

ISSUE 25, 2021, February 1200+ subscribers Archives & MORE at www.ontheriver.org Ken DeWalt, publisher

2900+ may view in Alva Florida Friends... <https://www.facebook.com/groups/alva.fl/> 5000+ may view in Nextdoor Alva <https://nextdoor.com/city/alva--fl/>

1000+ may view in Know Your Neighbors 239 <https://www.facebook.com/groups/757702127967077/>



On the RIVER

Connecting ALVA Florida NEIGHBORS and NEIGHBORHOODS

TO SUBSCRIBE or offer articles (maximum 300-500 words) or to send jpeg photos of Alva area happenings, or to contact the publisher/editor with any questions, email Ken DeWalt kendewalt@ontheriver.org . The deadline for receipt of any materials is the 15th of the month previous to the month you wish the articles to run. Issues go out before the 1st of each month, and are subject to editing if necessary.

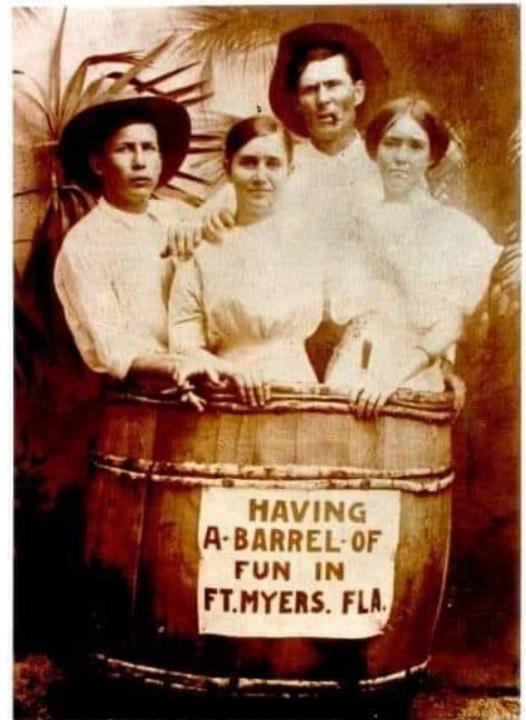
Now accepting advertisements. See our terms on the last page of this newsletter. We encourage all subscribers to consider patronizing the paid advertisers you find at the conclusion of this newsletter. Their support of our mission helps us provide you with this local Alva area newsletter.

www.ONTHERIVER.ORG Archive of all OTR newsletters and lots more, all FREE including a link to www.ALVAFL.org/newsletter to see previous the publisher's Alva newsletters archived since 2010

PLEASE CONTACT any event sponsor promoted in the ON THE RIVER newsletter before deciding to attend to check the latest scheduling plan for dealing with the COVID-19 VIRUS PANDEMIC

FEATURED IN THIS MONTH'S OTR:

- LOCAL Alva area news
- LOCAL Alva area history
- LOCAL Community services
- LOCAL club and organization news
- LOCAL school news
- LOCAL recipes and health tips



Jeff & Walter Thomas - Bell Jordan & Kate Cason ca. 1910

2021 Clewiston Sugar Festival canceled

(TY Danika J. Fornear Lake Okeechobee News)



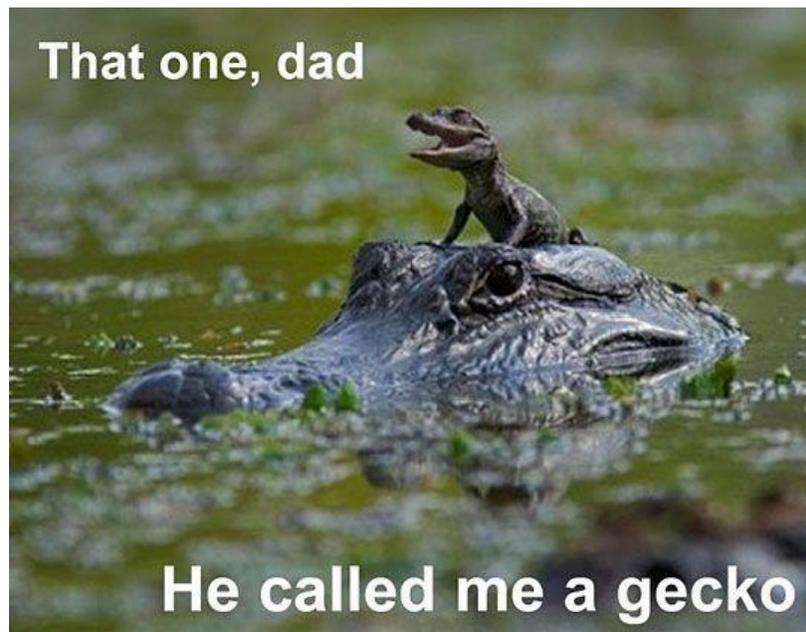
Due to concern about the threats posed by rising COVID-19 cases, the Clewiston Sugar Festival has been canceled. The festival committee announced their decision on the evening of Tuesday, Jan. 19.

“The Clewiston Sugar Festival Executive Committee examined all potential options regarding the safety and well-being of our community, our vendors and our guests as it relates to Sugar Festival 2021. With COVID-19 numbers continuing to rise throughout our area as well as the South Florida region, we

have decided not to move forward with our 2021 event.

Please know that this decision is as disappointing for us and our farming community as it is for visitors who look forward to sharing this sweet festival with us each year,” explained a statement issued by the festival committee. “We are optimistic for the future and look forward to seeing you all again in 2022 for one of our best Sugar Festival events yet!”

While some expressed disappointment, many people commended the festival committee for their decision.



That one, dad

He called me a gecko

As Red Tide Spreads Along Florida's Gulf Coast, Army Corps Begins Reducing Polluted Discharges From Lake O

(TY WLRN-Miami)



The U.S. Army Corps of Engineers plans to cut back on discharges from Lake Okeechobee beginning this weekend, ending months of polluted releases to the St. Lucie Estuary and returning to more normal flows down the Caloosahatchee River to the Gulf Coast. The decision comes as red tide conditions worsen on the Gulf Coast, where dead fish have littered beaches and toxic levels of the algae have been detected from Sanibel to Marco Island.

The move was part of an overall strategy to scale back releases once the dry season settled in and not prompted by the red tide's appearance, Col. Andrew Kelly said Thursday. "We're going down about a third of a foot lower than it was a month ago," he said in a briefing. The Corps began releasing lake water — blamed for worsening coastal algae blooms because the water contains high levels of nitrogen and phosphorus from farm and urban run-off — in October. For weeks, Kelly said the agency had hoped to avoid the discharges but a prolonged and record-breaking rainy season, that drenched much of South Florida, pushed up lake levels that began threatening the 1940s-era Herbert Hoover dike.



Even more than two months into the traditional start of the dry season, the region's vast water conservation areas remain nearly a foot or more above normal. Around Pine Island Sound, and the estuary at the mouth of the Caloosahatchee, polluted runoff nearly doubled, said John Cassani, director of Calusa Waterkeeper in Fort Myers.

"We're seeing massive fish mortality right now. And I got a bad feeling marine mammals and sea turtles are not far behind," Cassani said. "It's just an awful, awful situation on the heels of a historic red tide event just two years ago. All these communities are trying to recover and it's just creating insult after insult to these ecosystems."

In October, after Calusa Waterkeeper and two other environmental groups sued over the 2018 red tide, a federal judge ordered the Corps to assess damage caused by the releases. The Corps hadn't examined lake releases since 2007, after Hurricane Katrina prompted a nationwide safety review of levees, dams and other flood protection. That led to the current management plan, but did not factor in environmental protection.

A Corps spokesman said Friday the agency has decided not to appeal the judge's order and will begin working with the U.S. Fish and Wildlife Service and National Marine Fisheries Service to determine how releases worsen algae blooms. High levels of red tide first began appearing in Gulf waters in December, according to monitoring by the Florida Fish and Wildlife Conservation Commission. Red tides get seeded offshore where the algae that produces them lives on the ocean floor. But winds and currents can blow them onshore, where pollution flushed off the coast can trigger toxic blooms.

Between 2017 and 2018, one of the worst red tides on record blanketed Gulf shores, finally fading in 2019. Businesses shut down and coastal communities complained bitterly, prompting the Corps to reassess how it manages the lake.

"Almost every year, 2016, 2017, 2018 and again in 2020, we're having these unanticipated high extreme rainfall events that have generated the need for the Corps to release excessive volumes of lake water, which are heavily polluted," Cassani said. "There hasn't been a good length of time for either the near-coastal communities or the estuary to actually recover."

The Corps decided to keep levels lower during the last dry season to avoid releases, but that drew opposition from farmers and utilities who draw water from the lake. Kelly said Wednesday he'd announce the plan for how the Corps manages the lake during the ongoing dry season in February. So far, projections show lake levels high, he said, so the agency needs to factor in a La Niña drier-weather pattern — forecasted in December to continue through the winter. "So, we're still uncomfortable about a lake level at the end of the dry season," he said. "Fourteen feet, that's still higher than we want to see."

Pandemic eating among the food-secure

(TY Brad Buck, Okeechobee News)



During the first three months of the pandemic, food-secure people did not change their eating habits very much, although some of them turned a bit more to comfort foods, new University of Florida research shows. The study also serves as a cautionary tale for how people might want to eat in future pandemics.

Jeanette Andrade and her doctoral student, Aljazi Bin Zarah, conducted a national online survey of more than 3,000 food-secure people from March to May 2020. They found that most of the respondents ate foods that were high in carbohydrates, fats, salt and sugar.

“Overall, the results from this study may demonstrate to someone that dietary habits may change during a crisis, but it also tells us they are not alone when eating comfort foods,” said Andrade, a UF/IFAS assistant professor of food science and human nutrition. “Everyone is going through the pandemic, but they’re processing it differently. This should allow people to think how they will react if something like this occurs again. It also makes health professionals and academics ask: What can we do differently to better prepare people to eat well during a time like this?”

Furthermore, Andrade said if she and Bin Zarah took the survey now, their findings may be slightly different. For instance, if they took the survey now, there might be a lot more participants who indicated no changes in their dietary intake, or that they resumed their dietary habits back to pre-COVID times as many stores, restaurants, etc., resumed normal operations.

Bin Zarah, a doctoral student majoring in nutritional sciences in the UF/IFAS College of Agricultural and Life Sciences, developed the study after talking about various scenarios with Andrade. For example, the researchers discussed news and academic articles about pandemic eating patterns. They also talked about what they heard from family and friends about their COVID eating patterns.

So, Bin Zarah suggested they conduct a study to identify whether this phenomenon was happening across the United States.

“Actually, we were quite surprised with all the findings,” Andrade said. “We were reading reports that there were more people who were food-insecure, and that they were buying and consuming more alcoholic beverages, snack-type foods and foods and beverages that enhanced immune function. Yet in our study, we did not see these drastic findings with the food-secure, just slight increases or decreases in dietary habits and food security status. We also did not observe many individuals that were eating food to the point of discomfort as may happen due to stress-eating.”

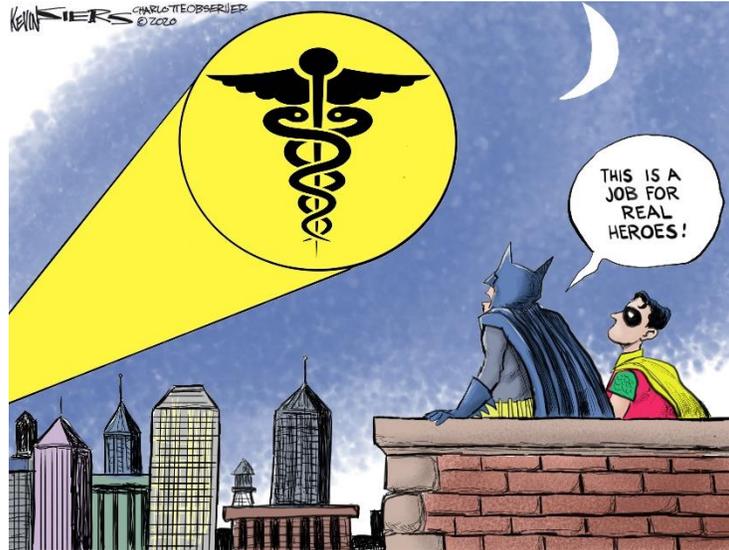
When we’re experiencing stress, many people find comfort in what they can control, and food falls into that category as we choose what we eat, Andrade said. That’s why more people would eat comfort food during a pandemic.

For some, buying healthy food costs too much. You also don’t know how long the fruits and vegetables will last. For example, when the quarantine period went into effect, stores were out of bread, meat, milk, eggs and more.

“Why? Well, likely people thought OK, I can stock up on these because they will last me longer than a day as I can prepare a large batch and then freeze it and they are relatively less expensive than buying fresh produce,” Andrade said.

That was then; this is Andrade’s recommendation for the future.

“I would recommend that adults purchase fresh produce that is in season to reduce cost or purchase produce that is canned as low-sodium/low-sugar or frozen,” she said. “For adults who do not normally do this, create a meal plan for the week, so that you only purchase those items and limit the panic-spree buying. Finally, experiment in the kitchen — combine different herbs and spices to make a dish that is new and creative for the family.”



Would you consider giving a financial donation to our baseball league for the 2021 spring season? As a volunteer organization, we rely greatly on financial donations from businesses such as yours to help operate a successful league. Alva Babe/Ruth Cal Ripken League, Inc. is a 501(c)3 nonprofit corporation registered in the State of Florida and based out of Alva, FL. Our mission is to provide a safe environment of instructional and team building experiences to children ages 4-16 residing within east Lee and west Hendry counties through the use of baseball. It is a strictly volunteer organization with no paid employees. We are part of the Babe Ruth International organization and participate with other leagues locally located in North Fort Myers, South Fort Myers, Cape Coral, Sanibel, Naples, Clewiston, and Punta Gorda. Our league collects registration fees from each participant for each season, and these fees provide the necessary funds for the day-to-day operations such as charter dues, insurance, uniforms, utility bills, etc.

We appreciate your consideration and any gift you give us to help have a successful league is GREATLY APPRECIATED! If you would like to pay by check or cash, please see a board member or fill out the available form from the following link: <http://alvababeruth.website.siplay.com/Site/More/Documents>

If you would like to pay by credit card, please click the button below, which will take you to a log-in screen to enter our store and purchase the sponsorship level you so desire. A board member will follow up with you to verify the information to be placed on banner, website, and/or jersey (based upon sponsorship level)



ALVA

A Living Vision of Alva

ALVA INC

Join us to learn what's happening, and how you may be a part of what's happening as Lee County Grows eastward toward our country haven.



www.ALVAFL.org

Contact Emily Smith, treasurer, at emilyrsmith@msn.com to join.

NEXT MEETING: TBA Second Tuesdays, 7pm, Alva Community Center
Dues are only \$25.00 a year

BABCOCK RANCH ECO TOURS, Museum and Gator Shack Restaurant

NOW OPEN

Go to website to see safety restrictions and to reserve tours



<https://babcockranchecotours.com/>

HOW YOU CAN HELP: **DONATE** so that we can continue purchasing food to distribute at our Mobile Pantries. **HOST A FOOD DRIVE** and collect non-perishable food items to stock our shelves. **VOLUNTEER** in the Community Cafe, at a Mobile Pantry, or as a Meals on Wheels Driver. Call (239) 332-7687

VOLUNTEERS NEEDED!

SUPPORT OUR COMMUNITY:

- Pack dry grocery bags
- Pack meals for Meals on Wheels
- Deliver Meals on Wheels
- Volunteer at Mobile Pantries

CONTACT US TODAY:
239.332.7687 • Rachel@CommunityCooperative.com

SCORE Southwest Florida

3650 Colonial Blvd, Fort Myers, FL 33966, (239) 931-9807, swflscore@gmail.com

If you are dreaming of starting your own business, or needing to grow your current business, the local 40 plus SCORE volunteers and personal certified mentors are waiting for your call or email. And remember, our services are completely FREE. We volunteer to serve so YOU can succeed.

SCORE is a fully independent private 501-3C non-profit with accountability to and some funding from the SBA

SCORE Mentors...with experience in virtually every business category you can imagine help with:

- Business plan development, sales and marketing strategies
- Financing, taxes and E-commerce
- Management, administrative and operational procedures
- Ongoing advice to help your decision making

Life-Long Learning Made Easy

SCORE mentors, sponsors and local business owners with a specific areas of expertise conduct a variety of very popular, regularly scheduled, low-cost and free educational seminars and online workshops for establishing and managing a successful small business.

Free Resources

With access to a wide variety of documents, templates and tools to assist you in starting or growing your business, the information provided here covers a wide range of subjects including initial business planning, capital sources, government agencies, and much more.



JOB-LINK

https://expertjobmatch.com/cro/reg/goodwill?origin=bing-ads-search&type=cpc&msclkid=3e1c1e87bb021e31b6f5415c3d06719e&utm_source=bing&utm_medium=cpc&utm_campaign=Company%20%7C%20Retail%20-%20Clothing%20%7C%20Goodwill&utm_term=%2Bjobs%20%2Bat%20%2BGoodwill&utm_content=Jobs%20%7C%20BMM





241 North Bridge Street, Labelle, Florida

www.firehousecommunitytheater.com

863-675-3066

firehouse community theatre inc.

Information & Tickets available at
Ticket Hotline (863) 675-3066 *(leave message)*

Show Times:

WEEK 1: Thurs., Fri. & Sat. - 7:00 pm • Sun. - 2:00 pm

WEEK 2: Thurs., Fri. & Sat. - 7:00 pm • Sun. - 2:00 pm

created by
Larry Gallager

Beehive
THE 60'S
MUSICAL

choreographed by
Russell Garrett

(Musical) This wild toe-tapping tribute to rockin' women will have you dancing in your seats. Janis Joplin to Tina Turner, songs include Proud Mary, My Boyfriend's Back, It's My Party, Son of a Preacher Man, You Don't Own Me and many others.

February
11, 12, 13, 14 & 18, 19, 20, 21
2021

The Savannah Sipping Society

by Jessie Jones
Nicholas Hope
Jamie Wooten

(Comedy) In this delightful comedy, four women, all needing to escape the sameness of their day-to-day routines are drawn together by fate and an impromptu happy hour. So raise your glasses and say "CHEERS" to this joyful and touching play.

March
11, 12, 13, 14 & 18, 19, 20, 21
2021

DEATHTRAP
A Thriller
by Ira Levin

(Comedy, Crime Mystery) Comfortably ensconced in his Connecticut home a successful writer of Broadway thrillers, is struggling to overcome a dry spell resulting in a string of failures and a shortage of funds. Enjoy the twists, turns and hilariously sudden shocks that will leave you spellbound until the end.

April
15, 16, 17, 18 & 22, 23, 24, 25
2021

Give TIME. Give MONEY. Give FOOD.

To make a donation, call (239) 334-7007 or visit



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

Fighting Hunger, Feeding Hope

www.harrychapinfoodbank.org

Ft Myers Camera Club

<http://www.ftmyercc.com/>



Please NOTE: Our 2020-2021 meetings will be held virtually via Zoom until further notice. We welcome non-members to join a Zoom meeting and encourage prospective members to join FMCC. Please contact Carol Heffernan to request a Zoom invitation.

carolheff28@gmail.com



Are any ALVA folk interested in sponsoring bus stop tables for their children? CONTACT: James Branham, Director, at swfloridashield@yahoo.com

For information on how to can help, head to www.swfloridashield.com





Charleston Park Neighborhood Association

2541 Charleston Park Drive, Alva, FL 33920. 239-728-8895
Charlestonpark1926@gmail.com

Community Center Activities & Training, Lee County Children's and youth sport park, Events throughout the year, Meetings for all every second Monday of the month at 6pm at the Community Center are also available virtually via ZOOM.

Charleston Park History

(By Re' Joyce Neal-Baskin)



September 27, 2015. Charleston Park 'pillar' Alice Washington died

(TY Amy Bennett Williamsawilliams@news-press.com)

Alice Washington spent her life marching the common good forward, whether that meant building a church with her husband, convincing her brother Burdie to plant a garden for her day care or registering her neighbors to vote

The woman whose name was nearly synonymous with rural Charleston Park died Friday of a heart attack. She

was 62.

"She was a pillar. She held up and supported the whole thing," said her husband Benny. "Not just a pillar, but the foundation too. Without her, things would crumble."

Born in Georgia, Washington came to Florida as a 6-year-old as part of a daring rescue orchestrated by her big brother, Burdie, who smuggled their mother and six other siblings from a farm where they'd been held in wage slavery. The family landed in Charleston Park, a tiny settlement of farmworkers on the outskirts of Alva, where their mother kept a cast-iron pot of stew constantly simmering in the yard for hungry neighbors.

A bit of ALVA History

Thanks to Joanne Iwinski Miller who has provided us with some of her research of the Alva area to share with all of us. She has an album of photos and stories of her research on Alva in the historical document library at the Lee County Courthouse where she is Historical Document Specialist II and Local Historian. Please stop in to look it over when the courthouse opens to the public again.



This photo was posted by Vance Pollock
was taken in Alva.

Mr. Pollock said it is John Ashley Stone and he is buried in Alva. I did not find an obit for Mr. Stone (1851-1924) nor is he in the public records as far as owning property.

He had a daughter by the name of Emma Stone Bussell (1878-1938). She lived in Owanita when she died. She had 4 sons and a daughter.



Lee County Bloodmobile

**Will be at ALVA UNITED METHODIST CHURCH
On Sunday January 31 between 8am and 1pm**

Especially in this time of the worst surge of Covid-19 so far it is critical that our hospitals and clinics have access to as much blood as possible. If you can donate, please do.

The global farm is not only a hands-on training ground for those searching for help in tropical agriculture, but also an educational tool to make the public aware of hunger related issues and the answers there are to alleviate malnutrition and starvation.



17391 Durrance Road, North Fort Myers, FL 33917 | 239.543.3246 |

info@echonet.org
<https://www.echonet.org/>

NOW OPEN!

Welcome Back! ECHO's Bookstore and Nursery will be open Tuesday through Friday, 9am-4pm, Saturday 9am-3pm. Covid restrictions apply.



There are six fenced-in "Dog Parks" which allow for off-leash play. On-leash dog walking is allowed at many locations (listed below).

Dogs must be accompanied by an adult and must remain on-leash at all times while walking in the park. Find out more at: <https://www.leegov.com/parks/dog-parks>

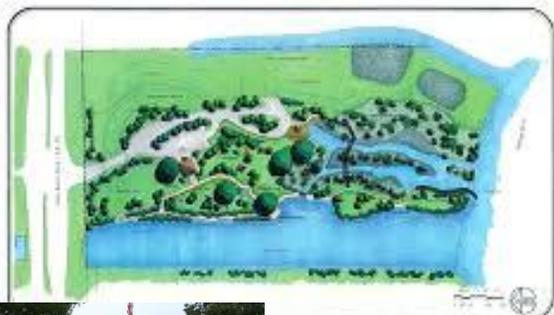


Six Mile Cypress Slough, Lee County Park

7751 Penzance Boulevard, Fort Myers, FL. 33966

A mile of wonder 30 minutes away from Alva.

Call to discover COVID precautions that apply



Manatee Park

10901 Palm Beach Blvd,
Fort Myers, FL 33905

239 690 5030

Call to affirm COVID restrictions that apply

Olga Community Park

2325 S Olga Dr, Fort Myers, FL 33905

(239) 533-7275

Call to affirm COVID restrictionsthat apply



Hickey's Creek Mitigation Park

17980 Palm Beach Blvd, Alva, FL, 33920

-Great for quiet creek kayaking. -Fun for walks and picnics.



ALVA BOAT RAMP PARK

21580 Pearl St,
Alva, FL 33920



W.P. Franklin Lock & Dam South Recreation Area



Franklin Lock Rd. , Alva , FL 33920. Contact: (239) 694-2582

WP Franklin South Recreation Area is a day use area located on the Caloosahatchee River adjacent to the WP Franklin Lock and Dam. Visitors can watch boats traversing the 152 mile Okeechobee Waterway

DAY USE PICNIC AREA NOW OPEN. BEACH CLOSED.

W.P Franklin Lock & Dam CAMPGROUND

Camp by reservation only

17850 NORTH FRANKLIN LOCK ROAD, ALVA, FL 33920, 239-694-8770

<https://www.recreation.gov/camping/campgrounds/233661>

Call to affirm COVID restrictionsthat apply



Alva Community Center PARK

21471 North River Road, Alva, FL 33920 , (239) 728-2882

Call to affirm COVID restrictionsthat apply



Telegraph Creek: Unspoiled kayak trail worth discovering

(TY Florida Rambler)

Telegraph Creek, a tributary of the Caloosahatchee River located between LaBelle and Fort Myers, is all the things I love about kayaking destinations – out-of-the-way, uncrowded, scenic, quiet and full of wildlife.



Caloosahatchee Regional Park



19130 North River Road, Alva, FL 33920 (239) 694-0398

EMAIL: leeparks@leegov.com

Shelter rentals, primitive tent camping, Horse and bike trails.

Contact to check on Covid restrictions that apply



NORTH FORT MYERS Recreation Park

2000 North Recreation Park Way,
North Fort Myers, FL 33903,

This park features an 18 hole Disc Golf course , call (239) 297-8916

Veterans Park Recreation Center
55 Homestead Road South, Lehigh
Acres, FL 33936



Contact Information (239) 369-1521

DFlora@leegov.com

Contact to discover covid restrictions that apply



"Fostering a safe community to live, play and work."

FEBRUARY IS NATIONAL SAFETY MONTH

2021 is the year when we can all make an effort to keep everyone safe. Pay attention to those around you and slow down! Appreciate the people in your life. February is National Safety Month. Individuals don't "plan" to get injured. The majority of unintentional injuries occur from motor vehicle crashes (including bicyclists, pedestrians, and motorcycles) and falls.

Motor Vehicle Crashes. Lee County roadways in 2020 included over 100 fatalities. As motor drivers, you are responsible to watch for the safety of those around you, as well as your passengers. Remember, that your vehicle is a weapon! Be cognizant of what is happening around you; come to complete stops at traffic lights, follow speed limits, and make sure you can see what's outside your vehicle.

Bicyclists ride with their traffic flow (the same direction as cars traveling in your direction); they should have lights in front and reflectors in the back so they are seen. **Pedestrians** walk against the traffic so they can see vehicles approaching; they should wear light-colored clothing so they are easier to be seen; at night, they should have a means of being visible.

Falls. These are the second leading cause of trauma in Lee County for people over the age of 65. Most falls occur in the home—in the bathroom; use non-skid rubber mats on the floor of tubs or showers and install grab bars for added support. Store frequently used items in the kitchen on lower shelves. Wear proper footwear and utilize assistive devices when needed. Above all else, remove clutter from floors, walkways, and stairs.

Look around your house for safety hazards for all age groups. Not only do our elder citizens have falls but also youth, including children who are naturally inquisitive and can get into trouble very easily.

The Lee County Injury Prevention Coalition serves as a collaborative effort or partnership whose function is to facilitate partners' work and act as a catalyst for injury prevention initiatives. Its mission is to prevent injury, disability, and death through advocacy, education, legislation, and partnerships. Additional information about the Injury Prevention Coalition may contact Brian Raimondo at ipclecounty@gmail.com or 239-330-2240.



Prepare, Prevent, Protect During National Poison Prevention Week

Held This Year March 21-27

“When Life Happens” is the theme of the March 21-27 National Poison Prevention Week. Poison control centers around the United States, as they have for more than fifty years, will be celebrating the week by distributing information about poison safety.

The poison control centers handle calls not only from parents of small children but also from people older than five needing help and information. The center offers safety tips for individuals in all walks of life—not just for parents of small children! They do more to prepare, prevent, and protect people from poisonings than you may realize.

Ask yourself these questions:

- Do you take medication? You could take the wrong one.
- Do you go for walks in our Florida beautiful parks and wildlands? You may be bitten or stung.
- Do you clean the house? You could get that cleaner in your eye.
- If you have children, are your house, car, and surroundings child safe?

Florida’s Poison Control Centers are available 24/7 to answer questions about any kind of potential poisoning as well as for questions about medication safety, side effects, or interactions. During this past year, the centers have answered questions about the COVID vaccines and the various medications that treat COVID symptoms. The people answering these calls are doctors, nurses, and pharmacists who can assess your situation; they are the same experts that hospital emergency departments consult for their patients.

Get accurate information fast when seconds count by visiting www.floridapoinsoncontrol.org, Florida’s Poison Control Centers on Facebook, @floridapoinson on Twitter, or by calling 1-800-222-1222.

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

Additional information about the Injury Prevention Coalition may be obtained by contacting Brian Raimondo at ipcleecounty@gmail.com or 239-330-2240 or Wendy Stephan PhD, PPH, Health Education Coordinator, Florida Poison Information Center-Miami, 1-800-222-1222



ALVA FIRE CONTROL & RESCUE SERVICE

2660 Styles Road, Alva, Florida 33920

(239) 728-2223

Thank a fireperson or an EMT every time you see them.



Lee County Conservation 20/20 manages 48 preserves spread throughout Lee County, including within the boundaries of most cities. These preserves combined total nearly 30,000 acres.

All preserves are open to the public for hiking, wildlife observation, and nature study. Several preserves offer additional recreation opportunities, including fishing, kayaking and canoeing, and horseback riding. Search recreation activities online or download recreation and amenities chart online.



Alva Scrub Preserve

Preserves are open daily during daylight hours. Access may be limited at certain locations due to temporary flooding, special restoration projects, or isolated

location. Information about each Conservation 20/20 preserve can be accessed from the website: <http://www.leegov.com/conservation2020/preserves>



Bob Janes Preserve



Daniel's Preserve at Spanish Creek



Newest 20/20 site. Carter's Lane



Buckingham Trails Preserve



Olga Shores Preserve



Telegraph Creek Preserve



**WE
DELIVER!**



**Fort Myers
MEALS ON WHEELS now serves
homebounds of any age and for any
short or long term need in the ALVA
area!**

Our caring Meals on Wheels volunteers provide daily, nutritious home-delivered meals and a friendly, safety and security check to eligible homebound neighbors who cannot shop or cook for themselves. These neighbors include seniors, the disabled, or chronically ill adults under the age of 60.

**VOLUNTEER FOR
MEALS ON WHEELS**

WWW.COMMUNITYCOOPERATIVE.COM

To become a volunteer driver/deliverer to clients, or to become a client receiver of meals and other services, please contact:

239) 332-7687

NOTE: Meals on Wheels is SHORT of drivers! The pandemic has created record numbers of folk who need meal deliveries in their homes.

FREE FAMILY MOVIE NIGHT.

**First Fridays - 7:00
Nov. thru Mar.
Bring a Chair or Blanket**

On the Field @ 14036 Matanzas Dr.

Concessions Available

Grandparent Scam on the Rise



Protect yourself against COVID-19 vaccine scams

As COVID-19 vaccine distribution begins, Sheriff Carmine Marceno wants you to be aware of emerging fraud schemes:

You are asked to pay out of pocket to get the vaccine.

You are asked to pay to put your name on a vaccine waiting list or to get early access.

Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.

Marketers offering to sell or ship doses of the vaccine for payment.

Requests from someone you do not know asking for your social security number, bank account information or credit card information.

If you believe you have been the victim of COVID-19 fraud, immediately report it to:

Lee County Sheriff's Office fraud line – 258-3292

HHS-OIG Hotline: 1-800-HHS-TIPS | tips.hhs.gov

FBI Hotline: 1-800-CALL-FBI | ic3.gov

CMS/Medicare Hotline: 1-800-MEDICARE



CALOOSA HUMANE SOCIETY
YARD SALE
Saturday February 6th
8 am – 12 noon

ALL PROCEEDS directly benefits the homeless dogs and cats at our shelter!

Many thanks to the generous donors of items which make our monthly event successful. Come see the many new arrivals including antiques!

Clothing, decorations & knick-knacks, tools, cooking and bake ware, Tupperware, dolls & stuffed animals, furniture, collectables, household necessities, books & much more!

Have fun and help support our mission and the animals in our care. ☺ Hope to see you there!



LOCATION: 390 North Bridge Street (behind and in Labelle Auction Company Building, corner of North Bridge St. and Park Avenue.) More info call 675-0997



The Caloosa Humane Society, Inc. is a non-profit 501 (c) 3 organization.

USS Hannah Chapter, Alva Daughters of the American Revolution

<https://www.wreathscrossamerica.org/pages/150530/Overview>



Contact now about joining!



Southwest Florida Cooking by

MAGGIE McMann

of Oak Park, Alva

Contact Maggie to find out more at: Maggi1rn@att.net

Sailors Omelet

Ingredients per omelet:

- 3 egg whites
- 1T whole milk
- 2 thin sliced mushrooms
- 2 T chopped chives (or green onions)
- 1/4 c bread crumbs
- 1/2 tsp Old Bay seasoning
- 1 Tbsp butter
- Dash salt/pepper
- 2 Tbsp whipped cream cheese
- 10 baby spinach leaves (stems removed)
- 2 Tbsp fresh lump crab meat
- Hollandaise sauce (recipe follows)

Instructions:

In a bowl, Beat three eggs for omelet with 1 Tbsp whole milk.
Set aside.

In a skillet, Sauté fresh thin sliced mushrooms in butter ...add chopped chives (or green onion thinly sliced).
Remove from skillet and set aside.

Toast breadcrumbs in butter in a small skillet with a dash of old bay seasoning. Set aside.

Add 1 Tbsp butter to empty omelet skillet over med heat. Add eggs. Rotate skillet slowly until mixture is 1/8 inch up sides. Cover 1 min (or until almost set), sprinkle lightly with salt, pepper, 2 Tbsp whipped cream cheese, the mushrooms, 10 fresh baby spinach leaves and 2 Tbsp lump crab (all onto one side). Gently flip half over the toppings.

Make hollandaise and put over with toasted breadcrumbs



Quick hollandaise:

Heat 1 stick butter to bubbling in microwave.

In a blender, on high, beat 3 egg yolks, 2-3 Tbsp lemon juice and 1/4 tsp salt and a pinch of cayenne.

Then on low speed, slowly drizzle the hot butter through lid and blend 15 seconds.



Calusa Waterkeeper is a non-profit organization dedicated to the protection of the Caloosahatchee River & Estuary in Southwest Florida.

**Join Our Team!
Become a Certified**



Ranger

Participants should have access to area waters by boat or paddle craft. No prior experience needed. Classes held at the Calusa Nature Center, Iona House. info@calusawaterkeeper.org 239) 784-0880



JUST BE KIND

Polly Kiely of Alva was inspired to begin an Alva sign movement when she learned of a Central Indiana youth project started in 2015.

To find out more about Polly's local efforts and how you may become a part of them contact Polly at: pbkiely@embarqmail.com

Alva Angel's

Giving back to the families of our community

Please like us on Facebook Alva Angels, LLC for more information.



Are you cleaning out your house and planning to donate the items you no longer want? Please consider donating those items to Alva Angel's. We can pickup small and large items and we will gift those items to people in need or sell the items to raise money for the upcoming holiday season to purchase wish list items.

Please share with all your friends and contacts.

Medicare.gov

As the country begins to distribute COVID-19 vaccines, there's no doubt scammers are already scheming. Medicare covers the COVID-19 vaccine, so there will be no cost to you. If anyone asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam.

Here's what to know: You can't pay to put your name on a list to get the vaccine. You can't pay to get early access to a vaccine. Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

If you come across a COVID-19 vaccine scam, report it to the Federal Trade Commission or call us at 1-800-MEDICARE. And check out CDC.gov for trustworthy information on the COVID-19 vaccine.



Since 1964

Your RIVERDALE LIBRARY

**Location: 2421 Buckingham Road,
Fort Myers, FL**



Riverdale Library is open from 10 am until 4 pm Tuesday thru Saturday!

Services Information:

Take advantage of self-service options such as contactless self-check-out, curbside holds pickup, exterior book returns, and copy, scan and print stations.

Computer stations are distanced at least 6 feet apart and usage time is limited to two hours per person per day.

Reference Services are limited and we encourage you to use our virtual reference service.

Request materials from home so your visit can be grab-and-go. If you have requested materials, please wait to pick up items until you are notified.

Newspapers and magazines are not available.

Meeting spaces, study rooms, general seating and other gathering spaces are unavailable.

Play items and gaming equipment have been removed from youth and teen areas.

To Protect Staff and Patrons:

Patrons are expected to follow the CDC's social distancing guidelines of staying 6 feet apart from others that are not in your party. Face coverings are recommended, but not required.

Hand sanitizer and sanitizing wipes for computers are available.

Building capacities are limited to 50%. Buildings are cleaned and disinfected throughout the day following CDC guidelines.

When materials are returned, we quarantine items for 24 hours before making them available. This may cause a longer than usual wait time.

ALVA Garden Club NEWS

The Alva Garden Club meeting on January 19th at 1:00 PM included the presentation “Attracting Birds to Your Lawn” by Lee County Master Gardener Volunteer Don Davis. As a special field trip, club members visited the Echo Global Farm on January 23 for a guided tour.



On February 6 at 9AM, the gardens of three club members will be visited: Jan Blythe, Nancy Lee and Pat Heath. Shown here are some of the plants that are featured in Nancy’s garden. The little light green plant is the Matchstick/Aechmea Gamosepala bromeliad. Notice the colorful purple and pink “matchstick” spikes that protrude from the center of the foliage. This is a cold hardy plant that enjoys high humidity and shade. The large plant with large dark purple and green leaves is the Queen Emma/Crinum

Augustum lily. It grows to about 6 feet tall/5 feet wide, and blooms year-round with beautiful magenta and white flowers. In Nancy’s yard, it is surrounded by Orange Aechmea Blanchetiana bromeliads. Notice the brilliant flower stalk on the left which is



composed of a cluster of bright red and yellow showy bracts. These are often used as cut flowers indoors. The plant is best placed in a partially shaded location.



A series of floral design classes were held recently for club members. The classes were designed by the National Garden Club and feature six classes in total. To date, club members have participated in classes 1-3 which focused on vertical and horizontal designs. The pictures shown here are from class #2, ‘Horizontal Lines’. Club members Liz Ingram, Winnie Creamer, Connie Dennis and Alinda Handy created the arrangements which used artificial and fresh floral items using three basic types of

plant materials: spike, rounded forms, and filler. This low-profile design is perfect for a dinner centerpiece. With some basic directions and sharing of ideas, members learned how to assemble a pleasing arrangement using purchased bouquets as well as plant materials found in their own yards.



Prospective club members are always encouraged to attend a meeting. The February 16th meeting will feature Lee County Master Gardener Volunteer Andrea Psaras discussing “Gardening in a Small Space”. The club is a vibrant group! Meetings are held outside on the grounds of the Alva Library and Museum to maintain social distancing. The club’s website is: <http://alvagardenclub.org>.

Submitted by Pamela Relyea, Club President

The ALVA MUSEUM

A visit worth your time in its historic 1909 building, one of the oldest library buildings in existence anywhere in Florida.

The Alva Library and Museum is now open to visitors every Saturday through the end of May from 2-4 PM. Alva Garden Club members serve as your guides to show you all the wonderful historic artifacts on exhibit. Safety measures from the Centers for Disease Control are followed and masks are required.



Private tours can be arranged by calling: 239-822-4596 or 518-879-2520.

**See a virtual video tour of the Alva Library and Museum at:
<http://alvaflmuseum.com>. Click on Virtual Tour.**



Lee County's newest professional theatre is located at The Shell Factory & Nature Park, North Fort Myers. Directions can be obtained by Googling Players Circle Theatre. Parking is free. Reservations for all performances may be obtained by calling 239-800-3292 or clicking on

www.PlayersCircle.org.

Over 30 performances are scheduled for the winter season:

- Danny Sinoff will be in residency every Thursday, beginning February 4; he will sing and play jazz featuring music from the American songbook. He will be accompanied by singer/drummer Patricia Dean and Scott Smith on bass. 7:00 p.m. Tickets \$15 and \$25.
- February 5-6. R.C. Smith, stand-up comedian, will return; he's known as one of the best "warm-up guys in the business," and has been featured on television and played comedy clubs around the country. Friday, 8:00 p.m.; Saturday, 7:00 p.m. Tickets \$15 and \$25.
- March 5-6. Carmen Ciricillo, nationally known comic headliner—recently featured on TV's America's Funniest Home Videos. Friday, 8:00 p.m.; Saturday, 7:00 p.m. Tickets \$15 and \$25.
- February 12-14 and 19-21. Guys and Doll: Love on the Rocks, a musical revue, features three experienced singer-actors accompanied by maestro Brian Gurl on the keyboard. They will sing Broadway songs from Porter to Hamilton. Friday, 8:00 p.m.; Saturday, 7:00 p.m.; Sunday, 2:00 p.m. Tickets \$25 and \$35.
- February 26-28. Expect the unexpected, when Brian Gurl returns with singer Michele Pruyn in this musical Revue, Gershwin with a Twist. Friday, 8:00 p.m.; Saturday, 7:00 p.m.; Sunday, 2:00 p.m. Tickets \$25 and \$35.
- March 19, 21. Ladies of Country, starring Rebecca O'Quinn singing the songs of Patsy, Tammy, June and Dolly. Friday, 8:00 p.m., Sunday, 2:00 p.m. Tickets \$25 and \$35.
- March 20. Popular burlesque troupe, Glam! Bam! Burlesque! will return for shows at 7:00 p.m. and 9:30 p.m. Tickets \$35-\$60. Warning-this show contains adult entertainment and is not for the easily offended.
- March 26-28. Hot Keys and G Strings. The piano and violin magic of Brian Gurl and Carlann Evans. Friday, 8:00 p.m.; Saturday, 7:00 p.m.; Sunday, 2:00 p.m. Tickets \$25 and \$35.

Alva Area Lee County Schools

Alva, Buckingham, River Hall, and Riverdale



Lee Home Connect: Virtual Learning

PARENT GUIDELINES & PRIVACY EXPECTATIONS

To maintain a positive, productive learning environment and assure confidentiality for students and teachers during Lee Home Connect learning, all parents/guardians are asked to follow the following privacy guidelines.

- Zoom live classes are designed for students. To prevent disruptions to the learning environment, parents/guardians should not actively participate in classes, although parents/guardians may assist their child with technology and/or remain nearby.
- Parents should NOT video record, audio record, photograph, live stream, or transmit in any other way any part of a Zoom live classroom. This includes posting on any social media platform.
- Any confidential or personally identifiable information related to students participating during Zoom classes should not be collected, discussed, or shared.
- Parents/guardians should not engage with students or teachers during Zoom live classes. Please refrain from speaking with your child during a live classroom. If you need to speak with your child during a class session, first mute your child's microphone.
- If a parent/guardian has a question, comment, or concern for the teacher, please email your child's teacher or call the school.
- Parents/guardians should contact Riverdale High School's administration with any questions or concerns regarding student privacy or virtual classroom expectations.

Thank you for your support and cooperation in helping ensure your child's Lee Home Connect learning experience is a positive, productive and enjoyable experience.

Grace UMC, Fort Myers
Shores
Second Saturday Free Meal
& Food Pantry, 9-11am
239-205-3123

Alva Area FOOD PANTRIES

St. Vincent DePaul RC
Our Lady's Cupboard Food Pantry
Breakfast cereal and canned fruit continue to be
needed in Our Lady's Cupboard Food Pantry. Call
(239) 694-3985 for hours open.

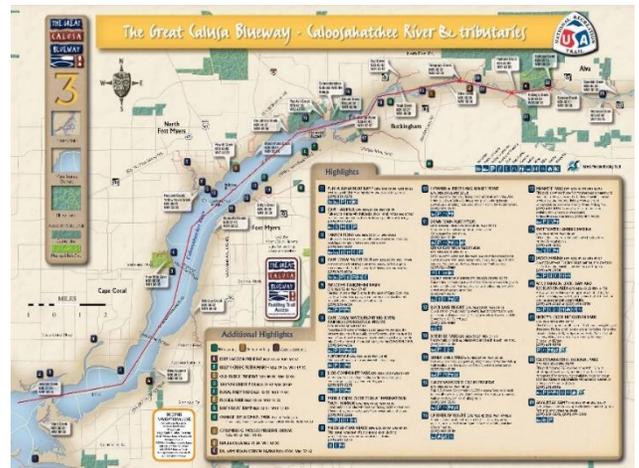
Charleston Park Comm Ctr
239-728-8895
FOOD PANTRY
2nd and 4th Friday at 10am-1pm

ALVA UMC
Food Pantry @ Bethany House
Food Pantry: 9am-12pm 2nd & 4th Wednesdays
239-728-2277



Trail information is at
www.calusablueway.com or
www.leeparks.org/blueway.

The Great Calusa Blueway Paddling Trail is a 190-mile marked canoe and kayak trail that meanders through the coastal waters and inland tributaries of Lee County, Florida. It attracts everyone from first-time kayakers to advanced paddlers and is home to abundant marine life, shore birds and crustaceans.



SWFL CRIME STOPPERS
SAY IT HERE!
WHY?
 We guarantee anonymity!
 We pay cash rewards.
HOTLINE: 1-800-780-TIPS
 CLICK HERE TO SUBMIT A TIP
 DOWNLOAD OUR P3 TIPS MOBILE APP FOR FREE

SWFL Crime Stoppers is NOT a substitute for calling 9-1-1. In the event of an emergency, please call 9-1-1. Those who submit a tip are called "tipsters" and will remain 100% anonymous. No caller ID. No recorded lines. No tracking of phone calls. We want your

information, not your name!

Put simply it is a three-part approach to solving the crime problem. SWFL Crime Stoppers relies on cooperation between our community, the media, and law enforcement to provide a flow of information about crime, wanted fugitives and suspicious activities.

Facemask Do's and Don'ts

For Healthcare Personnel

When putting on a facemask

Clean your hands and put on your facemask so it fully covers your mouth and nose.



DO secure the elastic bands around your ears.



DO secure the ties at the middle of your head and the base of your head.

When wearing a facemask, don't do the following:



DON'T wear your facemask under your nose or mouth.



DON'T allow a strap to hang down. DON'T cross the straps.



DON'T touch or adjust your facemask without cleaning your hands before and after.



DON'T wear your facemask on your head.



DON'T wear your facemask around your neck.



DON'T wear your facemask around your arm.

When removing a facemask

Clean your hands and remove your facemask touching only the straps or ties.



DO leave the patient care area, then clean your hands with alcohol-based hand sanitizer or soap and water.



DO remove your facemask touching ONLY the straps or ties, throw it away*, and clean your hands again.

*If implementing limited-reuse: Facemasks should be carefully folded so that the outer surface is held inward and against itself to reduce contact with the outer surface during storage. Folded facemasks can be stored between uses in a clean, sealable paper bag or breathable container.



11/16/2020 Jan 2, 2020 11:30 AM

Additional information is available about how to safely put on and remove personal protective equipment, including facemasks:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html>.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Mission

Volunteer Florida strengthens Florida's communities through national service, fostering volunteerism and leveraging resources.

<https://volunteer.volunteerflorida.org/>

TALLAHASSEE, Fla. – Volunteer Florida, the organization responsible for managing AmeriCorps programs in the State of Florida, is pleased to announce the 2021-2022 AmeriCorps formula funding request for proposals (RFP). Organizations interested in applying should respond to the RFP by Monday, March 8 at 5 pm (ET).

“AmeriCorps members dedicate a year of their lives to service and in return, Florida is a better place to live, work and raise a family,” said Governor Ron DeSantis. “I applaud Volunteer Florida for making this funding available to organizations across our state who are helping our students and veterans, protecting our environment and restoring our communities after disaster.”

“Volunteer Florida, with the support of the federal agency, AmeriCorps, is proud to increase the capacity and impact of organizations across the Sunshine State through AmeriCorps members,” said Volunteer Florida CEO Corey Simon. “AmeriCorps members ‘get things done’ in Florida and I encourage organizations who are interested in bringing this change to their communities to consider applying.”

Each year, nearly 1,700 young people across our state take the pledge to strengthen Florida's communities through AmeriCorps. AmeriCorps members serve in many different capacities, including educational support, veteran services, public land conservation, disaster response and more. Member activities include tutoring and mentoring underserved students, supporting veterans and military families, sustaining state parks, and rebuilding after natural disasters.

AmeriCorps funding is made available by the federal agency, AmeriCorps, and administered by state service commissions like Volunteer Florida. Over the past 25+ years, AmeriCorps has empowered over one million individuals across our nation to dedicate a year to service and become the solution to our communities' most pressing issues. In return, members gain leadership skills and on-the-job-training, as well as a living stipend and education award that can be used to help pay for college or repay student loans upon the completion of their service year.

To view the RFP and application instructions, please click here. Proposals are due to Volunteer Florida by 5 pm (ET) on Monday, March 8, 2021.

To learn more about this opportunity and the RFP process, please join us for our technical assistance webinars on Tuesday, February 9. There will be a webinar at 10 am (ET) for continuation applicants and a webinar at 2 pm (ET) for new and recompile applicants. To register for the continuation webinar, please click here. To register for the new/recompile webinar, please click here.

Volunteer Florida will also host a webinar series to review the overall AmeriCorps funding opportunity:

Thursday, January 28 at 2 pm (ET) - AmeriCorps 101: Serve, Impact, Transform

Tuesday, February 16 at 2 pm (ET) - Creating Strong Narratives

Thursday, February 18 at 2 pm (ET) - AmeriCorps Budget 101

To register for this application webinar series, please click here. If you have any questions regarding AmeriCorps or the funding process, please contact americorpsrfp@volunteerflorida.org



.Effective immediately, persons who are experiencing homelessness (living outside, in a car, or other place not meant for human habitation) and seeking permanent housing resources in the Lee County CoC should contact 239-533-7900, and select options 1, 5, then 3, to complete a Coordinated Assessment.

THE KRAMERS



IN CONCERT

February 26, 2021

6:00 PM

First Baptist Church of LaBelle

333 North Main Street

LaBelle, FL 33935

Contact: 863 - 675 - 2171

A love offering will be received.

TheKramersMusic.com



Many consumers spent most of 2020 doing their shopping online. There are several steps consumers should take to order safely online and make sure they get what they ordered.

- Confirm that the seller is legit. Read reviews and recommendations about the product, seller, and warranties

from sources you trust. Look for reviews about their reputation and customer service and be sure you can

contact the seller if you have a dispute.

- Look carefully at the shipping date before you order. If there's no date given, the seller has 30 days to ship.

If you're notified about a delay in shipping, you have the right to cancel the order and get a full refund. If you

decide to cancel, let the seller know right away so you won't be billed.

- Pay with a credit card — that gives you many protections under the law. If you pay with a credit card, you may be able to dispute certain charges — and temporarily withhold payment for those charges pending an investigation.

- Track — and guard — your delivery. Keep a record of your order, including tracking numbers. That way you can see where your stuff is in the shipping process. Also, consider having your items held at the post office or delivered to a family member or neighbor in case you're not home. Some companies have their own secure locations where you can have your merchandise delivered.

Health Happenings!



As always, I am available by email, telephone or appointment for help.
carneydeb@hotmail.com (239) 292-3416

Covid Facts and Tips

While we continue to weather this storm and wait our turn for the vaccine, here are some reminders and some new information:

- 1- Continue to take your vitamins. These include vitamin D3, C and vitamin B1 plus zinc.
- 2- If you think you have the virus call your medical provider as soon as possible. There are so many treatments your doctor can give you. The doctors are up-to-date on life-saving information now that we have almost a year under our belt. Some doctors give blood thinners, some give steroids and some will send you to the hospital for further treatment. Remember the Monoclonal Antibody that President Trump got? It was a one-time IV infusion and it appeared to turn him around almost immediately. Lee Health will give you the Monoclonal Antibody Infusion if you meet certain criteria: infection was diagnosed early (you came in before 10 days with covid), you have other health conditions, and you are older.
- 3- Don't Be A Hero! Run Don't Walk to the Hospital if you suspect covid. The Emergency Room is seeing many folks with covid. Please go early. This will be the best way to get the Monoclonal Antibody Infusion.
- 4- If diagnosed with covid, here are some tips: drink lots of cold or luke-warm liquids, do breathing exercises with coughing, lie on your stomach not your back, force yourself out of bed and moving, listen to your body.
- 5- Start to look for ways to get the vaccine: try Lee, Glades and Hendry Health Departments plus Publix. Here are some telephone numbers:
Lee Health Department (HD) is 866-200-3468 ; Hendry HD is 863-674-4041 ; Glades HD is 863-946-0707.
Keep an eye on our local news. WINK News sends out timely information if you get their free app on your cell phone.
Presently, the only way to access Publix is to get on their website to secure a spot at www.publix.com/covid-vaccine/florida Anyone with a smart phone or computer can do it for you.
- 6- If you have no one to help with technology, call me and I will do my best to secure you a spot.
- 7- We will all get the vaccine so be patient plus persistent. I think being in Florida is a plus right now.
- 8- PRAY!

FREE HEALTH RESOURCES due to COVID-19



Due to COVID-19 Hazelden is providing counseling services now at no cost to any family nationwide.

THIS IS A FREE FAMILY VIRTUAL PROGRAM.

With addiction and mental health needs growing amid the pandemic, the Hazelden Betty Ford Foundation has launched a new education and support program for families—accessible from your home at no cost.

Call 877-898-3292

The Center for Progress and Excellence
 Mobile Crisis Unit
 CRISIS HOTLINE NUMBER
 (844) 395-4432

The Goal for the Mobile Crisis Response Team is to reduce the number of involuntary Baker Acts through active crisis intervention techniques in Florida's Circuit 20 (Charlotte, Lee, Collier, Hendry, and Glades Counties). The Mobile Crisis Response Team (MCRT) consists of Case Managers, Peer Specialists, Master Level Clinicians, and a Licensed Professional on shift each shift. MCRT are on call 24 hours a day, 7 days a week to ensure the safety of the community.

MENTAL HEALTH MONDAYS
 Virtual Series

Kids Minds Matter
 Advocates for Mental Health

Facebook.com/KidsMindsMatter

Live Your Best Life
the lift project
 ... By Dr. Darren Morton
 Internationally Recognized Lifestyle Medicine Expert

10 Week Program
 Includes Weekly Sessions

Ten fascinating lessons are included in this online educational adventure designed to lift your mood and your life:

- Your Limbo is Listening
- Motion Creates Emotion
- Blue & Green be Often Seen
- Together Feels Better
- Feelings Follow Your Focus
- Food Feeds Your Mood
- Rest to Feel Your Best
- Stress Less
- Giving is Living
- What Does it Take to Flourish?

Upcoming Sessions
 Virtual Sessions
 Offered through the Healthy Life Center
 Coconut Point

August 11th – October 13th
 Tuesday, 11:30 a.m.- 12:30 p.m.

For more information, please go to www.healthylee.com Click on Events, then LIFT Project to register. You may also call 239-468-0050 to RSVP.

Do I have COVID, the FLU, or just a COLD?

All three contagious diseases are spread by air-borne respiratory droplets and contaminated surfaces. Remember to wash hands frequently, do not touch your face, and wear a face covering to prevent infection or spread to others. The following key differences are specific to **adults only**.

COVID Onset: Sudden	Seasonal Flu Onset: Sudden	Common Cold Onset: Gradual
Symptoms <ul style="list-style-type: none"> Fever or chills Cough Shortness of breath or difficulty breathing Fatigue Muscle or body aches 	Symptoms <ul style="list-style-type: none"> Fever or chills Cough Sore throat Runny or stuffy nose Fatigue 	Symptoms <ul style="list-style-type: none"> Runny or stuffy nose Sneezing Sore throat
Incubation 2-14 Days	Incubation 1-4 Days	Incubation 2-5 Days
High risk of severe illness <ul style="list-style-type: none"> Older adults (e.g. heart disease, kidney disease, diabetes) 	High risk of severe illness <ul style="list-style-type: none"> Older adults (e.g. asthma, heart disease, diabetes) 	High risk of severe illness <ul style="list-style-type: none"> Extremely rare
Recovery 2-4 Weeks	Recovery 1-2 Weeks	Recovery Up to 2 weeks
Treatment or vaccine <ul style="list-style-type: none"> No vaccine Supportive treatment 	Treatment or vaccine <ul style="list-style-type: none"> Annual seasonal vaccine Anti-viral treatment within 24-48 hours 	Treatment or vaccine <ul style="list-style-type: none"> Only treat symptoms

NOTE: Sneezing with a stuffy nose is not a typical COVID symptom.

COVID <ul style="list-style-type: none"> If you have mild or moderate disease, stay home for 10 days after your first symptom unless you need medical care. If you must see another person during that time you must wear a mask. A mask must be worn around people at all times. 	What do I do?
FLU <ul style="list-style-type: none"> If you have mild or moderate disease you should stay home and avoid others until 24 hours after your fever is gone unless you need medical care. Your doctor may prescribe antiviral medication if you have had symptoms for only 1 to 2 days. 	
COLD <ul style="list-style-type: none"> Stay home until your symptoms are improving 	

SEVEN KINDS OF CORONAVIRUS
There are seven strains of coronavirus (CoV) that are known to infect humans.

- 229E
- NL63
- OC43
- HKU1
- MERS-CoV (causes Middle East Respiratory Syndrome, or MERS)
- SARS-CoV (causes severe acute respiratory syndrome, or SARS)
- SARS-CoV-2 (causes coronavirus disease 2019, "COVID")

These cause common cold-like symptoms

These cause epidemics and pandemics

Why Get Vaccinated?

To Protect Yourself, Your Coworkers, Your Patients, Your Family, and Your Community

- Building defenses against COVID-19 in this facility and in your community is a team effort. And **you** are a key part of that defense.
- Getting the COVID-19 vaccine adds **one more layer of protection** for you, your coworkers, patients, and family.



- Here are ways you can **build people's confidence** in the new COVID-19 vaccines in your facility, your community, and at home:
- Get vaccinated and enroll in the **v-safe** text messaging program to help CDC monitor vaccine safety.
 - Tell others why you are getting vaccinated and encourage them to get vaccinated.
 - Learn how to have conversations about COVID-19 vaccine with coworkers, family, and friends.



www.cdc.gov/coronavirus/vaccines



LaBelle Swamp Cabbage Festival PARADE CANCELLED

(TY Facebook)

After careful consideration the Swamp Cabbage Festival Executive Committee, along with City of LaBelle Officials, decided that in the best interest of public safety we will cancel the 2021 PARADE. Please know that this decision was not made lightly and we have the wellbeing of parade spectators in mind. The festival itself will go on as planned following CDC recommendations.

For further updates, refer to our website for the most up to date information about the festival.

Thank you,

2021 Swamp Cabbage Festival Executive Committee

What to Expect after Getting a COVID-19 Vaccine

Accessible version: <https://www.cdc.gov/nczod/coronavirus/2019-ncov/vaccines/expect-after.html>

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like flu** and **may even affect your ability** to do daily activities, but they should go away in a few days.

Common side effects

On the arm where you got the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Tiredness
- Chills
- Headache

Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.



Ask your healthcare provider about getting started with v-safe

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second dose.

Learn more about v-safe.
www.cdc.gov/vsafe

When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

Remember

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.
- It's important for everyone to continue using all the tools available to help stop this pandemic: as we learn more about how COVID-19 vaccines work in real-world conditions, cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

HEALTHCARE PROVIDER, PLEASE FILL IN THE INFORMATION BELOW:

If your temperature is ____°F or ____°C or higher or if you have questions, call your healthcare provider.

Tell your healthcare provider about: _____

Healthcare provider phone number: _____

Medication (if needed):

Take _____ every _____ hours as needed.
(type and dose or amount)



cdc.gov/coronavirus



TotalCare EAP
Public Safety EAP
Educators EAP
Higher Ed EAP
HealthCare EAP
Union AP



October: Mental Health and Depression Awareness

by Julie Ferguson
September 16, 2020

Don't overlook your mental health during the pandemic: Get ready for a focus on Mental Health and Depression in October to find help and resources.

During the pandemic, there's a heavy focus on our physical health. Everywhere we turn, there's information about masks, social distancing, disinfecting, and other steps to limit our risk of getting ill. But good health involves more than just our physical health – it encompasses our mental and emotional health, too. For many people, Covid-19 is kicking up a variety of mental health issues, such as stress, anxiety, loneliness, depression, and grief. Social isolation, the loss of normal routines, financial strain and family dynamics can also be factors that disrupt our mental health. If you are experiencing any of these things, recent surveys show that you aren't alone:

- 53% of U.S. adults say their mental health has been negatively impacted due to worry and stress over the coronavirus, with 36% reporting difficulty sleeping or 32% reporting difficulty in eating. (Kaiser Family Health Foundation)
- The risk for depression among U.S. workers has risen by 102% due to the coronavirus pandemic, and by 305% for workers aged 20-39. (Human Resource Executive)
- More than 40 states reported increases in opioid-related deaths during the pandemic. (The American Medical Association)

Just as you care for your physical health, it's equally important to care for your mental health, but psychological pain often goes unrecognized or takes a back seat to physical illness. While you shouldn't wait to get help if you are in pain, there's a special focus on mental health during this pandemic.

The Importance of Getting Help for Depression

One common mental health misconception is equating depression with sadness. Many of us use the word loosely to describe small daily frustrations and moods (I'm so depressed!), yet the reality is far different. Clinical depression often gets dismissed as a bad mood, blamed on external factors, or begrudgingly accepted as "just the way life is." Thanks to myths and stigmas, we are often reluctant to seek appropriate help for our mental pain.

Some of our local ALVA area churches:

St. Vincent DePaul's RC Church

13031 Palm Beach Boulevard, Fort Myers, FL 33905

www.stvincentftmyers.org 239-693-0818

Alva United Methodist Church

21440 Pearl St. P.O Box 96

Alva, FL 33920

Alvamc@embarqmail.com

www.ouralvachurch.org 239-728-2277

Alva Church of God

21520 Park St, Alva, Florida 33920

239-728-2644

Liberation International Church

Avenue D, Charleston Park

Alva, FL 33920, 239-601-4870

New Hope Faith Temple of Jesus Christ

23210 Avenue D, Charleston Park

Alva, FL, 33920 239-770-4974

Buckingham Presbyterian Church

4241 Buckingham Road

Fort Myers, FL 33905

2219 Joel Blvd, Alva, FL 33920

239 694-2444

First Spanish Assembly of God Church

2219 Joel Blvd

Alva, FL 33920 239-728-5440

Countryside Wesleyan Church

17750 Palm Beach Blvd, Alva, FL 33920

239-368-3270

Calvary Church

19850 Palm Beach Blvd

Alva, FL 33920

www.calvarychurchswfl.org 239-728-5566

First Baptist Church of Alva

2790 Joel Blvd, Alva, FL, 33920

www.alvabaptist.com 239-728-2034

Grace United Methodist Church, Ft Myers Shores

14036 Matanzas Drive, Ft Myers, Florida 33905

www.egracechurch.com 239-694-2797

Bethlehem Lutheran Church

14531 Old Olga Road,

Fort Myers, FL 33905

www.blcefcm.org 239-694-3878

Olga Baptist Church

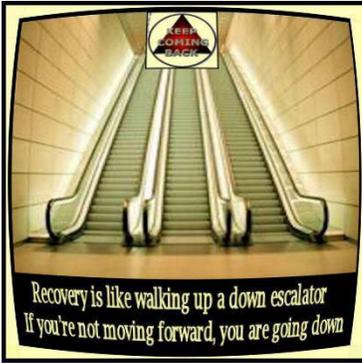
2364 South Olga Drive

Fort Myers, FL 33905

www.olgabaptist.org 239-694-2012

olgabapch1@embarqmail.com

RECOVERY Groups in the Alva Area



Types of 12 Step Programs in Lee County, FL: Because Alcoholics Anonymous was exclusive to people who struggled with alcohol addiction, a vast array of other programs were formed to aid and support those in recovery from other addictive disorders. These include the following groups:

Any type of group you do not find listed below may be sought at this website:

<https://www.addicted.org/directory/category/lee-county-3.html>

Before going to the meeting, confirm time and place by phone

ALVA:

Alva Community Center, 21471 N River Rd, Alva, FL 33920

-AA Way, 8pm Wednesdays, Big Book, OPEN

St. Matthews House, Cypress Creek & North River (rte 78) Roads, Alva

Jill's Place (for women) AND Justin's Place (for men), 239-687-7633 or intake@stmatthewshouse.org.

<https://stmatthewshouse.org/whatwedo/justinsplace/jills-place-retreat-center>

FORT MYERS SHORES:

Grace UMC, Fort Myers Shores, (239) 694-2797, 4036 Matanzas Dr, Fort Myers:

-AA Open Disc: Mon, Wed, Fri, 12pm, office

-AA men: Mon, 7pm, office

-AA Women: Tues, 7pm, office

-Nar-Anon: Wed, 6:30pm, Family Room

-AA Open Disc: Thu, 8pm, Connections Cafe

-AL Anon: Fri, 12pm, Classroom 2

-AA Open Speaker: Sat, 7pm, Connection Cafe

-NA: Sat, 6:30pm, Classroom 2

-NA Step: Sun, 6pm, Classroom 2

-CHOOSE RECOVERY: 6:00pm, Grace UMC Shores
Facebook Page LIVE until COVID-19 is under control.

St. Vincent De Paul RC, 13031 Palm Beach Blvd, Fort Myers:

-Fort Myers Shores Group OStAH – Tuesday, 8:00 pm

Calvary Assembly of God, 11431 Palm Beach Blvd, Fort Myers:

-Night Owls OD – Saturday, 10:05 pm

LEHIGH ACRES:

-AA SUNRISE GROUP - MONDAYS, WEDNESDAYS, FRIDAYS & SATURDAYS 7AM

705 Leeland Heights Blvd E, Lehigh Acres

(239) 275-5111

LEHIGH ACRES (cont):

-AA MONDAY AT A TIME - MONDAY 6:30PM

5513 8th St W, Lehigh Acres

(239) 275-5111

-AA CHAIR'S CHOICE - TUESDAY 6:30PM

5513 8th St W, Lehigh Acres

(239) 275-5111

-AA SPIRITUAL SEARCH GROUP - TUESDAY 8PM

705 Leeland Heights Blvd E, Lehigh Acres

(239) 275-5111

-AA THIRSTY THURSDAYS - THURSDAY 6:30PM

5513 8th St W, Lehigh Acres

(239) 275-5111

-AA HERE AND NOW- SUNDAY 6:30PM

5513 8th St W, Lehigh Acres, 33971,

(239) 275-5111

-NA HOPE WITHOUT DOPE - THURSDAY & SATURDAY 6:30PM

705 Leland Heights Blvd. E., Lehigh Acres,

(866) 819-5346

-AA LEHIGH SUNDAY NIGHT - SUNDAY 8PM

705 Leeland Heights Blvd E, Lehigh Acres

(239) 275-5111

-AA HEARD IT THROUGH THE GRAPEVINE - FRIDAY 6:30PM

5513 8th St W, Lehigh Acres

(239) 275-5111

-AL ANON MOVING FORWARD AFG - MONDAY 10AM

705 Leeland Heights Blvd E, Lehigh Acres

(888) 425-2666

-AA FIRST THINGS FIRST - MON-SUN 7AM

5513 8th St W, Lehigh Acres

(239) 275-5111

-AA NOONERS - MON-SUN 12PM

705 Leeland Heights Blvd E, Lehigh Acres

(239) 275-5111

LABELLE:

Good Shepherd Church, (239) 275-5111, 1098 Collingswood Pkwy, Labelle

-AA-PORT LABELLE GROUP – ODH- SUNDAY 7PM

-MAKING THE EFFORT -OLbHD- MONDAY 7:00 PM

-AS BILL SEES IT- OD- SATURDAY 9:00AM

-WED BIG BOOK GROUP- OBBH- WEDNESDAY NOON

-OPEN DISCUSSION -ODH- FRIDAY 7:00PM

First Christian Church, Rte 29 & Ford Ave, LaBelle

-LABELLE GROUP-ODAH- THURSDAY 7:00PM

-STEP GROUP-Cst- TUESDAY 7:00PM

-AI Anon- AFG - THURSDAY 7PM

138 Ford Ave, Labelle

(888) 425-2666

-AA-THURSDAY 7PM

138 Ford Ave, Labelle

(239) 275-5111

-AA-MEETING AT THE INN - WEDNESDAY 7:15PM

Port LaBelle Inn, 1568 Oxbow Dr, Labelle

(239) 275-5111

NOT TODAY - MONDAY 6:00PM

133 N Bridge St, Labelle

(866) 819-5346

IF you know of any other 12 step or non-12 step recovery group in the Alva area (From Hendry County Line to Fort Myers Shores, north and south of our river) please let me know its name, location and the phone number for information to list here. Thank you! kendewalt@ontheriver.org

Important Alva Area Lee County Phone Numbers & Websites

(as of August 1, 2020)

Agency	Normal Business	Emergency
ANY immediate life-threatening emergency		911
American Red Cross (Local Chapter)	239-278-3401	239-278-3401
Arson Alert Hotline	800-342-5869	800-342-5869
Blood Donor Centers	888-9-DONATE	
- Lee Memorial Blood Center	239-343-2333	
- Florida's Blood Centers	239-574-3170	
Dept. of Financial Services (Insurance)	239-461-4001	800-22-STORM
Federal Emergency Management Agency	800-621-3362	800-462-7585
Florida Division of Emergency Management	850-413-9969	
Lee County Animal Services	239-533-7387	239-533-7387
Lee County Emergency Info Hotline/United Way	39-433-2000	211
Lee County Emergency Management	239-533-0622	239-533-0622
Lee County Government	239-533-2111	
Lee County Health Department	239-332-9501	239-332-9501
Lee County Public Safety & EMS	239-533-3911	911
Lee County Sheriff's Office 2	39-477-1000	911
Mobile or Manufactured Home Residents	850-617-3004	
National Weather Service/Tampa Bay	813-645-2323	
Poison Information	800-222-1222	800-222-1222
Salvation Army, The	239-278-1551	239-278-1551
Traffic Conditions in Florida (Current)	511	511
United Way of Lee, Hendry, Glades & Okeechobee Counties	239-433-2000	211

Agency Web Addresses

Community Emergency Response Teams (CERT)	www.ready.gov/citizen-corps
Department of Financial Services (Insurance)	www.myfloridacfo.com
Department of Homeland Security	www.dhs.gov/
Florida Lightning Safety	www.weather.gov/safety/lightning
Mobile or Manufactured Home Residents	www.flhsmv.gov/mobilehome
American Sign Language Preparedness Videos	www.leegov.com/publicsafety/emergencymanagement/plan
StormReady	www.weather.gov/stormready/



Cell
239-340-3904

Office
239-693-1959

Email
PattyWalkerREMAX@gmail.com

Web
GulfCoastLivingPatty.com

Address
12928 Palm Beach Blvd., Ste A
Fort Myers, FL 33905

Each Office Independently Owned & Operated

**WE WRITE ALL HOMES
INCLUDING OLDER HOMES!!**

INTEGRITY INSURANCE AGENCY

128 W. Charlotte Ave, Punta Gorda, FL 33950



Integrity Insurance Agency has been serving all of Florida for over 20 years. The majority of our business is right here in SW Florida. A team of agents, with over 100 years of total experience, we are dedicated to the service we provide to all our clients. We can handle any insurance situation you may have. We provide coverage and service for all items listed below.

Auto, Homeowners, Renters, Condo, Manufactured Homes, Casitas, Flood, Motorcycle, RV, Boats, Golf Carts, General Liability, Commercial Package, Commercial Auto, Workers Comp, Bonds, Liquor Liability, Special Events, Life Insurance, Health Insurance, Long Term Care, Medicare Products, and Professional Liability.

We would be proud to be called your insurance agency. Since we are an Independent Agency we have a number of companies we work with to get you the best coverage for the best price. Call Integrity today and experience the client services we provide. **941-755-1411**. You can go on our website to get more information at iagencies.com



BECOME A PAID VOLUNTEER

at the Dr. Piper Center

AS A SENIOR COMPANION OR FOSTER GRANDPARENT,
YOU WILL RECEIVE:

Paid stipend of \$3/hr (tax-free)
Paid holidays, sick leave and vacation leave
Paid mileage reimbursement of \$.40/mile

Contact Charlene Mitchell
Senior Companion Program (SCP)
Assistant Director
#239-332-5346 Ext. 103
charlene@drpipercenter.org

Contact Teresa Thompson
Foster Grandparent Program (FGP)
Assistant Director
#239-332-5346 Ext. 107
teresa@drpipercenter.org



The Senior Companion Program (SCP) and Foster Grandparent Program (FGP) provide volunteer opportunities for people aged 55 and older. SCP volunteers serve the frail elderly especially those who are home-bound and living alone. They offer friendship and connection to the outside world; they run errands, and transport them to medical appointments or the grocery store. FGP volunteers serve children with special needs in schools, after school and summer programs. They serve as tutors and mentors to children including those who are victims of abuse, neglect, illiteracy or disability. The emotional benefits of volunteering with us can be profound and lasting. While bringing enrichment to the lives of the seniors and children they serve, Senior Companions and Foster Grandparents often find that their lives are more fulfilling and enhanced.

2607 Dr. Ella Piper Way
Fort Myers, FL 33916

DR. PIPER CENTER
Empowering seniors to create community impact.



New Hope Faith Temple of Jesus Christ



THE WORD CHURCH

Join Us

SUN
School
9AM

SUN
Service
10AM

WED
630PM

Overseers
Bishop James & Charlotte Neal
Co-Pastor ReJoyce Baskin
Contact 239-770-4974

23210 Ave D. Alva FL 33920

Made with PosterMyWall.com



We love what we do!
LET US SERVE YOU!



Kristen Fox Furbay, Realtor®
EXPERIENCE REAL ESTATE GROUP
KRISTEN@ERESUCCESS.COM
239-229-8807

Special thanks to all who financially support the mission of
ON THE RIVER.

We especially encourage our readers to patronize the professional
and community supporters who advertise with us.

Paid Advertisement 1-2

MANATEE TOURS resume January 4, 2021!



Departing Sweetwater Landing
Marina promptly at 9:00 a.m.

Advanced reservations are required.

Book directly at

www.ManateeAndEcoRiverTours.com . Seating is
limited to 20 passengers due to social distancing
requirements.

Manatee & Eco River Tours, 16991 S.R. 31 Fort Myers, FL 33905, USCG Master Captain John C. Cookman

ON THE RIVER Alva Area Newsletter Advertising Rates as of January 17, 2020

This monthly newsletter is a free to subscriber on-line offering. We are not offering anything in print form at this time. We encourage folk to share it with anyone and in any way they wish, and we place the newsletter in the *Alva Florida Friends and Family*, and the *Know Your Neighbors 239*, Facebook Pages which have over 3000 subscribers, and the *NEXT DOOR ALVA* web page which has over 5,000 subscribers. We have over 1,200 personal email subscribers.

Ads run full across the 9x11" OTR page, then down the fraction of the page you choose.

Advertising rates per month :

1/8th Page... one issue: \$15.00, six issues: \$12.00, twelve issues: \$10.00

¼ Page... one issue: \$25.00, six issues: \$20.00, twelve issues: \$17.00

½ Page... one issue: \$45.00, six issues: \$35.00, twelve issues: \$30.00

Full Page... one issue: \$75.00, six issues: \$60.00, twelve issues: \$50.00

Ads will only appear on pages following all articles and nonprofit promotions are formatted. We can format ads for you with WORD.doc copy and j.peg photos or logos. We can also scan any copy and/or photos you provide to create a single j.peg of your ad.

You will receive a screenshot proof of the ad as soon as we have it formatted for your approval before its issue is published. Lack of response to the proof will be considered acceptance.

Full payment for all issues contracted for is to be made in full by the 15th of the month preceding the first month in which the ad is to appear, which is also the date the ad copy is to be received. Payments are to be by check (made out to Ramona DeWalt, noted: OTR.

CONTACT: Ken DeWalt, publisher, with any questions. kendewalt@ontheriver.org
