



# 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](mailto:kendewalt@ontheriver.org) . The deadline for receipt of any materials is the 15<sup>th</sup> of the month previous to the month you wish the articles to run. Issues go out before the 1<sup>st</sup> of each month, and are subject to editing if necessary.

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

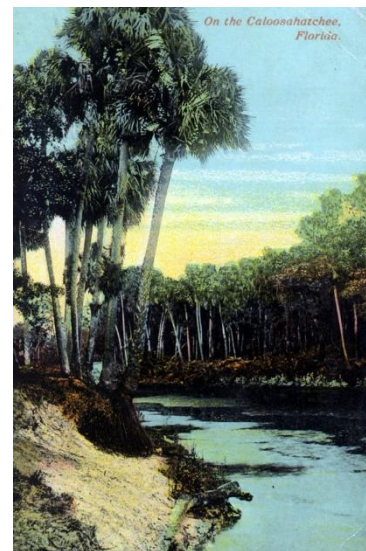
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PLEASE CONTACT any event sponsor promoted in the ON THE RIVER newsletter before deciding to attend to check the latest scheduling plan for dealing with the COVID-19 VIRUS PANDEMIC

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## FEATURED IN THIS MONTH'S OTR:

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



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## Keep up with your zip code COVID-19 infection rate

(TY Carol Johnson)

Go to: [Florida's Covid 19 Data and Surveillance Dashboard](#). Touch the Florida Tab, then the Lee County Tab, then the zip code, 33920 for Alva, Buckingham, Charleston Park, Fort Denaud, Fort Myers Shores, Lehigh Acres, North Fort Myers, Olga

# Coming to Riverdale...a NEW PUBLIX market.



**RIVERDALE SHOPPING CENTER**  
14561 Palm Beach Blvd, Fort Myers, FL 33905  
26.70838, -81.71998

This offering of retail space by Sembler Properties has been received by the OTR (On The River) as of August 14, 2020. The site is the former Wynn Dixie store site, currently empty, next to the Riverdale Library and across Rte 80 from the current Wynn Dixie market.

If the Publix construction takes place, we can imagine a much-improved overall shopping environment in that entire retail corner of Buckingham Rd and Rte 80.



### Overview

- Center undergoing re-development with Publix as new anchor
- Located in East Fort Myers at the high-traffic, 8-lane, lighted intersection of Palm Beach Blvd and Buckingham Rd
- 5 miles east of I-75 and directly across the street from Buckingham High School
- Palm Beach Blvd is a major cross-state artery to the east coast of Florida and a primary artery from Fort Myers to Lehigh Acres, Alva, Buckingham, Olga, Sebring, and LaBelle

### Demos

	3 Miles	5 Miles	7 Miles
Population	15,074	27,462	73,334
Households	5,879	10,455	25,400
Avg Household Income	\$74,118	\$72,209	\$65,974

### Leasing Contact

Jessica Moreno  
727-384-6000 ext. 3134  
jessica.moreno@sembler.com

### Traffic Counts (AADT)

Palm Beach Blvd	23,500
Buckingham Rd	9,356



The Sembler Company | 5858 Central Ave | St. Petersburg, FL | 33707  
P.727-384-6000 | F.727-343-4272 | jessica.moreno@sembler.com



Stay tuned for more information from Sembler as available.

## Lee County to pay \$10 million for conservation sites in Alva, Cape Coral

(TY Fort Myers News-Press)

Lee County Commissioners peeled off \$10 million from the Conservation 20/20 fund Tuesday August 25<sup>th</sup> and approved purchase of more than 600 acres of land in Cape Coral and Alva to protect it from development.



The land in Alva near Carter Lane includes 143 acres of wetlands with pine, cabbage palm, oak and palmetto trees. "It has been kicked around for a number of years, and I am glad it's here," said Commissioner Frank Mann. "It's a great, great purchase and there are not many of this size and sensitivity available anymore."

Appraisals done for the county put the value of the Hickey Creek swamp site at \$4.7 million and \$4.35 million. The county negotiated a price of \$4.4 million that is about 4 percent below the average of the two appraisals. The county must also pay closing costs.

For property tax purposes, the land was valued at \$2,827,603. The land is classified as two-thirds rural and one-third wetlands.

With an agriculture exemption, which under state law requires a pledge to use the land for "bona fide" agricultural use, it was worth \$51,329 according to an appraisal done for the county by Carlson Norris and Associates, a Fort Myers appraisal firm.

The Hickey Creek site had one of the highest scores by an advisory committee: 74 points on a 100-point scale. "This has got a variety of different habitats and it's really going to play nice in the surrounding area," Lavender said.



## 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](http://www.ALVAFL.org)

Contact Emily Smith, treasurer, at [emilysmith@msn.com](mailto:emilysmith@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/>

## PRAYING for our TEACHERS, STAFF and STUDENTS

As many of our schools along the Caloosahatchee, throughout Lee County, and all over Southwest Florida, the United States and the world open for the fall 2020 term in person or online in the midst of this universal pandemic we pause daily, and more often, to lift up those at home, in school, at work who are preparing or experiencing this unprecedented time in our lives.

The questions never end, and I encourage anyone with education related questions to go directly to their school administrators, teachers and district officers with them.

However, may we all realize the TREMENDOUS stress these servants of we the people and our kids are under daily, hourly, as they tread unknown waters of safety and viable education in the midst of the threat of infection.

In the midst of our stress, let us give them patience and grace.

It's the least they deserve.

*Ken DeWalt, OTR publisher*



**DONATE · HOST A FOOD DRIVE · VOLUNTEER**

Fight summer hunger in our community.



[WWW.COMMUNITYCOOPERATIVE.COM/GIVE-HELP/DONATE-FOOD](http://WWW.COMMUNITYCOOPERATIVE.COM/GIVE-HELP/DONATE-FOOD)

Every summer, **Community Cooperative** puts a special emphasis on food donations to support the thousands of families who find themselves struggling to make ends meet when their kids are home and unable to receive free meals from their schools. For many families, this summertime reality came months earlier than anticipated with the impact that

COVID-19 has had on countless job losses and school closings. Now more than ever, we need your support to continue providing necessary food for these families in need.

#### 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**

If you'd like to host a food drive or have any questions about Summer Drive for Hunger, email Development and Events Coordinator, Jazy Proctor at [Jazy@CommunityCooperative.com](mailto:Jazy@CommunityCooperative.com)

#### Back to School is here!

Can you believe it's August already? Amidst an already overwhelming year, school is ramping back up. Whether kids are attending in-person or virtually, there are more families than usual this year who are struggling financially and are unable to purchase needed school supplies for their children. You can help by participating in Community Cooperative's School Supplies Drive!





241 North Bridge Street, Labelle, Florida

[www.firehousecommunitytheater.com](http://www.firehousecommunitytheater.com)

863-675-3066

Auditions will be held on Saturday, September 12th from 9 a.m. to 12:00 p.m. and Saturday, September 19th from 9 a.m. to 12:00 p.m. You must call for an audition time slot as we are scheduling them at 20-minute intervals to assist with social distancing recommendations. If you cannot attend these audition sessions, but would like to audition, we can arrange for a virtual audition.

Please call 863-675-3066 and leave a message with your choice of two different time slots. Audition time assignments will be on a first come, first served basis.

Also, we need volunteers who would be willing to assist with ushering, backstage, concessions, box office and other jobs while we venture into uncharted territory as we try to provide a sense of normalcy during these trying times.

Please note: The Firehouse Community Theatre Inc. has plans and processes in place to help keep everyone safe and healthy!



**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**

 <p><b>TEA FOR THREE</b></p> <p>by Eric H. Weinberger &amp; Elaine Bromika</p> <p><b>(Comedy/Drama)</b> This witty, sly and deeply moving script explores the hopes, fears and the loves of Lady Bird Johnson, Pat Nixon and Betty Ford.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>October 29, 30, 31 &amp; November 1, 5, 6, 7, 8</b> 2020</p> </div>	 <p><b>EVERY CHRISTMAS STORY EVER TOLD</b></p> <p>And Then Some!</p> <p><b>(Comedy)</b> What better way to ring in the holidays than with every Christmas story ever? Hold on tight as you take a tinsel-covered rollercoaster ride bursting with laughter, carols, and joy, and prepare to leave with memories to last a lifetime.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>December</b> 3, 4, 5, 6 &amp; 10, 11, 12, 13 2020</p> </div>	 <p><b>SANDY TOES &amp; SALTY KISSES</b></p> <p>by MICHAEL &amp; SUSAN PARKER</p> <p><b>(Comedy)</b> The Lovers' Landing Beach Hotel, known for its mystique as a home of Sandy Toes &amp; Salty Kisses is a popular wedding destination. All is not right with what seems to be a variety of illegal "extra-curricular" activities at the hotel. What plot twists will happen along the way?</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>January</b> 7, 8, 9, 10 &amp; 14, 15, 16, 17 2021</p> </div>
 <p><b>Beehive</b> THE 60'S MUSICAL</p> <p>created by Larry Gallager choreographed by Russell Garrett</p> <p><b>(Musical)</b> 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.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>February</b> 11, 12, 13, 14 &amp; 18, 19, 20, 21 2021</p> </div>	 <p><b>The Savannah Sipping Society</b></p> <p>by Jessie Jones Nicholas Hope Jamie Wooten</p> <p><b>(Comedy)</b> 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.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>March</b> 11, 12, 13, 14 &amp; 18, 19, 20, 21 2021</p> </div>	 <p><b>DEATHTRAP</b> A Thriller by Ira Levin</p> <p><b>(Comedy, Crime Mystery)</b> 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.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>April</b> 15, 16, 17, 18 &amp; 22, 23, 24, 25 2021</p> </div>

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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](http://www.harrychapinfoodbank.org).

Your food bank is painfully aware that “summer hunger” is in full swing. The summer months are usually difficult for many who work in the tourism, retail and hospitality industries which our local economy is dependent upon. This year, due to the COVID-19 pandemic, the number of those facing “summer hunger” is more dramatic and the situation is more dire and will not be relieved by the start of next season. Even with a phased reopening of our state, the demand will not diminish the nasty bite of summer hunger. We have our work cut out for us.



The Southwest Florida Heroes Foundation, Inc. is dedicated to supporting 1st Responders including, Law Enforcement Officers, Firefighters/EMS, Military (Active Duty & Veterans), Coast Guard, ATF, FBI, DHS and their immediate families and widows and orphans, that are located in Lee, Collier & Hendry counties Florida.

Along with our passion and drive, it is with the help and support from the local communities here in SW Florida that inspires us and allows us to provide support to our local Heroes. We thank you in advance for Joining us along our journey and for your financial support by Donating. We also encourage you to consider Volunteering to become a Committee Member or just help us by Spreading the Word. <https://www.swflheroes.org/>

**It's never too early to donate to our CHRISTMAS BIKE PROGRAM**



<https://www.swflheroes.org/bicycles>



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

For information on how to can help, head to [www.swfloridashield.com](http://www.swfloridashield.com)



### Charleston Park Neighborhood Association

2541 Charleston Park Drive, Alva, FL 33920. 239-728-8895  
[Charlestonpark1926@gmail.com](mailto: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:.

**Florida Heath Dept pandemic guidelines apply**

### Charleston Park Community Center

### Children and Youth LIBRARY

**OPEN to EVERYONE!**

*Books may be borrowed and returned OR kept by the reader thanks to the generous continuous donation of more books from the Lee County Library System*




**2541 Charleston Park Drive, Alva, FL 33920. 239-728-8895**

**Contact the Center Director, Lashay Russ for information:**  
[Charlestonpark1926@gmail.com](mailto:Charlestonpark1926@gmail.com)



LaBelle plans forward into fall and winter, 2020-2021 hoping the pandemic will not require cancellation of these events





## Focus On... Hunger Lee County

In July 2020 approximately 1,903,426 people in Florida were experiencing food scarcity according to the US Census Household Pulse Survey.

"Since the pandemic, we have experienced up to an 80% increase in the demand for food." - Harry Chapin Food Bank of Southwest Florida, July 24, 2020

<p>19% of Children in Lee County are food insecure. Food insecurity is the state of being without reliable access to a sufficient quantity of affordable, nutritious food. 88% of children are income-eligible for nutrition programs.<sup>1</sup></p> 	 <p>The average meal cost per person is \$3.44, this is slightly higher than the cost per person for the state of Florida, \$3.29.<sup>1</sup></p>
<p>The food environment index in Lee County is 7.5. The index ranges from a scale of 0 (worst) to 10 (best).<sup>2</sup></p>  <p>10% percent of the population are considered low-income and do not live near a grocery store in Lee County.<sup>3</sup></p>	 <p>12% of people living in Lee County are food insecure. 72% of the county residents are below SNAP and other nutrition programs threshold of 200% poverty line, this the same as Florida, 72%.<sup>1</sup></p>

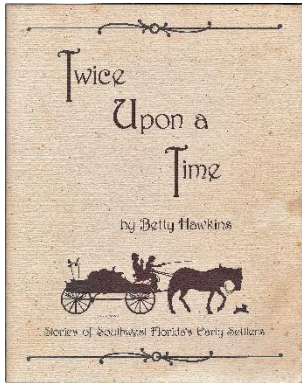
<b>High Food Security<sup>3</sup></b>	Households had no problems, or anxiety, consistently accessing adequate food.
<b>Marginal Food Security</b>	Households had problems or anxiety at times about accessing adequate food, but quality, variety, and quantity of their food were not substantially reduced.
<b>Low Food Security</b>	Households reduced the quality, variety, and desirability of their diets, but the quantity of food intake and normal eating patterns were not substantially disrupted.
<b>Very Low Food Security</b>	At times during the year, eating patterns of one or more household members were disrupted and food intake reduced because the household lacked money or other resources for food.

For more information please visit our website [hpcswf.com/health-planning/fact-sheet/](https://hpcswf.com/health-planning/fact-sheet/)

Throughout the entire document when referring to food insecurity, this means that they are either low food or very low food secure.

1 Map the Meal Gap, Feeding America, 2018    2 County Health Rankings, 2020    3 Adapted from the USDA Economic Research Service

## A bit of ALVA History



Our thanks to John Hawkins of Alva for sharing some of his mother, Betty Hawkins, stories for publication in the OTR. While the book she wrote is now out of print used copies can be sometimes found online, and through our libraries.



## Englishes Came to Form Lee County Cornerstone



left his wife, the former Margaret MacDougal, with four sons and three daughters, the eldest of the children being barely 14.

The young widow with her two older boys assumed the task of holding together body and soul and after considerable time her brothers learned of her plight and sent \$150 for the family to join them in Texas. However, another brother living just beyond the Florida border advised the Englishes to use the money to buy a farm near him and plant cotton which would yield good profits and an adequate living.

The first crop was ruined by a hurricane and discouragement reigned. Others suffering from the devastation formed a movement to push further south to homestead fertile and untouched land. Leader, Doctor

Anders, persuaded Margaret English and her family to join the caravan.

Among the pioneers who braved the wilderness of the southwest Florida frontier was a woman of great courage who became the cornerstone of the first actual town in Lee County. When Joshua English died of Civil War wounds at Quincy, Florida in 1868 he

Anders, persuaded Margaret English and her family to join the caravan.

Shortly after Christmas in 1875, Anders went on ahead by circuitous train routes to Cedar Key, then by schooner to Fort Myers to reconnoiter a proposed site up the Caloosahatchee River. The venturesome party which included Jack McClellan, John Miles, Duncan and Elizabeth Anders, Mr. and Mrs. Barrineau, Bone Mizzel and Margaret English and her young, Hugh Sampson, John Cornelius, James, Archibald, Elizabeth, Kathryn and Jeannette, set forth in buggies, wagons and on horseback.

Immediately confronted with hazards, they contrived a ferry to ford the Ochlockonee and Suwannee rivers, crossed the natural bridge over the Santa Fe, followed the telegraph line and Indian trails to the banks of the Caloosahatchee below the river crossover.

The six-week trip fraught with illness and injuries which were tended by Margaret English, came to an end at noon on a Saturday and the next morning the devout widow conducted religious services. Dr. Anders met the group and announced he had located likely homesteads. In company with Sampson, he rode off to file at the claim office in Gainesville.

While they were gone young John English disco-

vered an unused yawl down stream which belonged to a prospector struggling to clear enough acreage to start a grove. He bargained his services in exchange for the boat. After he finished clearing the land he approached Waddy Thompson, operator at the telegraph post and offered to dig his sweet potatoes on shares as the youth was too busy to tend to the harvest.

By the time Anders and Sampson returned, the Englishes had a boat, enough produce for everyone and the little encampment had moved up river to their respective homesteads a mile beyond Fort Denaud. Busy weeks followed as land was cleared, cowpenned, gardens planted and rough cabins completed. When all were finally settled in, John and his brothers took time out for their first relaxation in many weeks and went fishing. On the way home with a full stringer of bass they encountered a decrepit, lonely Indian who was the first of many guests to enjoy Margaret's abundant hospitality through the coming years.

For three years Margaret confined herself to home-making and teaching the children while her growing sons managed the living, then a catastrophic overflow wiped out gardens, flooded their home and she again moved up to head of the family. A wise, logical woman she insisted they abandon the sodden claim and go the the crossing where land was elevated on both sides and vestiges of Indian camps were proof it was reasonably safe.

Agreeing with her judgement, John, who seemingly was always first in command and the most thrifty of her sons, filed on two claims, one for himself and one for James. Again they cleared land, planted gardens and set out seedling groves. To protect their home from future floods Mrs. English selected a spot far from the river bank and, determined to have a sturdy, respectable house, superintended the felling of the great trees and even the rived shingles draw-shaved from cypress for a weather-proof roof.

The commodious house finished in 1879 became the haven for other still homeless pioneers coming to the region and Margaret English served as doctor, mid-wife and minister to the beginning settlement. As her raven locks streaked with grey, grateful patients called her "Grandma Doctor" and parishioners regarded her with reverence. Her rambling cabin was also the social and cultural center and plans for the first Methodist church materialized in the front parlor where she held Sabbath services.

The years brought changes in the family, but Grandma Doctor never slackened her pace.

The last of the English children to marry was ever practical John Cornelius. Engrossed with developing the homestead and making it pay, he had never found time to go back to his former home and culminate the courtship of the sweetheart he left behind. He was 36 years old before he took a second look at stunning Ida Blount Stebbins, a widow with a small daughter, and knew she was the girl he wanted to marry.

In the time the little oaks lining their front lawn grew from "hen roosts" to sizeable trees and shaded a playground for the four children, Flora Jane, John Colin, William Perry and baby James Daniel born to John and Ida.

Advocates of learning, the Englishes impressed the importance of cleanliness and Godliness on all their young. Ida read from the Bible each morning and John, whose eyesight was failing, corrected pronunciation, offered the prayer and concluded with intonation, "Resist the devil and he will flee from thee."

At night, summer and winter, John took his boys to the river for a daily scrubbing. Ida and the girls bathed in a galvanized bathtub devoid of plumbing in a store-room off the kitchen. Purchased as a convenience for the feminine members of the household, Colin found it a comfortable place in which to lounge while he read and ate bananas from the huge bunch suspended overhead.

Colin graduated from Emory University at Atlanta and fate moulded his future when he fell in love with a pretty young teacher, Ruth McWilliams. Wanting to marry her immediately, he accepted a position as instructor at Ocala High School which was the beginning of a long public career.

In 1936 he entered the race for state superintendent, was victorious and held the post for 12 years. During that time a new elementary building was erected in North Fort Myers and honoring a distinguished local man it was named J. Colin English.

Dan married Alice Malakowsky, a teacher, and fathered four sons, James, Hugh, Edwin and Joseph.

John Cornelius English's days ended in 1944 at the venerable age of 89 and four years later beloved Ida, then 82, died. Dan had taken over management when his father was in failing health and under his expert hand the groves were developed and increased into the present day extensive operation.

Almost a century old, Grandma Doctor's original cabin concealed beneath modern siding is said to be the oldest house remaining in Lee County.



# Fifty Years Ago in and about Alva

(TY News Press Archives)

The headlines of September 1, 1970 in our area covered national and international news like a Siberian earthquake in Russia, the Vietnam war and racial desegregation. The Weathermen radicals had recently bombed a northern university building and the fall election ballot was big news (remember when most Floridians were Democrats till they became Republicans?).

But in our On The River communities, far from the new shopping center called Edison Mall and the Cape Coral Movie Theater (showing PATTON- A man you will never forget), and the just arrived 1971 Ford Mustangs and Dodd's Dodge Dealership A shower fete was occurring in the Alva area and boat maintenance safety was a concern.

School was opening again, on schedule, with NO social distancing. Imagine that.

Enjoy this brief look backward. To find the REST of the story you may view full News Press papers at Lee Library online in the Reference, Newspaper and magazine files. <https://www.leegov.com/library>

At Olga and Alva

## Shower Fetes Martha Walker

By **BOOTS BROWNING**

Showers of good things surely fell on Miss Martha Walker Tuesday night at the Olga Community Center where she was honored with a miscellaneous shower. Silver wedding bells were hung from the ceiling and bouquets of fresh garden flowers were placed at vantage points around the room. The refreshment table held two cakes; one depicting the bridal party and the other with two doves and wedding

rings. Crystal appointments were used.

Hostesses for the party were Mrs. A. T. McNeil, Mrs. Cecil Murphy and Mrs. William Terrell.

The wedding of Miss Walker and Bob Crick will take place Sept. 5 at 4 p.m. at the Olga-Fort Myers Shores United Methodist Church.

MR. AND MRS. Tom Cox entertained with a back-to-school party Tuesday night at

their home. They enjoyed a backyard cookout with lots of games. Hot potato, bag races, impossible bubble gum game, laughing handkerchief and a straw game proved a delightful finale to a summer of fun.

WORD COMES from Tom Ferrato that he will be home Sept. 4 through 7. Tom was at Lackland Air Force Base in Texas and has been on base in Chanute, Ill. recently. His parents and fiancée, Barbara Walker, will go to

Tampa and pick him up at the airport.

Hank Jones who is attending Troy State University in Alabama is visiting at his home in Olga for several weeks.

Jimmy and Gary Carter and several friends went on a fishing trip this weekend in the Dry Tortugas area.

Miss Dana Garner has returned home after spending the past two weeks in Loxahatchee with her sister and family.



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](mailto:info@echonet.org)  
<https://www.echonet.org/>



**Global Farm Tour Schedule: ON HOLD until it is safe to start them again**

Tuesday thru Saturday (Dec. thru April): 9:30 and 1:30    Tuesday, Friday & Saturday (May thru Nov.): 9:30    Closed Sundays and Holidays



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.

Walks are open ONE WAY direction, Visitors Center is closed



### Manatee Park

10901 Palm Beach Blvd,  
Fort Myers, FL 33905  
239 690 5030



### Olga Community Park

2325 S Olga Dr, Fort Myers, FL 33905  
(239) 533-7275  
Home of Alva area AFTER SCHOOL program



## 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

**CLOSED UNTIL FALL 2020 FOR RECONSTRUCTION**



## 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>



## Alva Community Center PARK

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

Three of the many activities here:

The Alva Community Center is part of the Alva Community Park, behind the Alva Middle & Elementary Schools.



## Caloosahatchee Regional Park

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

EMAIL: [leeparks@leegov.com](mailto:leeparks@leegov.com)

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

We have resumed accepting reservations for our pavilions, campsites, lodges, etc., we are re-opening our facilities with a measured approach and under the guidance of the Lee County Board of County Commissioners. For the protection of all of our patrons, COVID guidelines under effect during the scheduled time of your reservation will be enforced. Campsites, pavilions and the lodge are restricted to 10 patrons or less at this time.



## 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](mailto:DFlora@leegov.com)



## ALVA FIRE CONTROL & RESCUE SERVICE

2660 Styles Road, Alva, Florida 33920

(239) 728-2223

**SERVING FULL TIME, safely, through our pandemic**



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.

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>



*Alva Scrub Preserve*



*Bob Janes Preserve*



*Daniel's Preserve at Spanish Creek*



*Buckingham Trails Preserve*



*Olga Shores Preserve*



*Telegraph Creek Preserve*

**Goodwill**   
 Southwest Florida

**10th Annual Golf Classic**

Presenting Sponsor

**SULLIVAN**  
 Your Benefits Consulting Company

*Verandah*®

**Thursday, October 8, 2020**

The Verandah Club  
 Whispering Oaks Course  
 12201 River Village Way  
 Ft. Myers, FL 33905

**\$125 per player / \$500 per foursome**  
 Includes 18 holes, cart and lunch  
 shotgun start four person scramble: 8:30 a.m.

Register online: [www.goodwillswfl.org/golfclassic2020](http://www.goodwillswfl.org/golfclassic2020)





**WE DELIVER!**  **MEALS on WHEELS SOUTH FLORIDA**

**Fort Myers MEALS ON WHEELS now serves homebonds 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.**

**PLEASE consider volunteering.**



**TEEN DRIVER CHALLENGE**



Lee County Sheriff's Office Sheriff Carmine Marceno, in partnership with the Sheriff's Youth Activities League (SYAL), the Florida Sheriffs Association and title sponsor Allstate present the Teen Driver Challenge!

This course teaches techniques and life saving skills used by professional drivers in a "hands-on" driving environment. Students learn vehicle dynamics, safe driving practices and responsible decision making through the classroom and driving exercises.

**2020 SCHEDULE**

January 3 & 4	April 10 & 11	July 17 & 18	October 9 & 10
January 24 & 25	April 24 & 25	July 31 & August 1	October 23 & 24
February 14 & 15	May 8 & 9	August 14 & 15	November 6 & 7
February 28 & 29	May 15 & 16	August 28 & 29	
March 13 & 14	June 5 & 6	September 11 & 12	
March 27 & 28	June 19 & 20	September 25 & 26	

Class on Fridays (5pm—8pm) and closed course driving on Saturdays (7:30am—Noon) held at: Lee County Sheriff's Office Community Outreach Center Miramar Outlets

10801 Corkscrew Road Suite 190, Estero, FL 33928

Please call to register (239) 561-TEEN (8336)



**BETTER DRIVERS, SAFER ROADS**



TOMMY DOYLE, SUPERVISOR OF ELECTIONS  
**LEE COUNTY ELECTIONS**

**NOW IS THE TIME TO VOTE-BY-MAIL**

Our mission to deliver superior election services to the voters of Lee County continues to be a priority. In response to these unprecedented times, and with the safety and security of voters and elections staff in mind, the Lee County Supervisor of Elections urges voters to Vote-by-Mail.

Voting by mail is the most convenient option when voting. Save time and take your time. Vote at home and the return postage is paid!

To request your Vote-by-Mail ballot or to renew your request for the 2020 federal, state, and local elections, visit [www.Lee.Vote](http://www.Lee.Vote)



Lee County Elections



Lee\_Elections



@LeeSCEPIO

[www.LEE.VOTE](http://www.LEE.VOTE)

(239) 533-8683

## USS Hannah Chapter, Alva Daughters of the American Revolution



A few years ago the USS Hannah Chapter, Daughters of the America Revolution Chapter (DAR) took to doing cleaning and refurbishing of veterans graves at The Alva Cemetery. Some grave stones needed cleaning just to be able to read the names and others were so overgrown with weeds and ant hills they were difficult to find. In 2018, our chapter began working with Wreaths Across America to get donations for wreaths to be placed on each veteran's grave to honor them for their service and

sacrifice to our country. We would like your help to be sure we honor all veterans buried at Alva Cemetery. In fact, at the 2019 Wreaths Across America Nation Day, we received 5 more names to get to the number of 130 now. You can contact me and let me know a name and I will check my list and make sure the person is listed. If you know the location of the grave, section and row, that is also helpful. Some gravestones don't have an indication of military service. Thank you for helping us honor all of Alva's veterans. Georgette Lundquist, [jglundy7@gmail.com](mailto:jglundy7@gmail.com)



## Beware of Suspicious Packages Arriving by Mail

Lee County Sheriff Carmine Marceno is warning residents to be vigilant about opening unsolicited packages arriving by mail that appear to have originated from China. The packages typically have Chinese characters on the label and may contain mysterious items such as white powder, seeds or jewelry.

At this time, it is unclear who exactly is sending these packages, why they are being distributed and if they are being sent to harm the receiver.

If you receive a package in the mail you did not order, the Sheriff's Office is advising you not to open it and limit contact with the package. Immediately call Postal Inspectors at 1-877-876-2455. If you do open the package and experience a medical or health issue, please call 911.





## Charleston Park Residents recommend some natural health remedies in an FGCU Student Survey.



In Spring of 2020, before our pandemic was recognized, Florida Gulf Coast University Health Department students walked door to door in the Alva Charleston Park neighborhood and discovered some home remedies being used that we thought you might want to know about. Here are a couple of them

Chia Seeds	The seeds added to foods increase energy and decrease LDL	<p>-Chia seeds contain omega-3 fatty acids and those acids have been shown to have a beneficial effect on cardiovascular health (lowers cholesterol, regulating heart rhythms and blood pressure, and preventing blood clots)</p> <p>The fiber in chia seeds is mainly soluble fiber and mucilage, and these fibers may help to lower LDL cholesterol and slow down digestion, which can prevent blood sugar spikes after eating a meal and promote a feeling of fullness.</p> <p>-You can sprinkle this seeds in almost any meal because they have no taste.</p> <p>-The only caution regarding chia seeds is that they expand in liquid so it is advised not to eat dry chia seeds and drink water after because they can expand and cause blockage in the esophagus.</p> <p><a href="https://www.hsph.harvard.edu/nutritionsource/food-features chia-seeds/">https://www.hsph.harvard.edu/nutritionsource/food-features chia-seeds/</a></p>
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Cinnamon	Ingested powder- lowers blood sugar and prevents heart disease	<p>-Cinnamon has been shown to have antioxidant, antidiabetic and antibacterial properties.</p> <p>-Brain benefits associated with cinnamon consumption in humans include inflammation, improved memory, increased attention, and enhanced cognitive processing.</p> <p><a href="https://www.health.harvard.edu/blog/spice-up-your-holidays-with-brain-healthy-seasonings-2016120710734">https://www.health.harvard.edu/blog/spice-up-your-holidays-with-brain-healthy-seasonings-2016120710734</a></p> <p>-Be careful taking cinnamon when taking medications to lower blood sugar because it lowers blood sugar itself.</p> <p>- Cassia cinnamon contains varying amounts of a chemical called coumarin, which might cause or worsen liver disease. In most cases, cassia cinnamon doesn't have enough coumarin to make you sick. However, for some people, such as those with liver disease, taking a large amount of cassia cinnamon might worsen their condition.</p> <p><a href="https://www.nccih.nih.gov/health/cinnamon">https://www.nccih.nih.gov/health/cinnamon</a></p>
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**Always check with your medical provider before using natural remedies and be sure to make the medical provider aware they are being used.**

FGCU regularly offers its students field work experiences in communities all over Southwest Florida. Please welcome them if they ever come knocking on your door.

Cayenne Pepper	Powder added to food- Lowers blood pressure and decreases appetite. In a tea- relieves stuffy nose and cold symptoms	<p>-Studies have shown that it can be used as a topical anesthetic that can decrease pain due to certain conditions such as shingles, rheumatoid arthritis, osteoarthritis, psoriasis, and even diabetic neuropathy because it desensitizes local nerves.</p> <p>-Cayenne pepper also aids in digestion and improves circulation when taken orally.</p> <p>-It can also reduce cholesterol and blood fat levels and decrease obesity.</p> <p>- In the respiratory system, cayenne may help break up congestion due to bronchitis. Cayenne may also help to prevent infections. These include colds and chills, sinus infections, and sore throats. As a gargle, cayenne can be used for laryngitis. It works well with myrrh.</p> <p>-Frequency of cayenne pepper is based upon age and reason for use.</p> <p>-Excessive use can cause acute gastritis. Do not use if you have active stomach ulcers, diverticulitis or IBS.</p> <p><a href="https://www.urmc.rochester.edu/encyclopedia/Cayenne">https://www.urmc.rochester.edu/encyclopedia/Cayenne</a></p>
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*Southwest Florida Cooking by*

*MAGGIE McMann*

*of Oak Park, Alva*

Contact Maggie to find out more at: [Maggi1m@att.net](mailto:Maggi1m@att.net)

## ***Shrimp (Coconut and Almonds) with Citrus Dipping Sauce***

*This is a concoction I made up that we enjoy since we never could decide between almond or coconut shrimp!*

1 1/4 # raw jumbo shrimp shelled/deveined

1 2/3 c flour

1 tsp salt

1/2 tsp pepper

Mix flour, salt pepper together. Set aside.

Beat 2 eggs

Add 1 c beer. Combine with flour mixture to make a batter.

Prepare a bowl with 2 c coconut

Prepare another bowl with 1 c sliced almonds



Dip raw shrimp into batter, then roll in coconut and then sliced almonds, pressing into the shrimp.

Heat oil in a deep fat fryer per manufactures directions.....fry shrimp about 45 seconds per side. You can fry 5 shrimp at a time. Drain.

### Citrus Sauce

1 small jar orange marmalade (12 oz)

1/4 c Dijon

2 T horseradish

1 tsp ground ginger

2T fresh Orange Juice (Or Lime Juice)

Mix together and serve as dipping sauce for shrimp.



**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](mailto: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](mailto: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.**





# Your RIVERDALE LIBRARY



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

NON-PANDEMIC Hours: Tuesday (Noon-8), Wednesday and Thursday (10-6), Friday and Saturday (9-5), Closed Sundays and Mondays Contact: 239-533-4370, Branch Manager: Alyssa Diekman. For more information, please visit us at [www.leelibrary.net](http://www.leelibrary.net) or call 239-479-INFO.

## COVID-19 Update

**"For the most up-to-date information regarding the Lee County Library System's current hours and operations, please visit [leegov.com/library](http://leegov.com/library) or call us at 239-479-4636."**

The following libraries are open with limited capacity, hours and service. Monday - Wednesday 10 a.m. - 6 p.m. Thursday - Saturday 10 a.m. - 4 p.m. Hours for Curbside Holds Pickup remain the same - see branch details for contactless curbside pickup.

Bonita Springs Public Library, Cape Coral Lee County Regional Library, East County Regional Library, Fort Myers Regional Library, Lakes Regional Library, North Fort Myers Public Library, Northwest Regional Library, South County Regional Library

### 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

An article by Liz Ingram, Vice President of our club

Summer in south Florida presents both the beauty of blooms and the challenge of gardening in extreme heat. Whether you are an experienced hand in the garden or a novice, we often have gardening questions but don't know where to get the answers. I have some resources for you!

Thanks to the University of Florida Extension Service, the answers to your inquiries are only a mouse-click away. Below I have listed some of my favorite go-to resources for gardening in South Florida.



If you have wondered, "What should I be doing in my garden in September?" You will find the answer in the South Florida Gardening Calendar by Sydney Park Brown. <https://edis.ifas.ufl.edu/EP/EP45200.pdf>. Did you know that this is the time to plant eggplant, okra, peppers, tomatoes and more for a fall garden? It's also the time to pinch back poinsettias to encourage buds for Christmas blooms. Each month the calendar advises on What to Plant and What to Do with additional links to specific topics such as palms, annuals, landscape fertilization and a hundred other topics.



Another great resource is the monthly newsletter called The Neighborhood Gardener. This free e-newsletter from the University of Florida Master Gardener Volunteer Program and the Florida Friendly Landscaping Program shares information on state happenings and helpful resources. Sign up at <https://gardeningsolutions.ifas.ufl.edu/mastergardener/newsletter/>.

I'm also giving a shout-out to Riverland Nursery's website <https://riverlandnursery.com> which is a resource for online gardening information and free Saturday classes offered at their local retail location on Palm Beach Blvd. This month's classes include Basic Landscape Design and Learn to Create a Butterfly Garden.

The last resource I'll mention is both an online resource ([www.pallensmith.com](http://www.pallensmith.com)) and a PBS television series (P.Allen Smith Garden Home) filmed from his home, Moss Mountain, just outside of Little Rock, AR. Here you will find everything from raising chickens to making an herb pesto. I set my DVD to record the series each week and watch at my convenience, usually in the evening with a nice glass of wine.

P. Allen Smith says, "My promise to my friends and my mission in life is to help individuals, leaders, and communities improve our world through education, design, conservation, and media."



I hope these resources are helpful to you as you dig in the dirt and grow your garden experience.

The Alva Garden Club will have its first regular meeting of the 2020-21 year in October, provided the Alva Library and Museum is open and we are past the Covid-19 pandemic. The new board of officers is planning exciting programs and speakers. Club meetings will be posted on the club's new website: [alvagardenclub.org](http://alvagardenclub.org). Contact the club at: [alvagardenclub@gmail.com](mailto:alvagardenclub@gmail.com). New members are always welcome!

# The ALVA MUSEUM

A visit worth your time!

in the historic Alva Library Building,  
one of the oldest library buildings in  
existence anywhere in Florida

the Alva Garden Club, invites you to  
contact them (see website above) for  
a private tour of the museum or to  
visit during open hours, October  
through May any Saturday afternoon,  
2 to 4 pm.



[www.alvaflmuseum.com](http://www.alvaflmuseum.com)

**The Museum will be closed until October 2020 due to COVID 19**

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**All planned activities will only happen under safe  
government guidelines**



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](http://www.PlayersCircle.org)

**FALL 2020/Winter-Spring 2021 shows will appear  
here when announced**

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# Alva's WOODMEN OF THE WORLD BUILDING



On Packinghouse Road south of the Alva Diner is the historic fraternity clubhouse of Alva's own Woodmen of the World Family brother and sisterhood.

On a drive by in the past several years you would have seen a 1960's era block

building and grounds maintained but less and less used.



However, the building and grounds were purchased a while ago and even after a summer of pandemic restrictions have been turned into a nearly completed (to the outside viewer anyway) and charming wedding and party venue.

To my appreciation, the new owners thus far have kept the historic old

WOODMEN sign along Packinghouse Road near the entrance.

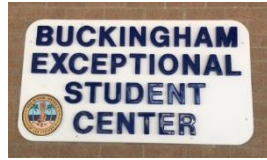


Some of the highlights you'll see if you drive back are the outdoor food and beverage venues and the lovely glass enclosed gazebo/wedding chapel.

Take a drive around our neighborhood, maybe just to get out of the house and maybe you'll find your own historical and natural surprises.

# *Alva Area Lee County Schools*

**Alva, Buckingham, River Hall, and Riverdale**



***ALVA area schools***

***Reopen and support online education.***

***Don't forget them when you pray.***

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## **Good Shepherd Episcopal Church**



**Special 9/11 Remembrance  
Service OPEN TO ALL  
on Sept 20th**

1098 Collingswood Parkway, LaBelle, FL

(TY Pastor Elizabeth Nelson)

Good Shepherd Episcopal Church will offer a special OUTDOOR service open to ALL on September September 20th at 9:30am in the Memorial Garden behind the church near the Columbarium and the flagpole.

A flag-retiring ceremony will take place along with raising of the new flag. The ceremony, complete with cutting the stripes out of the old flag and burning them in the ceremony, comes from the Boy Scouts of America.

If you've never see this moving ceremony, plan to join us on September 20th at 9:30am. Following this service, we will move into the church for our regular 10am service.

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.

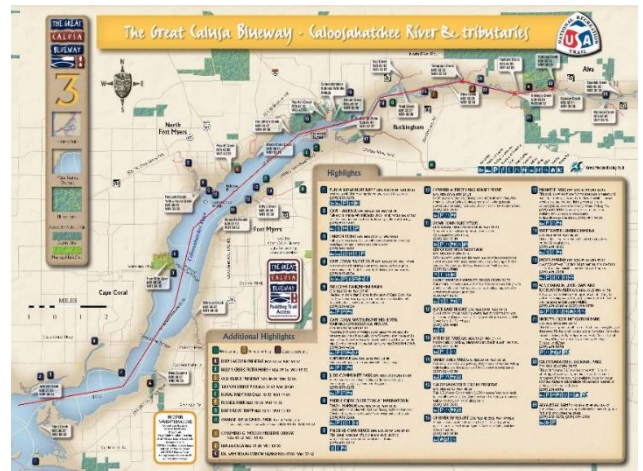
Charleston Park Comm Ctr  
239-728-8895  
FOOD PANTRY  
2<sup>nd</sup> and 4<sup>th</sup> Friday at 10am-1pm

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



Trail information is at  
[www.calusablueway.com](http://www.calusablueway.com) or  
[www.leeparks.org/blueway](http://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.



## Mission

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

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

### **General Guidelines for Volunteers during the COVID-19 Pandemic**

- DO NOT attempt to volunteer for any activity if in the last 14 days you have:
    - o Traveled to any foreign country or to California, Washington, New York, Washington D.C., or Chicago (this list may change on short notice)
    - o Been on a cruise or been in an airport
    - o Been around anyone who has COVID-19
    - o Been to an event where more than 250 people were in attendance
  - DO NOT show up to volunteer for any activity without confirming that there is a need for the activity, that it will be conducted, and that volunteer support is needed and expected.
  - DO go to Volunteer Connect and register your capabilities and availability or find volunteer opportunities that may be available in your area.
  - BEFORE arriving for a volunteer shift, call ahead to the service agency and ask if any additional safety precautions should be taken before, during and after the shift.
  - ALLOW extra time for additional screening from volunteer organizations or agencies to make sure you are cleared to volunteer for the task.
  - EXPECT that shifts or opportunities may be cancelled; especially volunteer opportunities working with the vulnerable populations. Please be gracious and understanding.
  - DO practice universal infection control precautions. Clean and wash your hands before, during, and after volunteering.
  - DO clean any used spaces thoroughly before and after, including table top surfaces and door knobs/handles.
  - DO use proper Personal Protective Equipment (PPE) if needed for the task.
  - DO maintain 6-10 foot separation from others while conducting the task.
  - ASK about any risk that may be associated with the task and DO NOT take part if you are uncomfortable with the level of risk.
-



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.

**Stay up to date on the CARES Act and Lee County's allocation planning. Click below to full the full powerpoint from the Lee County Board of County Commissioners:**

**<https://www.leehomeless.org/cares-act-coronavirus-relief-fund/>**

Please remember that due to Covid-19 ALL agencies are altering operations to ensure the health of clients and staff. Wait times for referrals, call backs, and access to housing and services will be longer than usual. Please remain patient and in communication as we work through these changes.

When normal operations are resumed persons experiencing homelessness can complete the assessment in the following ways:

By Phone: 239-533-7900 – Options 1, 5, then 3 (Mon-Fri 8am-5pm)

In-Person with Outreach Staff

In-Person at CCI (Mon, Tues, Thurs, Friday from 8am-12)

Veterans may also access the Coordinated Entry System at:

Jewish Family and Children's Services via phone 941-366-2224 extension 628 (Mon-Thurs 8:30-4:00pm)

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**You can QUIT SMOKING Free,**

**(TY Florida Gulf Coast University)**



Through funding received from the State of Florida Department of Health, AHECs work in every county of the state to help reduce the use of tobacco by delivering effective evidence-based tobacco cessation services for tobacco users and training programs for health care professionals. Educating and Training Health Professions Students; Offering Continuing Education to Practicing Health Professionals

**[www.ahectobacco.com](http://www.ahectobacco.com)**

# Health Happenings!



I am a Buffalo Bills Fan! Buffalo is where I was born, raised, attended Buffalo General Hospital School of Nursing and began my nursing career. I was involved in most areas of that hospital, but found true joy in critical care nursing. In 1993, my husband and family moved to Punta Gorda, where I worked in the local hospital. In 1999, I was blessed to retire and began turning my passion to God and giving back. For 20 years I have been a Faith Community Nurse (FCN) working with various congregations. In 2015, we moved to Alva and Alva United Methodist Church became our new church home and family. A Faith Community Nurse is a licensed registered nurse who intentionally cares for a congregation in body, mind and spirit throughout their lifespan. I can be reached at [carneydeb@hotmail.com](mailto:carneydeb@hotmail.com) or 292-3416.

I never thought I would have to write an article on Coronavirus. Surely this pandemic would have been gone by September. Well it still is a menace, so here is some information.

There are 3 ongoing clinical trials with use of Povidone-iodine (Betadine) to prevent or reduce the Coronavirus. Betadine is an old-time antiseptic, frequently used in hospitals. It is hoped that spraying this preparation in your nose or gargling with it in your throat will prevent or kill the virus. These preparations are available on-line or in the pharmacy. Beware of use with thyroid issues.

Ways to have a healthy immune system:

- 1- Eat healthy with as many fruits and vegetables as possible. Put colors on your plate from blue in blueberries to orange in pumpkins.
- 2- Get as much fiber in your diet as possible. Beta Glucans from fiber turns on fighter cells.
- 3- Exercise.
- 4- Sleep as sound and long as possible, between 7-9 hours per night (see melatonin below).
- 5- Laugh and sing as loud as you can.
- 6- Volunteer if you are physical able.
- 7- Pray/meditate.
- 8- Stress prevention is imperative!
- 9- Drink plenty of water. This keeps your mouth and nose mucus membranes hydrated which may keep the virus at bay!
- 10- Get a good foundation with a multi-vitamin, a probiotic and omega 3 fatty acids.
- 11- More on important vitamin supplements:
  - Vitamin D3 - a hormone that helps with at least 2000 functions in your body.
  - Zinc – begin as soon as you feel any cold or flu symptoms.
  - Selenium – has antiviral properties.
  - Vitamin C – boosts immune cells.
  - Melatonin- recharges your body with proper sleep as well as enhances immune response.

Everyone knows the importance of keeping your hands sanitized.

-The most important behavior is to NOT touch your face with your hands.

-It is not enough to wear a mask. Keep the clean side of the mask toward your mouth. The dirty side should never go toward your mouth.

-Wash your mask daily in hot water.

-I made some masks with a single tie that hangs my mask around my neck when taken off. This technique keeps masks off restaurant tables or from falling on any dirty surface. I recently found a similar product called "Maskies" on Amazon.

Blessings!

# 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](http://www.healthylee.com) Click on Events, then LIFT Project to register. You may also call 239-468-0050 to RSVP.

## Some of our local ALVA area churches:

St. Vincent DePaul's RC Church

13031 Palm Beach Boulevard, Fort Myers, FL 33905

[www.stvincentftmyers.org](http://www.stvincentftmyers.org)

239-693-0818

Alva United Methodist Church

21440 Pearl St. P.O Box 96

Alva, FL 33920

[Alvamc@embargmail.com](mailto:Alvamc@embargmail.com)

[www.ouralvachurch.org](http://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, 33905

2219 Joel Blvd, Alva, FL 33920

239-694-2444

First Spanish Assembly of God Church

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](http://www.calvarychurchswfl.org)

239-728-5566

First Baptist Church of Alva

2790 Joel Blvd, Alva, FL, 33920

[www.alvabaptist.com](http://www.alvabaptist.com)

239-728-2034

Grace United Methodist Church, Ft Myers Shores

14036 Matanzas Drive, Ft Myers, Florida 33905

[www.egracechurch.com](http://www.egracechurch.com)

239-694-2797

Bethlehem Lutheran Church

14531 Old Olga Road,

Fort Myers, FL 33905

[www.blcefmm.org](http://www.blcefmm.org)

239-694-3878



# 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](mailto: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](mailto:kendewalt@ontheriver.org)**

# Important Alva Area Lee County Phone Numbers & Websites

(as of August 1, 2020)

Agency	Normal Business	Emergency
<b>ANY immediate life-threatening emergency</b>		<b>911</b>
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)	<a href="http://www.ready.gov/citizen-corps">www.ready.gov/citizen-corps</a>
Department of Financial Services (Insurance)	<a href="http://www.myfloridacfo.com">www.myfloridacfo.com</a>
Department of Homeland Security	<a href="http://www.dhs.gov/">www.dhs.gov/</a>
Florida Lightning Safety	<a href="http://www.weather.gov/safety/lightning">www.weather.gov/safety/lightning</a>
Mobile or Manufactured Home Residents	<a href="http://www.flhsmv.gov/mobilehome">www.flhsmv.gov/mobilehome</a>
American Sign Language Preparedness Videos	<a href="http://www.leegov.com/publicsafety/emergencymanagement/plan">www.leegov.com/publicsafety/emergencymanagement/plan</a>
StormReady	<a href="http://www.weather.gov/stormready/">www.weather.gov/stormready/</a>



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<http://www.leecountyinjuryprevention.org/>

## **PEDESTRIAN SAFETY IS MAJOR CONCERN FOR LEE COUNTY**

Being a pedestrian in Lee County is much more dangerous than almost any other metro area in the country. The annual number and rate of pedestrians killed or seriously injured on Lee county streets has come in well above average for decades. Florida continues to be ranked as one of the most dangerous states in America for pedestrians, with Lee County being ranked among the top ten most dangerous metro areas for pedestrians, according to Transportation for America in their biannual Dangerous by Design report. The age of a pedestrian involved in crashes ranges from 2 to 82.

To avoid being among these dismal statistics, there are several steps a pedestrian can take to be safe, which include following these rules when walking, running, skating, skateboarding, or operating assistive devices:

- When sidewalks are not available or passable, walk facing traffic on the shoulder (on the left side of the road). This will ensure that you can see a vehicle approaching and can get out of its way.
- Cross streets at crosswalks or intersections whenever possible. Lee County has many areas where crosswalks are few and far between. If a crosswalk is not available, find a well-lit area to cross where vehicles can see you.
- Never assume that a driver sees you. Try to make eye contact. Don't walk out in front of a vehicles unless it has stopped.
- Avoid alcohol and drugs when walking; these impair your abilities and judgement.
- One of the most important things you can do to reduce pedestrian accidents is to be visible: wear light, bright clothing in the daytime and reflective material at night. It's even advisable to carry a flashlight so you can see for better footing.
- When school is in session, children should follow the instructions provided by crossing guards. When waiting for school buses, students should not stand or sit near the roadway.

Drivers also should be aware of their surroundings at all times. Do not block sidewalks or bike paths when parking. Remember that your vehicle is a weapon—meaning that at 30 mph you have a 45 percent chance of killing the person you hit; at 40 mph there's an 85 percent chance the pedestrian will be killed.

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 or pedestrian safety maybe obtained by contacting Brian Raimondo at [ipcleecounty@gmail.com](mailto:ipcleecounty@gmail.com) or 239-330-

2240.

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### 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.

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CONTACT: Ken DeWalt, publisher, with any questions. [kendewalt@ontheriver.org](mailto:kendewalt@ontheriver.org)