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SANIBEL & CAPTIVA ISLANDS, FLORIDA

MARCH 27, 2020

MARCH/APRIL SUNRISE/SUNSET: **27** 7:25 • 7:43 **28** 7:24 • 7:43 **29** 7:23 • 7:44 **30** 7:21 • 7:44 **31** 7:20 • 7:45 **1** 7:19 • 7:44 **2** 7:18 • 7:46

Businesses Make Tough Decisions During Crisis

by Kathy Kurtz Ferrari

As many parts of the country were under isolation orders during the pandemic, the possibility that Sanibel and Captiva would be under similar circumstances appeared more likely.

Store owners are making decisions by the day as to what the future would hold. The few corporate-owned businesses on Sanibel were among the first to close.

Sanibel's two grocery stores were trying to keep up with increased demand. Employees at Jerry's Foods were stocking shelves but deliveries of paper products and sanitizers were limited. A staff member said the store would stay open with regular hours as long as possible. Decisions are ultimately made by its corporate headquarters, located in Minnesota.

"We're doing whatever we can to help out," the employee added, noting grocery carts were being sanitized by pressure washing.



Calli Johnson welcomes customers to Bailey's photos by Kathy Kurtz Ferrari

Jerry's offers delivery service through its website and, if requested, bins of groceries can be left at a customer's doorstep. Online orders can be placed for customer pick-up in the store's lower level drive-through area, where little interaction would take place.



Jim Hall of VIP Realty Group is hoping for the best during this critical time

"This is serious," the staff member added. "And we aren't going anywhere. We're here to help."

Bailey's General Store was also trying to keep items in stock, but like nearly everywhere, a shelf that should hold toilet paper sat empty on March 21.

Richard Johnson, owner of Bailey's, said he is working closely with the City of Sanibel and taking the situation hour by hour.

"We're trying to make good decisions in regards to people's health and safety," Johnson said. "We recognize the islands of Sanibel and Captiva count on us in times of emergencies. This is not new to us. We've been through this time and time again. This one's a little bit different in that it has such a widespread impact across the world, so it is disrupting our supply chains."

He noted supply deliveries are not on any schedule, and there is a "decent supply" of most items.

"We are encouraging people to take what you need, and leave some for your neighbor. Ninety-nine percent of the people that we've been dealing with have been just absolutely wonderful, and thanking us for being open and having products in the store. The other one percent we're not going to worry about," he said with a smile.

Bailey's offers delivery through its website, and the store was working with the social service organization FISH of SanCap to prioritize customers who are shut-ins or under quarantine. The store is getting about 10 times more requests for

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Pandemic Takes Toll On Restaurants

by Kathy Kurtz Ferrari

Restaurant owners had their worst fears confirmed, as Gov. Ron Desantis closed all restaurants March 20 due to the coronavirus crisis, limiting establishments to take-out service at what should be the busiest time of year.

The Island Cow owner Brian Podlasek is reeling from the situation. While take-out service was available during an interview on March 21, Podlasek wasn't sure it was sustainable.

"This is crazy. It's the exact opposite of what we do. We try to bring people together and have fun," Podlasek said. "There is no way to prepare for it, and you truly adjust almost hour by hour, not even day by day as things change."

Like many restaurant owners, Podlasek would be making tough decisions during the week about whether his restaurant would even continue to offer take-out service. Dinner numbers would be the indicator for him.

His worries were mounted by concern



Matt Asen, owner of The Timbers, Sanibel
Grill and Matzaluna, is trying to handle
a difficult situation during the pandemic
photos by Kathy Kurtz Ferrari

for his nearly 60 employees, most of whom would be filing for unemployment.

"This isn't a hurricane. A hurricane we can deal with. You're out of it two, three weeks at the most. And the guys can go work landscaping and there was something to do," he said, explaining what happens after that type of disaster.



Blue Giraffe owner Geoffrey Letendre offering take-out food from a side window

"It's not like the kitchen staff can go find a kitchen job right now. So there's really nowhere for them to go."

While Podlasek has hurricane interruption insurance which allows him to pay employees in that scenario, many policies exclude pandemics. "That's just not going to happen because it's a

futuristic movie, and it's actually here," he said.

Podlasek said he may use some employees to do maintenance and landscaping around the property.

"It's just horrible, and it's horrible for every single business out here. It's the

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Superhero Klark Schafer uses his grabber to round up wild animals to bring them safely back to "Ding" Darling photos provided

Children Honor Local Heroes

submitted by Jamie Senkeleski

The LOGOS children's ministry of Sanibel Community Church celebrated Hero Night with tons of hilarious fun. This was no typical Wednesday evening.

The children spent the evening focusing on community heroes. During craft time, they designed and colored thank you cards for the various heroes in their life. Each child chose a family member or someone in their community that does an outstanding job of protecting them, making them feel safe or impacting their daily life



EMT rescuer Abby McCallion checks a little one for any problems. Her rescue mission was a success.

in a positive way. While meatball sandwiches were served, the children were able to give real life examples and discuss their hero with their table parents.

During activity time, the children participated in various relay races and practiced being a hero. Future doctors, nurses and EMTs provided medical care to those in need. Wannabe firemen and police officers were saving pedestrians



Levi Arlington shows his speed and agility on a scooter while Blake Walsh races off in the backgroun on his hippity hop to rescue the next person

from alligators and rescuing cats out of palm trees. Some superheroes showed up on scooters, wearing capes, and demonstrated their lightning speed. They showed strength and agility as the maneuvered through a simulated Sanibel Island traffic jam.

The LOGOS children love their family and community heroes, and are thankful for all they do.

The night ended with a prayer for



Firefighter Rider Jackson awaits the next call for emergency responders

protection of all families and the heroes that risk their lives every day.

Due to the coronavirus, the LOGOS program has been suspended until further notice. Families with children ages 3 years old through fifth grade are welcome to join the LOGOS program when back in session. For more information or to check on scheduling, contact Holly Patton-Roark at 472-2684.





The Island Store

Captiva Island Historical Society

Landmark: The Island Store

his week's image shows The Island Store after "Ding" Darling remodeled it. Formerly, it was Mrs. Miller's two-story boarding house.



The History Gallery, developed by the Captiva Island Historical Society, features

photo courtesy Captiva Island Historical Society Archives

many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, Santiva, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. Call 533-4890 for information.

Visit the website at www. captivaislandhistoricalsociety.org/ archives/research to view many more images to bring you closer to Čaptiva.☆

Churches/Temples

ANNUNCIATION GREEK **ORTHODOX CHURCH**

Rev. Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday School, Bible Study. www.annunciation.fl.goarch. org, 8210 Cypress Lake Drive, Fort Myers, 481-2099.

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday Shabbat services at 7:30 p.m. (7 p.m. from May to Sept.) in Fellowship Hall of Sanibel Congregational UCC. Rabbi Stephen Fuchs, President Barry Fulmer. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

HISTORIC CAPTIVA **CHAPEL BY THE SEA**

Rev. Larry Marshall. Services every Sunday 11 a.m. November 10, 2019 thru April 26, 2020. 11580 Chapin Lane, Captiva,

472-1646

FIRST CHURCH OF CHRIST, SCIENTIST Sunday 10:30 a.m., Sunday School 10:30

a.m., Wednesday afternoon meeting 4:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

SANIBEL FELLOWSHIP, sbc

Join us for Bible study and Worship Sunday 10 a.m. at Island Cinema. Call Pastor Mark Hutchinson, 284-6709

SANIBEL COMMUNITY CHURCH

Dr. Stephen LeBar, Interim Senior Pastor Sunday Worship: 8 a.m. Traditional in Historic Chapel; 9 a.m. Contemporary and Children's Church in Main Sanctuary; 11 a.m. Traditional in Main Sanctuary. Childcare available at all services. www.sanibelchurch. com, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL **UNITED CHURCH OF CHRIST**

The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Sunday worship: chapel service at 7:45 a.m. Full service at 9 and 11 a.m. with Sunday school and nursery care provided, www.sanibelucc.org, 2050 Periwinkle Way,

ST. ISABEL CATHOLIC CHURCH

Father Ed Martin, Administrator, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., Sunday May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Holy Days call. 3559 San-Cap Road, 472-2763.

ST. MICHAEL & ALL ANGELS **EPISCOPAL CHURCH**

The Rev. Alan Kelmereit, Priest-in-Charge Saturday Eucharist 5 p.m., Sunday Eucharist 8 and 10:30 a.m., Sunday School 10:30 a.m., Tuesday Morning Prayer 9 a.m., Wednesday Healing Eucharist 9 a.m., Prayer and Potluck 1st Wednesdays 6 p.m., Taizé Service 3rd Wednesdays 6 p.m. www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the second Sunday of each month from December through April at the Sanibel Congregational Church. A pot luck is held at a member's home on the third Sunday of each month. ryi39@aol.com, 2050 Periwinkle Way, 433-4901.





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All Non-Resident Beach Parking, Access Closed

by Wendy McMullen

ee County has closed its beaches and all non-resident beach parking on Sanibel was closed Tuesday as a result of the coronavirus emergency.

Sanibel's causeway beaches, Sanibel Fishing Pier, public beach parking lots and parking for the boat ramps are closed to non-permit holders.

Sanibel Causeway Islands, Lighthouse Beach Park, Bowman's Beach and Turner Beach Park on the western end of Sanibel have all been closed. On Captiva, Alison Hagerup Beach Park and Andy Rosse Lane Park paddlecraft launch have all been closed.

County officials were particularly concerned to prevent young people who may be on spring break or taking online classes from gathering in large numbers on beaches

"While young people may not be as vulnerable to the symptoms of COVID-19 as older adults, they can be asymptomatic and spread the virus to others, including older adults and their own family members," county manager Roger Desjarlais announced on March 18.

Sanibel City Council called a state of emergency resulting from the outbreak of the coronavirus on March 18.

These emergency powers will provide the mayor and city council with the ability to regulate parking and access to public facilities on the island. It will also provide opportunities for the city to apply for state and federal funding, employ permanent and temporary workers and incur other obligations.

Florida statutes provide authority to a political subdivision to declare a state of local emergency for a period of seven days in order to take whatever action is necessary to ensure the health, safety and welfare of the community.

The proclamation calling for emergency powers acknowledged that the virus is highly contagious and could be deadly, and recognized that national and state agencies, along with the World Health Organization, has declared a state of

Sensitive to the need to avoid large gatherings, the city encouraged residents to send comments via emails rather than attend the meeting on March 18. There were many suggestions including one to close the Sanibel Causeway to non-residents.

"I don't think people realize the limits to our power," said Mayor Kevin Ruane, reacting to several suggestions that only residents or people with a hurricane pass be allowed to come to the island. "Lee County owns the Sanibel Causeway."

Other suggestions from the public included cancelling all vacation bookings, taking everyone's temperature before they come on the island, closing businesses such as T-shirt shops that cater to visitors and shutting the beaches down.

Not all email messages to city council last week were in favor of closing activities and businesses.

"It's ridiculous to put restrictions

on private businesses," one person commented, while another wrote that depriving people of the opportunity to enjoy walking, cycling and the beach would be detrimental to people's mental health in a time of great stress.

So far, there have been two deaths in Lee County from the coronavirus, Stephen Brown, a former physician and city council member reported. Lee Health is taking precautions, however, visitors to the hospital must fill out a questionnaire indicating whether they have traveled abroad recently or have any symptoms.

"It's a serious crisis but we were ahead of the curve," he said.

WINK News reported that on March 23, there were 30 cases of the coronavirus in Lee County. There are none known on Sanibel.

City Manager Judie Zimomra reported on organizations and events that had already taken measures to protect residents

"We saw a much earlier cancellation of events because of our demographics," she said, reporting that the Sanibel-Captiva Conservation Foundation fundraiser Beer in the Bushes and events at BIG ARTS had been canceled early. Center 4 Life is now closed as is the Sanibel Public Library.

The Sanibel Police Department have also modified their response to non-emergency calls because of the coronavirus. They will now be handling such things as theft, fraudulent use of a credit card, lost property and property damage over the telephone at 472-3111.

Since last week's city council meeting and the declaration of emergency powers, almost all the public facilities on the island have closed. Residents with A/C and C beach parking permits may still use the Sanibel Boat Ramp and the boat ramp parking lot, and those with A permits can use the parking at Fulgar, Nerita and Donax beach accesses. The public parking access at Tarpon Beach Road is closed.

Inns and motels are still open but the city has ordered them to remove all beach furniture and most of the chairs and lounges from the pool decks.

The farmers market is still operating but only for food vendors. There is no sampling and vendors must all wear gloves. There is no on site consumption and picnic tables have been removed. Social distancing has to be maintained and sanitizers and wipes are available.

In other news, Island Water Association has closed walk-in access for payments at its main office on Sanibel-Captiva Road. Payment can still be made online as a one-time or a recurring payment, and the dropbox outside the office can also be used to drop off payments.

to drop off payments.

The Children's Education Center of the Islands closed on March 17 and director Kerra Pike is now conducting online Get Out to Nature programs via YouTube for the preschoolers enrolled there.

The Sanibel Recreation Center children's program closed on March 18.

Banks remain open but the Sanibel Captiva Community Bank office on Library Way has closed its main office to walk-in service. The drive-through is still open.

The City of Sanibel announced that the State of Florida is offering small business emergency bridge loans for those affected by the crisis. Details can be found at www. floridadisasterloan.org.



Refuge Debuts Digital Engagement

To keep its fans and friends in touch with nature and engaged in calming, educational activities during the COVID-19 outbreak, the JN "Ding" Darling National Wildlife Refuge and "Ding" Darling Wildlife Society-Friends of the Refuge have debuted programs for stay-at-home families and individuals. They have created virtual experiences that all ages can experience via social media and www.dingdarlingsociety.org/articles/ding-at-home.

"Learning about nature is always important for kids and adults alike," said Supervisory Refuge Ranger Toni Westland. "During this challenging climate of social distancing and self-isolation, it becomes crucial that we nourish our souls with the beauty and wonder of wildlife and its habitat."

Follow the official refuge Facebook page for daily themed activity videos posted at 10 a.m. Monday through Friday. Here's the schedule:

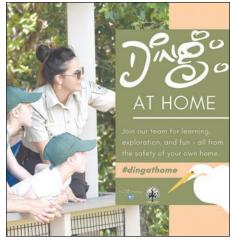
Movement Monday – wildlife-themed yoga and other exercises

Tales on Tuesday – nature story reading

Wildlife Wednesday – learn fun facts about a specific animal

Trail Thursday – outdoor scavenger hunt

Fun-Time Friday – craft



Toni Westland with the Ding At Home poster image provided

demonstrations and at-home experiments

Follow the "Ding" Darling Wildlife Society page for daily 30-second videos of wildlife and the refuge's serene beauty each afternoon.

Visit the Ding at Home web page often for nature-themed activity books and craft ideas you can download. The page will also archive links from the refuge's activity videos and from the 2020 "Ding" Darling Lecture Series live broadcasts.

"Education is not something we can let slide just because our Visitor & Education Center is closed and our programs sidelined for visitor safety," said Westland. "We look forward to connecting with our peeps and connecting them with nature through the miracle of electronics."

Churches Adjust Services During Crisis

by Kathy Kurtz Ferrari

Religious organizations have been forced to cancel or adjust services during this health crisis.

St. Isabel Catholic Church is offering livestreaming services on Saturday evenings and Sunday mornings, and has an active Facebook page and website. Visit www.saintisabel.org for further details.

Sanibel Community Church has canceled all events until April and is offering video sermons via its website www.sanibelchurch.com.

Sanibel Congregational United Church of Christ began livestreaming services on March 22 via Youtube. Further details are available on their website www.sanibelucc.org.

St. Michael and All Angels Episcopal Church also canceled all events and offers livestreaming of Sunday services with details available on its website www.saintmichaels-sanibel.org.

Bat Yam Temple of the Islands is offering video Shabbat services led by Rabbi Stephen Fuchs and Cantor Murray Simon, with details available through their website www.batyam.org or on Facebook.

Captiva Chapel by the Sea is offering video sermons led by the Rev. Larry Marshall. Details are available at www.captivachapel.com.



Captiva Chapel by the Sea is among the islands' religious organizations offering video worship services during this time of uncertainty photo by Kathy Kurtz Ferrari

All religious organizations will be available to assist members of the community in the days and weeks ahead during this time of uncertainty.

Bike Club Cancels Activities

The Sanibel Bicycle Club (SBC) has canceled all bicycle club activities. With health and safety concerns in mind, the SBC board is canceling the April 13 potluck social. The board is also canceling all club-sponsored weekly and off-island rides through the end of April, and urges members to continue to ride solo.



Over the past several weeks we have taken unprecedented steps to keep our store clean and our customers and employees safe. We are proud to say that we have not had any confirmed cases of the Coronavirus. Our customers' and employees' health and safety is of the upmost importance to us at Congress Jewelers.

Out of an abundance of caution we have decided to temporarily close our store.

This closure will go into effect on March 21, 2020 through April 3, 2020.

We will be closely monitoring this situation as it continues to evolve and will adjust our plans as needed.

If you have any questions you can email Scot Congress: scot@scongress.com or Melissa Congress: melissa@scongress.com.

This is no question an unprecedented time of great uncertainty in our world.

Together we will all get through this and emerge stronger than before.

Thank you for your loyalty and wishing you good health and look forward to seeing you soon. Be Safe and Be Well,

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New Leadership At Sea School





Nicole Finnicum

Shannon Stainken

anibel-Captiva Conservation Foundation (SCCF) has selected Nicole Finnicum to become the next director of Sanibel Sea School when cofounder Bruce Neill retires.

In 2005, Neill, and his wife, Evelyn, founded Sanibel Sea School, which has since earned a national reputation for its special brand of experiential marine education.

"I feel so very fortunate and honored that I have the ability to continue the legacy of what Bruce and Evelyn created," said Finnicum. "Sanibel Sea School is such a special place and I have always enjoyed sharing the magic of the ocean with people and to be able to carry that on is

really important to me."
On January 1, 2020, SCCF combined forces with Sanibel Sea School, laying the groundwork for a sustainable future. Sanibel Sea School now operates as part of the larger nonprofit, which was established in 1967.

"Sanibel Sea School has such a great team," said SCCF CEO Ryan Orgera. "Nicole has the right understanding of that team, management skills and passion to lead it into the future and to grow it in meaningful ways.

Finnicum joined Sanibel Sea School in 2013, working her way up from educator to the role of operations director. She recently earned a master's degree in nonprofit management from the University of Central Florida and also has a master's in environmental studies.

"I am thrilled for the opportunity to lead an organization that has helped me grow into the person I am today. It has been so valuable to be able to flourish as a young

professional within Sanibel Sea School and be able to lead an organization that has taught me so much personally and professionally," she said.

To help fill the gap in Neill's leadership

role in education, Shannon Stainken has also been promoted. She will take on a more active role in developing course offerings and will oversee all Sanibel Sea School educational programming.

"I want to take our educational programs to the next level while maintaining the spirit of Sanibel Sea School," said Stainken. "There are many traditions and memories that are cherished by our students. I believe we can innovate and build upon these as we grow

Stainken has a master's degree in professional science, with a focus on marine conservation, and has been with Sanibel Sea School since 2017. She also started as a marine educator and was promoted to manage education within a

"Evelyn and I feel that we have achieved a goal to 'grow our own' as we pass the torch," said Neill. "Both Nicole and Shannon are ready to carry forth the legacy in a sustainable way within SCCF."

Finnicum is honored to take the helm. "I truly appreciate the leadership skills and mentoring that Bruce has provided me over the years and hope to be that person for the rest of our staff. I am also thankful for the relationships that I have built over the years and am looking forward to integrating further into our community. I hope that my new role will provide the continuity that will keep Sanibel Sea School strong as Bruce steps down," she

The mission of Sanibel Sea School is to improve the ocean's future, one person at a time. For both Finnicum and Stainken, that has held true for their experiences as staff and for what they've seen with youth.

"We are doing so much more than teaching marine science, we are connecting with kids and connecting them to the ocean on a deeper level," said Finnicum. "I saw how effective and important our work was right away and knew that this was the place that I wanted to be for a long time.

Stainken is excited to extend the mission to more adults and pursue more community science.

"I have a vision of creating a structured continuing education program for adults,

where they can progress through and achieve different levels of mastery," said Stainken. "The courses would all be focused locally – Sanibel and Captiva's abiotic and biotic factors, its history and conservation efforts.

As he winds down his time and hands off his leadership, Neill is happy to see these two take charge.

"They share our vision of a world where all people value, understand and care for the ocean, as do all the staff at SCCF," said Neill.

For more information about Finnicum and Stainken, visit www.sanibelseaschool. org/team.☆

From page 1

Restaurants

scariest thing I've ever seen for the island." On Captiva, a few restaurants remained open for take-out earlier this week. Doc Ford's had closed on both islands. Andy Biddle, who manages one of the restaurants on an eerily quiet Andy Rosse Lane, said employees who remained would greatly appreciate customers who tipped during this extraordinary time.

At a near deserted Periwinkle Place on Saturday that would typically be one of the busiest days of the year, Blue Giraffe owner Geoffrey Letendre was offering take-out through a small side window of the restaurant. He wasn't seeing many customers, and the future was uncertain.

'I'm going to sell what I have. I'm not looking to write many checks for ordering more," he said, adding concerns about receiving deliveries, which were unpredictable.

"I just don't know," he said of whether he would remain open at all.

Matt Asen, owner of The Timbers, Sanibel Grill and Matzaluna, was clearly agitated by the situation, voicing frustration in a phone interview.

'We're scrambling," he said, noting while his restaurants were offering take-out as of March 21, he was concerned for his approximately 50 employees, many who would file for unemployment.

He also worried this situation would close some businesses permanently, as many had just recovered from the red tide disaster.

Asen said the fish market at The Timbers had been doing steady business since the crisis began. He put out a sign near the entrance along Tarpon Bay Road to advertise hours, but was told by the City of Sanibel it was a code violation.

"I pulled a (John) McEnroe when they told me that. I said, 'Are you kidding me? You close me down and I can't even advertise my fish market?' It's ridiculous."

Remembering he had a special permit with the city for a now canceled March Madness outdoor event, he appealed and won permission for the signage. It was a small victory, during a time of great loss.

'This is like a bad movie come to life," Asen added.

Trying to put a positive spin on the situation, MudBugs owner Ron Rice has decided to donate 50 percent of take-out sales during this time to SanCap Cares and its efforts to support Golisano Children's Hospital of Southwest Florida, which had to postpone its 20th anniversary event.

'My wife and I have had a heart for children's hospitals for a long time, starting with the Cleveland Clinic Children's Hospital," Rice said by phone. Originally from the Cleveland area, the Rices have a special needs son, so the cause is near and dear to them.

'We're not making any money anyway and this will really assure it. But in the meantime, if we could get some business, that would keep some more people employed and busy and working, which is a good thing.'

The restaurant is fairly new, opened about 14 months ago along Periwinkle

Way.
"It's been going really, really well," said Rice of business earlier in the season. "We were just getting going, and then the virus hit.'

MudBugs is offering delivery service during this time, which may be even more significant if the situation escalates.

"We're going to try to stay open, because I think people may need to get out and obviously need to eat, and if we can offer that through the thick and thin of this whole thing, then I think that's a positive anyway.

Many of his hourly employees would not be scheduled, but some would be rotated in to help with kitchen duties, deliveries and maintenance.

'So we're all going to take a deep breath and as soon as this is over, we'll get going again," Rice added. "We appreciate all the people who are sort of surviving on Sanibel, and however we can help each

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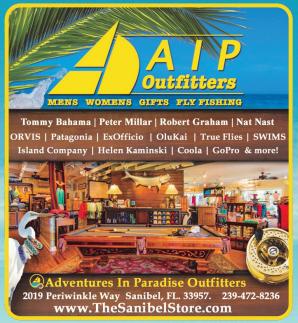
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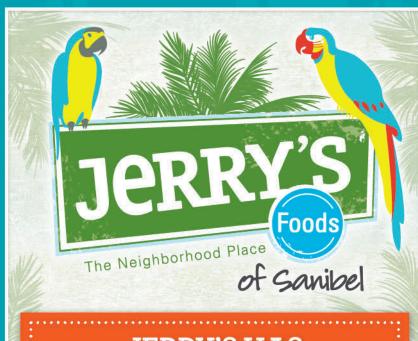
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Trunk Show With Famed Jewelry Designer

ily & Co. Jewelers is hosting a spring trunk show on Thursday and Friday, April 2 and 3 from 10 a.m. to 5 p.m. featuring famed designer Steven Mazza.

Mazza is well-known for designs that incorporate the ocean, seashells, pearls and other natural elements. The Mazza family's involvement with the jewelry industry dates back almost two centuries in a small town just south of Naples, Italy, called Torre del Greco. Starting in the 1840s, the family worked with coral and conch shells for cameos, which they harvested and hand carved in Italy.

Steven is intimately familiar with Sanibel and our seashell-covered beaches, so his designs are perfectly suited for our island lifestyle," said Dan Schuyler, co-owner of Lily & Co. Jewelers with Karen Bell.

At the turn of the century Louis Mazza left Europe to import gems and Mazza carvings to the United States. In the years from 1950 to 1960, his four sons joined the business as it expanded. The third son, William, worked closely with the major designers, honing his own creative skills, and in 1970, produced his first collection for I. Magnum & Co. and Bergdorf Goodman under the Mazza

Today, William is joined by his three sons, William, Jeffrey and Steven, who



Rings in 18-karat gold from the Capri Collection by Mazza

continue to practice the fine jewelry techniques passed from generation to generation.

The Mazza Company continues to create its unique collections using hand carved gemstones and other gems in the family tradition. The Mazza Company, the formerly unknown supplier of gemstones for many famous jewelry houses, has now emerged as a leading creator of 14-karat and 18-karat fine fashion jewelry.

The collection is represented in the finest independent stores throughout the nation. International distribution spans from Mexico to Canada and the Caribbean. The Mazza Company continues to broaden its designs with its newest collections which all reflect Mazza's commitment to contemporary design while holding fast to the tradition of the Italian masters.

Lily & Co. Jewelers is located at 520 Tarpon Bay Road on Sanibel. For more information, visit www.LilyJewelers.com or call 472-2888.☆

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Familiar Florida Ferns

by Gerri Reaves

More than 160 species of ferns occur in Florida, most of them native. Many are listed as endangered or threatened, and others are classified as commercially exploited.

Nevertheless, some ferns, like the three natives pictured, are common, even ubiquitous. And, they don't all fit the stereotype of the Boston or delicate maidenhair fern in the Victorian parlor.

Golden polypody's (*Phlebodium aureum*) natural habitat is swamps and hammocks. One notable characteristic is a tendency to grow in the boots, or crevices, on cabbage palm (sabal palmetto) trunks or the crotches of trees such as native live oaks (*Quercus virginiana*).

It is an epiphyte, or air plant, meaning that it uses another plant as a growing platform. It derives water and nutrients from the air and debris, and is not a parasite.

It grows in full sun of shade, with arching fronds reaching about two feet long.

The leaflets are slightly wavy and pinnatifid – not completely divided, each curving near the midrib so the leaflets are joined. The frond has a blunt terminal segment.

The creeping golden brown rhizomes, or hairy horizontal rootstock, give it the alternative names Mandaianum



Golden polypody frequently makes its home on a palm tree photos by Gerri Reaves

rabbit's-foot fern, golden foot fern and golden serpent fern. In fact, polypody means "many feet."

Another member of the polypody family, resurrection fern (*Pleopeltis michauxiana*), also grows in hammocks and swamps, thriving on the limbs of large furrowed trees such as live oak.

The common name refers to its habit of reviving when rain comes, even though it appears dead and dry. This remarkable plant can lose as much as 97 percent of its moisture and still revive.

Like golden polypody, it is an epiphyte and has creeping rhizomes that attach it to the platform plant, but it is smaller, usually with pinnatifid fronds only three eight inches long and shaped like an elongated triangle.



Giant leather fern is Florida's largest fern

The round distinct sori on the undersides of the leaflets show through on the upper sides. Both resurrection and golden polypody disperse spores on the wind.

Giant leather fern (Acrostichum danaeifolium), a member of the maidenhair fern family, is notable for being Florida's largest fern, growing to a height of six to 12 feet.

Because it is highly salt tolerant and can even grow in brackish water, it's found in a broader range of habitats in contrast to many ferns. In addition to hammocks and swamps, it's common along canals, ditches and ponds.

It's even useful in erosion control because of its thick fleshy roots.

The stiff fronds have 20 to 60 pairs



Resurrection fern grows on furrowed trees such as live oaks

of coarse wavy leaflets with under-curling edges.

Reddish brown spore cases coat the undersides of fertile fronds.

The state is home to an abundance of fern species, but learning to recognize and appreciate just a few will make Florida's landscape more familiar and fascinating.

Sources: The Ferns of Florida by Gil Nelson, A Gardener's Guide to Florida's Native Plants by Rufino Osorio, National Audubon Society Field Guild to Florida by Peter Alden et al., Native Florida Plants by Robert G. Haehle and Joan Brookwell, http://www.efloras.org, www.fnps.org, http://plants.ifas.ufl.edu, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.☆

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Self-Quarantine With The Fish



by Capt. Matt Mitchell

ver the past few weeks, COVID-19 has changed everyone's life on the planet in ways we could not have imagined. Fortunately, I work in a environment that gets me well away from the crowds.

My job encourages social distancing and being out in the sun, and open air has to be about the safest place anyone could be. Even with a huge drop in our business, we are lucky enough as fishing guides to be in that small percentage that can still go to work.

For this, I consider myself very fortunate. This is not the season anyone expected but we are making the most of it.

A exceptionally warm March has kicked our fishing into high gear with tarpon already being caught throughout the sound. With a extremely noticeable lack of boat traffic on the water, we often have these fish all to ourselves.

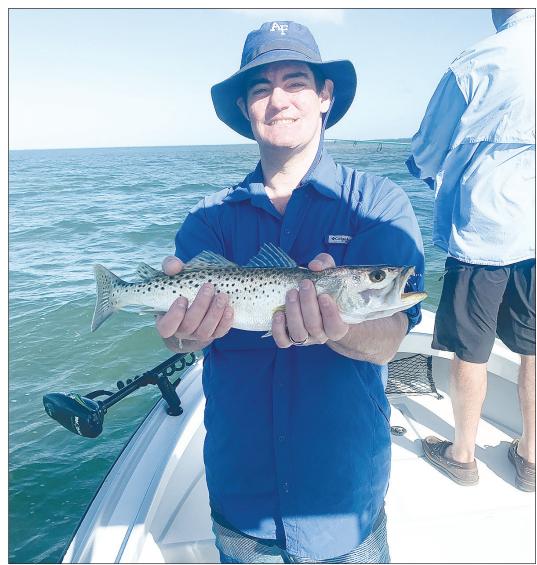
Locating these tarpon in clear water has been amazing. We watch them swim through white-bottomed sand holes in numbers we don't usual encounter until May. Using cut bait on these fish has been the most effective method for me as I just cannot get them to eat a live bait.

Most days this week, I have started off my trips by bouncing live shrimp on a jig head to catch an awesome variety of fish. In the passes, the Spanish mackerel bite has been on fire. While out on the flats, trout, ladyfish and jacks have kept the rods bent. We save some of the ladyfish for cut bait fishing for tarpon and sharks for an hour or so at the end of

Most days, we have either hooked a tarpon or caught a big shark to finish up the day with a bang. It's always good to start a trip with some great nonstop action before having to exercise some patience while giving the tarpon a go.

Some days, you just need a break from all of the bad news out there. There is not a better way to escape the madness for a few hours than with family and friends out on the water fishing. I can't think of anywhere else I'd prefer to be quarantined.

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



Grant got in on the big trout bite this week with Capt .Matt Mitchell

photo provided



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CROW Case Of The Week:

Cedar Waxwing



by Bob Petcher

he cedar waxwing (Bombycilla cedrorum) is a colorful bird with a pale brown head with a black mask and white outlining on its face, pale yellow belly, gray tail with a yellow tip

and red tips added to grayish black wings.

You'll often spot cedar waxwings on fruit-bearing trees. They are one of the few North American birds that specializes in eating fruit. In fact, they have been known to survive on fruit alone for several months.

The waxwings are named due to waxy red secretions found on the tips of the secondary inner flight feathers of female birds. These tips may help attract males, but that is not founded.

At CROW, an adult cedar waxwing was admitted after flying into a window at the Minnesota Twins Spring Training stadium in Fort Myers. On intake, it was suspected that the waxwing was temporarily stunned and had suffered head trauma. It had a quiet mentation and was thin. An anti-inflammatory and supportive care was given that night.

The following day, the bird was eating on its own and perching well. The rehabilitation staff decided to give the



Dr. Robin Bast examines patient #20-732 during its 10-day stay at the clinic

photo by Brian Bohlman

bird a flight test, but the patient made no attempt to fly, even with encouragement from the staff. After the flight test, veterinarians noticed a wing hike and, although they were unable to confirm with radiographs due to the small size of the bird, they suspected an injury to the shoulder girdle may be the issue.

"The bird was holding the injured wing at a higher than normal position. This is often indicative of an injury to the shoulder," said Dr. Robin Bast, CROW's staff veterinarian.

The patient was prescribed cage rest and pain medication. CROW medical staff decided bandaging was not needed. Over the next few days, the bird continued to eat well and gained weight.

This patient was placed on pain medications and anti-inflammatories as it healed," said Dr. Bast. "In small birds such as this one, as long as the wing isn't drooping, they often heal better without bandaging and with just strict cage rest.

"Cage rest is preferred for small birds with fractures as long as they can hold the wing normally. In some cases, we can use a lightweight paper tape to help provide extra stability.

After one week, the patient was again flight tested and this time, it passed. It was monitored for a few more days to ensure it continued to have strong flights before being released on March 18.

This bird healed fast and passed its second flight test strongly, moving around the screened-in porch and turning well. It was moved to an outdoor enclosure for a few days to continue to build its strength up before being released," said Dr. Bast. The 10 days that the patient was

held at the clinic appears to be paying off for its immediate future. After all, there's a good reason why the word "rehabilitation" is in CROW's name.

'Once it was moved outside, all oral medications were discontinued," said Dr. Bast. "Giving the patient a few days outside to build back muscle strength and do its own physical therapy is an important stage before release.

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



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photo courtesy of TOTI Media, Inc.

From page 1

Businesses

deliveries, so Johnson suggested customers be patient with the system.

Orders can also be placed for same day store pick-up at a scheduled time.

"I would ask people to be patient. We're not going to have everything. I'll substitute as best I can if they'd like," he said. Johnson was even seen shopping for one of those orders himself, as all hands seemed to be on deck during this time.

Many businesses at Periwinkle Place were limiting hours earlier this week or were closed all together. Out of an abundance of caution, Congress Jewelers closed on March 21, planning to reopen April 3.

"We just thought it was the right thing to do, to limit exposure to our customers and to our staff, people who have been with us for so long," said Melissa Congress in a phone interview on March 20. She noted that staff members would continue to be paid during the closure.

"We've been in this business community for a long time and it's what's best for everyone right now," she said. "This is what our national government is calling for and we feel like we should be following it."

About half the stores at Tahitian Gardens shopping area were closed on March 21. Two of its longtime tenants, The Cedar Chest Fine Jewelry was open, while Adventures in Paradise was closed. A note on the door explained the closure was a hard decision but as a small family business, it was in the best interest of their



Produce section at Bailey's

photos by Kathy Kurtz Ferrari

staff, family and customers. "We feel it is important to do our part to help contain the spread of COVID-19 and we hope to see you again on the other side of all this craziness," the note read.

Some free standing businesses remained open earlier this week. Lily & Co. Jewelry continued to see customers stopping in, although they were taking it day by day, limiting hours and practicing good hygiene.

"We are behaving by the rules and government guidelines," said co-owner Dan Schuyler. "If they say shut down, we'll shut down."

He noted the store had been busy



Employees at Jerry's Foods try to keep up with customer demand

up to last week. One customer even purchased \$10,000 worth of jewelry on March 19 for herself and family members.

Ever the optimist, Schuyler expressed gratitude for relationships with customers.

"This is a great community. We've always come together in times of crisis. We'll get through this," he stressed.

Real estate agents had their own concerns as an ordinarily robust season slowed over the past week.

Decisions were in flux even within a few hours. As an example, Susan Andrews, of Sanibel Susan Realty Associates, went from having her office fully open March 20 to being closed within a few hours. Some properties with scheduled showings had closed pools and limited access to common areas, so events and open houses in her industry would most likely be suspended. She suspected the local association of realtors office would likely close as well.

"We're hoping for the best but you've got to be doing everything prudently," said Andrews. "We want everyone to be safe."

Andrews. "We want everyone to be safe." Similarly, Jim Hall of VIP Realty Group, said his office was taking added precautions and offering hand sanitizers to customers.

"Just this week, we've seen a slow down in people looking. We're still showing property although not as much as we'd like," he said by phone on March 20. He suspected some people who planned to travel to see property had postponed their trips.

"Generally, things are still closing. There's still a few things coming on the market," he said.

"I hate to put negativity out there, but we're just hoping that whatever the state is going to do, they do it and we can get through it in a timely fashion," he added.

To be sure, it's an unprecedented time for the islands, which are experiencing seasonably warm weather and turquois blue, clear water with fewer and fewer people here to experience it.

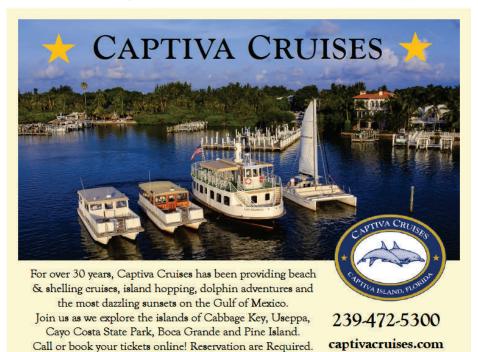
"We're known for the relaxed atmosphere in paradise and maybe you look at it like we'll have a little more time on our hands," said Melissa Congress. "This is the first time ever in season we won't be working.

"We'll just try to enjoy the beauty of our area. The sun is still shining and it's still beautiful here and we'll enjoy it."



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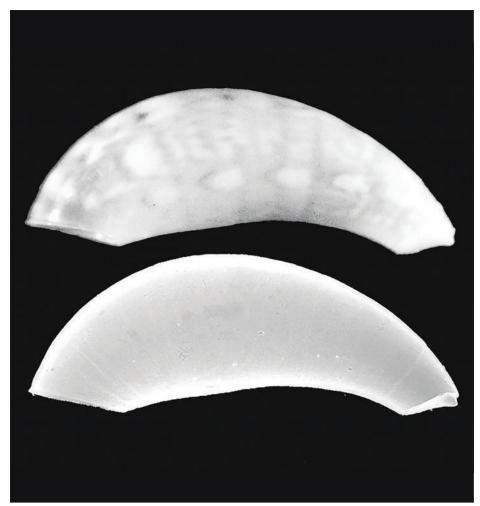


by José H. Leal, PhD, Bailey-Matthews National Shell Museum Science Director and Curator

Meioceras nitidum (Simpson, 1851) reaches only about 2.5 mm (0.1 inch). Caecum

snails are mostly uncoiled, resembling little cylinder or tubes; they lose the coiled, early shell whorls at the end of the juvenile stage. The Little Horn Caecum has a tubular shell with bulbous mid-section, and very faint white and grayish markings set on a translucent background. Their shells can be found by sifting and sorting through the sands of Sanibel and Captiva and other parts of the western Atlantic. The images are a regular photo (top) to illustrate the color pattern and a scanning electron micrograph (bottom) to show surface detail (or lack thereof, in this case.) Read more about mollusks and their shells at www. shellmuseum.org/shell-guide and www. shellmuseum.org/blog.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.☆



The Little Horn Caecum, Meioceras nitidum, from Sanibel

photo by José H. Leal

Wildlife Drive, Trails Open At 'Ding' Darling

Idlife Drive and all hiking trails will remain open at the JN "Ding" Darling National Wildlife Refuge on Sanibel from 7:30 a.m. to 7 p.m. There will be no entrance fees. Restroom facilities at the Visitor & Education Center and on Wildlife Drive will also remain open.

The "Ding" Darling Visitor & Education Center, as well as Tarpon Bay Recreation Area and Tarpon Bay Explorers recreation concession, are closed until further notice.

DDWS office (staff is accessible by phone at 472-1100 ext. 232 or online at www.dingdarlingsociety.org/articles/board-and-staff.

The health and well-being of visitors, staff and volunteers is priority one during these days of challenges presented by the COVID-19 (coronavirus) outbreak. The refuge has closed most facilities and canceled all events.

For more information, email toni_westland@fws.gov. To contact "Ding" Darling Wildlife Society, email director@dingdarlingsociety.org.

Stay tuned to www.
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Professor Speaks On Ethics And Morality At BIG ARTS



Dr. R. Edward and Maureen Freeman photos provided

IG ARTS hosted University of Virginia Darden School of Business Professor Dr. R. Edward Freeman for a lecture on ethics and morality on March 8. The program was part of the popular FORUM series.

Freeman is well known for his work on stakeholder theory and on business ethics. He is also co-editor-in-chief of the Journal of Business Ethics, one of the leading journals in business ethics. BIG ARTS FORUM series is sponsored by Northern Turst.

To protect the health and safety of its patrons, talent, volunteers and team members, BIG ARTS has suspended all programming and activities until further notice. The building is closed to all public traffic. For more information, visit www. bigarts.org.☆



From left, Julie Boyd, Lorraine Walker Williams and Melissa Laidlaw



From left, Maureen Freeman, Molly Barbee and Sherry Halleran



Dr. R. Edward Freeman and Bill Bachman



Lee Tauck and Robin Tauck





Fish Caught



Dwight Dunlap

photo provided

vight Dunlap caught a 30-inch snook last week while fishing with Capt. Jack

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Solo Paddling For Social Distancing



by Kealy McNeal

n a time when social distancing is strongly encouraged, going for a paddle might help with any cabin fever you may be experiencing. We recommend to always be with a buddy while

exploring the outdoors, especially when paddling. However, during these weird times, going for a solo paddle might not be a bad idea. Please keep in mind that paddling alone does come with some risks.

Before you launch, be fully aware of the potential consequences of doing so without proper preparation. If challenges arise, you will need to have the skills to deal with them. Being prepared and aware of the environment eliminates the vast majority of common mistakes made by paddlers who do end up calling for help. You can enhance your safety by always wearing a PFD, in case of

unexpected immersion, and having on hand a repair kit, snacks and water, a spare paddle, and a signaling kit (a cell phone will work, if there's coverage where you are paddling).

Apart from the proper safety gear, a float plan is extremely important. Tell a friend when and where you will be paddling and let them know when you have returned safely from your trip. Make sure they know what to do and who to call if they don't hear from you.

Ease yourself into solo paddling with short trips in familiar areas. As you begin to feel more comfortable launching and practicing paddling maneuvers, you can venture farther. Paddling alone is rewarding and brings a great sense of accomplishment but until things get back to "normal," solo paddling might be your only option to be on the water to limit the spread of COVID-19.

To have a positive impact on the community, and to help slow the spread of COVID-19, we have canceled upcoming paddles. We hope to see you on the water soon.

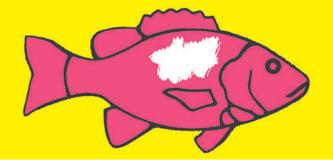
Ocean Tribe Outfitters is a branch of Sanibel Sea School that helps the local paddling community better explore, enjoy and understand the ocean. Visit www.oceantribeoutfitters.org, or follow us on Facebook and Instagram.☆

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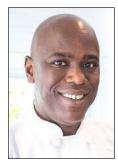
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Rosemary





by Resident Chef Jarred Harris

osemary is a perennial evergreen herb and is one of the most Aversatile herbs available. It's widely used in the culinary world but it's also used in cosmetics and for medicinal purposes. I grow rosemary in my garden because it produces beautiful blue flowers, attracts bees and deters pests such as palm rats and mosquitoes.

Native to the Mediterranean coast and a member of the mint family, rosemary gets its name from the Latin word "Rosmarinus," which means "dew of the sea" or "sea mist."

Rosemary has been used for its many health benefits. Ancient Greeks believed that rosemary could help strengthen the memory, and they used it to treat toothaches, headaches and flatulence. The Romans used rosemary for its antiseptic properties. It was used to treat cold sores, sore throat and cold symptoms. They also used rosemary infusions to treat jaundice and as a

digestive aid.

Rosemary contains vitamin C, iron, magnesium and zinc. It also contains essential oils, which stimulate and increase brain alertness. In fact, certain types of rosemary infused teas are better stimulants than coffee. Rosemary oil can be used to treat skin irritations and bruises. It can also be used to treat aching joints as well as muscle pain because it stimulates circulation and helps speed up the healing process.

Try a little rosemary in recipes that have thyme in them. The two herbs together add a unique richness to the flavor of the dish.

Here is a simple recipe to try:

Rosemary and Lemon Meringues Ingredients

4 large egg whites (at room temperature)

½ tsp. cream of tartar 3/4 cup granulated sugar

1 tsp. fresh rosemary (chopped very

Żest of ½ lemon

Preheat oven to 200F. Line a baking sheet with grease proof or parchment

Using a stand mixer with a whisk attachment, add the egg whites and cream of tartar to the mixing bowl and whisk on medium speed until the whites start to become foamy.

Increase the mixer speed and gradually add the sugar 1 tbsp. at a time. Mix until the whites are glossy and stiff peaks are formed.

Gently fold in the rosemary and lemon zest and blend well.

Using a tablespoon, spoon the meringues onto the prepared baking

Bake for 2 ½ hrs. Turn the oven off and let the meringues stay in the oven for another hour (alternatively, the meringues can be placed in a 175F oven and cooked overnight).

Remove the meringues from the oven and serve with fresh berries and whipped cream.

Meringues can be stored in an airtight container for a week.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@ sanibelcommunityhouse.net or call 472-2155. \$

Zonta Collection Day Canceled

submitted by Sue Denham

fter submitting news about Zonta's proposed annual Community Collection Day, the event was later canceled due to concerns about health and safety. Zonta thanks everyone who was ready to contribute much-needed items for the club's service organizations and we hope to reschedule for some time in the fall. Visit www.zontasancap.com for the most up-to-date information on all activities, or to donate.☆

Recreation Center Closed

he City of Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road, is closed until further notice due to the coronavirus (COVID-19) pandemic. The official sites to monitor for the most current

information and to which you may access through direct links are:

City of Sanibel: www.mysanibel.com Florida Department of Health: www. FloridaHealth.gov

Centers for Disease Control and Prevention: www.cdc.gov.☆

Top 10 Books On The Island

- Salt River by Randy Wayne White
 High Tide Club by Mary Kay
- 3. Becoming Mrs. Lewis by Patti
- 4. Splendid and the Vile by Erik
- 5. Nothing to See Here by Kevin
- 6. Winemaker's Wife by Kristin Harmel
- 7. Shell Shocked by Jennifer Schiff 8. Sanibel Flats by Randy Wayne
- 9. Lost Roses by Martha Hall Kelly 10. Flight Portfolio by Julie Orringer Courtesy MacIntosh Books and Paper.





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A Viral Primer

submitted by J. Bruce Neill, PhD

n the very broadest of terms, there are three major categories of living things on our planet: true bacteria, ancient bacteria and everything else. Two things are noteworthy in



the previous sentence. First, viruses are not included (they are not in everything else). Secondly, I use the term "everything else" as one large category - technically, they are the eukaryotes, which include plants, animals, fungi and all single-celled organisms that are not bacteria.

In biology, the study of living things, we utilize a set of characters to define "living." Primarily, they have the ability to utilize energy to become organized, they reproduce, and they are composed of individual units called "cells" (organisms may be composed of many cells, or they may be a single cell). Although viruses are composed of a structure that is similar to a cell, they do not have the ability to reproduce without the utilization of another organism (called a "host cell"), nor do they consume energy.

Viruses were first discovered in 1892 in the tobacco plant. And yes, viruses attack plants, animals and even bacteria. An individual virus is known as a viral particle, or a virion. It is composed of a protein-like outer shell, surrounding either DNA or RNA. Viruses invade a cell and direct the cell's machinery to make new copies of the virus.

What is a coronavirus?

The virus responsible for COVID-19 is a coronavirus. There about 40 different tupes of known coronaviruses. Seven have been reported to infect and cause disease in humans. Four of these cause mild symptoms similar to the common cold, but three coronaviruses cause severe and potentially deadly infections.

The three strains known to cause infections in humans are: SARS-CoV, the Severe Acute Respiratory Syndrome coronavirus, MERS-CoV, the Middle East Respiratory Syndrome coronavirus, and now, SARS-CoV2, which is responsible for the current coronavirus disease COVID-19.

Of course, this is still uncertain, but for now, it appears that SARS-CoV2 is less deadly than the other two coronavirus strains, but more contagious. The mortality rate for SARS was around 10 percent. The mortality rate for MERS was around 37 percent. Although uncertain, our best understanding of the mortality rate for COVID-19 is around 1 percent.

How are viruses transmitted? Different types of viruses spread in different ways. One transmission pathway is through disease-bearing organisms known as vectors. Viruses are often transmitted from plant to plant by insects that feed on plant sap, such as aphids; viruses in animals can be carried by blood-sucking insects. Influenza viruses are spread by coughing and sneezing. Norovirus and rotavirus, common causes of viral gastroenteritis, are transmitted by

the fecal-oral route, entering the body in food or water. HIV is one of several viruses transmitted through sexual contact and by exposure to infected blood.

Why do we call it a "novel" virus? Most new viral diseases in humans are zoonotic, meaning that they originate in wild animals (mostly mammals) and then cross over to people. Among mammals, bats have a higher number of zoonotic

In the 2003 SARS outbreak, the coronavirus jumped from bats to civets - a small type of primate that was being sold as food in a market – and then from civets to people. In the 2012 MERS outbreak, the MERS coronavirus jumped from bats to camels and then from camels to people. We do not yet know the path for

SARS-CoV2 coming into humans, but it seems likely that it was originally in bats. As a result of the COVID-19 epidemic, China placed a permanent ban on wild animal markets.

While you are sheltering, washing your hands frequently and keeping a safe distance from others, take time to go outside and enjoy nature. Breathe fresh air, get some exercise and let the wonders of our natural world ease your tension and anxieties. This will pass, and we will have a better future for what we have learned.

Dr. Neill is the director of education at Sanibel Sea School. Part of the SCCF (Sanibel-Captiva Conservation Foundation) family, Sanibel Sea School's mission is to improve the ocean's future, one person at a time.☆

American Legion Post 123 Closed

merican Legion Post 123 is closed until further notice.

All food service and activities have been put on hold.

Member eligibility dates are November 11, 1918 through present. All veterans are welcome to join.

Post 123 is located at mile marker 3 on Sanibel-Captiva Road. For more information, call 472-9979.



Dear Friends, Neighbors and BIG ARTS family of constituents:

We are all in this together, and even though BIG ARTS has suspended programming and access to the bright new building that belongs to you, we want to stay in the lives of our Sanibel Captiva community for two reasons: First is to express our heartfelt appreciation to all our donors, patrons and volunteers for their extraordinary understanding, generosity of spirit and belief in BIG ART as a part of our community's "soul" and a creative space for all. While we will be hard hit by ticket sales loss and refunds, we are so grateful to all those who chose to donate their ticket value which converts to a 100% deductible donation. Remember to email us at info@bigarts.org to request a donation of your tickets or

The second important thought to share with you is that BIG ARTS stands ready to help in any way it can to help bolster sprits and provide a vital website space where we will be communicating and offering experiences. Our shared heart is what makes us all human. We are all experiencing a very stressful time, and our need for positive stories, beauty, laughter, inspiration and hope has never been more needed. We can help there. We are working on more website content that can hopefully bring that to you over the weeks and months ahead. If you would like to be notified by email of new content on BIGARTS.org and to receive notices, please send your email address to info@bigarts.org. If you prefer, check our Facebook space from time to time. We're here.

Our warm wishes and thoughts are with you.

Susan Heisler + Don Rice **Board Co-Chairs**



Orange and Honey Churros

- 1 cup orange juice
- 1 tablespoon honey
- 1 cup water
- 2 tablespoons unsalted butter, softened
- 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 2 cups all-purpose flour
- 2 large eggs
- 2 quarts vegetable oil, for frying
- 1 tablespoon cinnamon
- 1/2 cup sugar
- 1 cup Śweet & Spicy Strawberry

In a medium saucepan over mediumhigh heat combine orange juice, water, butter, 2 sugar, vanilla, and salt. Bring to a boil, remove from heat, and add flour all at once. Stir until all the flour is incorporated. Transfer dough to a stand mixer (using paddle attachment) and mix



Orange and Honey Churros with Sweet and Spicy Strawberry Sauce

photo courtesy Fresh From Florida

on low for about 1 minute allowing the dough to cool slightly (do not skip this step). Add eggs, one at a time, allowing the egg to be fully incorporated before adding the next. (At first it will appear the egg is not mixing into dough, but it will eventually become smooth after

15 seconds or so). Transfer dough to a piping bag fitted with a number eight-star pastry tip. Refrigerate in piping bag for a minimum of 15 minutes or up to 1 hour before frying.

Combine cinnamon and sugar in a medium bowl and set aside.

Add approximately 2 inches of oil to cast iron pan or Dutch oven and heat over medium-high heat (375 degrees). Carefully pipe in 2-inch-long pieces of dough into hot oil, using scissors to cut the dough from the piping bag. Fry in small batches for about 6-7 minutes or until churros are golden brown. Transfer to a paper-towel-lined baking pan to drain excess oil. Immediately toss the hot churros with cinnamon-sugar to coat. Serve immediately with Sweet & Spicy Strawberry Sauce

Sweet & Spicy Strawberry Sauce

3 cups strawberries, roughly chopped

1/2 orange, zested and juiced

1/2 lemon, zested and juiced

1/2 jalapeño, seeded and minced

1/2 cup sugar

1 tablespoon pure vanilla extract Pinch of sea salt

Place all ingredients into a medium saucepot and simmer over medium-high heat. Cook until strawberries are soft but not falling apart, about 15 minutes. Remove from heat and allow to cool.

Fresh tip: This sauce can be paired with yogurt, granola, or desserts.

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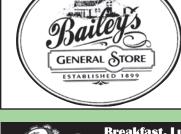


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Chamber members and Spoondrift staff gather for the ribbon-cutting

Chamber Holds **Anniversary** Ribbon-Cutting

n March 6, the Sanibel & Captiva Islands Chamber of Commerce celebrated member Spoondrift Island Bowls' one-year anniversary with a ribbon-cutting at its location in Bailey's Center.

Known for its healthy "fast food," Spoondrift owners got their start at local farmers markets and decided to move into a brick-and-mortar storefront when the space opened last year, said Malia Samson, who operates the eatery with parents Jeff and Kathy Samson, and five part-time employees.

People tend to link together food that is fast with food that is unhealthy, and with Spoondrift, we are just the opposite," said Samson. "Our customers know they can come in and get exactly what they want and be in and out in under a few minutes. We have customers that come in just about every day and this is the ultimate compliment to us.'

photo by Nick Adams Photography

Spoondrift specializes in poke bowls that customers can tailor to their specific tastes by mixing and matching proteins, starches or greens, veggies and fruits, sauces, and other condiments. It also serves a selection of six signature bowls. The ahi tuna OG Bowl is most popular, said Samson.

"Spoondrift became an immediate success when it opened last year, and we are proud to count the Samson family among our chamber membership," said John Lai, chamber president and CEO.

"I value our relationship with the

San-Cap Chamber because it is so special to be a part of a group of other hardworking individuals on the island," said Samson. "The San-Cap Chamber is the first stop on the island that visitors go to. How lucky are we that they help boost the acknowledgement of our business?"

Hole In One



Ed Hannon

photo provided

d Hannon hit a hole in one on hole 2 at The Dunes Golf & Tennis Club on March 18. ☆



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Following The Island Currents



by Kathy Kurtz Ferrari

There's no pretending we are shopping or eating at restaurants without any worries. This crisis is unprecedented for our islands – and the world.

While it's a time to be with those we love, perhaps it's also a time to surround ourselves with things we love. (Why do the lyrics *Raindrops on roses and whiskers on kittens* keep popping into my mind?)

Some of my favorite things are pieces of artwork. There is even medical research suggesting art has healing power. So a visit to **Tower Gallery** – a tranquil place full of artwork – might help our anxiety.

Tower Gallery is housed in a brightly painted, old Florida cottage which was moved from the beach to its Tarpon Bay Road location in the 1980s.

The gallery operates as a co-op, featuring the work of 26 local artists. "The most we've ever had," said JoAnne Bedient, vice-president and co-owner of the gallery.

"And lots of mediums, that's one thing



Tower Gallery includes artwork in a variety of mediums photos by Kathy Kurtz Ferrari

we really strive to have."

Artists are chosen by jury committee, and in addition to showing art, they each contribute to the gallery in various ways.

Recently, local celebrated artist and former restaurateur Katie Gardenia rejoined the gallery after returning to the island from North Carolina.

"We're glad to have her back," said Bedient.

Artists are on duty at the gallery, manning the register and answering customer inquiries. It's an added bonus, as customers who are interested in buying a piece can often meet the artist.



Some artists displaying work at Tower Gallery include, from left, David Ruhe, Patrick Connelly, Carole Nastars, Kathy Seguin, JoAnne Bedient, Katie Gardenia, Mike Danley and Kelly Morrison

"It's nice to meet (customers) when they buy your work," said Bedient, from the other perspective. "And that's the beauty of this gallery, really. We do get to meet the people who buy our work. We make friends with a lot of people who come every year."

Artwork is displayed as if walking through a charming home, with creativity displayed in well-lit areas. Each room explodes with color, whether from an oil painting, a piece of pottery, or from gems sparkling in a jewelry display case.

Throughout the season, Tower Gallery hosts special events with refreshments

and a chance to meet the artists. The gallery often donates a portion of sales from shows to charity as part of its Tower Gives Back campaign. Some have art themes, such as Doors and Windows for Habitat for Humanity, and Fins and Feathers for CROW.

Tower Gallery also holds a popular, two-day attic sale in October.

"I think it's a real privilege to be a part of something like this," said Bedient. "As an artist, it's like a dream. It's like you have your own little business here."

Tower Gallery is located at 751 Tarpon Bay Road. As of press deadline,





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the gallery is open Monday through Saturday, but visit www.TowerGallery. net for more information. Private appointments are available by calling 281-8542 or 617-875-0664.

If you're ready for more retail therapy, another place radiating with positive energy is nearby.

Suncatchers' Dream, an island staple for over 20 years, features sparkling jewelry, artwork, greeting cards, toys, sunglasses, ornaments and the list goes on. (Oh yeah, they also have suncatchers. I forgot!)

Owner Daniel Thompson has filled the store with unusual items perfect for gift-giving or treating yourself.

'It's not stuff you see on Amazon," said Thompson, who enjoys curating a collection of items from around the country. "Most of my stuff is family made, and small business. I try to carry things you don't see everywhere else.

Every direction you look, there's something to make you smile. The walls are covered with things like whimsical animal shaped clocks, colorful metallic figurines, original paintings and prints, and giclee prints by local artist Keith Johnson (whose wife Karen works in the

A display case holds impressive collectibles and jewelry by glass artist Melanie Cech. Fun, lighted paper lantern stars dangle from the ceiling.

The store has a huge array of hair accessories, including French-made resin yoga clips, which Thompson said is the number one item in the store. (I have about 10 of them. They are comfortable



Suncatchers' Dream owner Daniel Thompson welcomes Dune Jewelry sales representative Moira Garcia during the line's recent trunk show

and sit flat on the head, so you can wear them for yoga – which I do!)

I stopped in during the store's recent trunk show for Dune Jewelry, the "experiential jewelry," filled with sand and other natural stones from Sanibel, Captiva and other barrier islands.

Suncatchers' Dream is one of Southwest Florida's exclusive dealers of the line, sure to be a conversation piece when worn. "The reaction was instant, the minute I put it in my store," said Thompson.

A variety of designs come in sterling silver, gold vermeil, gun metal, antique



Suncatchers' Dream is the number one dealer for Dune Jewelry

brass and 14-karat gold.

"This store is our top store out of all 800 dealers," said Moira Garcia, Florida representative for the line. "There's something about the island itself. It is a magical place, for people to be able to have a piece of that place to take with them when they go home - and even the folks that live here.

Thompson often works with Dune to make custom pieces, and customerdesigned orders are also available. The jewelry is truly unique.

Currently, Thompson intends to keep the store open as long as he can. Staff



Star lanterns dangle from the ceiling at Suncatchers' Dream

will be monitoring customer numbers and cleaning all surfaces every day. "No hugs but good energy. Keeping positive energy and just being smart," he said by email.

Suncatchers' Dream is located at 630 Tarpon Bay Road, Suite 2. Visit www. SuncatchersDream.com or call 472-7860 for more information.

So until next time, enjoy the island currents. Be safe and stay healthy!

Kathy Kurtz Ferrari is a journalist who splits her time between Captiva and the Boston area. If you have any questions or comments, email Kathy.islandsunnews@gmail.com.☆





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Mr. Nobody



by Di Saggau

r. Nobody
is a psychological thriller
with characters
you'll actually
care about as you
see them headed
for a memorable
unexpected ending.
A man with a head
wound is found on

a British beach, with no identification and unable to speak. He drifts in and out of consciousness, having no memory of who he is or how he arrived on the beach. He becomes known as Mr. Nobody. Everyone wants to know who he is and what happened to him. A clue is written on his hand, but no one knows what it means. They name him Matthew.

Dr. Emma Lewis, a neuropsychiatrist, is called in to assess the patient in a small town in the English countryside. She feels this is the case that could make her name known around the world. It's the chance she's been waiting for but there's one problem. Emma left this same town 14 years ago and has taken great pains to cover all traces of her past since that time. The more time she spends with her patient, the more she realizes that he may be someone who knows something about her that she doesn't want anybody to know. Emma and her family were so traumatized by something years ago that they needed new names.

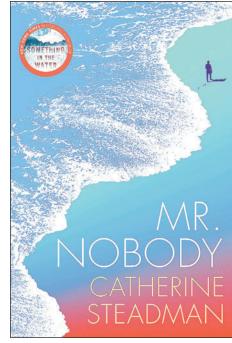


image provided

He needs to remember and she needs to forget. Emma says, "No one becomes a psychiatrist by accident. We learn what makes the brain work." She tries to prove her new theories about fugue states. They are skeptical, but Matthew's case seems authentic, and his brain scans share an odd similarity with a previous case from years ago. Emma feels someone is protecting Matthew. As Emma takes charge of her patient, his memories start to entangle their pasts together, and it leads to a brilliant ending. *Mr. Nobody* is the perfect read for a dark and stormy night.

School Smart



by Shelley M. Greggs, NCSP

ear Readers, This is an extremely stressful time for all of us. We have health concerns, of course, and if you're the parent of a schoolaged child, you're

now are facing an indeterminate amount of time at home with them, while working remotely and trying to provide for their educational, social and emotional growth. This is quite overwhelming, so now is a good time to implement strategies to cope with the stresses this will bring.

Children need routine and predictability in order to feel safe. This is especially important during a time of crisis. It's one thing to be out of your routine for a few days. Our current situation is quite different as we will be out of our routines for an unknown amount of time, with ending date in sight. Since kids thrive on structure and predictability, now is the time to create order in your days as soon as possible but with some flexibility. Here are some suggestions.

Set up a schedule that involves regular times for bathing, eating, schoolwork/learning activities and socializing.

Maintain the same rising and bedtime routines your kids are used to. Do not take away the structure and normalcy that will keep your child feeling safe. There is room

for some flexibility, but a general structure and flow to the day that the kids can expect will help you greatly.

Depending on your child's age, they will most likely have some academics they're expected to keep up with at home. My best suggestion here is to establish certain times of the day and a certain place for study at your house. Make sure to alternate learning time with periods of play/relaxation/physical exercise. Find ways to let out steam like singing, painting, a quick run around the block, or climbing a tree, whatever works to make you (and them) smile and provide a brain break and some exercise.

Make sure to include non-screen time activities for your child. Reading with your child, doing hands-on projects, even baking and playing board games can be educational. Schools have or will be sending learning packets and materials to guide you.

Limit your child's anxiety by managing your own. While kids will have varying levels of awareness about the scope of concern over the coronavirus, they will pick up on parents' anxieties. Talk to your kids about what is going on, calmly. Fortunately, we can honestly tell our kids that most children are not becoming very sick from this virus, and that they should be OK. You can explain to them why we are practicing "social distancing" and use this as a teachable moment in prevention. There is no need to unduly scare our kids, but they should have a general idea of what's going on. And if you and another adult are going to discuss the coronavirus, be mindful of your child's age and

continued on page 34





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Alice and Laurie Verme of Sanibel's Best Homemade Ice Cream whipping up a new flavor with Capt. Chris Wittman, co-founder of Captains For Clean Water photo provided

Raffle Drawing This Saturday

he raffle to support Captains For Clean Water at Sanibel's Best Homemade Ice Cream will wrap up on Saturday, March 28. "We launched Dolphin Tracks ice cream and held the 2020 kickoff event supporting Captains For Clean Water on January 3rd," said business owner, Laurie Verme. "Even though we are drawing winners March 28, our Dolphin Tracks program with the captains continues all year."

Captains For Clean Water co-founder Capt. Chris Wittman invented the Dolphin Tracks flavor, unveiled in January Proceeds from every scoop sold will go to Captains For Clean Water throughout 2020.

Community businesses have supported the three-month fundraiser with donations and raffle prizes. Neighboring business Lighthouse Café announced a matching gift for proceeds donated from the sale of the new ice cream flavor.

The Verme family launched the

Captains For Clean Water project because they believe the threat facing clean water is a critical issue for island communities. "This issue has the full support of my family and my team," said Verme. "In these difficult times, we encourage the public to be safe but also to stay informed. Water quality affects everything from our economy to our way of life."

Winners need not be present for the drawing and will be notified by phone.

CROW Visitor Center Closed

ue to ongoing concerns over COVID-19 and preventing its spread, the CROW Visitor Education Center closure has been extended until further notice, including the cancellation of all on site education programs. If possible, seasonal programs including Speaker Series events and Lunch & Learns will be rescheduled at a later date. Check the clinic's social media and website for future updates.

CROW's annual fundraiser, Southern Comfort on Sanibel, has been postponed. Anyone who has already purchased a ticket or sponsorship for the event will receive communication from CROW's development director regarding the event.

The wildlife hospital will remain open during normal operating hours to accept and treat wildlife patients. If you find injured, sick or orphaned wildlife, call 472-3644 ext. 222.





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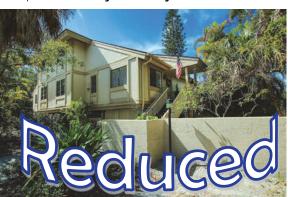
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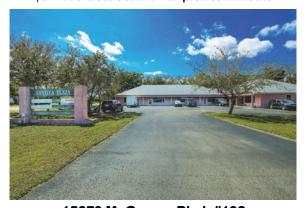
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1894 Farm Trail in Island Woods \$249K single-family lot near pool & tennis



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Refuge Awards Volunteers For Service Milestones

his year, JN "Ding" Darling National Wildlife Refuge staff personally awarded volunteers after the announcement that the annual volunteer awards luncheon had been canceled because of COVID-19.

'While I'm disappointed that I will not be able to publicly recognize the extraordinary efforts of so many volunteers and their commitment to the refuge and our natural resources, I also want to be proactive and heed the advice of professional public health experts," wrote Acting Refuge Manager Kevin Godsea in a letter emailed to all volunteers. "We will simply need to find other ways to honor our dedicated volunteers this year.'

Refuge staff reports that in fiscal year 2019, 311 volunteers worked 37,397 hours at the refuge, representing a labor and benefits savings of more than \$900,000, equivalent to 18 full-time employees.

"I just find it amazing that when Supervisory Refuge Ranger Toni Westland started here about 15 years ago, there were about 600,000 visitors each year



From left, Patty and Jack Wettstein were presented with 4,500 hours awards by Ranger Jeff Combs, refuge volunteer coordinator photo provided

and less land to manage with 22 staff members," said Birgie Miller, executive director of the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). "Today, we have 11 staff members to handle a million visitors and more land."

DDWS formed in 1982 specifically

to support a volunteer corps after the opening of the refuge's first visitor center that year. More than 11,000 people visited in the first month after the center opened, overwhelming a staff unaccustomed to dealing with the inquisitive public.

"Volunteers stepped in then to fill in the gaps left by inadequate federal funding, and they continue to do so even more today as funding further declines," said

Following is a list of volunteers who won awards for reaching hour and year achievement levels.

Years Awards

20 years – Tom Fleming, Joyce Jacobs, Peggy Hupfeldt and Marian Pool

10 years – Joyce Barney, Carolyn Bergen, Sue Danford, Tom Hoopes, John MacLennan, Alan Parker, Linda Parker, Greg Scherer, Garold Schudel, Ruth

Schudel, Cindy Seaman and Roger Tosch

Hours Awards

9,000 hours – Doris Hardy

8,500 hours – Marilyn Kloosterman 5,500 hours – Jack Wettstein and Patty

4,500 hours - Terry Baldwin and John McCabe

3,000 hours - Malcolm Harpham, Ben Klaus and Mary Klaus

2,500 hours - Mike Baldwin and Jeanne Tyrer

2,000 hours – Mike Baldwin, Charles Dunham and Arland Oleson

1,500 hours - Shirley Bohnert, Sue McIntyre, Jim Newes and Helen Taylor

1,000 hours – Stan Bunsick, Gary Dutton, Marion Evans, Michael Galloway, Barb Guidotti, John MacLennan, Ilona Menzel, Nancy Riley and Pam Windust

500 hours - Susan Beittel, Carolyn Bergen, Carl Greenbaum, Sandy Greenbaum, Christine Mackenzie, Paul McKenney, Peter Meekin, Sherri Newes, Francie Slane, Anne Suss, Tom Ware, Pam Weiner and Wanda Werner

250 hours – Genia Alperin, Paul Andrews, Sarah Ashton, Carole Ecker, Mike Ecker, Carl Greenbaum, Sandy Greenbaum, Sonya Keene, Wendy Kindig, Herb Lawrence, Janet McLaughlin, Kimberly Powers, Mary Rice, Robert Roth, Ross Spencer, Kathleen Wilson and Judy

150 hours – Katie Baker, Bud Dansby, Brenda Epperson, Randy Epperson, Diane Esslinger, Rose Flaherty, Brett Gooch, Jane Gieryic, Carl Greenbaum, Sandy Greenbaum, Lisa Hutchins, Joanne Prestia, Vince Thomalla, Diana Wideman and Judy Wright.

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The Island Water Association, Inc.

- NOTICE -

The annual meeting of The Island Water Association, Inc., is scheduled for 10:00 a.m. on Friday, April 10, 2020 Due to CDC recommendations to limit public gatherings to protect against transmission of COVID-19, IWA's annual meeting agenda will be limited to voting on bylaws and the election of Directors.

Information typically provided at the meeting will be made available at a future date on the IWA website and in the newsletter.

IWA Members are encouraged to return proxy cards no later than April 6, 2020.

These changes to reduce social interaction are out of concern for the health and welfare of our members and employees. We appreciate your understanding and cooperation.

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17131 Caloosa Trace, Fort Myers!



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\$319,000

4156 West Gulf Drive



This 3BR/2BA has been updated with cathedral ceilings. an inviting kitchen and dining/living room combo. The master bedroom with en-suite has private access to the rear porch. The beautifully designed guest bath includes an etched glass enclosed walk-in shower. Relax on the large rear porch or play a game of tennis or pickleball

\$1,329,000

678 Durion Court



Beautifully remodeled... 3BD/2BA lake home. Located in East Rocks. Living/kitchen area boast beautiful lake views. New stainless appliances, freshly painted, new baths, and more! Priced to sell.

\$599,000

4014 West Gulf Drive



Brand new custom home across from beach access. 4 BR/3BA home, large acre+ lot. Impact glass, glassed elevator, gourmet kitchen, gas cook top and stainless appliances. All rooms access screen enclosed decks, native vegetation, oversized salt water pool. Gulf view, an exceptional home!

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Captiva Community Panel Update

he Captiva Community Panel has been monitoring developments regarding COVID-19 and the federal, state and county responses that affect Captiva. It has also been communicating with the county, CEPD and the sheriff's department regarding decisions affecting beach accesses and beaches. While things are changing quickly, the panel can provide the community with the following updates:

The City of Sanibel has issued an emergency proclamation effective March 18 ordering the closures of Sanibel's paid parking facilities at the beaches that the city controls.

Lee County announced the closure of its beach parks and beach accesses including Sanibel Causeway Islands,

Bowman's Beach Park, Turner Beach Park, Alison Hagerup Beach Park and Andy Rosse Lane – effective March 19.

The county will coordinate enforcement with the appropriate enforcement agencies. The county at a press conference on March 19 announced that "Spring Break is over" and that parents should bring their children home from Lee County's beaches.

Chief Jeff Pawul said that the Captiva Fire District has appropriate procedures and protocols in place to handle possible coronavirus cases on Captiva should they arise over the next few weeks.

All of the restaurants on the island have been ordered by the governor to offer take-out service only.

The Captiva Memorial Library, Captiva Yacht Club and Captiva Civic Center have shut down for the foreseeable future.

Both the CEPD and the Captiva Community Panel will continue to monitor conditions on the island, both to suggest possible actions and to determine whether scheduled meetings will be held.☆

From page 28

School Smart

emotional ability to process the conversation they may be privy to. Kids hear everything, except when you want them to listen.

This isn't the time to reprimand for every annoying behavior. Try to ignore what you can ignore and save your disciplining for the more serious behaviors. Remember, that ignoring irritating behavior and complementing positive behaviors is a powerful way to manage. Make sure as well that you and your children have time and space away from each other. Try to create alone, independent and quiet times for all of you.

Ask your kids to help. Kids like to feel that they have an important role. Help them understand that this is an unusual time, and that we all need to pitch in to get through it. If your kids don't have a few chores yet, this is a great time to start. Make it a daily part of their routine and let them know that they're helping the family out by doing their part. Also let your kids know that by practicing social distancing, they are doing a great service to other more vulnerable community members. Help when and wherever you can and let your child brainstorm ways to help.

You are your child's role model in this crisis. Teach them how to be strong and caring. Show them how to reach out to friends and family to give and receive support. We are in an uncharted situation, but we will succeed.

Adapted from How to Prepare for Extended School Closings by Liz Faria

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



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How To Decorate Your Children's Bathroom



by Katie Frederick

aving multiple bathrooms in your home is a blessing. especially when you have children. There's more room for everyone to get ready, thus

those hectic weekday mornings and in between weekend activities. Dedicating an entire bathroom to your children (or grandchildren) also provides an opportunity for creativity in the design department. In fact, you may feel more inclined to step outside of your comfort

zone here and let your kids express their own creative freedom during the decorating process.

Whether you're interested in remodeling the children's bathroom or you just moved into a new house and have the extra space for the first time, here are a few tips and tricks for giving the washroom some personality.

Choose a theme with longevity - One thing that tends to mess with the idea of taking on a home redesign project is its ability to stay relevant and trendy over the years. To ensure the space doesn't age as your children do, be strategic with your design and decor choices.

Stick to colors and themes that will grow with your child - If you want to go

Include your kids in the design process The last thing you want to do is take over your children's bathroom without asking for their input. Whether they're young or in their teen years, including the

with branded items, leave those to artwork saving both time and changeable items so they can be and stress during replaced as your child's interests inevitably change. Ithough the luncheon honoring the

kids in the redecorating process can make vour life easier and can also make them feel better about the new look. Ask their opinion, incorporate their favorite colors and, as they get older, let them have more control in the decisions. They might make unexpected decisions, but letting them express themselves in their surroundings may be a welcome experience.

Make storage systems a high priority - The bathroom often tends to be the place that can get a little overwhelmed and messy since it's such a small area that sees high traffic daily. Installing efficient

storage systems will not only encourage easy cleanup, but they also have a way of making the room look sleeker and more put together.

Choose a design style that can grow with your children - Incorporate storage systems so all of their hygiene products stay corralled and in a tidy manner. Keep the cleaning methods simple and to the point, so they take care of the cleaning tasks quickly and easily.

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

Historical Village Honors Volunteers

volunteers of the Sanibel Historical Village had to be canceled due to the coronavirus, the village still wants to celebrate its devoted volunteers, in particular those celebrating milestone Jan Halliday years of service.

Leading the pack by far is Jan Halliday with 25 years of service to the museum. Halliday has served in many capacities, including as a member of the village board of directors. "How can we ever express



our admiration and gratitude for Jan's many years of service?" said Executive Director Emilie Alfino. "It is rare to have a volunteer put in so many devoted years, and we are so grateful.'

Other volunteers celebrating milestone anniversaries are:

15 years of service - Lois Codair, Betsy Čox, Barbara Eisenberg and Wanda Malone:

10 years of service – Catherine Anderson, Jeanine Bradford, Lynne Campean, Jane Holder, Andrew Jacob and Alan Lessack;

Five years of service - Patti Daly, Ron Gould, Susan Greenberg, Steve Greenstein, Peter Halliday, Kate Helman, Connie Jump, Sharon Kaltenmark, Martha Ann Murray, Annette Pacyga, Nancy Terelle and John Wahlfeld.

The Sanibel Historical Village is closed until further notice due to the coronavirus. For more information, email info@sanibelmuseum.org or visit www. sanibelmuseum.org for updates.☼

In times like these, we reflect back and think how blessed we have been to help so many of you create your own personal, comfortable, safe, and of course colorful place to call home. We look forward to sharing our love of design and continuing our relationships with all of you.



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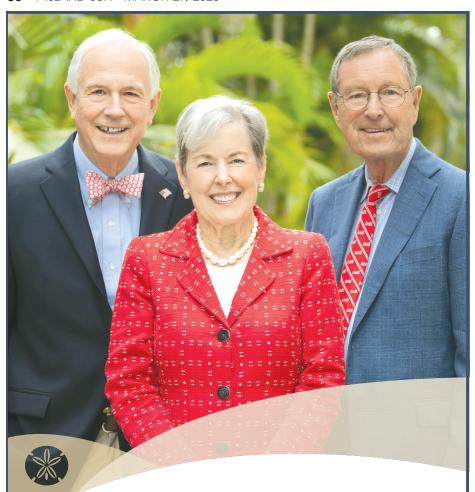
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Emerson String Quartet, rescheduled for 2021 Sanibel Music Festival season, from left, Paul Watkins, Eugene Drucker, Philip Setzer and Larry Dutton photo provided

Sanibel Music Festival Suspends 2020 Season

anibel Music Festival suspends the 2020 season, citing public health concerns and inability of upcoming performers to travel from overseas. "Sanibel Music Festival deeply regrets that, for the first time in 34 years, we have had to suspend the remaining concerts of the 2020 season," said Jana Stone, festival president. "As a volunteer-based nonprofit organization, Sanibel Music Festival relies on the generosity and support of its loyal advocates. In this critical time for many people and cultural organizations, we hope you will choose to donate your unused tickets for the March 21, 24 and 28 concerts."

"Fortunately, two concerts, Emerson String Quartet and Opera Theater of Connecticut Singing Andrew Lloyd Webber, have been rescheduled for next season," said Stone. "Tickets for these concerts will be honored in 2021. Emerson String Quartet will open our

2021 season on March 2 and Opera Theater of Connecticut will perform March 16."

To contact Sanibel Music Festival about a 100 percent tax deductible donation, email info@sanibelmusicfestival.org or call 344-7025 by April 30. To arrange to transfer your tickets to any concert or a mix of concerts next season, email 2020TicketsInfo@sanibelmusicfestival.org by April 30. To request a refund, email info@sanibelmusicfestival.org by April 15.

"We thank the Sanibel Congregational United Church of Christ for allowing us to use their wonderful venue," said Stone. "We are most grateful to our volunteers, generous donors and sponsors, ticket buyers, host families and partners. Without all of you, Sanibel's oldest classical music festival would not exist."

Sanibel Music Festival is a volunteer organization presenting a concert series of chamber music, piano recital and vocal ensemble of the highest caliber every year in March in a venue that offers excellent acoustics for an intimate listening experience. Visit www.sanibelmusicfestival. org for the latest news on the 2021 season and more information about the festival venue.

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- 3-Car Garage, Heated Caged Pool, Spa with Waterfall
- Built in 2017 in the Exclusive Bridgetown Community • Extensive Amenities Center
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Judie Anderson 472-5187 x 265



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- Perfect family retreat!
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Teresa Baker 472-5187 x 220



Updated Home – Great Value!

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- Vaulted ceilings, Lg screened lanai, open deck, private
- Pond & waterfall, butterfly garden, lower level storage
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- Priced to sell at \$549,000 (2200247)

lim Hall 472-5187 x 215



Bright and Spacious

- 3BR/2BA East End condo at Lighthouse Point
- Large master ensuite opens to secluded screened porch
- · Views of the bay and sold totally furnished Short walk to beach access, shops & the Gulf
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Becky Mulka 472-5187 x 204



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FRIDAY Sunny High: 77 Low: 72



SATURDAY Mostly Sunny High: 79 Low: 74

None



SUNDAY Sunny High: 78 Low: 73



MONDAY Sunny High: 81 Low: 75



TUESDAY Mostly Cloudy High: 77 Low: 72



WEDNESDAY Mostly Cloudy High: 78 Low: 73



THURSDAY Sunny High: 79 Low: 74

	Redfish Pass Tides								
Day	<u>High</u>	Low	<u>High</u>	Low					
Fri	3:51 am	8:45 am	3:04 pm	9:56 pm					
Sat	4:37 am	9:03 am	3:31 pm	10:43 pm					
Sun	5:36 am	9:20 am	4:03 pm	11:39 pm					
Mon	7:04 am	9:27 am	4:41 pm	None					
Tue	5:30 pm	12:50 am	None	None					
Wed	6:39 pm	2:10 am	None	None					

Point Ybel Tides								
Day	<u>High</u>	Low	<u>High</u>	Low				
Fri	2:56 am	8:47 am	2:09 pm	9:58 pm				
Sat	3:42 am	9:05 am	2:36 pm	10:45 pm				
Sun	4:41 am	9:22 am	3:08 pm	11:41 pm				
Mon	6:09 am	9:29 am	3:46 pm	None				
Tue	4:35 pm	12:52 am	None	None				
Wed	5:44 pm	2:12 am	None	None				
Thu	7:18 pm	3:29 am	None	None				

	I dired readou i laco								
<u>Day</u>	<u>High</u>	Low	<u>High</u>	Low					
Fri	3:20 am	9:13 am	2:38 pm	10:11 pm					
Sat	4:08 am	9:27 am	3:00 pm	10:48 pm					
Sun	5:02 am	9:45 am	3:34 pm	11:32 pm					
Mon	6:04 am	10:09 am	4:17 pm	None					
Tue	7:27 am	12:41 am	5:08 pm	10:36 am					
Wed	8:48 am	2:20 am	6:10 pm	11:06 am					
Thu	8:02 pm	3:30 am	None	None					

Cape Coral Bridge Tides									
<u>Day High Low High Low</u>									
Fri	6:01 am	12:32 am	5:14 pm	12:01 pm					
Sat	6:47 am	1:12 am	5:41 pm	12:19 pm					
Sun	7:46 am	1:59 am	6:13 pm	12:36 pm					
Mon	9:14 am	2:55 am	6:51 pm	12:43 pm					
Tue 7:40 pm 4:06 am None No									
Wed	8:49 pm	5:26 am	None	None					
Thu	10:23 pm	6:43 am	None	None					

City Manager Shares Insights On Human Needs

Thu 8:13 pm 3:27 am

n March 9, Sanibel City Manager Judie Zimomra met with members of The Sanctuary Golf Club Foundation Board of Governors, who had invited her to discuss how the results from the Lee County Human Services Gap Analysis apply to human needs on Sanibel. Zimomra explained that since the City of Sanibel does not directly provide social services like many larger cities do, partnering with local nonprofits to meet human needs is essential.

"Gaining input from various resources is particularly important at this phase of our foundation. Our goal is to assess where our donors' funds

can have the most meaningful, effective and measurable impact improving the quality of life for everyone on our islands," said Joel Levine, foundation vice president, who added, "and we certainly wanted to take advantage of Zimomra's experience to better understand how human needs are evolving and how might they best be met."

Zimomra observed that it is difficult for some residents to really grasp the prevalence of human needs here on our paradise island. She specifically cited examples of, and growing concern about, social isolation and needs of the aging population, mental health issues, affordable housing and the difficulty middle class families with multiple children have paying for after school and rec center programs. She also related several stories about the positive impact the city's employee scholarship

program has had helping attract and retain good employees.

The Sanctuary Golf Club Foundation President John McCabe said, "While there are a broad spectrum of human needs, we are taking care to assess which of these needs are, and should be the responsibility of employers verses those unmet human needs that can and should be addressed by nonprofits. We are establishing clear grant-making priorities and a process to be sure we really look at the potential impact of grant applications so that our donors can be confident that funds will be allocated in a thoughtful, outcomebased manner that is meaningful and that maximizes effectiveness." He went on to say, "One of the premises for The Sanctuary Foundation is to give members of our club who are part-time residents or may not have the time to fully research local needs and

nonprofits, the confidence that they can make a meaningful difference in their community, confidently knowing their fellow club members will evaluate outcome and effectiveness of their donations."

Lisa Schmidlin said, "So many of our members are already fully engaged in our community and have favorite causes they donate to directly, but we are finding that they too have enthusiastically joined in our 'good times for the greater good' events so that our efforts can have an incremental positive effect in our community. We have been truly humbled by the outpouring of generosity by our members. It is an honor, privilege and great responsibility to make sure our members' hard-earned donations are truly managed as philanthropic investments with the highest fiduciary





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Will Power

May You Live In Interesting Times



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

'ay you live in interesting times" purports to be a Chinese blessing that is really a curse. The "blessing" Lis, of course, used ironically.

Life is generally better in uninteresting times, that is, periods of peace and tranquility as opposed to living in an age of coronavirus, quarantined cities, plummeting stock markets and geopolitical unrest.

Despite being attributed to a Chinese curse, there is no known equivalent Chinese expression. Its nearest known phrase, "Better to be a dog during peacetime, than a human in times of

war," was published in a 1627 story collection by Feng Menglong.

Nevertheless, how shall we react to our interesting times?

I believe one answers that question by first determining what one has control over and what one does not. There is much that no one has much control over. It would be nice to wave our magic wand and return to normal life as quickly as possible,

What we do control is our reaction to events. We've been told not to congregate in large groups, to wash our hands often and to remain vigilant.

Six months ago, when I suddenly needed triple bypass open heart surgery, it was fortunate that I had my estate plan completely in place. My health care and living will directives were up to date and easily assessible. My assets, insurance and 401(k) plans were all aligned with my estate plan.

Had I unexpectedly died, I was comforted that I wasn't the proverbial "cobbler whose children had no shoes."

But so many individuals don't have plans in place. Or the plans that they do have aren't up to date, compliant with current Florida law and federal tax law, or have assets and accounts aligned with their planning.

Recently, I took a telephone call from an individual who desperately wanted to put a plan into place. They said they didn't have the coronavirus, but that they were scared and wanted to act. They asked whether I could put something in place before they left for their Massachusetts residence, as they had to return up north soon to help watch grandchildren, whose schools and daycare closed, while the parents

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"When are you leaving for Massachusetts?" I asked.

"Friday." They responded.

"As in THIS Friday? Two days from now?" I gasped.

"Yes. Can you at least put a stop-gap will in place?"

Even a stop-gap will take time to properly complete. I promised that we could start on the planning, but I would need to gather our usual preliminary information first. Then we could interact via video conference to put together the details, but it would likely be a few weeks before they would sign a complete and thorough estate plan.

It is quite fortunate that we have video conferencing technology. I'm not talking about Skype or Facetime. We use a platform that allows us to pull up documents on the screen so our clients can review certain provisions with us in real time.

I think that's pretty cool.

A silver lining perhaps, in our interesting times.

As a side note, my oldest daughter lives and works in Manhattan. As I'm writing this, she and her boyfriend are fleeing their 1,200-square-foot apartment on the upper east side to temporarily reside with his parents in Montclair, a New Jersey suburb across the Hudson River. They don't want to be trapped in an apartment if they sequester people inside like what's happening in many European cities.

My wife and I were supposed to go visit her in a few weeks, and we also had tickets to a Broadway show. I guess that's not happening.

Hang in there everyone. This can't last forever.

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Historical Village Twilight Talk Canceled

he Sanibel Historical Village's final Twilight Talk of the season has been canceled. It was to take place on April 7 at The Community House. The speakers were to be Jim Pickens, Ty Symroski and Ray Rhodes. This talk will likely be rescheduled to take place next

The Sanibel Historical Village is closed due to the coronavirus and urges people to take appropriate cautions.

If you have bought a ticket, you can hold onto it for next year's event, or you can request a refund. Another option is to make the \$10 ticket price a taxdeductible contribution to the museum.

The fastest way to reach someone at the village is via email at info@ sanibelmuseum.org. You can also call 472-4648 and someone will get back to you as soon as possible. In case of an emergency or urgent message, call Executive Director Emilie Alfino's personal cell phone at 357-1644.

For more information and updates about the village or its Twilight Talks, or to make a donation, visit www. sanibelmuseum.org or call 472-4648. \$



Frankly Speaking



by Howard Prager

hanks to the news of Tom Brady leaving the Patriots for the Bucs, we have our column for today: Great athletes who played most of their careers with one team and finished with another. I wish

Brady and the Bucs success - this is the year to do it.

The great Baltimore QB Johnny Unitas was traded in 1973 when he was 39 and finished his career with San Diego. He lasted just 4 games as a starter when an unknown rookie named Dan Fouts took over. Also playing only 4 games with his new team was "Broadway Joe" Namath, who left for the LA Rams in 1976.

Yankee catcher Yogi Berra lasted just 4 games in 1965 when he joined the New York Mets but continued as an assistant and then manager. Another crosstown switch in Chicago with Cubs third basemen Ron Santo was traded to the White Sox. He played second and DH hitting just .221 with 5 HRs in 1974.

In May of 1972 Willie Mays was traded to the New York Mets from the San Francisco Giants. He played for two years with 8 homers in 1972 and 6 in 1973, bringing his lifetime total to 660. Harmon Killebrew had 559 home runs with the Washington Senators/Minnesota Twins.

He signed with Kansas City in 1975 and slugged 14 more dingers, then retired. Chicago Cub outfielder Billy Williams was traded to Oakland, leading the A's to win the 1975 American League West championship with 23 homers and 81 RBIs. In 1976, he played in 120 games and retired after hitting only .211

In 1993 the 49ers traded Joe Montana to the Kansas City Chiefs where he played for 2 years, getting the Chiefs as far as the AFC Championship game his first year. Not so much his second year. Franco Harris was released from the Steelers in 1984 after holding out in training camp and signed with the Seattle Seahawks, needing only 363 yards to pass Jim Brown as the all-time greatest NFL rusher. He lasted 8 games and 170 yards.

And now, from North Carolina, Michael Jordan. After his two stints and 6 championships with the Chicago Bulls, Jordan went to the Washington Wizards as player/owner in 2001. Despite averaging 20 points per game for 2 years, the Wizards never made it to the playoffs and Jordan retired for good in 2003. Karl Malone left the Utah Jazz in 2003 to join a "dream team" in LA with Kobe and Shaq. He took less money hoping for his first NBA Championship, averaging 13.2 points and 8.7 rebounds per game during the season, yet it wasn't to be. They lost in the Finals to Detroit. Malone was out the last 3 games of the series and retired. Hakeem Olaiuwon was traded from Houston to Toronto in 2001, but averaged just 7.1 points and 6 rebounds a game before retiring due to a back injury.

Here's a couple blasts from the past.

Hank Greenberg finished his career with the Pittsburgh Pirates in 1947, where he tied for the league lead in walks with 104, finished eighth in the league in home runs and tenth in slugging. Greenberg became the first major leaguer to hit 25 or more home runs in a season in each league. Gabby Hartnett was an all-star catcher for the Cub and famous for his Homer in the Gloamin'. With darkness descending on Wrigley Field and the score tied 5-5 in the 1938 playoffs, the umpires ruled that the ninth would be the last inning or the entire game would have to be replayed the following day. Hartnett came to bat with two out in the bottom of the ninth. On an 0-2 count, Hartnett hammered the ball into the darkness landing in the bleachers. Pandemonium erupted. In 1941 Hartnett was traded to the NY Giants and hit .300 in 64 games as a backup catcher.

Here's a great way to end a career. In 2000 the Boston Bruins traded Pat Bourgue to the Colorado Avalanche. He played 2 seasons, getting to hoist the Stanley Cup after winning in 2001. Gordie Howe was ageless. He retired in 1971 with 4 Stanley Cups and 6 MVPs, then joined the Houston Aeros in 1973 of the World Hockey Association, playing on the same line as his sons. In 1979-80 he came back to the NFL with the Hartford Whalers and scored 15 goals at age 51.

Who can forget Pele, the great Brazilian soccer star who played for 17 seasons there before retiring in 1972? He signed with the New York Cosmos in 1975 and led them to the championship before retiring for good.

Let me conclude this list with the great home run king Hank Aaron, who was traded from the Milwaukee/Atlanta Braves after 21 seasons back to Milwaukee and the Brewers in 1984. He played two seasons in Milwaukee, hitting 12 home runs in 1985 and 10 in 1986 before retiring.

As you can see most players don't do great when switching teams late in their career but if they do, it's in their first year. Do you have a favorite player who finished their career with another? Or how about favorite player who's not in the Hall of Fame? Share it with us as I'll be talking about them in a future column. Stay safe my readers!

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandsunnews.com.☆

SPORTS QUIZ

- 1. This winner of five career Grand Slam titles recently announced her retirement from tennis at the age of 32. Who is she?
- 2. Actor/wrestler Dwayne "The Rock" Johnson played on the defensive line for what college football team?
- 3. What player hit two home runs in his debut with the New York Yankees on Opening Day 2018?
- 4. Who is the only NCAA Division I basketball player -- male or female -- to record 2,000 points, 1,000 assists and 1,000 rebounds in a career?
- 5. What sport of ancient Gaelic origin uses a ball called a sliotar?
- 6. What Division I men's basketball team has the most appearances in the NCAA Tournament Sweet 16?
- 7. What NBA team broke the league record (previously held by the 2016-17 Golden State Warriors) for earliest playoff clinch?

ANSWERS

 $44\ \text{as}$ of 2019. 7. The 2019-20 Milwaukee Bucks, who recently clinched a playoff berth after $56\$ Jonescu of the University of Oregon Ducks. 5. Hurling. 6. The University of Kentucky Wildcats, with 1. Maria Sharapova. 2. The University of Miami Hurricanes. 3. Giancarlo Stanton. 4. Sabrina





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FOR WEEK OF MARCH 30, 2020

Aries (March 21 to April 19) A pesky health problem should clear up soon. Meanwhile, travel – both for personal as well as for business reasons – is strong in the Aries aspect this week, and well into

Taurus (April 20 to May 20) Look for Bovines to be on the move this week, whether it's traveling for fun or for business. Other "moves" include workplace adjustments and, for some, relationship changes.

Gemini (May 21 to June 20) Geminis who have just gone through a hectic period involving job and/or family matters might want to take some well-earned time out to relax and restore those drained energy levels.

Cancer (June 21 to July 22) A romantic situation seems to have stalled, just when the Moon Child was expecting it to go forward. Could that be a bad case of miscommunication going on. Talk it over openly and honestly.

Leo (July 23 to August 22) Showing a genuine interest in something that's important to a friend, family member or colleague could open a communication line that had been pretty much shut down for a while.

Virgo (August 23 to September 22) Making a potentially life-changing decision takes as much knowledge as you can gather, plus determination and patience. Take your time working it out. Don't let anyone rush you.

Libra (September 23 to October 22) You should be back on schedule and heading in the right direction after clearing up a misunderstanding. But there could still be some setbacks. If so, correct them immediately.

Scorpio (October 23 to November 21) A business matter keeps you pretty busy, but try to squeeze in time to be with family as well as close friends. You need the good vibrations you get from people who care for you.

Sagittarius (November 22 to December 21) Investing in an attractive prospect (business or personal) with little or no information can be risky. Avoid future problems by getting all the facts before you act.

Capricorn (December 22 to January 19) Someone close to you might have an unexpected reaction to a decision you feel you're prepared to make. Listen to his or her point of view. It could prove to be surprisingly helpful.

Aquarius (January 20 to February 18) Don't give up yet. That once warm, personal relationship that seems to be cooling off fast could recover with some tender, loving care, and who better than you to provide it?

Pisces (February 19 to March 20) Career matters are strong this week. You might want to enter a training program to enhance your skills. Also, consider getting professional help in preparing a brilliant resume.

Born This Week: You have a way of respecting the feelings of others, which is one reason people feel comfortable having you in their lives.

MOMENTS IN TIME

- On March 30, 1867, U.S. Secretary of State William Seward signs a treaty with Russia to buy Alaska for \$7 million. Despite the bargain price of roughly 2 cents an acre, the Alaskan purchase was ridiculed as "Seward's Folly" and 'Seward's icebox.'
- On March 31, 1889, the Eiffel Tower is dedicated in Paris in a ceremony presided over by Gustave Eiffel, its designer, and French Prime Minister Pierre Tirard. At 984 feet, the Eiffel Tower remained the world's tallest manmade structure until the completion of the
- Chrysler Building in New York in 1930.

 On April 2, 1902, the first American theater devoted solely to movies opens in Los Angeles. Housed in a circus tent, the venue was dubbed "The Electric Theater." A ticket cost 10 cents for a one-hour
- On April 4, 1913, Chicago bluesman Muddy Waters is born in Clarksdale, Mississippi. Born McKinley Morganfield, he wrote Rollin' Stone, Hoochie Coochie Man and Got My Mojo Working, songs that would later inspire Bob Dylan.
- On April 5, 1931, Fox Film Corp. drops John Wayne from its stable of actors after he failed to impress the studio in a series of bit parts. In 1939, Wayne had his breakthrough in Stagecoach, and 30 years later he would win an Oscar for True Grit.
- On April 3, 1955, the American Civil Liberties Union announces it will defend Allen Ginsberg's racy book Howl

against obscenity charges after 520 copies of the book were seized entering the U.S. from England. American publisher Lawrence Ferlinghetti was later arrested and tried for promoting obscene material, but was found not guilty.

STRANGE BUT TRUE

- "Cenosillicaphobia" is the fear of an empty beer glass. (Use this one to impress your friends during Happy Hour.)
- Turning back the giant hands on Big Ben's four clock faces takes an astonishing total of five hours.
- Golf balls were originally made from dried cow eveballs.
- The tea bag was an accidental invention. In 1908, tea merchant Thomas Sullivan distributed his samples in small silken sacks. His customers, not realizing they were samples, dunked them in hot water, and Sullivan soon found himself swamped with orders for his "tea bags"!
- In his travels, Marco Polo believed at one point that he had stumbled across unicorns, writing that "They are very ugly brutes to look at. They are not at all such as we describe unicorns." Not surprising, considering that he was actually viewing rhinoceroses.
- The game of marbles is estimated to be about 5,000 years old. Through most of their history, the toys were made of stone, bone, clay or whatever material was available, with truly round marbles being both rare and expensive.

THOUGHT FOR THE DAY

"At the touch of love, everyone becomes a poet." - Plato

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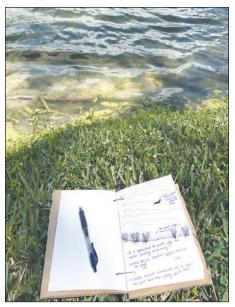
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Nature journaling is one of the activities photo provided

Sea School Offers Remote Nature Education

anibel Sea School has launched a remote education program, titled Nature Near You. It includes handson, experiential education that can be accessed remotely and is designed for backyards anywhere. Sanibel Sea School hopes to engage youth with nature, and help them learn while they are away from school, and help lighten the burden of homeschooling parents.

Nature Near You encourages backyard exploration, discovery and includes nature-based activities to do at home.

Bruce Neill, director of education, said, "We have always been a closeto-the-ground institution, that looks for super simple ways to help both kids and adults better understand the complexities of nature. This educational initiative is our staff running on their creativity and passion for nature and kids; they want to find ways to help our community and still remain sheltered at home. We are all immersed in nature: sometimes we overlook what is at the backdoor - this is our chance to help us all stop and take a look at the awe that surrounds us.

"Our goal is to help parents that are working from home with science-based content that can keep kids engaged and also to encourage kids to get out into nature," said Shannon Stainken, education manager. "The educators are excited to use social media, like Facebook Live and Instagram stories to do Creature Features and interactive lessons.

Nature Near You include weekly activities and lessons that are emailed Monday, Wednesday and Friday with a large range of topics.

'It is really great to see our team come together and work hard to fill a need within our community during a time of crisis," said Nicole Finnicum, operations manager. "We are hoping that parents will share this with their friends and family members, so that we can have a broad

Doctor and Dietician

Breathe, Listen To Classical Music, **Boost Longevity**





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

low heart rate variability (HRV) is a strong, independent predictor of future health problems and mortality. Scary, but true. Low HRV is a forecaster of both physical and emotional diseases, as well as psychological resiliency and behavioral flexibility, reflecting one's ability to adapt effectively to changing social and environmental stressors. Every person should know their HRV and what improves it and what diminishes it. Your long happy life depends on it!

When a person is relaxed, the heart rate is low due to increased vagal tone. Higher vagal tone means that your body can relax faster after stress and is measured as the difference between your inhalation and exhalation heart rates. During relaxation, breathing is slow and deep. Breathing causes some

variability in the time frame between successive heartbeats, thus improves HRV. When vagal tone is high, the influence of breathing on this variability is maximized. HRV is highest when vagal PSNS (parasympathetic nervous system) activity is highest; thus, high HRV is associated with health and wellness. The higher the HRV the better and the more resilient a person will be to life's many stressors!

Emotional, financial, structural (cervical instability) or physical stress (real or imagined) causes the heart rate to increase. The fast heart rate results in the time between heartbeats to be very small. This coupled with the fact that breathing is very shallow results in

Caring Medical measures HRV as we put the patient under various stressors, as well as teach them how to measure HRV at home. Our patients with systemic illnesses and/or neck instability find monitoring HRV helpful in regaining full health. Ā finger probe is used and is connected to a mobile device app. What improves HRV is different for each person, but we typically find – and studies confirm – that relaxing music, cooler showers, meditation, prayer, deep breathing, moderate exercise, good sleep and mindful attitudes of gratefulness all improve HRV.

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

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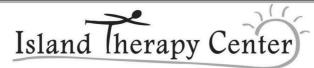
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I'm Angry About Stupid Elderberry Posts

by Suzy Cohen, RPh

ear Readers: There is a pandemic among us. People like you and me are looking for alternative methods to help support our immune system and help preserve our health, in light of

COVID-19 (the novel coronavirus).

People are going to die because some health experts are irresponsible and have misinterpreted a scientific article from 19 years ago. I'm not naming names but these people are now posting very poor "advice" over the Internet.

Sadly, the misinformation is going as viral as the virus itself! You cannot and should not believe everything you read right online, even if it's from a practitioner (even some famous ones) because not everyone has the gift of accurately interpreting medical data. That's actually very hard to do. Vist the website PubMed and you'll see what I mean. Interpreting data requires a specific understanding of vitamins, enzymes, medications, genes and metabolic pathways in your body. I can read these things like a second language.

So when I hear about a story going around about elderberries being bad for you, it peaked my curiosity. Who would

say that, and why?

I'm here to save the elderberry! It has been documented to block viral attachment of certain types of coronaviruses to ACE 2 proteins/ receptors. These are in your lungs, and the deadly coronavirus latches on to these and attacks the lungs. Follow me? Elder is also well-documented to increase T helper cell counts. You need those to fight back.

So to hear from terrified people, who are now afraid of elderberry tea and herbs (and supplements), because of nonsensical stories read on the Internet... well it just makes me mad!

Several bloggers and doctors are actually posting stories about how elderberries can increase a cytokine storm. Again, this is not a fair statement. The misinformation you're getting was based upon a research article that evaluated blood cells in test tubes. It was not a well-designed, placebo-controlled clinical trial. It was not even done on real live people (in vivo). Writing today's article is the only way I can disinfect the lies.

Elderberries are helpful, they have been with us for centuries! But someone started a false claim that the precious herb would increase a cytokine storm and worsen your outcome. Now that's gotten posted to every social media site available! Sad. Irresponsible.

You see, there are good cytokines and bad ones. Elderberry raises the good ones, COVID-19 raises the bad ones. It doesn't worsen any virus in my professional opinion.

I'm pretty fired up about this! I want to show you how foolish all of this is:

1. The article was not printed in a journal that doctors commonly refer to like The Lancet, or The New England Journal of Medicine. It was posted online. But regardless of the publication, allow me to go on...

2. Only 12 people were used who donated their blood! A global pandemic with over 11,000 deaths on the planet. We're going to base our decision from data extracted from 12 test tubes?!

I should stop right here but I'll keep

3. The article is from 19 years ago! I wouldn't necessarily rely on data from two decades ago to make a decision about my life today.

4. The researchers themselves concluded that elderberry, "reduced the duration of flu symptoms to three to four days."

5. The researchers also conclude that it "can activate the healthy immune system by increasing inflammatory cytokine production." They're saying that in a good way, because you need anti-inflammatory cytokines in higher numbers to offset the pro-inflammatory (bad) cytokines. They go on to say that elderberry, "...could also have an immunoprotective or immunostimulatory effect when administered to cancer or AIDS patients, in conjunction with chemotherapeutic or other treatments."

I have a longer rant about this at my

website www.suzycohen.com. While you're there, sign up for my free health newsletter so we can stay in touch via email.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www. SuzyCohen.com.\\\\$

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I have an adolescent daughter who doesn't seem to be interested in dating. She seems happy and is involved in some activities. Is this normal that she isn't dating?

A: While adolescents usually begin dating, it's not problematic for your daughter to not be interested as of yet. Some teens prefer going out in groups and don't even date until they begin college. For other teens, romantic relationships are significant. There is no good, bad, right or wrong way when it comes to the timing of

With the adolescents I work with today, most of them tend to go out in groups and really don't have significant others yet. Does your daughter have friends? Does

she go out in groups? What is significant is her happiness in this important time in her life.

In adolescence, the individual is seeking her identity, and the developmental stage is identity versus role diffusion. This can be a confusing time with hormonal changes, dating, peer pressure to experiment with alcohol or drugs, sex and preparing for

Right now, you can be a great support to your daughter and I encourage you to be a good listener and communicate with

With this kind of support, your daughter will be in a good place while preparing for her future.

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.☆

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American Legion Post 123	79
Angel Flight SE	ΕĹ
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Audubon of SWFL https://www.audubonswfl.org	
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To be listed in calling card email your information to: press@islandsunnews.com



FISH Easter bunny baskets

photo provided

FISH Helping Make Easter Bright For Families

ISH of SanCap will be assembling Easter dinner and Easter bunny baskets for those needing a hand up during the holiday. The dinner basket for families contains everything needed for a healthy Easter dinner. Bunny baskets for children ages 2 to 12 will be filled with candy, small toys, school supplies and other goodies.

This year, as neighbors begin to see job layoffs and an abrupt end to season due to COVID-19, FISH will provide at least 100 Easter dinner baskets and 80 bunny baskets, however, that number will most likely increase as the health crisis continues to unfold.

Distribution for bunny baskets will begin on Friday, April 3, with food basket distribution running Tuesday to Thursday, April 7 to 9. Baskets may be picked up between 10 a.m.

and 3 p.m. at the FISH Walk-in Center, located at 2430-B Periwinkle Way on Sanibel. Basket recipients are those known to FISH through usage of other FISH programs such as the food pantry and emergency financial assistance. All baskets are assembled by FISH volunteers.

"I want to thank all the volunteers who pick up food and donations, assemble baskets and help on distribution days," said Maria Espinoza, food program director. "This year is going to be particularly challenging due to the COVID-19 restrictions and limitations on available food products. In the past, donations have come from individual donors and businesses. With our seasonal residents returning home early, a decrease in local business revenue and an anticipated increased demand, it may be difficult to fulfill this year."

FISH needs your help. If you would like to donate food products, grocery gift cards or funds toward this program, contact Maria Espinoza at 472-0404.

For additional information, visit www. fishofsancap.org.

Local Eatery Supports Hospital Amid Health Crisis

submitted by Valerie Tutor

anCap Cares was pleasantly surprised recently when Ron Rice, owner of MudBugs Cajun Kitchen, reached out with a proposal to bring something positive out of the current coronavirus crisis. Something that would benefit the mission of SanCap Cares to support Golisano Children's Hospital as well as help the restaurant stay in business during this unprecedented time.

"During these challenging times, we at MudBugs have turned our focus on how we can all join together and best support our local island community, as well as our healthcare leaders," said Rice. "We know

that SanCap Cares was forced to postpone their 20th anniversary Island Celebration until later this fall. For the past 20 years, this event has benefitted the Golisano Children's Hospital, and this year's effort was to fund the development of a pediatric neurosurgery and trauma program. The SanCap Cares committee has been working hard with the hospital to create an awesome virtual event slated for mid to late April to sustain the momentum for this project and we want to help lead the charge.

"So, in support of SanCap Cares' 20th anniversary and Golisano Children's Hospital, Mudbugs has committed to donate 50 percent of our daily carry-out food sales to SanCap Cares while we are all busy fighting off this COVID-19. Our commitment for this donation will continue until we reach \$50,000 in total

support."

For more information, call MudBugs at 472-2221.

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PUZZLES

Super Crossword-

SOUL **RESCUER**

ACROSS 1 Sop up 7 Liquor 14 Spins 20 "Amen to that!" 21 Actress Hudgens 22 Abate 23 Start of a riddle 25 Batter's miss 26 Do wrong 27 Pol with a six-yr. post 28 Me, to Michel 29 Riddle, part 2 31 Pinchpenny **33** Sue Grafton's "for Noose" 35 Steak order 36 Riddle, part 3 92 With 77-42 Food holder

46 Goddess

head

47 McCartney

48 Kailua Bav

51 Agree (with)

("Hey!")

Kellv

locale

54 "Yoo- —!

55 Paintball

need

37

59

67

112 113

20

23

26

36

46

51

83

89

101

111

127

50 Scam

of fashion

with a cow's

- 63 Big-top star 64 DiFranco of folk rock 65 More spiteful 66 "We need
- assistance!" 69 Used a daggerlike weapon on 73 B followers 74 Wife of Mark
- Antony **78** Consented 79 "Nick and -'s Infinite
- Playlist" (2008 film) 83 Riddle, part 5 89 Wasp variety 131 Red -
- 90 Suffering 91 Capote, to his buddies
- Down, does thorough research on 94 Freezer travful
- 95 TV's Spelling 97 Camera lens settinas **100** Exec's
- benefit 101 Ohio tire city 103 Riddle, part 6 107 Sitarist
- Shankar 57 Circus clown 109 Org. for teachers
- 59 Riddle, part 4 110 Coin toss call

24

60

96

103

123

128

131

76

95

75

- **111** End of the riddle 115 Lucy of "Kill
- Bill: Vol. 1" 118 — League college
- 119 Toward a boat's back 122 Makes glad 123 Riddle's
- answer 127 Declare under oath 128 Source of licorice-
- flavored oil 129 More prying 130 Sports team
 - letdowns (many Republicans)
- 132 Modus operandi
- **DOWN** 1 "Even speak ..." 2 Atom studier
 - Niels 3 Movie draw 4 Meal
- leftover 5 Putin's land 6 Command "Law &
- Order: -8 Hand part
- -European languages

28

39

70

78

33

55 56

85 86

115 116 117

98

- 10 Another name for vitamin A
- Suffix with fool or owl
- 12 Fearsome fly "Don't didn't warn you!"
- 14 Inventor Nikola 15 Radiator hoses may lead to them
- 18 Leia's twin 19 Spurt out 24 "No — to
- blame" 30 "— little kindness" Capital of
- Oman 32 Alternative to a 401(k) or a Keoah
- 34 Envision 36 [not my error] "Time — the essence"
- 38 Rake part 39 Inert element 40 Pipe problem
- 41 Ringing sound — acid (vinegar
- flavorer) 44 Added (up) 45 Not broken

12

segment 58 Gym floor covering 60 Put in a different sack 61 Mortgage-16 Haifa's land issuing inst. 62 Ewoks' forest 17 Harness part moon 66 "El Cid" costar Loren **67** Five -

49 Zeus' sister

and wife

actress

Hagen

quaff

52 Stage

- shadow 68 Person eveballing 70 Pirate chant starter 71 Artist
- Georgia 72 Ultimately reach 75 Author Rand
- 76 From Hanoi 77 See 92-Across 80 Lightning
- 81 Heady drink 82 "We need assistance!"
- 84 Small branch **85** Ending for maior

14

22

25

49

80

105 | 106

129

30

35

62

99

48

72

- 86 Yankees slugger, to fans
- 87 It's often preheated 53 Pirate's 88 Nonflowering plant
- 56 Syllabus Sun setting 96 Sortie, say 98 Most musty 99 Fishtank pest
 - bombastically 104 Recite
 - spell 105 Large sofas
 - **106** Air Force pilot, in slang 108 Three-piece
 - 111 Ringing sound 112 Choir range
 - 114 "Pretty pretty does" **116** Notion, to
 - Jean-Luc 117 "Deutschland alles'
 - 120 Cut and run 121 Time in office
 - **124** By the agency of 125 Football field
 - units: Abbr. 126 Letter for Superman

18

44

93

119 120

43

100

126

King Crossword

ACROSS

- 1 Do arithmetic 4 Long tales 9 Stitch
- 12 Take to court 13 Treasure cache
- 14 Work with 15 Newlyweds'
- trip 17 Siesta
- 18 Chicken-king link 102 Speaks 19 Waldorf salad
 - ingredient Floated on air 24 Remain
 - ritually, as a 25 Ostrich's cousin
 - 26 Blue 28 Ruhr Valley city
 - pieces 31 Tear 33 Cry loudly 35 Apiary struc-
- 113 Slum vermin

- 119 Landed (on)
 - feet
 - 48 Past

ture

36 Boredom

49 Wealthy one 54 Beer container

street?

brother

Cried

22 "So be it"

30 Mr. Ginarich

16 Dine

20 Whip

10 Jacob's

47

55 Over 8 Washington 56 Life story, for group Optimist's short

55

- 57 Praise in verse 58 "When pigs
- 38 Solidify 40 Morning 59 Conclusion moisture
- 41 Village People **DOWN** hit
- 43 Express sor-1 Fire residue 2 Pair row for 45 Like a duck's
 - 5 Fleets
- Jima
- 3 Lair Fashions
 - Sticky stuff Acknowledaes
- 23 Sense of humor 27 Pooch 29 Tied

32 Foolish 34 Accept as true

56

29 30

52

- part of the 37 "The -Cometh' 39 Attorney
 - 42 Pueblo brick
 - 44 Unruly bunch 45 Texas city
- 46 "Zounds!" 21 "The Way We 50 Autumn mo. 51 Honest politi
 - cian 52 Martini ingre-
 - dient 53 Turf

WORDS OF MAGIC MAZE ANGER

RBYWTROLJGEBY S)MRRRPRNRK E U DNRGA TTAEEGEEDBZ X O E N RAANGGGVS AMNVGNNKRI EACE NHAGAEAAEYW UNS R GAFDENRNG QP NGLO ENHFJRGHNFE Y A C I X I E A V U RQSEPNHXLMNRKJ HYFEDCBZYECXEVU

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

Angered Cliffhanger Dangerous Dangers

Exchanger Manger Ganger Granger Hanger-on

Stavanger Nanger Stranger Orangery **Tangerine** Rangers

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COMPLIMENTARY ESTIMATES • INSURED LICENSE #PT000286 • CC44340 • SANIBEL 53-11844 "If you want that just to hide a double chin, it might be cheaper to just get a

Answer on page 55

SCRAMBLERS Sully **FIELDE** Alcove CHINE Curio FILTER Soften ANEW **TODAY'S WORD**

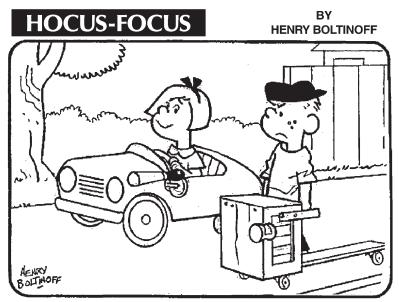
		6			9			4
5			6				9	
	7			4		8		
8			5		7		4	
	3			9		5		
		9			2			7
	6		3			2		
1					4		6	
		5		8				1

SUDOKU

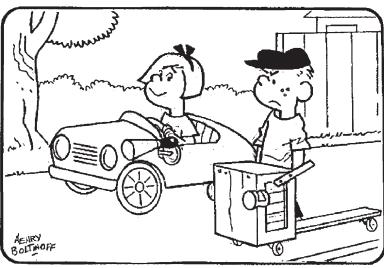
To play Sudoku:

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

Answer on page 55



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Girl's collar is missing. 2. Hom is bigger. 3. Wheel spokes are added. 4. Go-cart handle is turned. 5. Hat is furned. 6. Headlights are different.

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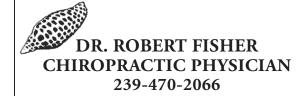
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Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

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

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

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

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

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

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

To advertise in the Island Sun and The River Weekly News Call 395-1213

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

SCRAMBLERS

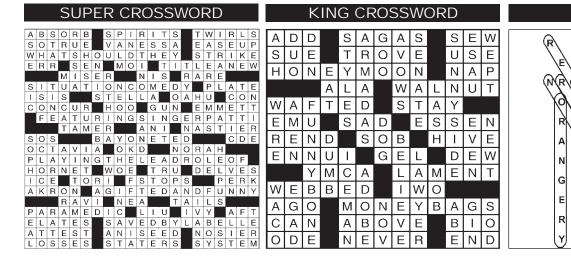
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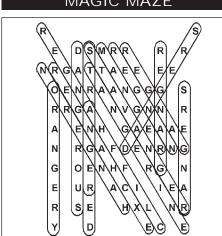
FACELIFT

HORTOONS



PUZZLE ANSWERS





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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2019	3,108	\$2,550,000	\$2,500,000	18
Cape Coral	Cape Coral	2007	5,124	\$2,290,900	\$2,070,000	218
Town And River	Fort Myers	2013	4,859	\$1,895,000	\$1,795,000	19
Caprini	Miromar Lakes	2005	3,091	\$1,895,000	\$1,890,000	82
Cape Coral	Cape Coral	2014	3,760	\$1,285,000	\$1,100,000	288
Gopher Walk	Sanibel	1991	2,476	\$1,195,000	\$1,170,000	6
Beachview Country Club Estates	Sanibel	2014	2,082	\$999,999	\$960,000	4
Cape Coral	Cape Coral	1991	4,800	\$899,000	\$850,000	60
Cape Coral	Cape Coral	2007	2,465	\$899,000	\$850,000	68
Bonita Beach	Bonita Springs	1964	1,100	\$895,000	\$847,500	19



SHOP LOCAL FROM HOME

gift gard

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Everything But Water 239-472-2676 everythingbutwater.com

Butterfly Beach butterflybeachclothing.com 239-579-0172 Island Pursuit 239-472-4600 Islandpursuit.com

Sanibel Day Spa 239-395-2220 sanibeldayspa.com

Toys Ahoy 239-472-4800 reg hours 724-561-9150 after hours

Fresh Produce Freshproduceclothes.com 239-395-1839 Peach Republic 239-472-8444 peachrepublic@yahoo.com

SeaGlass Lane lisag@seaglasslane.com 239-472-4646

Shady Rooster Marcie@theshadyrooster.com 239-579-0268

Beach Daisy Beachdaisyboutique@gmail.com 239-472-2224

Classic Collections artisans.sanibel@gmail.com

Sand Castle Gifts & Gourmet FB: Sand Castle Gifts & Gourmet



We fully support our retailers in their individual decisions regarding COVID-19.

We recommend calling individual merchants to inquire about any temporary changes to their hours.

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