just a few individuals, the more liberal tax laws governing public foundations apply. So long as your bequests and directions meet the Internal Revenue Code standards and are consistent with the bylaws and governing documents of the public foundation, almost all of the monies you slated for your charitable causes will benefit those causes annually following your demise.

The public foundation does have administrative expenses that are satisfied from its general pooled income. You can speak to them about how much of your money

will one day satisfy your charitable intent and how much might be expected to cover the public foundation's overhead.

**Private Foundation** – A third avenue to achieve your charitable goals is to build a private foundation inside of your estate plan. The private foundation would work very similarly to a public foundation mentioned earlier, but must comply with a plethora of IRS rules and regulations. The IRS doesn't pass out tax exemption certificates without imposing a lot of rules. Since private foundations are, by definition, usually limited to one family, the IRS is worried that the private foundation will be a front to achieve charitable deductions without actually benefitting charity.

Therefore, the drafting of such a foundation is a detail oriented exercise. Upon your passing, the foundation is typically established by the trustee of your trust, and must distribute a minimum of 5 percent of the trust value annually for the foundation's charitable purposes. Moreover, a 2 percent excise tax on net investment income is levied, although there are exceptions to that rule, which is beyond the scope of this discussion.

Salaries that your trustee(s) take are highly scrutinized (since they are not a charitable function) and are limited under IRS rules. Annual tax returns (Form 990PF) disclosing not only the income but the activities of the foundation are required.

The benefit of a private foundation is that those who you select to run it will ultimately ensure that your charitable wishes are carried out the way that you want them carried out. Further, aside from the excise tax and administrative expenses, your charitable bequests will be used to meet your charitable purposes.

**Charitable Remainder Trust** – The last method I will discuss here is the Charitable Remainder Trust (CRT). Here, you name a trustee that will manage the investments and make the distributions. Typically, you name a family member or other person to receive an annual income distribution, which is either calculated as a fixed annuity based upon a percentage of the original contribution to the trust, or a unitrust percentage, which is a fixed percentage recalculated annually based upon the principal balance of the trust.

Here, the non-charitable recipient receives the income interest either for a term of years or for their lifetime. Upon their passing, the charities named in the trust receive the balance.

There are other methods besides these, such as charitable lead trusts and gift annuities. Discussing the specifics of your charitable intent and how that matches the various attributes of each method can help lead you to the best fit for you and your family.

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

## Local Named As School Board President-Elect

**L**ee County School Board member Chris Patricca was recently sworn in as president-elect of the Florida School Board Association (FSBA). She will serve in that role for the next year while also continuing to represent District 3 on the Lee County School Board.



Chris Patricca

Patricca served as FSBA vice president during the 2019-20 school year. The entire slate of FSBA officers for the 2020-21 school year were approved in a unanimous vote during a virtual meeting with school board members from around the state. The new officers are: Jane Goodwin, president, Sarasota County; Chris Patricca, president-elect, Lee County; Thomas Kennedy, vice president, Citrus County; Wendy Atkinson, treasurer, Charlotte County; and Tim Weisheyer, immediate past president, Osceola County.

Patricca was elected to represent District 3 on the Lee County School Board in November 2016. In November 2018, she was selected by her fellow

board members for a one-year term as vice chair. Her current term expires in November.

The Florida School Boards Association (FSBA) provides leadership development opportunities and a vast network for school board members to preserve their mission: to increase student achievement through the development of effective board leadership and advocacy in public schools.✴

## Airport Introduces Safety Program

**T**he Lee County Port Authority (LCPA) is introducing the Stay Safe – RSW Cares About You program to let the community know about initiatives taking place at Southwest Florida International Airport (RSW) to keep travelers and the airport community healthy and safe. There will be differences in the experience at RSW that were put into place to make passengers feel more comfortable and confident about traveling from the airport.

"The Lee County Port Authority has always been committed to serving travelers with high standards of cleanliness, well-being and care, and now, more than ever, we are working with our airlines and business partners to develop enhanced standards for airport operations," said Ben Siegel, CPA, CM, acting executive director of the Lee County Port Authority. "As we begin to welcome more visitors to Southwest

Florida, the health and safety of our passengers, airport business partners and employees is a top priority and the reason why the Stay Safe - RSW Cares About You program was implemented by our team."

Some of the more noticeable measures passengers will see as part of the comprehensive plan are the addition of hand sanitizer stations; social distancing signage, announcements and floor markers throughout the terminal; plexiglass shields at all customer touchpoints and the use of masks in public areas. At the onset of the COVID-19 pandemic, LCPA implemented increased frequency of cleaning and disinfecting in high-traffic areas of the terminal and car rental facility to include ticket counters, baggage claim and restrooms, as well as the concourses and gate hold areas at Southwest Florida International Airport. Janitorial staff also performs disinfectant fogging several evenings a week at security checkpoints, ticket counters and gate hold areas.

For more information about the Stay Safe – RSW Cares About You program and all the actions being taken by airlines and business partners, visit [www.flylcpa.com/uploads/pagesfiles/3272.pdf](http://www.flylcpa.com/uploads/pagesfiles/3272.pdf).

Southwest Florida International Airport served more than 10.2 million passengers in 2019 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit [www.flylcpa.com](http://www.flylcpa.com) or on Facebook at [www.facebook.com/flyRSW](http://www.facebook.com/flyRSW).✴

From page 13

## Video Designs

Florida, tour options and the company's impressive fleet of boats.

"Video offers a unique storytelling platform that includes both broadcast and digital opportunities that have helped our clients achieve outstanding results," said Teri Hansen, APR, president and creative director at Priority Marketing. "Video is the most powerful way to evoke emotion and capture an audience's attention, and engaged viewers ultimately can become new customers, loyal donors and dedicated volunteers."

Priority Marketing's creative team of marketing professionals, which includes two in-house videographers, provides clients with concepting, scriptwriting, video shoot coordination, directing, editing and production, animation, motion graphics and more.

Founded in 1979, the Telly Awards is a premier global competition honoring excellence in local, regional and cable television commercials, as well as non-broadcast video and television programming.

Each year, the Telly Awards attract more than 12,000 entries from all 50 states and across five continents. Winners represent some of the most respected advertising agencies, television stations, production companies and publishers around the world.

For more information, visit [www.prioritymarketing.com/video-production](http://www.prioritymarketing.com/video-production) or call 267-2638.✴



## Superior Interiors

## How To Downsize To A Smaller Home Or Condo



by Jeanie Tinch

Whether all of the kids have recently left the nest, or you've been living in your current home for decades or more, downsizing can be a beneficial decision in maximizing your future. Moving into

a smaller house or condo can offer many benefits – you save money, effort, time, and clutter moving forward.

Making the decision can be easy for some, but the actual action of downsizing can be an intimidating task for many, especially those with lots of bulky furniture and cherished personal belongings. To streamline the process, we have put together a few of our favorite tips and tricks for moving to a smaller living space.

Declutter and get organized – If one thing is for sure, it's that downsizing keeps you from bringing along lots of clutter and the belongings that have been boxed up for years anyway. When you make the final decision to downsize, set aside some time to go through each of your rooms and declutter. Organize everything into three piles... what stays, what goes to the trash and what goes to the donation center. Once you have a better idea of what you are bringing for the move, you can feel more comfortable about getting organized in the new space.

Assess your new living space – Speaking of your new living arrangement, it makes sense to spend some time in the empty space to get a feel for what you can

bring with you. Understanding the amount of surface area you have to work with for furniture, as well as what wall and storage space there will be, can help you during the packing and decluttering process early on.

Consider multifunctional furniture – When moving into a smaller living space, less is certainly more. This is especially important when it comes to furniture. Choosing pieces that are multipurpose allows you to utilize less space while maximizing storage space and square footage. A hollow ottoman, for example, can be used to store throw blankets and act as a coffee table during the daytime as you entertain guests and make family feel comfortable.

Choose new accessories but bring memories along for the ride – Decorating a new living space is always fun. Since downsizing means you won't need to cover as much space in decor, now's a great time to consider new and improved accessories. We recommend investing in fresh pieces of artwork and accent pieces to decorate your living space, but also bring along those items you hold dear to your heart. Sometimes, fresh accents and accessories are exactly what you need to make a new living space feel wholesome and inviting, but those staple statement pieces that you've kept in your family for decades should make the cut as well.

If you have finally committed to downsizing and are getting ready to pack up all of your personal items and hit the road, don't assume you have to take on this task on your own. A design professional can evaluate your new living space and compare the allotted area to the number of belongings you plan to bring with you. From there, he or she can suggest the perfect pieces of furniture, accents and accessories that will bring the space together without letting it get overwhelming or cluttered.

*Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at [jeanie@coindeciden.com](mailto:jeanie@coindeciden.com).✱*

## Virtual Candidate Forums For 2020 Elections

The League of Women Voters of Lee County, in partnership with the Alliance for the Arts, a nonprofit visual and performing arts center in the heart of Fort Myers, will present Virtual Candidate Forums for the following races by mid-July: Lee County School Board Districts 2 and 3; Lee County School Board District 7; Lee County Sheriff; Lee County Commissioner Districts 1 and 5; Lee County Commissioner District 3; Fort Myers Mayor; Fort Myers City Council Ward 6; Fort Myers City Council Ward 2 and 4; Cape Coral City Council Districts 2 and 3; Cape Coral City Council Districts 5 and 7; Florida House Seats 76 and 77; Florida House Seats 78 and 79; Florida Senate District 27; Lee County Property Appraiser; and U.S. House Seat 19.

Questions for each race may be submitted by Monday, July 6 by emailing [voterservice@lwvlee.org](mailto:voterservice@lwvlee.org) or visiting [www.artinlee.org/virtualforums](http://www.artinlee.org/virtualforums). The league will screen and select questions based

on league criteria. Questions should be specific to the race, relevant to the scope and responsibility of the office and applicable to all candidates.

Virtual Candidate Forums are available to the public, for free, by visiting [www.lwvlee.org](http://www.lwvlee.org), [vote411.org](http://vote411.org) and [www.artinlee.org/virtualforums](http://www.artinlee.org/virtualforums).

For the August 18 Primary Election, the deadline to Register to Vote or to Change Party Affiliation is Monday, July 20 and the deadline to request a Vote-By-Mail Ballot is Saturday, August 8. All voters should verify their registration status. Florida is a closed primary election state, without a party affiliation you may only vote in non-partisan races.

The website [www.vote411.org](http://www.vote411.org) is a one-stop resource for nonpartisan election information with candidate and ballot information, polling places, debates and forums and a voters' guide for Lee County, and national candidates including links to videos of virtual candidate forums.

Also, Voters may contact Lee County Elections at 533-8683 or [www.lee.vote](http://www.lee.vote) for voting and registration information.

For more information, visit [www.artinlee.org/virtualforums](http://www.artinlee.org/virtualforums) and direct all forum related questions to [publicrelations@lwvlee.org](mailto:publicrelations@lwvlee.org).✱

## Chamber Board Leadership Transition

The Greater Fort Myers Chamber of Commerce will hold a Board Transition Celebration at Crowne Plaza Fort Myers at Bell Tower on Thursday, July 9 at 5 p.m. The ceremony will recognize strong leadership guiding the local business community through challenging times.

The chamber will honor outgoing Chairman Bryan Blackwell, managing partner at Molloy Financial Group, while welcoming incoming Chairman Jim Larkin, general manager at Crowne Plaza Fort Myers at Bell Tower. Under the leadership of Blackwell and chamber staff, the chamber has served as a valuable resource and networking platform for businesses recovering from the impacts of COVID-19.

Additionally, the chamber will formally recognize new officers, including Angela Schivinski (*Florida Weekly*) as first vice chair, William Fricke (Enterprise Leasing Company) as second vice chair and Michele Hoover (Solomon & Hoover, CPAs) as



Jim Larkin

treasurer.

Cost to attend is \$20 per person and includes beer, wine and heavy hors d'oeuvres. A cash bar is available for cocktails. The in-person celebration will follow social distancing guidelines, and the presentation portion of the evening will also be livestreamed on the chamber's Facebook page, beginning at 6 p.m., for those who are unable to attend or prefer to participate remotely.

During the livestream, the Chamber also will be announcing winners of its 144 Envelope Adventure, a chance drawing that includes hotel stays, golf packages, cruises, gift certificates, sports memorabilia and more. The drawing is still open for participation at [www.fortmyers.org/envelope-adventure](http://www.fortmyers.org/envelope-adventure).

Crowne Plaza Fort Myers at Bell Tower is located at 13051 Bell Tower Drive in Fort Myers. To register, visit [www.bit.ly/GFMCCJuly9](http://www.bit.ly/GFMCCJuly9) or call 332-2930.✱

## Dean's List

Three Fort Myers residents have been named to the spring 2020 Dean's List at the University of New Hampshire in Durham, New Hampshire.

Maclane Keohane earned high honors while majoring in ocean engineering.

Cassie Haskell earned highest honors while majoring in English/text, business writing and digital studies.

Connor Fewster earned high honors while majoring in business administration: finance.✱

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(239) 308-4725  
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# Frankly Speaking



by Howard Prager

Confluence – the coming together of the junction of two rivers, especially rivers of approximately equal width. We are in the midst of a confluence not of rivers but of these times: coronavirus and racial equity. On this stage, enter the question of starting collegiate and professional sports. Now that Major League Baseball (MLB) has finally decided to open as have all major leagues, the question is how and should they?

The National Women’s Soccer League opened last Saturday as scheduled outside of Salt Lake City, where they are playing their tournament and teams are practicing. However, instead of the nine teams in the league, they are playing with only eight as the Orlando Pride pulled out of the round robin tournament because six team members and four staff members tested positive for coronavirus. Team sports have officially restarted – albeit without many of the U.S. National Women’s team stars who decided it was not safe to play and opted out. Incidentally, both teams in the opening game took a knee and wore Black Lives

Matter shirts. What’s next? Baseball practice began Wednesday in their home stadiums. After significant prolonged and dragged-out negotiations, baseball is coming. Should it? The National Basketball Association (NBA) and National Football League (NFL) follow, and college football along with them. Should they? The Morehouse College athletic department is no power 5 school but a recognized college name. “The health and safety of our students is what’s important. We’re not afraid to say it,” said Morehouse athletic director Javarro Edwards, who is cancelling football and cross-country seasons this fall due to the coronavirus.

Who is right and who is not? Many states that opened too early have seen their coronavirus numbers spike and are retreating in the restarting process. Many companies are telling employees to continue to work from home, at least through Labor Day and perhaps beyond. These companies and employees have discovered remote working is effective and safer. Other companies have required employees to be back in the office, with new parameters of social distancing and masks along with plexiglass barriers to try and stay safe. For athletes, their office is the court, the rink, the greens, the playing field. It’s where they come to work and show off their prowess. When they do that, they put on their mask – their mask of athletic excellence, their mask of physical fitness, their mask of feeling invincible on the

court, and their mask of who they are as an athlete versus who they are as a person. It keeps them thinking that their athletic ability is enough to overcome the virus. Along with a significant salary, they are paid to “play games” during a short playing career. Can they pass up the opportunity to play? They are all top competitors. Some players don’t want to play because it is taking away from the biggest social issue of these times, Black Lives Matter. Several athletes have said they are not going to play this season to focus on making progress on this issue. Duke Men’s Basketball Coach Mike Krzyzewski made a video last weekend that went viral with millions of viewers asking people to recognize Black Lives Matter as a human rights statement, not a political one. He urged understanding the ways racism has manifested itself in our country for centuries, and he asked people to do something about it. He ended with the following words. “When I was a cadet at West Point — and the prayer is still there, there is a cadet prayer — in the cadet prayer one of the segments of the prayer says, ‘Lord help me choose the harder right. Help me choose the harder right instead of the easier wrong.’ We as a country have chosen the easier wrong for four centuries. It is time to choose the harder right. It is time to end systemic racism and social injustice. It’s time. Black Lives Matter.” Athletes and sports bring us

excitement and joy, especially when our teams or favorite players win. That was reminded to me in the documentary *The Last Dance* where we saw how much Michael Jordan inspired us all, as a player at least. All the leagues have come up with plans for social distancing, although not really on the playing field. There is much to consider for athletes, for teams and for fans. The NBA is going to do what women’s soccer (and soon men’s soccer) is doing – a tournament held in a bubble where athletes, officials and front office staff members will stay isolated from others for the duration of the tournament. Yet there still is no social distancing or plexiglass on the court, of course. Let me ask you, what should be done? Do we go ahead and play because 1) we love it; 2) owners, players and sponsors want it to happen; 3) it will provide needed distraction from the dangers facing us? Or should we follow the lead of Morehouse College, California state colleges and others who have said it’s just not safe? As athletes and teams restart training in earnest this week, we need to ask ourselves what for? Is now the time? What way do the rivers flow for you? Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to [press@islandsunnews.com](mailto:press@islandsunnews.com).✪

## Compete In The 2020 Lionfish Challenge

Register for the 2020 Lionfish Challenge, an incentive program that rewards harvesters for their lionfish removals. With a tiered system, everybody can be a winner. The participant who harvests the most lionfish will be crowned the Lionfish King/Queen. The challenge is open now and will run through September 7. Register online at [www.fwcreefrangers.com](http://www.fwcreefrangers.com) at any time.

There are two categories: recreational (number of lionfish) and commercial (pounds of lionfish). Participants with an active saltwater products license and lionfish sales within the last year will automatically be included in the commercial category. The recreational category is open to all divers who do not have a saltwater products license.

The challenge has a tiered prize system that allows everyone to be rewarded for their removals. The more removals, the more prizes you win. To qualify for the challenge, harvesters must collect 20 lionfish (recreational) or 20 pounds of lionfish (commercial). Once those initial lionfish have been submitted, the participant will receive a commemorative 2020 Lionfish Challenge coin and Dri-Fit long sleeve T-shirt. The prize tiers are as follows:

- 50 lionfish (100 pounds)
- 100 lionfish (200 pounds)
- 200 lionfish (400 pounds)
- 300 lionfish (600 pounds)



Lionfish on ice photo provided

400 lionfish (800 pounds) Recreational – the first 20 lionfish must be submitted to the FWC Lionfish Team via photo of all lionfish laid out so they can be counted. The photo must include the harvesters name, date of harvest (shown on phone or dive computer) and their signature. After the qualifying tier has been met, the harvester must submit their lionfish tails with their information (harvester name, date of harvest and signature) to a verified checkpoint. A 2020 FWC Lionfish Challenge Submission form must be filled out and sent to [lionfish@myfwc.com](mailto:lionfish@myfwc.com). Commercial – catches are submitted via electronic trip tickets. The trip tickets

must include the harvester’s name, date of harvest, amount harvested (pounds) and the harvester’s signature. Bi-weekly raffles will be held and all qualified participants will be eligible to win. A new component this year will be monthly mini-challenges. The winners will be announced each month and rewarded with substantial prizes. The winners of the Lionfish Challenge will be announced at the Lionfish Removal and Awareness Festival on September 11 to 13 at the HarborWalk Village in Destin. You can register for the 2020 Lionfish Challenge and find more information at [www.fwcreefrangers.com/lionfish-challenge](http://www.fwcreefrangers.com/lionfish-challenge). Questions regarding the challenge can be sent to [lionfish@myfwc.com](mailto:lionfish@myfwc.com). ✪

From page 5 Big Backpack pride as they arrive back to school with new backpacks and school supplies,” said Leonardo Garcia, executive director of the Multicultural Centre of Southwest Florida. “Every \$10 donated provides a child with a new backpack and school supplies, and we are so grateful to everyone who makes it possible for us to host this event to support thousands of kids and families.” Fort Myers Skatium is located at 2250 Broadway in Fort Myers. For more information about the event, sponsorship or to become a volunteer, visit [www.multicultural-centre.org](http://www.multicultural-centre.org) or email [info@multicultural-centre.org](mailto:info@multicultural-centre.org).✪

## SPORTS QUIZ

1. What racetrack on the NASCAR circuit is nicknamed the “Monster Mile”?
2. The Tour de France is one of three races that make up the Grand Tours of European road bicycling. Name the other two races.
3. Who scored the controversial winning touchdown reception for the Seattle Seahawks in the 2012 “Fail Mary” game vs. the Green Bay Packers?
4. What two sports disciplines do Winter Olympians compete in for the Nordic combined event?
5. What trophy, named in honor of a Soviet space-race hero, is awarded to the winning team of Russia’s Kontinental Hockey League playoffs?
6. What actor starred as racecar driver Frank Capua in the 1969 film “Winning” before embarking on a second career as a racecar driver/owner?
7. Craig Heyward, who played fullback for five different NFL teams from 1988-98, was better known by what nickname?

## ANSWERS

1. Dover International Speedway. 2. The Giro d’Italia and the Vuelta a Espana. 3. Golden Tole. 4. Ski jumping and cross-country skiing. 5. The Cagarrin Cup, named after cosmonaut Yuri Gagarin. 6. Paul Newman. 7. Ironhead.



dearRPharmacist

## Chamomile Helps Arthritis, Mouth Pain, Thin Blood



by Suzy Cohen, RPh

**Dear Readers:** About a million cups of chamomile tea are served every single day. The antioxidant compounds in chamomile,

including apigenin, have been proven useful for a variety of issues that might concern you.

Today, I'm going to share the unexpected benefits of chamomile. Here are some benefits of chamomile that you may not have heard of:

**Arthritis** – You might expect benefits from frankincense for knee pain or other “itis” issues, because that herb has been long associated with strong evidence for inflammation. But it's really unexpected to see chamomile studied for knee pain. Researchers applied chamomile oil topically to the knee. The randomized controlled clinical trial was published in *Complimentary Therapies in Clinical Practice*. Patients who applied chamomile needed lower doses of their pain medicine. You could try adding drops to massage oil or some other pain-relieving cream or gel. Supplements and teas are available as well for oral consumption. Chamomile is known to induce drowsiness.

**Blood Thinning** – Having thick or ‘sticky’ blood is bad for you. Doctors seek to thin the blood in order to prevent strokes and heart attacks. Warfarin is the most popular prescribed anti-coagulant. There are many plant-derived

supplements that work similarly to warfarin, as well as foods with anti-platelet activity. But chamomile wouldn't normally be something you think of for blood health. It has unexpected blood-thinning properties.

For that reason, I advise caution or avoidance of this herb if you are already taking warfarin (or other drugs) because there will be an exacerbation of the blood-thinning. Gum bleeding might be the first sign of additive anti-platelet activity in your body. Easy bruising is another sign.

**Mouth Pain** – Have you ever burnt your tongue or mouth on hot coffee, or a super hot pizza? Fortunately, if you burn your mouth, it heals right away, within a week or so. But if you are receiving chemotherapy, there is a type of mouth pain that is unbearable. It can occur with high dose local radiation in the mouth. The term for the pain is oral mucositis or “OM.” Chamomile can help with these oral lesions.

Sometimes a person is able to speak after a chemo treatment, and they cannot tell you of this pain. I worked in nursing home settings and saw this at times. So if you're a caregiver, nurse or family member, please become more mindful of non-verbal cues, so you can determine if someone is dealing with OM.

Of the herbal and medicinal oral rinses tested in a recent study, researchers concluded that certain ones were the most effective. Chamomile, honey, curcumin or Benzydamine-containing mouthwashes were found to be the most effective. You can make your own soothing mouth rinse using the above ingredients, gargle with a tea, or simply dab on the essential oil to the sores.

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

Doctor and Dietician

## What About Protein?



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

**P**rotein is one of three macronutrients required to keep us alive. The others are carbohydrates and fats. Much discussion exists in the literature about how much protein is needed per day, as well as what kind of protein is best. The reason for the controversy is the answer depends on the person's physiology, what climate they live in, what activities they regularly perform and what physical conditions they are under. Based on years of research and analysis of many different diet types, in general, people who live in hot climates require more plant-based food sources (carbohydrates), whereas people who live in colder climates do best with higher percentages of fat and protein.

Back to protein. Foods containing the highest amount of protein per serving include meat such as beef, pork, lamb; poultry such as chicken, duck, turkey; fish; eggs; dairy products such as milk, cheeses and yogurt; vegetarian sources such as nuts, seeds, tempeh, tofu, soy milk; legumes such as lentils, beans and peas; as well as certain grains such as quinoa. Animal sources

contain protein and some fat, but no carbohydrates. Plant sources contain protein and carbohydrates and in some cases fats, as in the case of nuts.

How much protein do I need? The average sedentary person requires 0.8 grams of protein per kilogram (kg) of body weight or 0.36 grams per pound. Thus, a 150-pound person requires 54 grams of protein per day. How does this translate to food? One ounce of meat equals seven grams of protein. You can do the math! One eight-ounce steak would provide enough protein for the entire day. How much protein is contained in vegetarian sources? Typically, around three to seven grams per serving.

A person who is healing from an injury, under stress, or who is performing a lot of exercise may require more than the base of 0.8 grams per kg. Our patients who are recovering from regenerative injection treatments such as prolotherapy and PRP may require more like 1 to 1.2 grams per kg body weight while in the healing phase.

What is the take home point? Most likely you are already eating plenty of protein unless you consume a junk food diet. Eat real food with a “plant-slant!” Every diet type requires lots of vegetables for optimal health with smaller amounts of fruits. When choosing grains and other carbohydrates, choose unprocessed whole grains, limiting sugars. Check out [www.hauserdiet.com](http://www.hauserdiet.com) for a quiz to analyze your diet type. Never underestimate the power of food on your health!

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

## Beautifulife: Trails



by Kay Casperson

**E**ach year around this time, I escape Florida for some cooler weather to do some hiking in Colorado's beautiful mountains. The more I hike, the more I realize how different each trail

is. There are high trails and low trails, challenging trails and accessible trails. Some trails are named after people, places, and even nature. Trails can run through woods, mountains, or aside streams, but one thing is for sure, they all lead to something or somewhere, and can even lead you right back to where you started.

I have had the opportunity to hike in different parts of our country and even in various countries around the world. Every single trail that I have been on has had

its own beauty and its own story. This reminds me that we all have our own paths that we follow in life. The trails that you have been on have had their highs and their lows. They have been rocky and challenging in some areas and clear and straightforward in others. The view has been beautiful and majestic on some but then secluded, hidden and quiet on others.

The various trails we venture down in life are all unique, no two can ever be the same. But, venturing out into the world to follow your path is exciting, adventurous and invigorating all at the same time. Every trail leaves a lesson to take with us to the next chapter of our beautiful life, and teaches us something about who we are and what we can endure.

There are important decisions to make when venturing onto any trail. What do you take with you? Do you pack food and water to get you through, depending on the intensity and distance? Do you follow a map or an app that describes different ways to go, or do you venture out wherever it may lead without knowing the outcome? Do you take the highline for a better view, or do you choose the lowline,

which might be a safer alternative? Do you accept the path less traveled. or the one that looks like most have gone before?

Regardless of where your trails have led you or the circumstances that brought you down those trails, I know for sure that you have learned many valuable lessons from each one. I can remember many times while on a path that I wished I would have gotten off back at the last exit. Instead, I continued on feeling confident, only to second guess my decision. I remember feeling tired, feet sore, out of food and water, and beginning to encourage myself to continue because all trails do come to an end sometime.

Today, I want to encourage you to keep venturing out onto the many crazy, winding trails that life has for you to experience. No matter how hard or intense they get, embrace them, learn from them, grow from them, and cherish your quiet moments to reflect on where they all started.

My affirmation for you this week is:

“I am looking forward to, as well as looking back, on my various trails in life

to embrace the beauty of how far I have come.”

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

## College Athlete Honored

**M**atthew Cuce of Fort Myers was recognized during the 50th Annual Athletics Award Banquet at Elmira College in Elmira, New York.

Cuce received Men's Ice Hockey Booster Club Player of the Year.

Cuce graduated from Elmira College with a bachelor of science degree and was on the Empire 8 Conference semi-annual President's List, achieving a grade-point average of 3.75 or higher during the spring semester.✱





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

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

My Stars ★★★★★

FOR WEEK OF JUNE 29, 2020

**Aries** (March 21 to April 19) Making things more complicated than they need to be can be a problem for the typically orderly Lamb. Try to look for a less intricate way to accomplish the same goals.

**Taurus** (April 20 to May 20) Avoiding personal involvement in a troubling situation might be advisable at this time, especially since you probably don't have all the facts. The weekend brings a surprise.

**Gemini** (May 21 to June 20) A problem with a colleague you thought had been resolved could recur. However, this time you'll be able to rely on your record to get a quick resolution in your favor. Good luck.

**Cancer** (June 21 to July 22) Giving your self-esteem a boost could be a good idea for the Moon Child, who might feel a bit daunted by the week's occurrences. Just focus on all your positive accomplishments.

**Leo** (July 23 to August 22) The "mane" attraction for the Lovable Lion this week is – what else? – love. New relationships move to new levels, while long-standing partnerships are strengthened.

**Virgo** (August 23 to September 22) A recent workplace problem will prove to be one of miscommunication, and once the matter is settled, you should have a better chance of getting your proposals approved.

**Libra** (September 23 to October 22) Good news! After dealing pretty much in the dark with a matter that seemed to be taking forever to resolve, you should soon be seeing the light at the end of the tunnel.

**Scorpio** (October 23 to November 21) A positive message should help lift that energy-draining sense of anxiety, and you should soon be able to deal with even the peskiest matter, whether at work or personal.

**Sagittarius** (November 22 to December 21) Try to control that heated Sagittarian temperament while dealing with what you believe to be an unfair matter. A cool approach is the best way to handle things.

**Capricorn** (December 22 to January 19) Nursing hurt feelings could keep you from learning what went wrong. Ask your partner, a family member or a trusted friend to help you reassess your actions in the matter.

**Aquarius** (January 20 to February 18) Nature is dominant this week. Try to spend time outdoors with someone special. An act of kindness in the past might be recalled by a person you believed was out of your life.

**Pisces** (February 19 to March 20) An upcoming career decision could be based on how well you might be able to apply your artistic talents. Be sure to use the finest samples of your work to make a strong impression.

**Born This Week:** Doing good things for others comes easily to you. You are considered a good friend, even by those you might hardly know.

MOMENTS IN TIME

• On July 9, 1877, the All England Croquet and Lawn Tennis Club begins its first lawn tennis tournament at Wimbledon, then an outer-suburb of London. Twenty-one amateurs showed up to compete in the Gentlemen's Singles tournament, the only event at the first Wimbledon. The winner was to take home a 25-guinea trophy.

• On July 10, 1887, a dam breaks in Zug, Switzerland, killing 70 people. The resulting wall of water was so powerful that rescue boats were ineffective, as they capsized in the roiling waters.

• On July 7, 1917, Britain establishes the British Women's Auxiliary Army Corps (WAAC), authorizing female volunteers to serve alongside

their male counterparts in France during World War I. Some 80,000 women enlisted to perform labors such as cookery, mechanical and clerical work, and other tasks.

• On July 6, 1944, in Hartford, Connecticut, a fire breaks out under the big top of the Ringling Bros. and Barnum Bailey Circus, killing 167 people and injuring 682. An investigation revealed that the tent had been treated with flammable paraffin thinned with three parts of gasoline to make it waterproof.

• On July 8, 1959, Maj. Dale Buis and Master Sgt. Chester Ovnan become the first Americans killed in the U.S. phase of the Vietnam War when guerrillas strike a Military Assistance Advisory Group compound in Saigon.

• On July 11, 1979, parts of Skylab, America's first space station, come crashing down on Australia and into the Indian Ocean five years after the last manned Skylab mission ended. Skylab weighed 77 tons.

• On July 12, 1995, a heat advisory is issued in Chicago, warning of an impending record-breaking heat wave. When the heat broke a week later, nearly 1,000 people were dead in Illinois and Wisconsin. The temperature in the city hit 106 F with a heat index of 120 F.

NOW HERE'S A TIP

• Someone late for dinner? To keep potatoes warm without drying them out (as would happen in an oven), set their serving dish in a larger pan of hot water and cover.

• "I use a small plastic bowl as a scoop in my big bag of potting mix. It's a good amount to pot a small plant, and I can hold my pot over the bowl to save the soil." RF in Oregon

• Give your buttons a boost! Use clear nail polish to strengthen the strings holding your buttons in place. Just a drop on the face of each button, and let dry. You'll never know it's there, but it definitely helps.

• "Remember this old trick when camping: Use salt to keep ice cold and slow the melt. In fact, I salt the ice in the cooler whenever we use it, camping or not!" GL in South Carolina

• Challenge your school-age kids or grandkids to a "word scavenger hunt" in the daily newspaper. You can have them search for words relating to a particular subject, or have a contest to see who can find the most unusual or complex words. It gets them reading and looking. Preschool-age kids can use a magazine to do a scavenger hunt for certain items, like colors, animals, kitchen items, etc.

• Mark a reusable water bottle with time measurements so you'll know if you are drinking enough during the day.

STRANGE BUT TRUE

• During the Great Fire of New Orleans in 1788, priests refused to allow church bells to be rung as fire alarms because it was Good Friday. As a result, 856 buildings burned during the conflagration.

• Ancient Egyptians believed that men menstruated too and that blood in men's urine and stool was a positive sign of fertility. Little did they know that parasitic worms were the likely cause.

• It would take less than six months to get to the moon by car at 60 mph.

• It's not every day that a man in love demonstrates his affection by holding a funeral, but future president Ulysses S. Grant wasn't every man. When his future wife Julia's pet canary died, he painstakingly fashioned a small coffin for it, which he painted yellow, then summoned eight of his fellow military officers to Julia's house, where he conducted a service for the bird.

• Babe Ruth once said he knew he didn't swing

continued on page 22



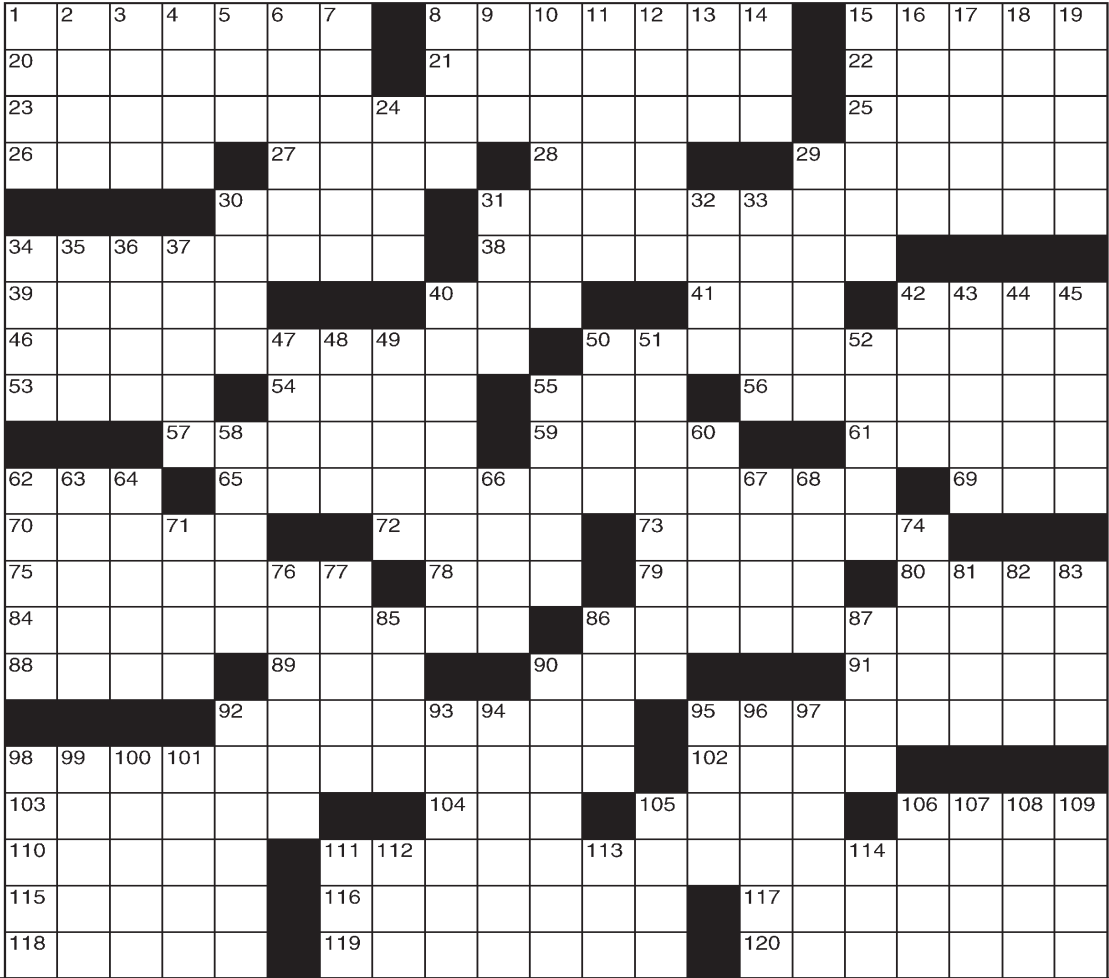
PUZZLES

Answers on page 23

Super Crossword

HOLDING THE LINE

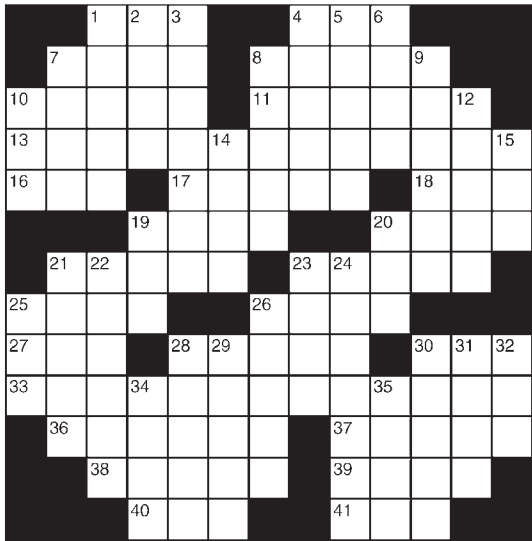
- ACROSS  
1 Boat docks  
8 Mere penny  
15 Stair face  
20 Generally  
21 Infused with carbon dioxide  
22 Cosmetics queen  
23 Holiday tree brighteners  
25 Figure skating category  
26 Baby blues, say  
27 Detroit loc.  
28 By way of  
29 — Babies  
30 Info on a library slip  
31 Thing swung on a court  
34 Undermined  
38 Federal case, so to speak  
39 Countrified  
40 See 42-Across  
41 German's "one"  
42 With 40-Across, headwear for doing laps  
46 William Tell wielded one
- 50 Nine-footer with 88 keys  
53 Game with a cue stick  
54 "Cat on — Tin Roof"  
55 Bakery treat  
56 Atypical pets  
57 Taco sauce brand  
59 Everyone, in German  
61 Topic in question  
62 Beddy-bye clothes  
65 Gravity-defying party decoration  
69 Have a go at  
70 Reply to "You are not!"  
72 Spoiled stars' problems  
73 Running back Smith  
75 Pro at PR  
78 Crude abode  
79 "Hud" actress Patricia  
80 Morales of film and TV  
84 Pinocchio, for one  
86 Rosary's nonreligious relative
- 88 Like a spud-slicing GI  
89 Aide to Santa  
90 Some small batteries  
91 Holiday tree topper  
92 Really mad  
95 Film director  
98 Alternative to drapes  
102 Merit  
103 Spanish province  
104 Cellular stuff  
105 Rick's love in a 1942 film  
106 Farmland unit  
110 Cleaned up some leaves  
111 What eight of this puzzle's answers have  
115 Saw wood  
116 Capital of New Jersey  
117 Paying to stay at  
118 Disburdened  
119 Like mustard  
120 Post-Trojan War tale
- DOWN  
1 Knight's club  
2 White-faced  
3 Seldom seen  
4 Pupil site  
5 Greek letters  
6 "Nashville" director  
7 Arab, e.g.  
8 Unduly quick  
9 Slender fish  
10 Force to rise  
11 Shutting in  
12 Fuel gas  
13 Court divider  
14 Grid stats  
15 Annul  
16 Sci-fi's Asimov  
17 Smell awful  
18 Uncanny  
19 Turn to 000  
24 Did perfectly  
29 Secret taste-test label  
30 Strike mark  
31 Defreeze  
32 Conception  
33 Fisher's net  
34 Tinfoil, e.g.  
35 Irish money  
36 BP gas brand  
37 Painter Frida  
40 Instructed jointly  
42 Uses a divan  
43 Belt's place  
44 Acquire, as debt  
45 Stroll
- 47 Be worthy of  
48 Kids' writer  
49 Bacall's first hubby  
50 — monster  
51 Chiles — (Mexican dishes)  
52 Gist  
55 Blatz brewer  
58 West Virginia's state flower, for short  
60 Fudd of cartoondom  
62 California's — Beach  
63 Osaka's land  
64 Smarmy smile  
66 Pouty face  
67 Epps of TV's "House"  
68 Smarmy  
71 Barber's cut  
74 Some minors  
76 Boxing combo  
77 H'wood type  
81 Wise soul  
82 Some Snapple products  
83 Cruise stop  
85 Big brand of nonstick cookware
- 86 Joking types  
87 Cowshed site  
90 It's faster than adagio  
92 Laid down the lawn?  
93 "The Queen" star Helen  
94 Seventh- — stretch  
95 Ward of TV  
96 Fidel of Cuba  
97 Sounded off  
98 Poorer  
99 Donald's first wife  
100 "Zorba the Greek" novelist  
101 John — (tractor maker)  
105 Lacks entity  
106 Play units  
107 Greek letters  
108 Artist  
109 Irritable  
111 Fuel additive brand  
112 Mr. Capote, to his pals  
113 Weed B — (lawn care product)  
114 In — case



King Crossword

ACROSS

- 1 — Na Na  
4 Swindle  
7 Summery desserts  
8 Fusses  
10 Sixth president  
11 Many  
13 Proof of a crime  
16 Sprite  
17 Unclear  
18 Still, in verse  
19 Say it isn't so  
20 Rhyming tributes  
21 Groups of musicians  
23 Slanted edge  
25 Volcanic outflow



- 26 One of the Three Bears  
27 Sailor's assent  
28 Unwilling  
30 Fine, to NASA  
33 Texas city  
36 Bill-payment period  
37 Alan of "Little Miss Sunshine"  
38 Mystery writer's award  
39 Don of radio  
40 Sun. speech

- 41 Rand McNally item  
10 Expert  
12 Man of — (Superman comparison)  
14 Catches some rays  
15 — and outs  
19 "CSI" evidence  
20 Eggs  
21 Louisiana marsh  
22 Unwilling  
23 Dog owner's ordeal  
24 Son of

- 25 Fond du —, Wis.  
26 Harness horse  
28 Thrust  
29 "Argo" award  
30 Invite to the penthouse  
31 Elevator name  
32 Family  
34 Cushions  
35 "Joy of Cooking" writer  
Rombauer

DOWN

- 1 Muffler  
2 Rope fiber  
3 Took for granted  
4 Made pigeon sounds  
5 "Strange to say ..."  
6 — me tangere  
7 "American —"  
8 Hot rum drink  
9 Withdraw

MAGIC MAZE ● ASTRONOMY TERMS

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

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

- |            |            |          |        |
|------------|------------|----------|--------|
| Black hole | Equinox    | Nebula   | Waning |
| Blue moon  | Galaxy     | Phase    | Waxing |
| Eclipse    | Light-year | Solstice | Zenith |
| Ecliptic   | Meteor     | Sunspot  |        |





**Sweet and Salty Wings**  
24 chicken wings (separated into 2 pieces)  
½ cup roasted peanuts, finely chopped  
¼ cup honey  
1 cup sweet chili sauce  
2 tablespoons low-sodium soy sauce  
1 tablespoon garlic, minced  
Fresh herbs for garnish, finely chopped (such as parsley or cilantro)  
1-2 tablespoon all-purpose seasoning (your favorite)  
Non-stick cooking spray  
Sea salt and fresh ground pepper, to taste

In a small saucepan over low heat combine honey, sweet chili sauce, soy sauce, garlic, salt and pepper. Cook for 5 minutes or until honey is melted. Taste and adjust seasoning as needed. Remove from heat and set aside.  
Preheat oven to 300 degrees. Spray a



**Sweet and Salty Wings**  
baking sheet with nonstick spray. Spread out wings in one layer, season with all-purpose seasoning, and bake for 45 minutes. Turn oven up to 425 and bake for additional 15 minutes or until golden brown and crispy. Remove from oven and toss with honey mixture. Sprinkle with crushed peanuts and garnish with chopped herbs. Serve warm.✱

photo courtesy Fresh From Florida

PUZZLES

Answers on page 23



"You know what did it? I prepared a home-cooked meal for him ... in a \_\_\_\_\_."

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!

Shrill  
**BELTER** \_\_\_\_\_  
Champion  
**THINGK** \_\_\_\_\_  
Forest  
**TRIMBE** \_\_\_\_\_  
Adorn  
**LISTEN** \_\_\_\_\_

TODAY'S WORD

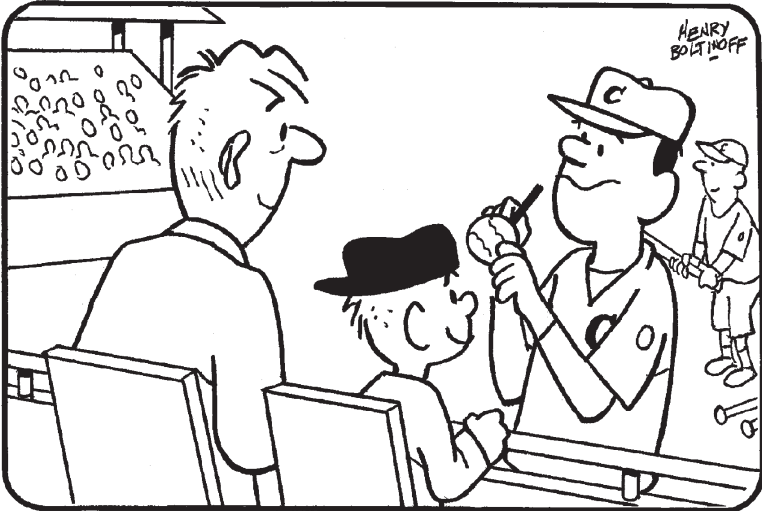
7	8				1	2		
9				6			3	
		2	9					5
		7	6			5		3
6				2		9		
	2				3		4	
3			2		5	1		
	1		7					6
		9		4			8	

SUDOKU

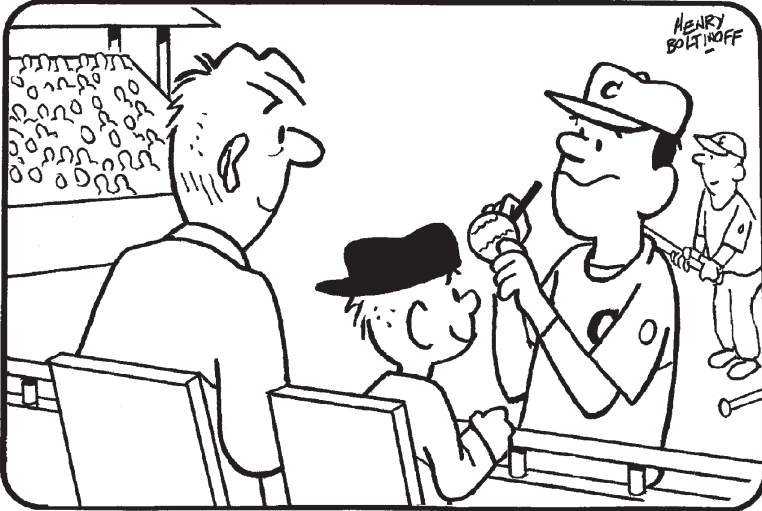
**To play Sudoku:**  
Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS

BY HENRY BOLTINOFF




Find at least six differences in details between panels.




Differences: 1. Bat is missing. 2. Railing is different. 3. Player's pants are longer. 4. Crowd is larger. 5. Ball stitching is different. 6. Neckline is changed.







FRIDAY  
Cloudy  
High: 88 Low: 83




SATURDAY  
Few Showers  
High: 91 Low: 85




SUNDAY  
Cloudy  
High: 88 Low: 83




MONDAY  
Cloudy  
High: 87 Low: 82



TUESDAY  
Cloudy  
High: 89 Low: 80



WEDNESDAY  
Mostly Cloudy  
High: 88 Low: 83



THURSDAY  
Partly Cloudy  
High: 90 Low: 81

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	2:21 am	4:29 am	11:33 am	7:27 pm	Fri	1:26 am	4:31 am	10:38 am	7:29 pm	Fri	12:47 am	5:19 am	11:19 am	7:06 pm	Fri	4:31 am	7:45 am	1:43 pm	10:43 pm
Sat	12:16 pm	8:12 pm	None	None	Sat	11:21 am	8:14 pm	None	None	Sat	1:42 am	6:27 am	12:22 pm	8:03 pm	Sat	2:26 pm	11:28 pm	None	None
Sun	12:59 pm	8:54 pm	None	None	Sun	12:04 pm	8:56 pm	None	None	Sun	2:39 am	7:30 am	1:13 pm	8:58 pm	Sun	3:09 pm	None	None	None
Mon	1:42 pm	9:33 pm	None	None	Mon	12:47 pm	9:35 pm	None	None	Mon	3:52 am	8:29 am	2:03 pm	9:46 pm	Mon	3:52 pm	12:10 am	None	None
Tue	5:20 am	7:15 am	2:25 pm	10:10 pm	Tue	4:25 am	7:17 am	1:30 pm	10:12 pm	Tue	4:39 am	9:23 am	3:02 pm	10:29 pm	Tue	7:30 am	12:49 am	4:35 pm	10:31 am
Wed	5:42 am	8:16 am	3:10 pm	10:46 pm	Wed	4:47 am	8:18 am	2:15 pm	10:48 pm	Wed	5:12 am	10:11 am	4:03 pm	11:06 pm	Wed	7:52 am	1:26 am	5:20 pm	11:32 am
Thu	6:05 am	9:24 am	3:58 pm	11:20 pm	Thu	5:10 am	9:26 am	3:03 pm	11:22 pm	Thu	5:43 am	10:54 am	4:55 pm	11:41 pm	Thu	8:15 am	2:02 am	6:08 pm	12:40 pm

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

**Harry Chapin Food Bank**  
OF SOUTHWEST FLORIDA



**Harry Chapin Food Bank**  
OF SOUTHWEST FLORIDA

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



PETS OF THE WEEK  
Lee County Domestic Animal Services  
Spike And Moe



Spike ID# A790031 photos provided

Hello, my name is Spike. Don't tell me that I am not exactly what you would call a 'lap dog' because I will find a way to get as much of himself there as possible! I am a 3-year-old male pit bull mix who is a cuddle bug. When I'm not in your lap, I will play for hours. My adoption fee is \$30. Hi, I'm Moe. I am a 4-year-old male domestic shorthair who is a mild-mannered cat that needs a quiet household where I can hang out and be myself. I am very low-maintenance and prefer less activity to a lot of noise. If you are retired and looking for a companion to spend time, I am your guy. I will be loyal and loving.



Moe ID# A819738

My adoption fee is \$10, and you can adopt me and get a feline friend at no additional charge. Lee County Domestic Animal Services adoption center has reopened by appointment only. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online adoption application prior to calling 533-7387 to make an appointment. We are open Monday through Friday from 10 a.m. to 4 p.m. Celebrate this Independence Day by allowing a new pet to enjoy the freedom of a forever home. Adoption fees will be reduced for the entire month of July. All dogs over 30 pounds will be just \$30 and adult cats \$10. In addition, our cats and kittens are two-for-one; adopt one and

you can take home a feline friend at no additional charge. 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](http://www.leegov.com/animalservices) or call 533-7387.\*

From page 18  
**Strange But True**  
hard enough if "a little poop didn't come out."  
• August Rodin's work *The Age of Bronze* was so realistic that some people thought he'd actually sacrificed a real person inside the cast.

• English poet Lord Byron was a student at Cambridge University when he took issue with the ban on keeping dogs as pets, so he came up with a unique way of getting back at the school: Since there was no prohibition in the fine print against bears on campus (probably because they'd never had a pupil quite like Byron before), he not only found a bear to keep as a pet, but also took it for walks around the grounds on a leash.  
• Despite being raised and identifying as Jewish, singer-songwriter Leonard Cohen spent five years in seclusion at the Mt. Baldy Zen Center in California and was ordained a Buddhist monk in 1996.

**THOUGHT FOR THE DAY**  
"Keep away from people who try to belittle your ambitions. Small people

always do that, but the really great make you feel that you, too, can become great."  
Mark Twain

- TRIVIA TEST**
- Astronomy:** How often does the Sun rotate on its axis?
  - Geography:** What is the state capital of Delaware?
  - Government:** Which amendment to the U.S. Constitution limits presidents to two terms in office?
  - History:** What was the highest social class in the early Roman empire?
  - Entertainers:** Which 20th-century actress was born with the name Lucille LeSueur?
  - Television:** What were the names of Elly May's two pet chimpanzees in *The Beverly Hillbillies*?
  - Art:** Which artist painted *The Persistence of Memory*?
  - Movies:** What kind of gun did Clint Eastwood carry in the *Dirty Harry* series?
  - Music:** Which singer-songwriter's nickname was *The Lizard King*?
  - Food & Drink:** What is the most expensive spice on earth?

**TRIVIA ANSWERS**  
1. On average, every 27 days 2. Dover 3. 22nd 4. Patricians 5. Joan Crawford 6. Skipper and Bessie 7. Salvador Dalí 8. 44 Magnum Smith & Wesson Model 29 9. Jim Morrison 10. Saffron

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7/3 \* 7/3

LEGAL NOTICE

**NOTICE OF PENDANCY OF ACTION**  
State of New Mexico to  
Angela N. Garcia,  
you are hereby notified that  
Jason Gelster has filed a civil action against you in the above titled court and cause, the general object thereof: Petition for Dissolution of Marriage. Unless you enter your appearance on or before July 6, 2020, a judgement by default will be entered against you.  
7/3 \* 7/17

**Cycling Safety Notes**  
**Ride to the right**  
**Warn to pass**  
**Wear a helmet**  
**Use lights at night**  
**Always be courteous**  
**SANIBEL BICYCLE CLUB**



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Narconon suggests that an addict should attend a program longer than the traditional rehab stay. An addict's body takes way more than 28 days to physically heal from the damage the drugs and alcohol have done to their body. This makes the shorter but "more convenient" rehab stays not very effective. An addict should take the time to physically get better then dig into the different things they need to deal with emotionally. They will then have the best chance at remaining clean and sober for good.

For more information on choosing treatment, visit [www.narconon-suncoast.org/blog/long-term-treatment-vs-traditional-28-day-program.html](http://www.narconon-suncoast.org/blog/long-term-treatment-vs-traditional-28-day-program.html).

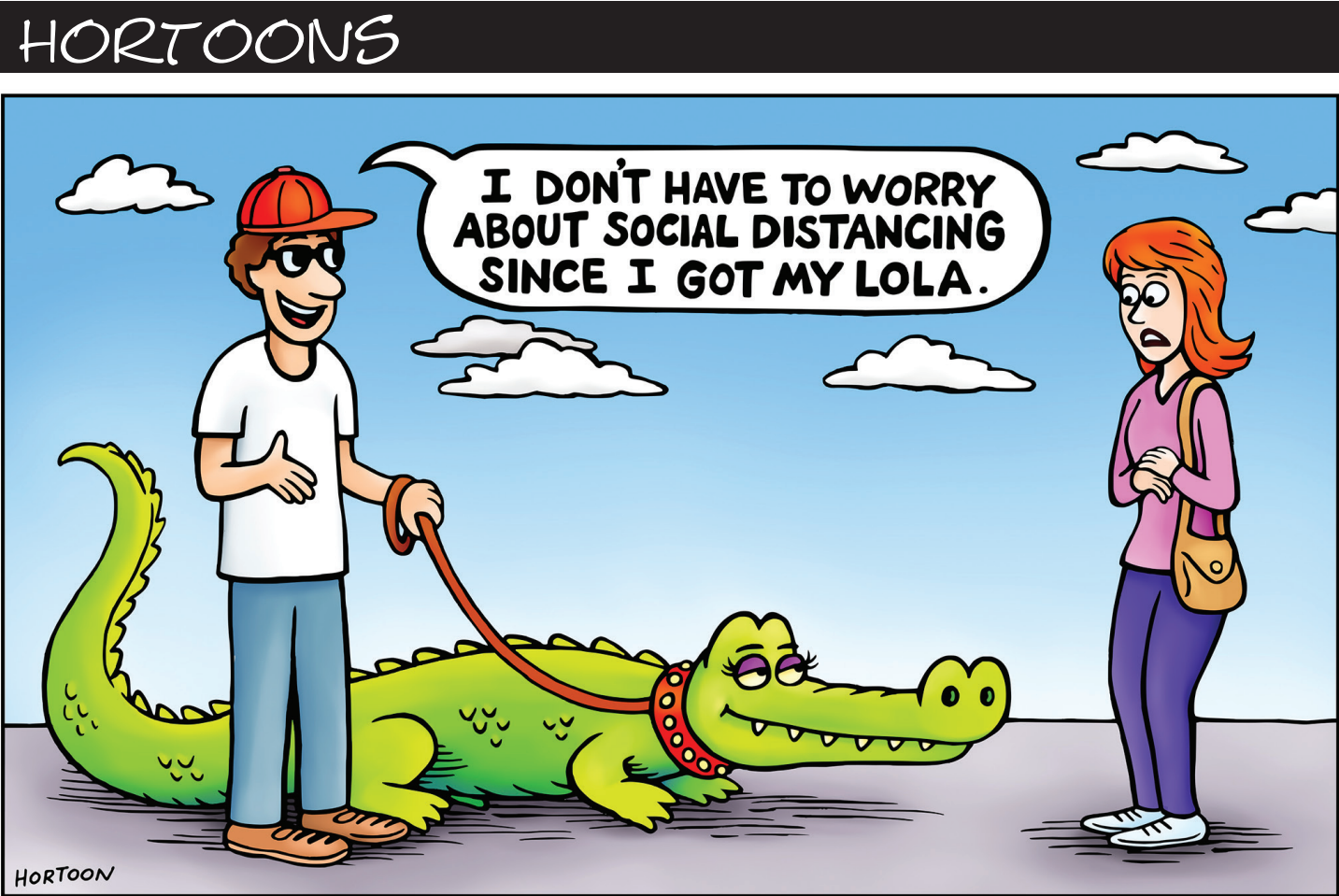
Call today for a no cost screening or referral at 1-877-841-5509.\*

SCRAMBLERS ANSWER

1. Treble; 2. Knight; 3. Timber; 4. Tinsel

Today's Word

BIKINI



# PUZZLE ANSWERS

SUPER CROSSWORD

MARINAS REDCENT RISER  
ASARULE AERATED ESTEE  
CHRISTMASLIGHTS PAIRS  
EYES MICH VIA BEANIE  
DATE TENNIS RACKET  
WEAKENED HUGED DEAL  
RURAL CAP EINSWIM  
ARCHERSBOW GRANDPIANO  
POOL AHOT PIE EXOTICS  
ORTEGA ALLE ISSUE  
PJS HELIUMBALLOON TRY  
IAMS O EGOS EMMITT  
SPINDOC HUT NEAL ESAI  
MARIONETTE WORRY BEADS  
ONKP ELF AAS ANGEL  
STEAMING SCORSESE  
WINDOWBLINDS EARN  
OVIEDO RNA ILSA ACRE  
RAKED STRINGS ATTACHED  
SNORE TRENTON RENTING  
EASED PUNGENT ODYSSEY

KING CROSSWORD

SHA CON  
ICES TODOS  
ADAMS OODLES  
CORPUS DELICTI  
ELF MUDDY EEN  
DENY ODES  
BANDS BEVEL  
LAVA PAPA  
AYE LOATH AOK  
CORPUS CHRISTI  
USANCE ARKIN  
EDGAR IMUS  
SER MAP

MAGIC MAZE

RG  
GNINAW T E  
ZENITHE O CLR  
XE XYP L O  
AA SOLSTICEH  
WL NPN PHT K  
UI UIT EG C  
UBS ILM IA  
Q EC CYXALAG  
ESAHPNOOMEULB

SUDOKU

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

# Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cape Coral	Cape Coral	2013	4,001	\$2,390,000	\$2,225,000	181
Gulf Ridge Sub	Sanibel	2018	3,270	\$2,150,000	\$1,850,000	185
Savona	Cape Coral	2006	3,602	\$1,156,000	\$1,025,000	236
York Manor	Fort Myers	1925	3,552	\$1,135,000	\$1,135,000	0
Tropic Shores Estates	North Fort Myers	1970	4,002	\$999,999	\$925,000	413
Pinehurst Estates	Fort Myers	1987	3,675	\$949,000	\$915,000	7
Cape Coral	Cape Coral	2007	4,164	\$899,000	\$857,500	13
Northridge	Estero	2004	3,896	\$849,900	\$825,000	139
Corkscrew Shores	Estero	2015	2,873	\$799,000	\$750,000	169
Palm Gardens	Fort Myers	2015	3,505	\$798,000	\$780,000	115

Courtesy of Royal Shell Real Estate





*Randy Wayne White ©*

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