



THE RIVER WEEKLY NEWS

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Vol. 19, No. 28

From the Beaches to the River District downtown Fort Myers

JULY 10, 2020

Rare Sea Turtle Nest Reported On Captiva

On June 28, Sanibel-Captiva Conservation Foundation (SCCF) documented the hatching of a leatherback sea turtle nest on Captiva, a rare occurrence for the gulf coast of Florida.

SCCF Volunteer Permittee Kerry Salatino saw that the leatherback nest had hatched on the morning of June 26 and was able to photograph two hatchlings that were still making their way the sea. One of the small, black turtles, which are more than double the size of loggerhead hatchlings, fell into a hole that hadn't been filled in by beachgoers.

"Fortunately, Kerry was able to rescue it from the hole and help it get safely to sea," said SCCF Coastal Wildlife Director Kelly Sloan. "These hatchlings also crawled towards the dunes before turning towards the sea because of artificial lighting. This is a great example of why it's so important to fill in holes and turn off all lights visible from the beach."



Leatherback sea turtle hatchling
photo by Kerry Salatino

The hatching marked the first time a leatherback nest has been documented on Captiva, which also surpassed its record for

the most loggerhead nests ever recorded on June 26, with 196.

"The nest was being invaded by fire ants so we inventoried the nest immediately instead of waiting the standard three days. A total of 56 hatchlings made it to the Gulf of Mexico," said Sloan.

In August 2009, a leatherback nest hatched on Sanibel, which was a first for all of Lee and Collier counties. The largest of the seven species of sea turtles found worldwide, leatherback sea turtles rarely nest on gulf coast beaches. In Florida, they normally nest on the Atlantic coast. Last year, about 1,100 leatherbacks nested in Florida, with most in Palm Beach and Martin counties, based on data from Florida Fish and Wildlife Conservation Commission (FWC).

The first evidence of a leatherback this season was no April Fool's joke as tracks were discovered on April 1 on Sanibel, before early morning beach monitoring began on April 15. Then, on May 10, the SCCF sea turtle team encountered a leatherback on Sanibel and named her Juniper.

"It has been really exciting to see such a giant and uncommon species on Sanibel,"

said SCCF Research Associate Andrew Glinsky.

The leatherback sea turtle is larger, dives deeper, travels farther and tolerates colder waters than any other sea turtle. Most leatherbacks average six feet in length and weigh from 500 to 1,500 pounds. At a little over five-feet-long, Juniper is an average-sized leatherback.

"While we don't have visual confirmation that the nest that hatched on Captiva was laid by Juniper, we are pretty confident these are Juniper's offspring," said Sloan, adding that the first documented leatherback nest was inundated by the tides and surf of Tropical Storm Cristobal and did not hatch.

Leatherbacks also look distinctively different from other sea turtles. Instead of a shell covered with scales or shields, leatherbacks are covered with a firm, leathery skin and have seven ridges running lengthwise down their backs.

In May, Sloan reached out to biologists with Florida Leatherbacks Inc. (FLI), a nonprofit dedicated to researching leatherback turtles that nest on the east coast of Florida. Chris Johnson and Kelly

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Mask by Andy Browne images provided



I want my world back by Mila Bridger

New Exhibit Looks At Pain, Process And Promise

The Alliance for the Arts' July exhibition Pain, Process and Promise will be on view from Friday, July 10 through August 20 with limited gallery and gift shop hours. In an attempt to process the multilayered issues facing society, this exhibition features pieces created by artists working in a variety of media.

Beginning July 10, Alliance gallery and gift shop hours will be Monday,

Wednesday and Friday from 10 a.m. to 4 p.m. and Saturday from 9 a.m. 1 p.m. or by appointment by contacting Ehren Gerhard, gallery director, at exhibitions@artinlee.org.

Exhibiting artists include: Jeff Abbott, Cesar Aguilera, Robert Allen, Coleen Baggot, Kimberly Beckler, C.Kay Best, Katherine Boren, Cath Branwood, Mila Bridger, Annette Brown, Andy Browne, Barbara Carr, Donna Chase, Diane Chernow, Carol Coates, Maria Collier, Patricia Collins, Patrick Conolly, Elodie Cotton, Michael Danley, Rosemary Fineberg, Judith Fletcher, Marian Fuller, Denis Gaston, Geoffrey Hamel, Lily Hatchett, Sharon Isern, Krista and Leo

Johnson, Rose Jung, Steve Kalb, Kenneth Lamers, Jill Lindsay, Ray Lyle, Bruce MacKechnie, Helen McWilliams, Kellen Beck Mills, Ronald Nowicki, Julie Obney, Tara O'Neill, Chris Owens, Katrina Parker, Caren Pearson, Michael Pinckney, Barbara Piontek, Joel Ralls, Gregory Read, Myra Roberts, Sherry Rohl, Thomas Roth, Eric Rucket, Paula Rucket, Lydia Rupinski, Ellen Sayet, Dale Smith, Grayson Stoff, Patricia Anderson Turner, Jennifer Unwin, Joy Williams, Christina Wyatt, Pat Zalisko and Amanda Zirzow.

The Alliance will host a series of free, online artist talks on July 14, July 28 and August 11 at 6 p.m. These behind-the-scenes looks offer unique insight into



Help Me by Paula Rucket

each artist's inspiration, process and the context behind the work. Be part of the conversation, express your thoughts and ideas or simply sit back and enjoy the discussion. Pre-registration is required.

While gallery admission and scheduled artists' talks are free, a \$5 suggested donation sustains the future of arts in Southwest Florida.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information or to pre-register, visit www.artinlee.org/process or call 939-2787.

For details on current programs and precautions, visit www.artinlee.org/covid-19.

Historic Downtown Fort Myers, Then And Now:

First Public School At Second And Jackson



by Gerri Reaves, PhD

At first glance, both of the two structures in this circa-1910 historic postcard image might seem to be churches, but not so.

The building on the left is the First Baptist Church on the southeast corner of Second and Lee. The building on the right is Lee County's first fully public school, which stood on an acre of land at Second and Jackson, where the Andrew D. Gwynne Institute is now.

At the time of this photo, the school was T-shaped, with one-story wings extending on either side at the rear of the front section shown in the photo. It was heated by stoves and had no

electric lights.

Early postcard images are often modified to idealize or improve a scene, so it's interesting that the printer chose not to leave out an unflattering detail lurking in the background: the polluting smoke stacks from the city incinerator at Anderson (now MLK Boulevard) and Evans avenues, visible between the two buildings (center right).

The story of how that school came to be built – and Lee County born besides -- is one of the most oft-told ones in local history, but suffice it to say that it resulted from outrage when Monroe County refused to rebuild an 1878 county-funded schoolhouse.

Called "the Fort Myers Academy" and constructed on land donated by Maj. James Evans, it had been destroyed by fire in May 1886.

Fort Myers citizens seized the moment, organized promptly, and rebuilt the school themselves in 1887, establishing Lee County to boot.



The Andrew D. Gwynne Institute, largely obscured by trees, opened on the first school's former site in 1911. It is no longer a school.

photo by Gerri Reaves

The county separation was probably inevitable, for locals had longstanding complaints against Monroe County government, whose seat was in faraway Key West.

The state legislature officially created Lee County in May 1887, and the Lee Board of Public Instruction (LBPI) was established immediately thereafter.

The school, shown here, was hurriedly constructed on the same spot to prepare for the beginning of the 1887 school year at a cost of \$700. Originally, it was one-story with only two rooms.

Rapid population growth soon had the school overflowing and, in 1902, a two-story addition was constructed. In 1908, the building was graced with the modest improvement of a new front door. A sidewalk was installed along Second Street in 1910.

But within five years, at its meetings, the LBPI was referring to the school as "ramshackle" and "a disgrace to our beautiful little city." Conditions were so crowded by 1908 that students actually met in the rented Holiness Church (which in 1911 became the First Presbyterian Church's first sanctuary) and, in 1910, a rented stable near the county courthouse.

Meanwhile, plans for a new modern brick school got underway. Thanks to benefactor Col. Andrew D. Gwynne, a bond issue and donations, the Gwynne Institute opened in October 1911. It was state-of-the-art for that era.

One problem that wasn't solved by a new school? The noxious fumes from the incinerator. It turns out that the plant became a serious health concern, particularly to schools.

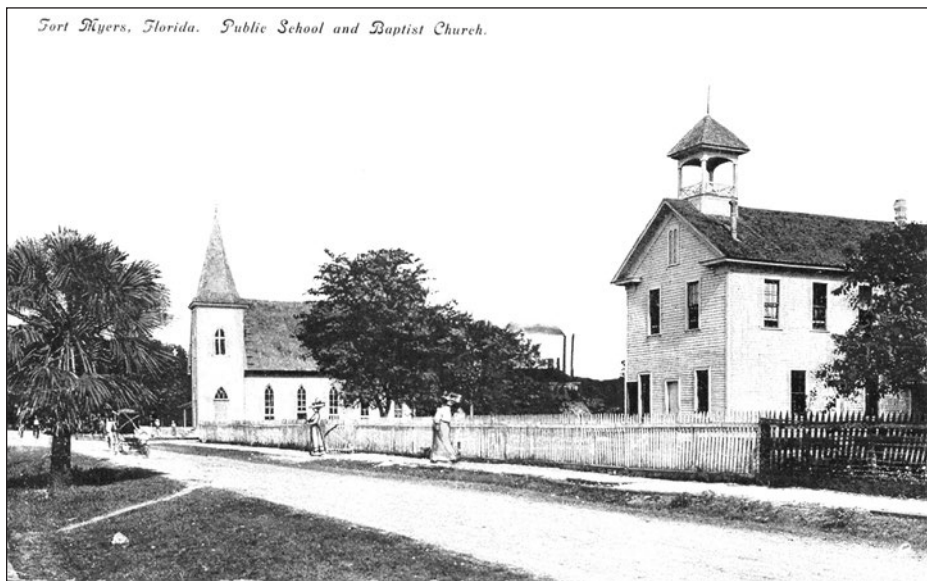
By 1914, the city was discussing and researching the need to build a new garbage incinerator, oddly enough called an "odorless crematory." A decade later, a petition requesting that the plant be moved described the fumes as "very obnoxious" to students at the Gwynne Institute and other schools. It was more than a decade before a new incinerator was built and students could breathe more easily.

Visit the town's most important site in the history of public education at Second and Jackson and appreciate how a humble wood-frame building evolved into today's vast public school system.

Then visit the following research centers to learn more about the county school system's surprisingly quirky history.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization

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Fort Myers, Florida. Public School and Baptist Church.

This circa-1910 postcard image shows Lee County's first public school (right), the Fort Myers Academy, built in 1887 on the southwest corner of Second and Jackson. The two-story addition was built in 1902. At left is the First Baptist Church, and right center are the smoke stacks of the city incinerator.

photo courtesy SWFL Historical Society, Sara Nell Hendry Gran Postcard Collection

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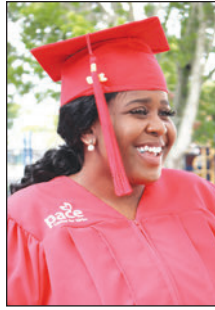
PRINTED ON RECYCLED PAPER



Alax



Chantelle



Shinesha



Sophie

Drive-Through Graduation Held At PACE Center

PACE Center for Girls, Lee County recently celebrated the graduation of four PACE students with a socially distanced drive-through celebration.

PACE girls Alax, Chantelle, Shinesha and Sophie were honored during a ceremony held in early June at PACE Center for Girls in Fort Myers. PACE's Executive Director Meg Geltner delivered the commencement address and presented each graduate with a diploma, followed by a tassel ceremony. Families, friends and PACE staff lined the parking lot in decorated cars with banners, balloons and signs for each of the graduates. Cheers and car horns filled the air as each graduate was recognized for her accomplishments.

"Graduation day marks a tremendous milestone for our PACE girls. With our center still closed to students and staff, we had to think quickly about how to recognize and honor this year's graduates," Geltner said. "These young women worked so hard and overcame many challenges to make it to this big day, and our drive-through graduation was an unforgettable way to celebrate. It truly was a sight to behold and brought tears to the eyes of everyone involved."

PACE provides academic programs and counseling services to help girls and young women ages 11 to 18 find their voice and achieve their full potential. The future for

the class of 2020 is bright:

Alax plans to attend a technical college in pursuit of a culinary degree and one day open her own bakery.

Chantelle will attend Hodges University, pursuing a law degree.

Shinesha plans to attend Hodges University to earn a degree in psychology.

Sophie will attend Florida SouthWestern State College for her associate degree before transferring to Florida Gulf Coast University for her master of business administration degree.

PACE's strength-based programs empower girls who are working to overcome risk factors such as poverty, substance abuse, domestic violence, foster home placement, neglect, grief, incarceration of a family member, mental health and physical, emotional or sexual abuse to celebrate a life defined by responsibility, dignity, serenity and grace.

Since its inception, PACE has helped more than 800 at-promise girls and young women in Lee County find the path to success despite the odds. Alumnae include college students and college graduates, working professionals, mothers and wives, each of whom were able to overcome their respective challenges to become strong young women and productive, contributing members of society. After leaving PACE, 88 percent of students improved their academic performance, 96 percent had no involvement with the juvenile justice system within one year of exiting the program and 95 percent were either in school or gainfully employed.

To learn more about PACE and its programs, visit www.pacecenter.org/locations/lee or call 425-2366.*

the current crisis," said Keith Callaghan, executive director of FSW Foundation.

Located in Lee, Charlotte, Collier, Hendry and Glades counties, FSW's service area is the largest service area of Florida's 28 state and community colleges.

"For the past 58 years, FSW has provided our community with an opportunity for affordable education," said Dr. Jeff Allbritten, FSW president. "As we transition into a new economic reality, it's clear that higher education is essential. Teaching and training are critical for the Southwest Florida community's recovery and growth. Meeting student's financial needs and developing new programming with supportive infrastructure becomes even more critical for FSW as we work as an economic first responder. Certificates, advanced industry knowledge and expanded critical thinking are necessary skills in the emerging complex workforce of Southwest Florida.

To learn more about FSW's Stronger Together campaign or to donate, visit <https://foundation.fsw.edu/stronger2020>.*

FSW Foundation Launches Campaign

The Florida SouthWestern State College (FSW) Foundation, Inc. has launched Stronger Together, a fundraising campaign aimed at supporting the Southwest Florida workforce and economic recovery following the COVID-19 pandemic.

Funding will help FSW students who are facing financial hardships but are not CARES Act eligible. The campaign will also provide additional support to FSW workforce programs and provide educational opportunities to those who have lost their jobs due to the COVID-19 pandemic.

"FSW is uniquely positioned to adapt to whatever training needs could potentially arise in the region in the coming months and years as we navigate the reality of

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Fort Myers Art:

Making The Jump To Screenwriter During Pandemic

by Tom Hall



When the Fort Myers Beach International Film Festival finally takes place for its 14th year from September 22 to 27, one of the short films it will be screening

is filmmaker Kathryn Parks' *Her Place*. It's a film that turns the idea of a 1950s instructional video (which taught "homemakers" how to throw the perfect party or cook the perfect Thanksgiving Day turkey) on its head, and explores the irony in 1950's nostalgia compared to today's modern world.

Cuban-American performer, teaching artist and creative professional Elise Rodriguez not only stars in the film with Parks, she served as assistant director and co-producer. But Rodriguez will be the first to admit that there's a wide gulf between helping make someone else's vision a reality and creating that vision herself.

"I have not to this point written a script or created an idea," said



Elise Rodriguez

photo courtesy www.artswfl.com

Rodriguez. "I'm more, 'Bring me your idea and I will bring it to life, provided, of course, that it speaks to me.' If you give me a blank canvas, I'm not as inspired as when you make one tiny mark on that canvas that I can run with."

But being quarantined at home during a pandemic is forcing Rodriguez to try her hand at writing nonetheless.

"I've had an idea that's been marinating for a while and now that we're in quarantine, I've decided to just start typing and see where it takes me," she said.

That idea was sparked by two trips to Cuba to visit family she'd never met. Rodriguez's parents came to Miami in the early '80s, after the birth of her brother. Born in the United States, she had never met her grandmother, uncles or the rest of her family back in Cuba until she made her first visit to the island nation.

"It was a very emotional experience, very nostalgic, taxing and complex. There's just so much to process. I don't even know where to start," Rodriguez conceded.

That first visit took place a year and a half ago.

A second trip ensued.

But, if there's one thing Rodriguez excels at, it's processing new experiences.

For example, she decided five years ago to close her firm and leave the practice of law for a career as a freelance corporate trainer, improv instructor and performer. In addition to stage work, she's done film and commercials.

Shortly after making the jump from estate and business planning to improv, she decided she needed a change of scenery too. So she began phoning and emailing improv groups around Florida. Florida Studio Theatre (FST) Director of Improvisation Will Luera reached out. FST, it turned out, was a perfect fit with its unique improv-in-a-cabaret-theater concept.

Rodriguez went West Coast (of Florida) in August of 2017, joining the FST On Deck improv cast in September, FST improv class faculty that January and ultimately transitioning to the FST Improv Mainstage team toward the end of 2018. Fluent in Spanish, Rodriguez also performs and teaches improv internationally for Latinx performers and audiences.

But she still writes the occasional will or trust and operates Elise Rodriguez Freeform Coaching, where she coaches law students, bar exam takers and new lawyers.

Clearly, Rodriguez likes to stay busy, so the prospect of being cooped up in one place away from people for an indeterminate amount of time is anathema to her mental makeup.

And so she's dealing with her new reality by revisiting her past – her family back in Cuba and the array of feelings she experienced visiting the island on those two recent trips.

So these days, you'll find her typing away, ready to see where the keys take her.

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.✪

Lee Virtual School Enrollment Now Available

Lee Virtual School (LVS) is currently accepting applications until Monday, August 3 for the fall semester. Students who enroll full time in Lee Virtual can keep their current school choice for the spring semester if they wish to return to campus in January.

Lee Virtual School is one of Florida's top-ranked virtual schools and the only kindergarten through 12th grade accredited online public school in our area. The challenging online learning program follows the school district calendar. Students have access to many of the same courses as they would in a traditional school including Advanced Placement (AP) and Dual Enrollment (FGCU, FSW, FMTC and CCTC) along with the flexibility of a dynamic schedule. Students completing virtual courses receive the same accredited diploma as any other public school.

The process to enroll as a full time LVS student consists of:

- Submitting an application;
- Verification of residency/grade level/instructional needs;
- Student and parent attending a live online orientation session for their grade level;

Attendance to online onboarding during the first week of school.

All of these steps are currently being conducted remotely to comply with safety concerns. A student's enrollment in LVS is not final until all steps are complete. To begin the enrollment process, fill out the forms online at <https://forms.gle/UW2VyKw5VLdq3HqT6>.

Families and students interested in more in-depth information are invited to attend one of four scheduled information sessions. These sessions are accessed from the school website at <http://lvip.leeschools.net> and are held online via zoom during the following dates and times: July 16 at 2 p.m.; July 16 at 6 p.m.; July 21 at 2 p.m.; and July 21 at 6 p.m.

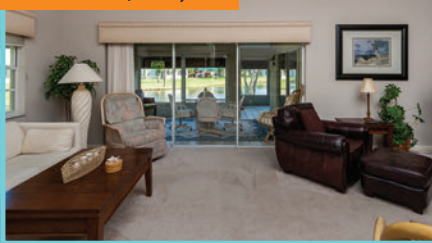
Enrollment in LVS is expected to be a complete semester in order for students to receive credit.✪

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From page 2

Historic Downtown

open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m.

It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

The Lee County Black History Society is located at 1936 Henderson

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

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

Sources: The Archives of the Southwest Florida Historical Society.✪

Virtual Friendship Walk Raises Funds For Disabilities

On Saturday, June 20, Best Buddies Southwest Florida, a groundbreaking nonprofit that is establishing a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities (IDD), hosted its second Best Buddies Friendship Walk, though this version was virtual. More than 250 people across 50 teams registered for the Friendship Walk, presented by Tamiami Ford, and the event raised \$45,443 in total, which was \$11,000 more than the inaugural event in 2019. The 2020 Southwest Florida Friendship Walk was a success regardless of a national pandemic.

Local opening ceremonies aired on Facebook Live prior to the national walk led by founder Anthony Kennedy Shriver. This year's notable guests included Morgan "The Moose" Wright of American Ninja Warrior and Sheena Reagan, Florida's Funniest Female in 2019.

The overall top fundraiser was Addison Berger, incoming chapter president at Florida Gulf Coast University, who raised \$1,125 earning Legacy Leader status and rewarded with a set of tickets to Toby Keith on

October 2 at Hertz Arena. Best Buddies Program Manager Michelle Turchetta was the second walker to reach Legacy Leader status raising \$1,040.

Top performing teams were announced as follows:

Top Corporate Team – Tamiami Ford

Top School Teams – Ida Baker High; Florida Gulf Coast University; and Manatee Middle

Top Community Team – Bagel's Brigade, led by Michelle Turchetta

Additional top performers recognized for earning Inclusion Leader status at the \$500 level included: Devin Cannon, Pati Smith, Blake Butler, Jennifer Mackler, Cody Eads, Walk Chair Cynthia Lingley, Alexis Poore, Area Director Melanie Musick and Jennifer Denike.

This year's Best Buddies Friendship Walk in Southwest Florida sponsors included: Tamiami Ford, New Era Construction, Conditioned Air, IMA Creative, Golisano Children's Hospital/Lee Health and Morgan Stanley – the Dubeau Group. New corporate partners included the Hyatt Regency at Coconut Point, Boston Red Sox at Fenway South and TB-12, Tom Brady's fitness program.

Since 2009 more than 200,000 participants have walked in over 30 states and raised more than \$16 million for Best Buddies. Proceeds from the Friendship Walk are fundamental in supporting state programs that provide one-to-one friendships, integrated employment, and leadership

development. These programs can be found in all 50 states and will create promising opportunities for more than 350,000 people this year.*

Locations Added To Mobile Food Pantry Schedule

Community Cooperative has scheduled 16 mobile food pantries, with seven new pantry locations in July. Before the pandemic, eight mobile pantries were scheduled monthly by Community Cooperative, averaging about 140 households per pantry. Now, an average of 250 to 300 households are served at each site, with 425 households the highest.

The schedule for new mobile food pantries in July in addition to regular sites in Cape Coral, North Fort Myers, Pine Island and Lehigh Acres are:

Thursday, July 9, 10 a.m. to noon – Pine Manor Community Center, 5547 Tenth Avenue, Fort Myers

Tuesday, July 14, 9 a.m. to 11 a.m. – Bonita Springs Gulf Coast Literacy Council, 26820 Old 41, Bonita Springs

Wednesday, July 22, 10 a.m. to noon – Kelly Road Soccer Complex, 10750 Kelly Road, Fort Myers

Thursday, July 23, 10 a.m. to noon – Buckingham Community Park, 9800 Buckingham Road, Fort Myers

Friday, July 24, 10 a.m. to noon – San Carlos Park Elementary School, 17282 Lee Road, Fort Myers

Friday, July 31, 10 a.m. to noon – Villas Elementary School, 8385 Beacon Boulevard, Fort Myers

"We've seen at least three times the need for our mobile food pantries," said Tracey Galloway, chief executive officer of Community Cooperative. "The need is still really high as people are dealing with unemployment. With the help of the community through donations and as volunteers, we intend to continue to meet this need."

Pre-bagged groceries are available at pantries while supplies last. Families are required to stay in their cars and receive groceries using a drive-thru model to minimize person-to-person contact. Fifty to 60 pounds of food are pre-packaged, enough for a week for a family of four. Gulf Coast Humane Society or Community Cooperative also have pet food available at the mobile pantries.

The Mobile Food Pantry is one of Community Cooperative's most innovative and effective ways to bring much needed food, specifically fresh produce, into areas that have been deemed food deserts with limited access to large retail stores with fresh food and grocery products. The residents in these neighborhoods live below the federal poverty level. Through mobile food pantries, individuals and families can access fresh fruits, vegetables, dairy and bread that are so vital to supporting a proper diet.

To see the full schedule of July food pantries, donate or volunteer, visit www.communitycooperative.com or call 332-7687.*

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Shop Mon - Sat 10-5, Sun 12-5 • Dine 8am to 7pm Daily



OBITUARY



EMMA LOU DIETZ

Emma Lou Dietz ("Emy" to her friends) of St. Petersburg, Florida, passed away on June 20, 2020 at the age of 92. She was born the only child of Bennett C. and Mabel (Barrett) Browning in Oklahoma City on September 26, 1927. After graduating from the University of Illinois with a masters degree, Emma Lou married her high school sweetheart, Carl H. Dietz, on June 11, 1950. They recently celebrated their 70th wedding anniversary together.

They settled in McLeansboro, Illinois in 1950, where Emy and Carl raised a

family. She was co-owner of the family oil well servicing business and also taught French and Spanish. In 1970, they moved to suburban St. Louis, where she taught Spanish, French and German at the Parkway School District for many years.

Emy and Carl retired to Lee County, Florida in 1986. They lived on Sanibel Island for 17 years and in South Fort Myers for another 16 years. During their retirement together, Emy and Carl were active in various organizations and events on Sanibel and in Fort Myers. They also traveled the world, visiting every continent except Antarctica.

Emy was an active member of PEO for more than 60 years (a faith-based women's philanthropic organization focused on assisting women) and the local Delta Delta Delta sorority alumni group.

Emy would light up a room. She will be remembered best for her devotion to her family and friends, her engaging smile and interest in others, and her zest for life. For every person she met, she somehow left them a better person.

Emy is survived by her husband of 70 years, Carl, and four children: Benny, Walterboro, South Carolina; Scott (Denise), Ballwin, Missouri; Mandy (Kim), St. Petersburg, Florida; and Seth (Emily), Miami, Florida. Grandchildren are Carl Dietz, Ryan (Julia) Dietz, Jennifer (Jeremy) Gawthorp, Christopher (Iveta) Dietz, Anthony Dietz, Madisen Dietz, and Hannah and Benjamin Dietz. Great-grandchildren are Taylor Ulm, Oliver

Gawthorp, Emma and Isabelle Dietz, and Natalie Dietz.

A memorial service will be announced at a later date. In lieu of flowers, the family requests donations be made to PEO, Chapter FV, 10100 Cypress Cove Dr., #171, Ft. Myers, FL 33908.*

University Closet Cleanout Drive For Veterans

Hodges University has partnered with the Collier County Veterans Council, Wounded Warriors of Collier County and the Hunger & Homeless Coalition for a COVID Closet Cleanout through July 31.

The Fort Myers campus is a drop-off site for the following items: adult clothing (gently used, any season), adult shoes (gently used or new), new socks and underwear, shoelaces, sleep bags in good condition, blankets, tents in good condition, masking tape, duct tape, rope, and canteens.

Donations can be dropped off by appointment from 9 a.m. to 5 p.m. on the Hodges University Fort Myers Campus at 4501 Colonial Boulevard. To schedule a drop-off time and location, contact Tish at 938-7833 or lpizarro1@hodges.edu.*

CELEBRATION OF LIFE



Captain Norman Lamar Williams II

photo provided

A memorial will be held for Captain Norman Lamar Williams II on Friday, July 10 at 6 p.m. on the Sanibel Causeway, Island A west side. Join friends and family in a celebration of his life. For more information, contact Stacey Grennell at 851-1998.*

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.

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.

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.fpcforymyers.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.peacefortmyers.com, peace@peacefortmyers.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.

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SAINT JOHN THE APOSTLE METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonastery.org, 111 Evergreen Road, 997-2847.

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Email changes to press@islandsnews.com or call 395-1213.*

Plant Smart

Rosettes

by Gerri Reaves

A rosette is one of the most aesthetically pleasing of leaf arrangements at the base of a plant.

The name is inspired by the arrangement of rose petals that whorl or spiral, and often overlap. Rosettes are usually confined to the base of a plant but sometimes continuing upward.

Circular by definition, the rosette might be a hemispherical tuft or a flat whorl, usually densely packed.

Pictured here are native species notable for their swirling rosettes.

Spanish bayonet's (*Yucca aloifolia*) daunting rosette is armed with needle-sharp points at the leaf tips, a characteristic that makes it an excellent security or barrier plant.

This member of the agave family can grow to an imposing 25 feet tall, so it works well as an accent plant.

The narrow tapered leaves are evergreen, reach one to three feet long and overlap around a sturdy stem.

Ornamental and wildlife friendly, it produces a large candelabra of fragrant white bell-shaped flowers at the top of the foliage in spring to summer.

It is the larval host for the yucca and the cofaqui giant skipper butterflies and a nectar plant for several other species. Also, its sex life and survival are interdependent with that of the yucca moth.

Those two basal rosettes that look a bit like spiky cabbage leaves are characteristic of the genus *Cirsium*.

Thistles are members of the aster family and their stunning flowers are important nectar plants for butterflies. In addition, purple thistle (*C. horridulum*) is a host plant for the little metalmark butterfly.

Small birds eat thistle seeds, so think twice before eliminating them from your yard. They are usually considered weeds,



Native Spanish bayonet's rosette is a whorl of leaves with needle-sharp tips extending up the stem photos by Gerri Reaves



Thistles in the *Cirsium* genus typically have spiny whorls of basal leaves

but on the positive side, they are the epitome of low maintenance.

That pretty daisy-like flower is one of the state's most common wildflowers, oakleaf fleabane (*Erigeron quercifolius*). The leaves in the basal rosette are broader at the base and deeply notched.

Their shape resembles that of an oak tree, thus the common name. In fact, *Quercifolius* is Latin for "oak-like foliage."

This member of the aster family is also commonly treated as a weed. It pops up just about anywhere, including yards and along roadsides, and in pinelands, fields and undeveloped areas.

It usually grows to less than two feet tall, dotting the land with numerous delicate "daisies." The leaves lack spikes or thorns, so there's little cause for eliminating it.

The flowers attract a wide variety of pollinators, another reason to rethink eliminating from the yard.

Plant Smart explores the diverse flora of South Florida.✽



Oakleaf fleabane gets its common name from the shape of the leaves in the basal rosette

Road Project Ribbon-Cutting

County officials will hold the Homestead Road Widening Project ribbon-cutting ceremony at the Lehigh Acres Fire Control and Rescue District station at 11 Homestead Road South on Tuesday, July 14 at 10:30 a.m.

The ceremony will feature brief remarks by Lee County Commissioners. Centers

for Disease Control guidelines will be observed.

Lee County Department of Transportation recently completed the road widening project, spanning from south of Sunrise Boulevard to north of Alabama Road. The road is now four-lanes with added lighting, improved drainage, new underground utilities, sidewalks, bicycle lanes in both directions and grassy areas.

Visit www.homesteadroadwidening.com for more information.✽

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Go Deep In Hot Water Conditions



by Capt. Matt Mitchell

As we move into July, I just don't recall our water temperature being so extremely hot this early in the summer as it's at a bath-like 90 degrees plus. We need our normal summer afternoon rain pattern to get into full swing to help cool things off. Getting out early before the heat of the day, anglers will find the best action in the first few hours after sunrise.

Deeper water in and around the passes is a little cooler as it does not get as hot as the shallow flats. This week, I spent most of my time fishing the western side of the

sound around the passes and out along the beaches. Sight-fishing snook and trout on any kind of down structure along the beaches was great morning action. These beaches offer some nonstop action all summer long during periods of east winds or light winds.

Keeping bait fish alive all day has been tough going as surface water temperature has to be reaching into the mid 90s by mid afternoon. On days we have been running doubles, we have begun keeping back-up bait in holding pens sunk in deeper water to keep it lively for our afternoon trips. Keeping cut bait onboard is also a good call to give you an option if everything poaches and goes belly up in the livewell.

Drifting the passes has been the best action for me this week with the outgoing tide bite being on fire at times. When there are 20-plus boats drifting the pass it looks out of control at times. But, if everybody follows the program, you will see everyone catch fish. All it takes is one boat doing it differently, and it messes it up for everyone. Don't be that guy! Often, there is only one hot section of the drift where the fish are biting. Making the full drift is the correct way to do it while taking your place in line. Use live pinfish and grunts with enough weight to hit the bottom and hold on tight.

Tarpon continues to be in better numbers at the northern end of the sound. Fosters Point on North Captiva was one of the hot spots this week. Getting there early and being able to pitch live baits at these fish has paid off. Do it before it is overrun with boats spooking the fish. Crabs, pinfish and threadfin herring have been the baits of choice. Often, it's just getting a bait to these fish to get that hook-up.

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.*



Vince Nowell of Sanibel with a redfish he caught with Capt. Matt Mitchell this week

photo provided

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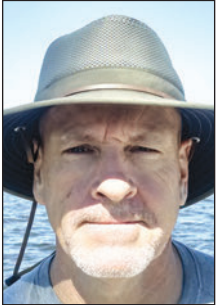
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CROW Case Of The Week:

Loggerhead Shrike



by Bob Petcher

The loggerhead shrike (*Lanius ludovicianus*) is no sea turtle. Despite its small size and perching bird status, it has more characteristics of a hawk.

The thick, large-headed songbird has a gray head, black mask, hooked bill, white breast feathers and white coloring in its black wings that match its tail feathers. This species of shrike is so-named due to the size of its head in relation to its body. The word loggerhead is a synonym and slang term for blockhead.

While a loggerhead shrike is literally a songbird, it has a raptor's mentality. It has the ability to attack its prey at the nape then skewer its victims on thorns or barbed wire while squeezing its kills into tight places for effortless dining.

While it lacks a raptor's talons, the loggerhead shrike still possesses the habits of a bird of prey. It can kill and carry an animal of the same size, and transport larger prey in its feet or smaller victims in its beak. That hooked bill features a pair of built-in pointy projections, aptly named "tomial teeth" that can paralyze



Patient #20-3073 is now outdoors and practicing flight after suffering a keel (sternum) fracture photo by Missy Fox

an animal with a jab to the spinal cord.

At CROW, a loggerhead shrike was admitted after flying into a car and being unable to fly afterwards. When it arrived at the clinic, it was observed to have a beak tip fracture, a keel fracture and other abrasions.

After full radiographs were taken the next day, the keel fracture was confirmed. Dr. Robin Bast, CROW staff veterinarian, stressed less emphasis on the beak and abrasions.

"There was a small portion – only

millimeters – of the tip of the beak fractured off, and it was not actively bleeding. It was not severe enough to prevent the bird from being able to grab and eat food normally," she said. "The site will be monitored closely for any signs of infection as it heals.

"The abrasions are minor wounds that were cleaned and scabbed over/healed quickly without requiring bandaging."

Surgery for the keel fracture was reportedly not needed. The shrike was treated with medication for pain and

swelling. It is being closely monitored. "Surgery was not required to stabilize this fracture," said Dr. Bast. "The patient was on strict cage rest to allow the bone to heal – this is important since the keel bone serves as the attachment for many muscles required for normal flight."

The patient is expected to make a strong recovery without a long rehabilitation period.

"Even with significant injuries such as this one, small songbirds can heal remarkably fast," said Dr. Bast. "After a week and a half of strict cage rest, this bird has been moved to a small outdoor enclosure and is already starting to make short distance flights. It will take another two weeks of healing before this bird has built back enough flight strength to be released."

CROW officials call the loggerhead shrike "the butcher bird" because of its impaling techniques and survival instincts.

"Nature's critters are smart when it comes to finding ways to survive. Loggerhead shrikes use their beak to impale insects and other small prey items on sharp plant stems, then save those food items for later," said Dr. Bast. "Just another unique animal adaptation for survival in our environment."

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.*

FWC Holding Virtual Meeting

The Florida Fish and Wildlife Conservation Commission (FWC) will meet virtually on Wednesday and Thursday, July 22 and 23 beginning at 9 a.m. each day. This meeting is being held by communications media technology, specifically using Adobe Connect with a telephone conference line for accepting public comments during the meeting. The Florida Channel will be broadcasting live video coverage at www.thefloridachannel.org and participants watching via the Florida Channel can utilize the telephone conference line to call in for public comment.

To accommodate as much public input as possible from those participating in the meeting, the chairman reserves the right to designate the amount of time given to a topic or speaker, including time donation to other speakers. Because this meeting is being held by video conference and a telephone conference line, the commission is limiting public comment for each agenda item. Public comment will be taken by telephone conference line on a first call basis.

For the full agenda, links to background reports and ways to participate, visit www.myfwc.com/about and click on "The Commission" and "Commission Meetings."

Updates will be provided at twitter.com/myfwc and you can sign up for news releases at www.myfwc.com.*



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CROW Animal Ambassador Saves A Life

A red-shouldered hawk rescued on Sanibel is back in the air after receiving a life-saving blood transfusion from Talon, a red-tailed hawk animal ambassador at the Clinic for the Rehabilitation of Wildlife (CROW).

The injured hawk was rescued near The Timbers Restaurant & Fish Market on June 9 after it was found hiding in the bushes and being harassed by a mob of crows. The finder suspected that the hawk had been struck by a vehicle.

The hawk arrived at CROW's wildlife hospital with blood coming from its mouth and nose. Although no broken bones were found during its examination, the doctors were concerned about bleeding in its lungs based upon x-ray observations. The tested blood sample showed that the hawk was severely anemic, either from trauma or a toxin such as rodenticide.

"It's packed cell volume (PCV), which is the percentage of red blood cells in the blood, was only 10 percent," according to Missy Fox, a certified veterinary technician at CROW. "Ideally, it should be around 30 percent for this species."

A life-saving blood transfusion was



Talon, the red-tailed hawk photos provided needed to help the hawk recover, however, there is no readily available blood bank for wild birds like there is for humans. Thankfully, Talon, a red-tailed hawk ambassador who has resided at CROW since a wing injury prevented him from being returned to the wild in 2014, was ready to help.

"Talon donated blood, which we took from his leg and for over four hours it was transfused into the red-shouldered hawk," said Fox. "The patient also received an antihistamine and was monitored to make sure there were no adverse reactions to the donated blood."

By the next day, the hawk was looking



Red-shouldered hawk just a few days after receiving a transfusion

brighter. After just a couple days, its blood was rechecked and showed its packed cell volume had increased to 34 percent, back within its normal range. The hawk continued to receive pain medication and treatment from veterinary staff until it was eating on its own and strong enough to be moved to an outdoor rehabilitation enclosure.

By June 23, just two weeks after being admitted to the hospital, the hawk was flying around and veterinarians determined it was fit for release. The hawk was returned to the area it was rescued. As CROW volunteer Jim Columbo opened the box, the hawk took to the air, flew off past the trees and back

to its life in the wild.

As a 501(c)3 nonprofit, CROW relies on grants, donations from the public and funds raised through its AWC Visitor Education Center to provide the best care to its patients. CROW's Visitor Education Center recently re-opened to visitors and its wildlife hospital remains open every day to receive and treat injured and orphaned animals in Southwest Florida. By visiting CROW or making a donation, you can help provide medical treatment, food and care for the thousands of patients admitted to the wildlife hospital each year. Donations can be made online by visiting www.crowclinic.org or CROW's Facebook page.✧

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Home And Garden Show Coming This Fall

The 2020 semi-annual Home and Garden Show will be the first public event to be held at the new Caloosa Sound Convention Center & Amphitheater on Saturday and Sunday, September 19 and 20 from 10 a.m. to 4 p.m.

Now in its 24th year, the show features more than 130 local and regional companies that display and present products and services to homeowners.

Jim Parks from HGTV will serve as celebrity guest and will give three

entertaining and educational seminars each day featuring Update your Kitchen and Bathroom, I Need Curb Appeal and Change My Living Space.

Attendees can experience the newest in-home improvement products and services inside and out from furnishings, accessories, decorating and remodeling ideas to landscaping and more. Hourly drawings and door prizes will also be given away.

The Caloosa Sound Convention Center & Amphitheater is located at 1375 Monroe Street in downtown Fort Myers.

For more information, visit www.expomanagementinc.com or contact Bill Anderson of Expo Management at 855-321-2111, ext. 20 or bill@expomanagementinc.com.✧

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Book Review

The Last Trial

by Di Saggau



Several months ago, I read that Scott Turow would soon treat us to a new legal thriller, *The Last Trial*. I immediately pre-ordered the book and can now happily say that

I have read it and found it to be an excellent page-turner that I know I will read again.

Turow puts his authentic trial expertise to use, giving us a book that puts us right in the courtroom for a brilliant chess match between Alejandro "Sandy" Stern, an aging criminal defense lawyer, and the prosecution of his lifelong friend, Dr. Kiril Pafko, a former Nobel Prize winner who faces some very serious charges. Stern is surprised by the charges facing Dr. Pafko, which include insider trader and fraud along with murder. Thus, he puts his entire life's work in jeopardy. Stern, who is 85 years old, decides to take on one last trial, and it's a masterful experience to read.

Dr. Pafko's company has developed a drug called g-Livia. It was designated as a breakthrough therapy, meaning the FDA agreed to an established process to expedite the development and review of

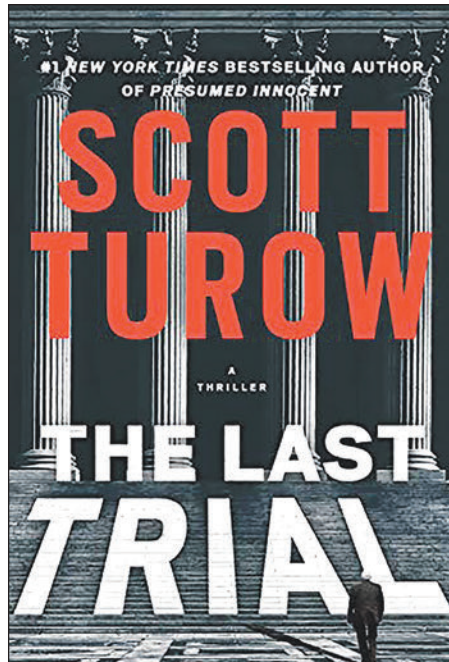


image provided

the medication. This drug saved Stern's life but has led to the deaths of others. Now it is his duty to defend his client in a trial where the evidence and reality sometimes seem worlds apart.

The 78-year-old Dr. Pafko is an adulterer many times over, and his former and current lovers have strong ties to his case. He mistreats his son, and his wife stays with him for one reason only. He is not an easy person to like. Meanwhile, Stern is someone we root for as he works the case worrying about his "senior moments." His

daughter and granddaughter are at his side to help, and they are memorable characters. As the judge in the case, Sonya "Sonny" Klonsky is a longtime friend of Stern's.

This is about a case with huge moral issues brought about by a drug that, while it could extend a cancer sufferer's

life expectancy, it could also suddenly end it. Stern's closing arguments alone are worth the read. *The Last Trial* is a gripping sendoff for Stern, a Turow favorite nearly 35 years after his last appearance in *Presumed Innocent*. I suggest you pick this one up, if you haven't already.*

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, Last week I shared with you what kindergarten readiness means. Readiness indicates that your child is prepared cognitively, emotionally, socially,

physically and is age appropriate to begin kindergarten. Below I have listed skills that indicate that your child is developmentally ready for school. These skills are based on what the average kindergarten child is able to do. Remember that each child grows at his/her own pace. You know your child best. If you feel that your child may have some delays in his development, it is important to speak to your child's pediatrician or school personnel about your concerns.

Cognitive Skills:

Child is able to use five to eight words in a sentence;

Knows basic colors like green, yellow, red, blue, orange;

Child is able to memorize address and phone number;

Identifies some letters of the alphabet and a few numbers (if taught);

Child is able to count up to 10 objects.

Language Skills:

Child is able to say both first and last names;

Child is able to follow a two-step simple direction;

Child is able to ask and answer questions correctly;

Child is able to take turns when talking with others;

Speaks fluently and correctly using plurals, pronouns and tenses.

Gross Motor Skills:

Child runs in a controlled manner, able to start, stop and turn;

Is able to walk on tiptoes;

Has experience with jumping, skipping, hopping and swinging;

Uses a fork and knife well;

Can throw and catch a bounced ball.

Fine Motor Skills:

May be able to copy simple shapes and designs;

Able to cut with scissors;

Child has hand preference established;

Child is able to dress self with little assistance.

Social/Emotional Skills:

Child organizes other children and toys for pretend play, but may confuse fantasy and reality at times;

Is able to distinguish right from wrong;

Can take turns and share, but doesn't always want to;

Child may want to do things on their own, but still have fears of things like

loud noises, the dark, animals and some people;

Child is starting to name feelings, but may still act them out.

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.*

Lee Graduation Ceremonies Canceled

The School District of Lee County has canceled in-person graduations for the Class of 2020. The decision was made with the Florida Department of Health-Lee County and Hertz Arena.

Following the sharp rise in COVID-19 cases in the community and the health risk associated with large events, school officials believe this is in the best interest of the graduates and families. They are working on developing a drive-through ceremony at each high school where the graduates can wear their cap and gown and pick up their diplomas. More details will be forthcoming.*

Dean's Lists

Two Fort Myers residents were named to the spring 2020 Dean's List at Clemson University in Clemson, South Carolina.

Kennedy Brooke Cutshall is majoring in health science. Mikayla Kennedy Holton is majoring in animal and veterinary sciences.

John Keane of Fort Myers was named to the spring 2020 Dean's List at Rochester Institute of Technology in Rochester, New York. He is in the illustration program.

Fort Myers residents Holly Hunte and Rosita Smith were named to the spring 2020 Dean's List at Pensacola Christian College in Pensacola, Florida.

Wendy Waks of Fort Myers has been named to the spring 2020 Dean's List at the University of Delaware.

Emma Heise from Fort Myers was named to the spring 2020 Dean's List at Miami University in Oxford, Ohio. Heise is majoring in psychology, entrepreneurship.

Cooper Weiss from Fort Myers was named to the spring 2020 Dean's List at Coastal Carolina University in Conway, South Carolina.*

EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

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Health First

Wearing A Mask Is A Sign Of Patriotism



by Julie Rosenberg, MD

Patriotism is love of country. It is the celebration and reaffirmation of our founding ideas. Patriotism underlies America's vitality as a nation.

Severe acute respiratory syndrome

coronavirus 2 (SARS-CoV-2) infection (aka COVID-19) now threatens the vitality of our nation. COVID-19 has affected over 2.6 million individuals in America and is causative in over 127,000 deaths. This virus is moving through the country at a record pace, overwhelming healthcare systems. Currently, the number of new cases hovers around 40,000 per day. However, if the current trajectory of the outbreak does not change, Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, warns that the United States may soon record as many as 100,000 new cases of COVID-19 per day.

Throughout my medical career, I have been dedicated to the pursuit of scientific evidence and reason. I therefore encourage all individuals to consider the evidence supporting facial mask use in public places based on the sum of scientific data. The wearing of masks is not a matter of politics nor is it a violation of personal rights. Masks are now a potentially life-saving health prevention practice; a practice that not only supports your own health and wellbeing, but that of others.

The data show that COVID-19 is transmitted by person-to-person contact primarily through the respiratory system. Respiratory transmission is not only by infected droplets released when an affected individual coughs or sneezes but also through exhaled air that is produced by an affected individual who is talking or simply breathing. The latter is particularly concerning, as over 45 percent of individuals with COVID-19 are asymptomatic and could be spreading the virus as they go about their daily activities without any knowledge of doing so. In fact, the viral load in an asymptomatic patient has been found to be similar to that found

in symptomatic patients.

Face masks covering the nose and mouth are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, or speaks. This is called source control. The universal wearing of masks, along with social distancing and good hand hygiene, if employed by all Americans, will help to slow down the exponential growth of COVID-19. If all Americans wear face masks in public places, they will collectively protect against cross-transmission through person-to-person contact. Exceptions to this universal recommendation include children less than 2 years of age, those with trouble breathing and individuals who are incapacitated.

While this solution seems relatively straightforward, the seemingly simple habit of wearing a mask while in public has been controversial. Some individuals refuse to wear a mask for reasons of vanity. Others have suggested that wearing a mask is a violation of their constitutional rights – it's not. Constitutional lawyers who have been queried about the matter advise that the requirement to wear a mask is not much different than the classic requirement for service at most restaurants: "No Shoes, No Shirt, No Service."

I encourage everyone who is in any way challenged by wearing masks in public to reframe the issue. Consider President John F. Kennedy's historic words, "Ask not what your country can do for you – ask what you can do for your country." In this time of national crisis, we need every American to contribute to the common good of the country. In fact, the preservation of all of the fundamental values of America – common good, justice, liberty, life, equality, diversity, pursuit of happiness, truth, patriotism and rule of law – ultimately depends on effective leadership, and we, the people.

In times of crisis, patriotism has united America. So, I challenge each individual to rise up as a leader in the fight against COVID-19. Show patriotism for our great country by wearing a mask. The health and vitality of our nation depends on each citizen "doing the right thing," not only for their own benefit but for the benefit of all.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email your inquiry to info@drjulierosenberg.com.

From page 1

Sea Turtle Nest

Martin of FLI successfully placed a satellite tracking device on Juniper while she was nesting on Sanibel on May 19.

"This was an amazing opportunity to track a leatherback from a location never before tracked, and gain valuable research data about her behavior and movements in the Gulf of Mexico," said Martin.

Based on timing between nests, FLI biologists believe that Juniper may have laid nine nests this season. Their tracking shows that she swam as far north as

Sarasota and out into depths of nearly 200 feet in the gulf in between nesting events.

Leatherbacks are listed as endangered in the U.S. Only an estimated one in 1,000 sea turtle hatchlings will make it to adulthood.

"Thanks to all of you who help protect our hatchlings by turning off all lights visible from the beach, removing beach furniture, filling in holes and keeping our beaches free of litter," said Sloan.

To learn more about SCCF's sea turtle monitoring program, visit www.sccf.org/our-work/sea-turtles. To track Juniper, visit www.trackturtles.com/juniper.

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Will Power

When You Don't Avoid Probate With A Trust



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

A couple of years ago, a very nice couple visited with me in my office. They had moved from Wisconsin, where their attorney was also licensed in Florida, and had just completed a revision of their revocable trusts and related pour-over will, durable powers of attorney, health care surrogates and living wills.

They wanted me to represent them now that they had become permanent Florida residents, but they were quick to say that they had the utmost of confidence in their Wisconsin attorney, who they assured me had taken the necessary steps to

update their documents to Florida law. This couple merely wanted to meet with me and to seek my assistance when something happened to either of them.

"Normally, I would review your documents and your assets to ensure that your plan is up-to-date and congruent with your intent now that you live here," I said.

"No, thank you. We'll call you when we need you," the husband replied.

That was the last I heard until recently, when the wife called to tell me of her husband's passing. I asked her to provide me current deeds and financial statements so that we could implement the testamentary trusts found within their revocable trusts.

That's when we discovered that nothing had ever actually been transferred into either her trust or his trust. "The assets in your husband's name alone will be subject to a probate proceeding in order to get them into the trust for you," I advised.

"But we were told that our trust avoids the probate process," she said.

"It does. But only when the accounts and properties are actually titled into the trust name," I continued. "Here, there are accounts in your husband's name. So his pour-over will catches those assets and deposits them into his revocable trust, but only through a probate process."

Looking through the trust instrument carefully, I noticed another problem. "The disposition of your home inside of your husband's trust is an invalid devise," I counseled.

"What does that mean?" wife asked.

"Well, Florida law contains unique and peculiar homestead provisions. This doesn't really have anything to do with your homestead property tax exemption nor your 'Save Our Homes' property tax assessment cap. Instead, the law centers on to whom you can leave your primary residence. When you are survived by a spouse, you need to leave it outright to him or her, or else you have an invalid devise."

"Well, isn't his trust mine now?"

"Yes and no. You are the trustee of his trust and you are the primary beneficiary of the credit-shelter trust created for estate tax purposes. But despite these facts, the home as a part of his trust creates an invalid devise."

"So, what happens?" she asked.

"Well, you get to share the home with the children. You can either choose a one-half interest in the home or you could choose a life estate and they would get a current vested remainder interest," I said.

"That doesn't sound so bad," she said.

"It might not be, unless you go to sell the home and you need the children's permission, their agreement on the sales price, and they get a portion of the sales proceeds. Hopefully, none of the children have any divorces or creditor problems going on now as that might affect the title as well."

Needless to say, the wife wasn't very happy with all of the obstacles that appeared before her in a most difficult time – after the loss of her husband. All of these problems could have been avoided with a review of the trust and the assets and corresponding action taken before anything happened to the husband.

While you might point out that the Wisconsin attorney could have done more, one doesn't know the extent and scope of his representation. Perhaps he wasn't engaged to also help transfer the assets to the trusts that he created. As far as the homestead laws, those are very particular to Florida. While the Wisconsin attorney indicated that he was licensed to practice law in Florida, he may not have had many clients here and may have been unaware as to the issues involved in the disposition of Florida homestead. Or it could have been that the clients assured him that the home was owned differently than it really was. It all could have been an innocent misunderstanding, or a lack of depth of the engagement itself.

In any event, the moral of the story is clear. Even if you have a trust, you might not avoid the probate process if all of your assets were never actually transferred into the trust, and when moving to a new state, beware of how your new home state's laws affect your estate planning.

The Sheppard Law Firm is located in Fort Myers and Naples by appointment.

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United Way Exceeds 2019-20 Campaign Goal

The United Way of Lee, Hendry, Glades and Okeechobee has concluded its 2019-20 campaign, and exceeded the campaign goal of \$10,783,563. This is the 27th consecutive year that the goal has been met or exceeded.

Campaign chair Roger Desjarlais made the announcement that local residents and companies contributed a record amount – \$10,785,325 – to the campaign, which is a 3.3 percent increase. The theme of the 2019-20 United Way Campaign was One Way, United Way.

The announcement was made at the June 12 annual meeting of the United Way Board of Directors at United Way headquarters. The meeting was a hybrid Zoom/in-person meeting in order to comply with CDC regulations. Desjarlais announced via Zoom that the goal was exceeded this year.

"The United Way of Lee, Hendry, Glades and Okeechobee met its fundraising goal of over \$10.7 million in spite of an economy devastated by COVID-19," he said. "It is stunning and speaks volumes about the generosity of our community."

Making the goal means United Way partner agencies will receive their share of funding for the coming year. Long standing United Way partners like Harry Chapin Food Bank, Community Cooperative, Abuse Counseling and



Roger Desjarlais

photo provided

Treatment (ACT) and Children's Advocacy Center will be able to continue their vital programs because of the support provided to United Way by the community in surpassing the goal. Because of the generosity of Southwest Florida, hungry families will receive food, veterans will find support through Mission United, abused children will find safety and shelter, older persons can find assistance to remain in their own homes, and thousands of lower income families can get their taxes done at no charge through Volunteer Income Tax Assistance (VITA). Gifts and support help others live a better life.

Robert Shearman, newly appointed board of directors chairman, said, "All funds raised by our United Way stay here in our community, and our United Way keeps administrative and fundraising costs extremely low, investing over 92 percent of the money raised into local agencies and programs. Our United Way has been named a

Four-Star Charity, the top rating on Charity Navigator for the past nine years. Charity Navigator is one of the most utilized evaluators of charities used to guide intelligent giving."

"A very sincere thank you to all of the individuals, companies, communities and partner agencies for your generous contributions. You all prove time and again what an incredibly caring community this is," said United Way of Lee, Hendry, Glades and Okeechobee President Jeannine Joy.

The top local contributing companies and the top communities are as follows:

Top United Way contributors:

One Million Dollar-plus Circle of Excellence – Publix, Bonita Bay Community;

Five Hundred Thousand-plus Circle of Excellence – Bonita Bay Group, Islands of Sanibel & Captiva;

Two Hundred Thousand-plus Circle of Excellence – Chico's FAS, Enterprise Rent-A-Car, FineMark National Bank & Trust, LCEC, Lee Health, Pelican Landing;

One Hundred Thousand-plus Circle of Excellence – Fiddlesticks, Grandezza, Gulf Harbour, Lee Board of County Commissioners, Lee County School District, McGriff Insurance Services, Mediterra, The Brooks, Zachry Group.

United Way partner agencies and initiatives like Alvin A. Dubin Alzheimer's Resource Center, Child Care of Southwest Florida, The Salvation Army, Bonita Springs Assistance, Lighthouse of Southwest Florida, Mission United and United Way 211 serve a diverse range of needs in the community such as nurturing

children and youth, strengthening families and meeting critical needs such as helping the elderly and disabled live independently, and empowering communities by bringing health and human services to neighborhoods.

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

The United Way of Lee, Hendry, Glades and Okeechobee has raised and distributed over \$188 million since it was established in 1957. For more information, call 433-2000 or visit www.unitedwaylee.org.✪

Bank Hires Teller

Erin Ball has joined Sanibel Captiva Community Bank as a teller and customer service representative at the 7040 Winkler Road location in Fort Myers.

Ball is responsible for assisting customers with personal and business banking transactions. She is a Southwest Florida native and has previous experience in the real estate, mortgage lending and customer service industries.✪



Erin Ball

Superior Interiors

How To Choose The Right Lighting For Your Entryway



by Katie Frederick

With more free time to focus on menial tasks, home projects, and responsibilities, now's a great opportunity to consider rejuvenating a living space like

the entryway. Beyond decorations, accessories and furniture, focusing on the lighting aspect of this room can take an area that is often overlooked to the next level.

From details on which lighting fixtures to choose, to whether you should use window treatments or focus on certain colors in your decor and design scheme, we can offer perspective on entryway lighting with the best lighting options to consider.

If you want to make a move that not only looks stylish but is also functional, consider selecting sconces for your lighting. Sconces are fabulous wall fixtures that allow you to put the light where the people are – versus a chandelier which may be too high up to adequately light the space – without the more intense light of an overhead fixture. Perhaps the ceiling may be too low to put a chandelier at all. Dimmers are also an excellent idea on all fixtures, as they can help transform the room when the mood needs to be adjusted.

Take advantage of the natural lighting passing through windows. When deciding on window treatments in the entryway, the choice should be made on functional requirements first then the decorative solution follows. Is privacy an issue, such as with a large glass door that might be allowing a clear view into your home? Or is it the door glass with sidelights that is letting in damaging sunlight? Solutions depend on the interior and exterior style of your home, and there are plenty of options to choose from. Fabric curtains, shades, woven wood shades, UV blocking designer screen shades, shutters, horizontal blinds, cellular or other shading systems or vision-obscuring film are among the available options.

Painting the entry with lighter shades can impact the natural lighting in your

living space, but this doesn't necessarily work for everyone's style. Make the color call based on the look you want for your entryway. Artificial lighting can be a big help in a dark space, and paint colors with high light reflectance values can help, but the decision is best made when you consider what the overall look is that you are trying to achieve.

Whether you are interested in rejuvenating your current lighting arrangement in the entryway or you want to redecorate or design another room, home renovations are a great way to be productive while we are spending more time at home. Take a look around your home environment and see what areas could use a refresh.

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coincdecen.com.

Transportation Corridor Featured In Online Program

The 2020 Florida Legislative Review and latest report on the M-CORES Southwest – Central Florida transportation corridor will be featured in a special, live online program by the Real Estate Investment Society (REIS) on Tuesday, July 14 at noon. The program is sponsored by Midland Trust.

State Representative Dane Eagle will review the recent Florida Legislative Session with a focus on bills and budget issues of interest to the real estate and business community in Southwest Florida. Eagle is a commercial real estate broker and has represented Southwest Florida in the State House of Representatives since 2012.

M-CORES Task Force member Matt Caldwell will deliver an update on the proposed Southwest – Central Florida connector, a multi-use corridor to extend from Collier County to Polk County. The Multi-use Corridors of Regional Economic Significance (M-CORES) program is intended to revitalize rural communities and improve regional connectivity. Caldwell is a real estate appraiser and former state representative.

There is no charge for the presentation, but registration is required at <https://app.livestorm.co/midland-trust/reis-virtual-lunch-meeting>. Registrants will receive a link to the program via email, one hour prior to the presentation.*

Advocacy Group Leads The Way In Florida

In what can only be described as an amazing re-launch, the Southwest Florida chapter of the American Advertising of Federation (AAF-SWFL) topped all expectations in 2019-20 by reaching a membership of 144 people among many accomplishments. The organization celebrated its inaugural year with its annual membership meeting and kick-off to Year 2 at the Islamorada Fish Company at Gulf Coast Town Center on Thursday, June 25.

AAF-SWFL is a professional advertising club and political action organization devoted to the protection and promotion of advertising in Southwest Florida. AAF-SWFL is open to advertisers, agencies, media companies and advertising service providers in Lee, Collier, Charlotte, Glades and Hendry counties.

The evening included the inauguration of officers and members of the board of directors by Heather Christman, incoming governor of AAF-District 4, as well as the presentation of the AAF's highest honor, the Silver Medal, which was awarded to Wendy Payton of Payton Brands.

Other milestones reached by the organization in the past year include: becoming the largest AAF chapter in the Fourth District (Florida and the Caribbean) and highlighting the work of more than 150 projects by local advertising creative professionals in the American Advertising Awards and hosting those winners at



Silver Medal Winner Wendy Payton and AAF-SWFL President Tim Hennessy

photo provided

the 2019 AAA Gala. That gala included special guest and advertising legend Myra Janco Daniels.

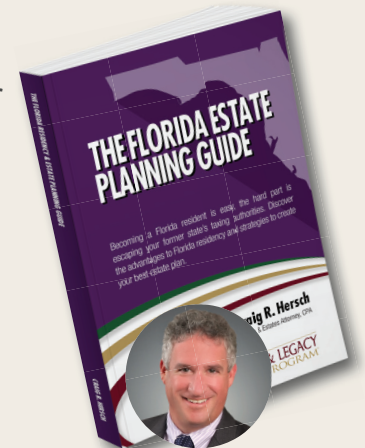
"This has been an amazing year of firsts. Even with the global pandemic, this leadership team and membership came together to build a community of support and inclusion," said AAF-SWFL President Tim Hennessy. "We are extremely excited to provide even more value to our membership and industry in year two... hold on to your seats, we are just getting started."

To become a member, send an email to membership@aafswfl.com or visit www.aafswfl.com.

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by **Craig R. Hersch**
Florida Bar Board Certified Wills,
Trusts & Estates Attorney, CPA &
Island Sun Columnist

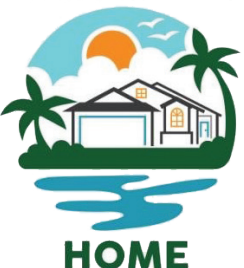
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Frankly Speaking

by Howard Prager



I still am amazed there are so many team sports stories to share with so few teams playing, but a lot are now preparing in a renewed spring (and summer) training. This is just an indicator of how

wrapped up we all are with not just playing the games but everything around sports from the rules, drafts, players and even mascots.

However even restarting sports is an ongoing saga. *The Athletic* just reported that the majority of Ivy League coaches want to move their football season, and all sports, to spring, 2021. The vote was taking place this past Wednesday (but after my deadline). This could cause a reverberation around college sports. More on that next week.

For now, let's look at what's in a name and mascot? From the attention raised today on social justice, it is time teams take a serious look at their names and caricatures representing Native Americans. Thus far, two major league teams are seriously looking at that – the Cleveland Indians and the Washington Redskins.

Cleveland receives much attention due to the caricature of its mascot, Chief Wahoo. Last year, Cleveland did away with the patch of Chief Wahoo. They were supposed to make a change this year but

haven't yet. While the origin of the Indians name is sometimes attributed to a member of the Penobscot tribe having played for the team, evidence does not support this. Cleveland hasn't always been the Indians. At one time they were the Naps, not the sleepy ones we like to take when we can, but after Nap Lajoie who spent much of his storied career with Cleveland and was the American League's first true superstar. His star power was such that the Cleveland team was named the Naps before changing to the Indians. It would indeed be a nod to franchise history to change the name back to the "Naps." Other names being considered includes the Cleveland Spiders after the 19th century National League team that played in Cleveland, the Cleveland Fellers after Hall of Fame pitcher Bob Feller, the Cleveland Rockers after the Rock and Roll Hall of Fame, and the Cleveland Crows after the common bird. Also being discussed are the Cleveland Blue Sox, the Cleveland Cuyahogas, after the river, the Cleveland Great Lakers or the Cleveland Eries after the lake. I'm sure your ideas will start flowing after these last few suggestions.

The Washington Redskins have also talked about changing their name for years, despite owner Dan Snyder's resistance. Fred Smith, a minority owner of the team and chair of FedEx, which has naming rights to the stadium, asked for the change and, without any progress being made, wants to sell his minority ownership along with several others. Nike immediately stopped selling Washington gear. What names have been considered? The Washington Redtails started gaining traction this month. "The Redtails

celebrates the WWII Tuskegee Airmen, who were the first African-American military aviators in the U.S. Armed Forces. The nickname Redtails comes from their planes, which had a distinct crimson tail." The Washington Warriors is another choice, although it also draws some controversy. On one hand, it continues to keep Native Americans in mind while removing the term "Redskins." But on the other hand, many people have an issue with Native Americans being used as a mascot at all. Then there's the Washington Hogs/Washington Red Hogs. The Hogs were the nickname for the Washington offensive line that helped the franchise win three Super Bowl titles during the 1980s and early 1990s. Owner Dan Snyder has said he wants to honor the "proud tradition and history of the franchise," so what better way to do that than to name the team after the group that helped win Super Bowls? Washington Redhawks is another possibility. Miami (Ohio) University changed their name from the Redskins to Redhawks back in the 1997-98 season.

There are many college teams that have successfully changed their names, including Marquette (Golden Warriors to Golden Eagles), Alcorn State University and University of North Carolina Pembroke (Braves to Bravehawks), and several schools now known simply as the Warriors – Lycoming College, Winona State University, Eastern Connecticut State University, East Stroudsburg University of Pennsylvania, Merrimack College and Wisconsin Lutheran College.

I know some of you may be asking about the Florida State Seminoles. Several schools were granted waivers to retain their nicknames after gaining support from their respective tribes: Florida State (Seminoles), Catawba College (Indians), Central Michigan University (Chippewas) and Mississippi College (Choctaws). I support those agreements as long as any cartoonish logos or mascots are not used. The University of Illinois Fighting Illini went through that struggle too and kept the nickname, but Chief Illiniwek, who used to dance during every game, was removed back in 2007. And just this year the student government in an advisory vote recommended changing the mascot to the Belted Kingfisher, a bird with orange and blue coloring (the school's colors) and found in Illinois.

The good news story of the week is from the Challenged Athletes Foundation

(CAF) – check them out – and their 2020 heroes award. It starts with 16-year old high school football quarterback Alex Ruiz, whose leg was so damaged in a tackle it was amputated. He came back to play the last game of his senior year on his artificial leg, and immediately threw a touchdown. But it doesn't stop there. Alex reached out to another challenged athlete, Calder Hodge, who was born without his tibia bones and lost both his legs when he was age 2. He is now 15 and his goal is to be the first double amputee NFL quarterback. He started playing tackle football in fifth grade. Once people got used to him, they treated him just like another player. It's a long way to the NFL but, in the meantime, Saints QB Drew Brees reached out to support him. The stories of outreach, caring and giving back are what makes these challenging times so remarkable.

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. ✨

Plasma Donors Needed

Lee Health is in urgent need of convalescent plasma donations to help refill supply levels. As a registered participating site in Mayo Clinic's COVID-19 Convalescent Plasma Study, it is vital that Lee Health's supply remains stocked to continue to make progress in the fight against the coronavirus.

Convalescent plasma refers to blood plasma collected from people who have recovered from COVID-19 or had an asymptomatic infection. That plasma is then used to treat others with advanced illness as part of the clinical trial. The blood donor must have had a positive test for SARS-CoV-2 (the virus that causes COVID-19) and be otherwise eligible to donate blood. After donation, the blood is processed in the lab to obtain the plasma component. The patient is transfused with the donor's convalescent plasma, which contains antibodies that may attack the virus and may help the patient recover more rapidly.

"Because there is no known safe and effective treatment for COVID-19, we

continued on page 17

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SPORTS QUIZ

1. What 1982 AL Cy Young Award winner portrayed fictional New York Yankees slugger Clu Haywood in the 1989 baseball comedy film "Major League"?
2. What player, selected fourth overall in the 1978 NBA Draft by the New York Knicks, was handed a lifetime ban from the league in 1986 for a third drug policy violation?
3. The Golf Channel, one of the first TV networks dedicated to a single sport, was co-founded by media entrepreneur Joseph E. Gibbs and what golf legend?
4. What ice hockey invitational tournament, first held in 1923, is played each year in Davos, Switzerland?
5. What team won the inaugural NCAA Division I women's beach volleyball championship in 2016?
6. What former NBA player, whose birth name was Brian Carson Williams, went missing in the South Pacific in 2002 and is presumed dead?
7. What two running backs made up the "Thunder and Lightning" tandem during the 2000 New York Giants NFC championship season?

ANSWERS

1. Pete Vuckovich. 2. Michael Ray Richardson. 3. Arnold Palmer. 4. The Spengler Cup. 5. The USC Trojans. 6. Bison Dele. 7. Ron Dayne and Tiki Barber, respectively.

dearRPharmacist

The Four Best Natural Antihistamines



by Suzy Cohen, RPh

Dear Readers: This time of year causes a lot of grief for people who have allergies. Of course, we have terrific antihistamines now, and you can buy nationwide. I am

not opposed to the antihistamines though, if you take them in moderation. But you should also lower your histamine burden through diet. Did you know you could do that?

Many people do not realize that the foods they're eating contribute to the histamine they liberate in their body. It can ultimately cause or contribute to an existing autoimmune condition. For a free food guide on histamine, visit www.suzycohen.com/hashi.

Here are the four best natural antihistamines:

Ginger – This is not only a histamine blocker, but is also great for your levels of cytokines, and immune function. Ginger is probably best known for its ability to ward off nausea and soothe stomach aches, however, another important medicinal component of ginger fights inflammation in the bones and joints. Ginger is easy to use and fast-acting. Shave off the skin of a piece of raw ginger root. Cut a half-inch piece off and slice it, then simmer in 3 to 4 cups of water for about 15 minutes. Adding lemon will boost antioxidant power.

Vitamin C – This is a natural immune supplement, and deficiencies are known to increase risk of allergies. It can also make collagen which is needed for a healthy immune response, and shortening the duration and/or severity of discomfort. You'll find vitamin C naturally in citrus fruits, kiwi, bell peppers and squash. As for the type of Vitamin C, if you're using more than say, 100 milligrams per day of C, I'd recommend a naturally derived type of supplement with citrus bioflavonoids that would offer the C from a food or fruit (like an orange, cherries or lemons). Synthesized C from corn is shown on labels as "ascorbic acid."

Quercetin – This is a naturally-occurring antioxidant found in many fruits, grapes, tea and especially capers. A lot of scientific research suggests that having quercetin in your diet relieves allergy symptoms because this compound stabilizes mast cells. As a perk, quercetin can improve mood due to the gentle lift in your dopamine and downline catecholamine neurotransmitters. Do not take more than your supplement label advises because toxic amounts of quercetin can lead to temporary neuropathy and headaches. DHQ is short for dihydroquercetin and is a biologically available antioxidant very similar to quercetin.

Thyme – This fresh-tasting herb contains a lot of vitamin C as well as thymol, its major active medicinal component. Thymol has properties that block histamine release from mast cells, and can block it at the receptor site. Buy fresh sprigs of thyme at the grocery store, and include a few leaves in your recipes from now on. You can also buy pure essential oil of thyme and have them apply it to your pedicure oil during massage, or you can diffuse it in the air. Some high-quality brands can be taken internally in a capsule. If you are allergic to oregano, you may also be cross-sensitive to thyme.

*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.**

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, is offering a free autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, July 17 from 9:30 a.m. to 2 p.m.

Screenings are conducted by Golisano Children's Hospital of Southwest Florida and are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders. A physician referral is not required.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838.*

have resolved or had asymptomatic infection can volunteer to donate blood.

Donors are screened by clinical personnel with questions and tests to make sure they are appropriate to donate blood that will be processed to make COVID-19 convalescent plasma.

To volunteer, call 343-2332 or email covid.plasma@leehealth.org (e-mail preferred).

Documented routine blood donation consent is required; forms provided by Lee Health.

If potential donors are appropriate, an appointment for blood donation is scheduled at a Lee Health donation site.

All donations collected by Lee Health stay in our community and are used exclusively for Lee Health patients.*

Doctor and Dietician

Berry Chia Pudding Cake



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

It is sometimes difficult to come up with healthier dessert recipes when trying to avoid excess sugar and white flour. We tried this chia pudding cake and it was a big hit with our small church group. Feel free to use whatever kind of berries you like.

Filling – 2 cups berries, 1/3 cup honey, 2 tsp. agar agar, 1 cup almond milk, 5 tbsp. chia seeds, 1 1/3 cups Greek or vegan yogurt.

Base – 1 cup almonds, 1/3 cup oats, 1/3 cup cocoa powder, 12 dates, 3 tbsp. peanut butter, 1 tsp. vanilla.

Directions – Mix the almond milk and chia seeds in a bowl and let sit for 10 minutes while preparing berries. Place berries in a saucepan, simmer on low heat until melted. Mash with a fork and add honey and agar agar. Stir and simmer for two additional minutes. May need additional honey if you like

it sweeter. Fold yogurt into almond milk chia mixture, followed by berry mixture. For the base: Process the almonds and oats in a food processor to produce coarse flour texture. Add remaining ingredients and process to a wet sand consistency. Add a little water if you need to get it to come together. Line the bottom of a springform pan with parchment paper. Press the base mixture into the bottom. Add the filling and smooth out the top. Refrigerate for at least 4 hours. Optional: We added some lime juice and lime zest as well to the mix. Top with coconut whip and more berries.

You may wonder what agar agar is? It is a vegetarian gelatin produced from seaweed, also known as Japanese kanten or China grass, and is used as a thickening agent for custards, puddings, sauces and desserts. It has no flavor, odor, or color. It absorbs glucose in the stomach and passes through the digestive system quickly, thus it may help with reducing fat accumulation in the body.

This recipe is nutrient-dense with essential fatty acids and protein from the nuts, seeds and yogurt, as well as water-soluble vitamins and antioxidants from the berries and cocoa. Cheers to a healthier you!

*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.**

Goodwill: Still Serving Adults With Disabilities

The Pathways to Opportunity and its affiliated virtual learning program, PTO-2-GO, is not closing and continues to serve the Southwest Florida community. Recently, there was messaging circulated online that is causing confusion to consumers and family members.

"A communication to waiver support coordinators and several Facebook discussion posts reported that Suncoast Goodwill ADTs (adult day training programs) were closing, and as Southwest Florida is part of the APD Suncoast service region, many people mistakenly believe it includes our Goodwill services," stated Tess Benham, Goodwill SWFL director of community Support Services."

Florida's Agency for Persons with Disabilities (APD) Suncoast region includes the Gulf coast areas from Tampa to Naples. There are several individual Goodwill organizations within that territory including Goodwill Industries of Southwest Florida.

Benham stated that Goodwill SWFL remains committed to serving adults with disabilities through the Pathways to Opportunity and Pathways to Work programs, and as provider of the

Trailways Camp.

"We continue to innovate and look for new ways to better serve our community," stated Benham. "Currently, 81 adults with intellectual and developmental disabilities are enrolled in our adult day training program, Pathways to Opportunity."

For more information, visit www.goodwillswfl.org.*

Chronic Disease Program

Lee Health's Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering It's All About You on Tuesdays beginning August 4 from 1 to 3:30 p.m.

The free research-based chronic disease self-management program, originally developed at Stanford University Patient Education Research Center, is a virtual workshop that is 2.5 hours once a week for six weeks. It is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

For more information or to register, call 343-9264.*

From page 16

Plasma Donors

want to be able to offer our patients the opportunity to enroll in a convalescent plasma clinical trial to treat their COVID-19" said Doug Brust, MD, an infectious diseases physician with Lee Physician Group and the principal investigator of the trial at Lee Health. "For that to happen, we urgently need community members who had a positive test and have either recovered or had asymptomatic infections to contact us to donate blood"

How the donation program works:

Individuals who have previously tested positive for COVID-19 whose symptoms



Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500

ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321

CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE (National Active & Retired Federal Employees)	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

To be listed in calling card email your information to: press@riverweekly.com

My Stars ★★★★★

FOR WEEK OF JULY 6, 2020

Aries (March 21 to April 19) Although you don't like to change plans once they're set, once again, you might find that doing so can make a big difference in your favor. Family matters dominate the weekend.

Taurus (April 20 to May 20) You continue to get encouragement for your proposals, including some support from unlikely sources. Use this positive flow to move forward with your plans. Good luck.

Gemini (May 21 to June 20) Family matters are dominant this week. It's a good time to be with those you love. It's also a good time to contact loved ones with whom you've lost touch.

Cancer (June 21 to July 22) Be careful not to allow differences of opinion to create unpleasant feelings, especially in the workplace. A neutral observer could check out the situation and suggest a resolution.

Leo (July 23 to August 22) While the Lion's Den is the center of attention this week, with family matters dominating much of your time, workplace issues are also important. Try to find a balance between them.

Virgo (August 23 to September 22) The future of a new relationship could depend on how much the usually impatient-to-get-things-done Virgo is willing to stop pushing and let things happen naturally.

Libra (September 23 to October 22) Worry over a loved one's well-being is eased with good news from a sympathetic source. Your continued show of love and support is important. Stay with it.

Scorpio (October 23 to November 21) This is a good time to consider mending fences with someone you wish was back in your life. Forget about blame, and focus on the good things you once shared.

Sagittarius (November 22 to December 21) This is a good week to start researching information regarding whatever changes you're considering, whether it involves a new home, a new location or a new job.

Capricorn (December 22 to January 19) A long-anticipated job opportunity could turn out to be less than you expected. But appearances might be deceiving. Check it out before you decide it's not for you.

Aquarius (January 20 to February 18) Good news: Adapting to a new situation might come more easily than you expected. You can look for continued support from colleagues who appreciate your contributions.

Pisces (February 19 to March 20) Someone you care for might need more reassurance from the typically "unemotional" Pisces. Go ahead. Open up, and you might be surprised at what you find when you do.

Born This Week: You are a romantic at heart, although you can be amazingly practical when you need to be.

MOMENTS IN TIME

- On July 14, 1798, Congress passes the Sedition Act. The act permitted the prosecution of individuals who voiced or printed what the government deemed to be malicious remarks about the president or the U.S. government.

- On July 19, 1879, Doc Holliday commits his first murder, killing a man for shooting up his saloon. Despite his reputation as a deadly gunslinger, Doc Holliday engaged in just eight shootouts during his life, and killed only two men.

- On July 17, 1920, Nils Bohlin, the Swedish engineer and inventor responsible for the three-point lap and shoulder seatbelt, is born. Before 1959, only two-point lap belts were available in

automobiles.

- On July 18, 1969, after leaving a party on Chappaquiddick Island, Sen. Edward "Ted" Kennedy of Massachusetts drives an Oldsmobile off a bridge into a tide-swept pond. Kennedy escaped the submerged car, but his passenger, 28-year-old Mary Jo Kopechne, did not. The senator did not report the fatal car accident for 10 hours.

- On July 13, 1985, at Wembley Stadium in London, Prince Charles and Princess Diana officially open Live Aid, a worldwide rock concert organized to raise money for the relief of famine-stricken Africans. The 16-hour "superconcert" was globally linked by satellite to more than a billion viewers in 110 nations.

- On July 16, 1995, Amazon officially opens for business as an online bookseller, eventually selling everything from groceries to furniture. Founder Jeff Bezos initially dubbed the business Cadabra (as in abracadabra), but after someone misheard the name as "cadaver," he switched to Amazon.

- On July 15, 2006, San Francisco-based podcasting company Odeo officially releases Twtr – later changed to Twitter – its short messaging service (SMS) to the public. The free application allowed users to share status updates by sending one text message to a single number ("40404"). During development, one engineer suggested calling it FriendStalker.

NOW HERE'S A TIP

- Items in the freezer are more likely to get freezer burn if there's water present, so make sure you pat down or otherwise carefully drain meats, fruits and veggies before popping them in the freezer.

- "Nothing is more soothing – and delicious – than plain yogurt on a sunburn. Slather it on thickly to sunburned skin, wait for about 15 minutes, and rinse off in room-temperature water. It feels much better afterward, and it gives immediate relief when it goes on cold." – CL in Texas

- Save your tuna cans. You can use them to cook an egg over a campfire, or you can put one under the legs of your camp table and add water. Ants won't be able to climb up the legs of the table to get to your food.

- "If you've never used Skin-So-Soft to repel mosquitoes, you should. It does an excellent job at that task and smells so good my whole family uses it. I also use it to wipe down the outside of my door to keep bugs from buzzing all over the entrance." – AA in Florida

- If barbecue is on the menu, try putting out a few small bowls of water with a lemon slice. You can use it to rinse off your fingers as you eat or when you are done eating. It leaves hands with a nice smell, not a sticky smoky mess.

- "I love to spice up a simple dip by serving it in a green pepper. I just wash it and cut off the top. Then, I core it and spoon in the dip. The top can be set next to it and filled with extra dip, or just used as a garnish. It's fun and makes an attractive presentation." – JL in New Mexico

STRANGE BUT TRUE

- Artist Salvador Dali believed he was the reincarnation of his dead brother, also named Salvador, who died almost 9 months to the day before Dali was born.

- Forget flowers and candy – in Fiji, a tradition known as "tabuas" is the practice of giving a woman a tooth from a sperm whale as the ultimate token of love and commitment.

- Inventor Nikola Tesla was a genius, but he was also dirt-poor. When faced with an overdue hotel bill, he responded by giving the employees a

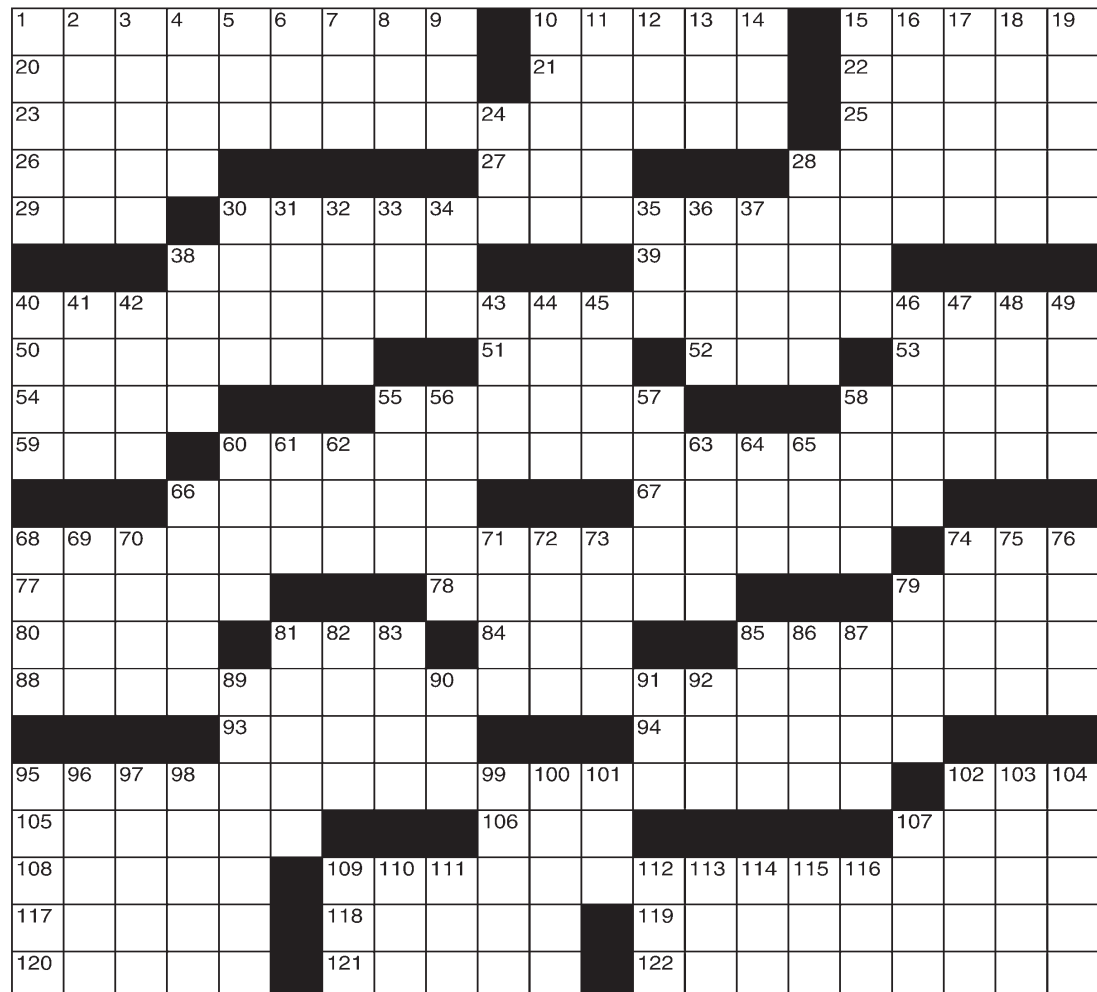
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PUZZLES

Answers on page 23

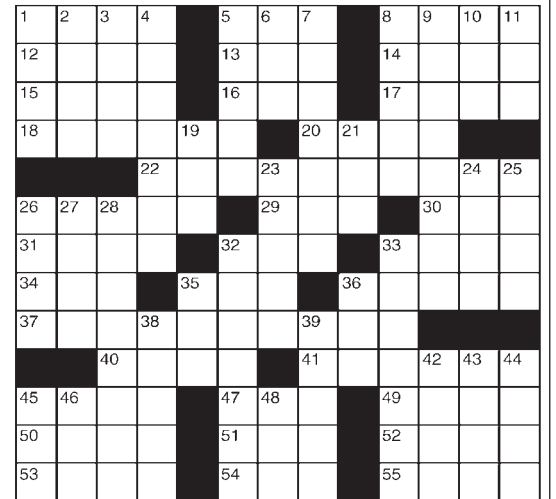
Super Crossword THE OSLO CHORDS

- ACROSS**
- 1 Bus or train schedule
 - 10 Marveled vocally
 - 15 Cowboy rope
 - 20 Like political cartoons
 - 21 Lilted song syllables
 - 22 Sigmoid curves
 - 23 Start of a riddle
 - 25 Michigan city
 - 26 Scotland's — Ness
 - 27 Address on the net
 - 28 Opening part of an email
 - 29 Munched on
 - 30 Riddle, part 2
 - 38 Melodious passage
 - 39 Wipe out
 - 40 Riddle, part 3
 - 50 Guevara called "Che"
 - 51 Tillage tool
 - 52 Cut short
 - 53 In — (lined up)
 - 54 French lady friend
 - 55 Treating unkindly
 - 58 Big like Santa
 - 59 Sitting spot on Santa
 - 60 Riddle, part 4
 - 66 How-to book
 - 67 Unspecified travel destination
 - 68 Riddle, part 5
 - 74 Install, as tile
 - 77 "— Doone" (1869 novel)
 - 78 Defiant types
 - 79 Pill bottle info
 - 80 Campus VIP
 - 81 Feel unwell
 - 84 Egypt, before 1971: Abbr.
 - 85 Clings
 - 88 Riddle, part 6
 - 93 10th-century Holy Roman emperor
 - 94 Gremlins' kin
 - 95 End of the riddle
 - 102 Letter before sigma
 - 105 One ruining something
 - 106 Porto Rico, par exemple
 - 107 Buy stuff
 - 108 Figure skater Slutskaya
 - 109 Riddle's answer
 - 117 Material for jeans
 - 118 Pig
 - 119 Talked into
 - 120 "Alive" actor Vincent
 - 121 Certain eel
 - 122 Big names in daytime dramas
 - DOWN**
 - 1 Elon Musk's car company
 - 2 — box (TV)
 - 3 Chop finely
 - 4 Write deeply
 - 5 Bodily digit
 - 6 Onassis' nickname
 - 7 Drill addition
 - 8 Chou En- —
 - 9 Ernie of golf
 - 10 Cheri of comedy
 - 11 Brand of toothbrushes
 - 12 Bit of a laugh
 - 13 Pipe bend
 - 14 Night's counterpart
 - 15 Match official
 - 16 Mullah's faith
 - 17 Off the direct course
 - 18 Core belief
 - 19 Houston baseballer
 - 24 Letters before xis
 - 28 Sprayed, with "down"
 - 30 Spring flower
 - 31 Coin maker
 - 32 Jumping stick
 - 33 Sch. in Columbus
 - 34 "... or — thought!"
 - 35 Ang of film
 - 36 Art Deco illustrator
 - 37 Young deer
 - 38 To — (perfectly)
 - 40 Good buy
 - 41 "— la Douce"
 - 42 Cut short
 - 43 Rug type
 - 44 Daughter in "Hägar the Horrible"
 - 45 Software testing phase
 - 46 Mogul
 - 47 Mined metals
 - 48 Part of ENT
 - 49 Jug type
 - 55 Sound of an air kiss
 - 56 Caught fish with pots
 - 57 Comparable (with)
 - 58 — -Free (contact lens solution)
 - 60 Mama's ma
 - 61 Yoko of art and music
 - 62 Beaten track
 - 63 Foldout beds
 - 64 Suffix with meteor
 - 65 L-P link
 - 66 Miracle food
 - 68 Alan of "The Aviator"
 - 69 Caroling tune
 - 70 Be a lure to
 - 71 Castro of Cuba
 - 72 Bundle up
 - 73 In this spot
 - 74 Petty of films
 - 75 On the ocean
 - 76 Rural assent to a lady
 - 79 Meanings in dict.
 - 81 Moving around
 - 82 "Suffice — say ..."
 - 83 Boxer Spinks
 - 85 Oodles
 - 86 Salami shop
 - 87 Sword part
 - 89 Spanish for "I love you"
 - 90 Untruth
 - 91 Siouan tribe
 - 92 Aetna rival, for short
 - 95 Lumps of chewing tobacco
 - 96 Certain intl. delegate
 - 97 Minneapolis neighbor
 - 98 — -law (non-blood relative)
 - 99 Ross or Rigg
 - 100 Bowling lane
 - 101 — canto
 - 102 1970s sitcom
 - 103 "Iliad" writer
 - 104 Newspaper think pieces
 - 107 ESPN no.
 - 109 Suffix with hero
 - 110 Four halves
 - 111 Title for Elton John
 - 112 Auto navig. aid
 - 113 Rock's — Speedwagon
 - 114 Lyricist Gershwin
 - 115 Supposed psychic gift
 - 116 Gloomy —



King Crossword

- ACROSS**
- 1 — and call
 - 5 Promptly
 - 8 Despot
 - 12 Verve
 - 13 Rd.
 - 14 Regulation
 - 15 Not yet final, in law
 - 16 — -relief
 - 17 Blind as —
 - 18 Body art
 - 20 Pack down
 - 22 Half a fluid ounce
 - 26 Short
 - 29 Swiss canton
 - 30 Tokyo, once
 - 31 Bergman, in "Casablanca"
 - 32 Action star Diesel
 - 33 One
 - 34 Mel of Cooperstown
 - 35 Programmer's woe
 - 36 Foolish
 - 37 Skiers' carriages
 - 40 Summertime pest
 - 41 Starry
 - 45 Honeycomb compartment
 - 47 Web address
 - 49 Wander
 - 50 Met melody
 - 51 Dos' neighbors
 - 52 Yemeni port
 - 53 Helen's home
 - 54 Previous night
 - 55 Saucy
 - 10 — carte
 - 11 Pensioned (Abbr.)
 - 19 LummoX
 - 21 "— was saying ..."
 - 23 Playwright Pirandello
 - 24 Valhalla VIP
 - 25 Memo
 - 26 United nations
 - 27 Naomi's daughter-in-law
 - 28 Incised printing method
 - 32 Predatory sort
 - 33 Remove a seat belt
 - 35 Underwear with underwire
 - 36 "Monty Python" opener
 - 38 Dental filling
 - 39 Untrue
 - 42 Took the bus
 - 43 State with certainty
 - 44 Gave temporarily
 - 45 Garfield or Heathcliff
 - 46 Blunder
 - 48 Gun the engine
- DOWN**
- 1 Crooked
 - 2 Director
 - 3 Group of actors
 - 4 Made a sweater, maybe
 - 5 Biz big shot
 - 6 Eggs
 - 7 Oater
 - 8 Chaplin persona
 - 9 Court sum-



MAGIC MAZE ● — BED

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: A PULL-DOWN BED

- Asparagus
- Feather
- Platform
- Sofa
- Baby
- Four-poster
- Railway
- Test
- Bunk
- Hospital
- River
- Trundle
- Creek
- Oyster
- Rose



Alligator Bangers and Mash with Blackened Okra

1 pound alligator sausage
 1 pound potatoes, roughly chopped
 1/2 pound okra, sliced in half
 1 cup milk
 3-4 tablespoons unsalted butter, room temperature
 Oil for cooking
 Sea salt and fresh ground pepper, to taste
 Fill a large pot with water and add potatoes. Bring to a boil until potatoes are fork-tender. While the potatoes are cooking, cook alligator sausage in a large skillet on medium-high heat until golden brown. Remove from heat and set aside. In same pan add enough oil to coat and sear okra on medium-high heat until charred. Season with salt and pepper. When potatoes are fork-tender, drain and return potatoes to warm pot. Add butter and milk and mash until desired consistency is reached. Season with salt and pepper.*



Alligator Bangers and Mash with Blackened Okra

photo courtesy Fresh From Florida

PUZZLES

Answers on page 23



"It's to tide me over until I can find the secret compartment in my husband's new _____!"

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!

Award

OWNED

Portend

DELHAR

Graft

ECLIPS

Shake

LATTER

TODAY'S WORD

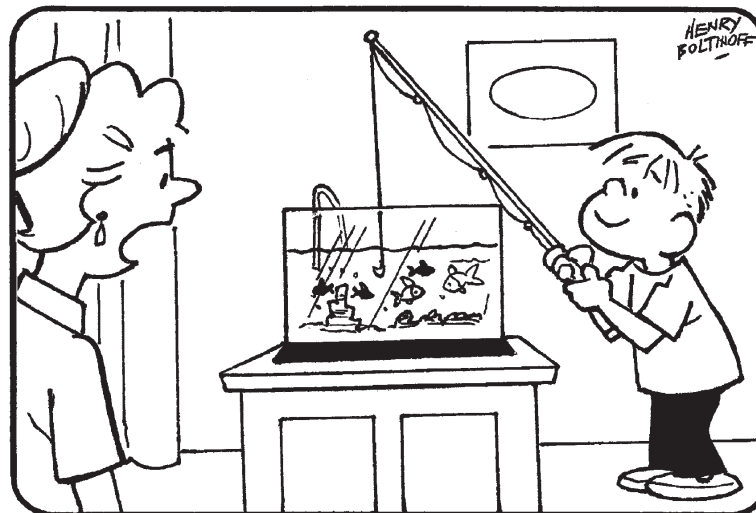
8				3		6		
		6			4		2	
	7		8					9
	1		4		7		3	
	5	2	3			4		
3				6				1
	9			1		5		
4					3		8	7
		3	7					2

SUDOKU

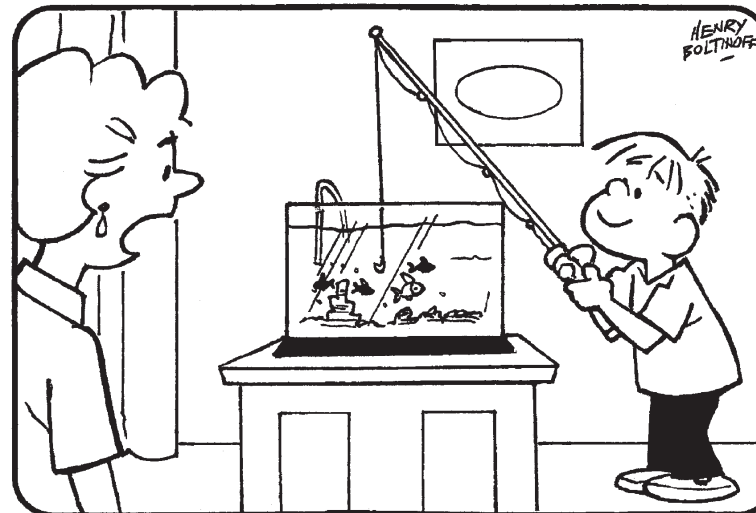
To play Sudoku: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

HOCUS-FOCUS








BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Table is different. 2. Picture has moved. 3. Fish is missing. 4. Water level is higher. 5. Woman's hair has changed. 6. Boy's neckline is different.

 FRIDAY Cloudy High: 86 Low: 82	 SATURDAY Few Showers High: 88 Low: 84	 SUNDAY Cloudy High: 90 Low: 82	 MONDAY Mostly Cloudy High: 89 Low: 85	 TUESDAY Cloudy High: 91 Low: 83	 WEDNESDAY Partly Cloudy High: 93 Low: 89	 THURSDAY Few Showers High: 91 Low: 84
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	6:30 am	10:37 am	4:51 pm	11:56 pm
Sat	6:58 am	11:57 am	5:54 pm	None
Sun	7:30 am	12:32 am	7:14 pm	1:21 pm
Mon	8:03 am	1:08 am	8:52 pm	2:41 pm
Tue	8:38 am	1:46 am	10:38 pm	3:52 pm
Wed	9:16 am	2:23 am	None	4:53 pm
Thu	12:14 am	3:00 am	9:55 am	5:45 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	5:35 am	10:39 am	3:56 pm	11:58 pm
Sat	6:03 am	11:59 am	4:59 pm	None
Sun	6:35 am	12:34 am	6:19 pm	1:23 pm
Mon	7:08 am	1:10 am	7:57 pm	2:43 pm
Tue	7:43 am	1:48 am	9:43 pm	3:54 pm
Wed	8:21 am	2:25 am	11:19 pm	4:55 pm
Thu	9:00 am	3:02 am	None	5:47 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	6:14 am	11:37 am	5:40 pm	None
Sat	6:45 am	12:14 am	6:24 pm	12:25 pm
Sun	7:15 am	12:47 am	7:11 pm	1:24 pm
Mon	7:42 am	1:16 am	7:59 pm	2:21 pm
Tue	8:06 am	1:40 am	8:48 pm	3:13 pm
Wed	8:24 am	1:56 am	9:45 pm	4:04 pm
Thu	8:45 am	2:13 am	11:05 pm	5:03 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	8:40 am	2:36 am	7:01 pm	1:53 pm
Sat	9:08 am	3:12 am	8:04 pm	3:13 pm
Sun	9:40 am	3:48 am	9:24 pm	4:37 pm
Mon	10:13 am	4:24 am	11:02 pm	5:57 pm
Tue	10:48 am	5:02 am	None	7:08 pm
Wed	12:48 am	5:39 am	11:26 am	8:09 pm
Thu	2:24 am	6:16 am	12:05 pm	9:01 pm

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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OF SOUTHWEST FLORIDA



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6/21 * TFN

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6/5 * TFN

RENTAL WANTED

WANTED – ANNUAL RENTAL

Seeking 3-bedroom, 2-bath annual rental for family with two dogs.
Two-year lease preferred.
Please call Chuck,
239-209-6500.
7/10 * 7/31

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7/10 * 7/31

HELP WANTED

ELDER CARE LIVE-IN FORT MYERS

Live-in, elder care for a vibrant woman 80 yrs, in a private community Fort Myers area. Candidate will have own bedroom, pvt bath, food, utilities, wi-fi. Speak english, have own car, Covid-19 non exposure. Solid references. Cheerful personality, assist with showering/dressing, laundry, collecting mail, and tidy housekeeping. Salary payment negotiable upon initial meeting. Privileges extended from the private community include use of pool, jacuzzi & gym.
Serious inquiries only,
Chris 917-770-5747
7/10 * 7/17

HELP WANTED

CAREGIVER NEEDED FOR LIVE-IN ON SANIBEL ISLAND

Take care of elderly woman 100 years old.
Contact Alan at 732-259-6629 or Patricia at 732-259-6631.
7/10 * TFN

OPERATIONS ASSOCIATE JOB POSTING

Company Description:
The Sanibel Captiva Trust Company is a highly-regarded, privately-held independent trust company chartered in the state of Florida in 2001, currently with over \$2.3 billion of assets under management across approximately 400 families. The firm specializes in family office and wealth management services encompassing investment management and trust administration for high net worth families, business owners, nonprofits, foundations and endowments. The firm is comprised of a highly experienced team that works within a professional and collegiate environment. Offices are located in Sanibel-Captiva, Naples, Tampa Bay, Belleair-Clearwater and Tarpon Springs.

Job Description:
The Operations Associate is a full-time position supporting the Director of Client Services and Trust Operations by performing an array of client administrative and operational duties; supporting the Client Services Associates by demonstrating industry knowledge, experience and teamwork.

Job Responsibilities:

- Ability to open new accounts, set up remittances and disbursements, cash management, transaction monitoring and tracking.
- Aptitude for adhering to strict cash procedures.
- Capability of professionally interacting with clients and their other professional advisors.
- Review of daily account reports, cash movement and overdrafts and related tasks.
- Assist with various trust administration services based on client needs and account types.
- Assist with all internal and external regulatory audits throughout the year.

Skills and Qualifications:

- The Operations Associate position requires attention to detail, accuracy, efficient time management, professional interpersonal skills and a team attitude.
- Must be proficient at related computer and programs to properly function and execute within the position.
- Bachelor's Degree (BA) from a 4-year college or university; and 4-6 years related experience and/or training; or equivalent combination of education and experience.

Benefits:
The Sanibel Captiva Trust Company offers full-time employees health insurance, a retirement plan, participation in a corporate ESOP (Employee Stock Ownership Plan) and may offer additional benefits. Competitive compensation is commensurate with education, expertise and length of experience in the industry.

For an expanded description of this job post, contact Lori Mobley, Director of Human Resources at lmobley@sancaptrustco.com
7/10 * 7/17

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

LOST/FOUND

LOST CAT

Grey/white semi-Tiger type, with white face, belly and paws. Responds to name of "Bushy." East End of Island. Reward. If seen, please Call 239-277-0058.
7/10 * TFN

PETS OF THE WEEK

Lee County
Domestic Animal Services

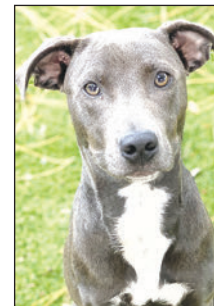
Bo And Trina

Hello,
my

name is Bo. I am a 2-year-old male domestic shorthair who is very affectionate and loves to be next to you. I also would prefer to be the king of my castle and be the only cat. With my stunning good looks, why would you need more? My adoption fee is \$10.



Bo ID#A821162



Trina ID#A821595

Hi, I'm Trina. I am a 2-year-old female terrier mix who is a perfect mid-sized cutie, weighing just 37 pounds. I am very well-mannered and know several commands. My white spotted paws and feathered tail are a unique combination. I am a definite beauty with a curious personality that will keep you entertained for hours. My adoption fee is \$30.

Lee County Domestic Animal Services adoption center has reopened by appointment only. Visit www.leelostpets.com to complete

an online adoption application prior to calling 533-7387 to make an appointment. 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, cats and kittens are two-for-one; adopt one and you can take home a feline friend at no additional charge. The adoption center is located at 5600 Banner Drive in Fort Myers.*

From page 18

Strange But True

"death beam" in a box. He told employees not to open the box due to the danger, so it was forgotten about. When it was eventually rediscovered and opened, it was found to contain only old, harmless electrical parts.

- On average, a person accidentally eats about 430 bugs in each year of his or her life.

- In order to take the slick factory sheen off and allow pitchers to get a better grip, Major League Baseball wipes down each baseball with mud from an undisclosed location on the Delaware River.

- Denise Mueller-Korenek clocked the fastest speed ever by a cyclist in 2018, setting a new world record of 183.932 mph.

- Are you afflicted with nomophobia? That's the term for a fear of being without mobile phone coverage. Surveys have indicated that more than half of U.K. residents suffer from it. This phobia is triggered by the fear of losing signal, running out of battery or even losing sight of a mobile phone.

- Queen lead singer Freddy Mercury had a degree in graphic design and came up with the logo for his band himself. It consisted of the zodiac symbols for the four band members.

- Mercury also liked to call his cats while he was on tour – "to chat."

- Only 0.006 percent of the Korean population have the ABCC11 gene, which is the cause of armpit odor. As a result, deodorant is rarely sold in Korea.

THOUGHT FOR THE DAY

"A room without books is like a body without a soul." – Marcus Tullius Cicero

TRIVIA TEST

1. **Geography:** What was the former name of the Hawaiian Islands?
2. **Movies** Which Elvis Presley movie features the theme song *Can't Help Falling in Love*?
3. **General Knowledge:** What color is fuchsia?

HORTOONS



- 4 **Television:** What was the real name of the Skipper's character on *Gilligan's Island*?
- 5 **Geology:** What kind of rock is sandstone?
- 6 **Food & Drink:** Which country has a wine-producing region called the Rapel Valley?
- 7 **Medical:** What kind of insect can transmit diseases such as cholera and typhoid fever?
- 8 **Measurements:** How many standard bottles are contained in a magnum of champagne?
- 9 **Literary:** Who was the first official poet laureate of England?
- 10 **History:** Which treaty ended the American Revolution?

TRIVIA ANSWERS

1. The Sandwich Islands 2. Blue Hawaii 3. Purplish red 4. Jonas Crumby 5. Sedimentary 6. Chile 7. Houseflies 8. Two 9. John Dryden 10. The Treaty of Paris

SCRAMBLERS ANSWER

1. Endow 2. Herald;
3. Splice; 4. Rattle

Today's Word
WALLET

PUZZLE ANSWERS

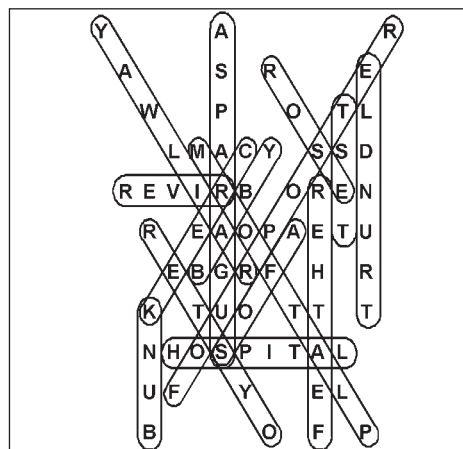
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2019	5,760	\$7,195,000	\$7,000,000	106
Frowes	Captiva	1948	2,813	\$2,695,000	\$2,400,000	0
Del Sega	Sanibel	1910	1,679	\$1,999,999	\$1,600,000	490
Rookery Lake	Bonita Springs	1999	4,676	\$1,950,000	\$1,850,000	102
Riverbrooke	Estero	2003	4,101	\$1,795,000	\$1,687,500	60
St. Charles Harbour	Fort Myers	1998	7,251	\$1,399,000	\$1,163,000	152
Siesta Isles	Fort Myers Beach	2002	3,019	\$1,349,000	\$1,200,000	92
Pejuan Shores Unrec	Cayo Costa	2016	2,510	\$1,195,000	\$1,150,000	31
Pinehurst Estates	Fort Myers	2002	4,811	\$1,175,000	\$1,040,000	78
Cape Coral	Cape Coral	1990	4,869	\$1,100,000	\$1,070,000	95

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