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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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Nature Courses Open To All Ages

submitted by Nicole Finnicum

The third week of Nature Near You, Sanibel Sea School's e-newsletter, featured a week-long unit on sensory systems.

Through emails delivered at 9 a.m. on Monday, Wednesday and Friday, Nature Near You participants explored different sensory systems through at-home activities, such as testing their sense of smell, mapping taste buds and creating sensory journals.

On Monday, Marine Science Educator Sam Nowinski shared a lesson on the olfactory system, which allows us to perceive odors with specialized organs in the nose. To better explore this sense, she led participants through a blind sniff test to see how accurate their sense of smell was. This is a great experiment that families can do together to try and see if everyone can identify common smells in their



Participants learned to journal using all of their senses

photo provided

households like lemon, flowers, garlic and anything that can be found in backyards.

Wednesday's e-newsletter featured the gustatory system, or better known as our sense of taste. This issue focused on the

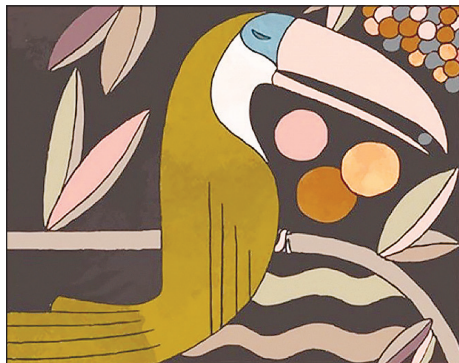
different tastes that our taste buds can perceive, including salty, sweet, bitter, sour and umami. We created a taste bud sensitivity challenge to help map these tastes by identifying the parts of

the tongue that were most sensitive to each taste. Some of our educators played along and did their own taste challenges and shared it on Sanibel Sea School's YouTube channel.

On Friday, our team created an all-encompassing sensory experience through sense journaling. This activity is similar to nature journaling, but focuses on our sensory systems. Participants used their nature journals, or a piece of paper and pen, and sat outside in nature, focusing on each sense for 10 minutes at a time. Within those 10 minutes, participants wrote down everything they experienced using each sense – it is surprising the number of things that we experience thorough our senses in just a short time. While working through this exercise, before we knew it, we spent about an hour outside in nature, which was a great way to soak up some sun and fresh air.

Exploring our senses was another way to use this quarantined time as an opportunity to slow down and enjoy nature. The things we learned during this week in

continued on page 5



Toucan Do It

image provided

Creating Artwork For A Cause During Crisis

by Kathy Kurtz Ferrari

Times of isolation are often some of the most creative, as moments of ingenuity usually require solitude. Many of us may look back on this time and wish we had been more productive.

But artist Francesca Greggs has embraced this time, finding a purpose for her passion by designing a line of artwork to benefit COVID-19 relief efforts.

Although Greggs, 32, grew up in Cincinnati and now lives in Los Angeles, she has deep roots in Sanibel. As the daughter of Sanibel residents Shelley and Bill Greggs, she spent many childhood



Francesca Greggs enjoys beach time on Sanibel with her mother Shelley Greggs and their dog, Charlie

photo provided

summers and holidays here. Her mother, an adjunct professor at Florida SouthWestern State College, writes the column School Smart in the *Island Sun*.

The younger Greggs is the vice president of creative strategy for Edelman, one of the world's largest public relations agencies. She has been involved with major advertising campaigns, and has been recognized as a leader in her industry.

But fueled by her love of art, she

also designs playful prints, posters and greeting cards through her own company, Lemonwood Imprints.

"I'm really passionate about creativity with a purpose. So what I love about prints and posters and cards is they're often gifts and meant for someone else," Greggs said during a recent phone interview from her Los Angeles home.

Like most of us, Greggs has been in isolation for the past month, coincidentally right after visiting her parents on Sanibel



No Egrets

image provided

in mid-March.

"They put that whole travel ban up two days after I got back (to California). If I had been on Sanibel, I probably would have just stayed to quarantine there – the pool, the beach, the refrigerator and a full thing of wine downstairs," she said with a laugh.

During California's shelter-at-home order, Greggs has mostly stayed in her apartment with her terrier-mix dog Henry

continued on page 28

Would-Be Gas Station Becomes Tea Room In 1926

Miss Charlotta's Team Room once sat on the bay next to the old Bailey General Store. It now resides at the Sanibel Historical Village and is one of the favorite buildings of visitors. Its old-fashioned charm is evident, from the case displaying baked goods to the tables and chairs set and ready for visitors as though it was 1930.

The tea room was built by the pioneer Bailey family and was originally meant to be a gas station to service trucks transporting produce. The hurricane of 1926 changed those plans when it destroyed the Bailey store on Matthews Wharf. The would-be gas station became a temporary store until the Baileys rebuilt the general store in 1927 – this time on the shore rather than the wharf, and with its own gas pumps.

This modest building, a 20-foot by 22-foot structure with the porch, was then given to niece Charlotta Matthews – aunt to the three Bailey boys (Francis, John and Sam) to use as a tea room, servicing those arriving or departing



Miss Charlotta Matthews photos provided by boat. Tea and refreshments were brought daily from The Matthews, which was owned by Charlotta's mother Hallie "Granny" Matthews. (The Matthews later became Island Inn.) "The Tea Room was run by Charlotta, herself an adaptable, self-sufficient islander who dispensed sweets and lemonade, energy



Exterior of Miss Charlotta's Tea Room

and good humor during the 1930s," wrote Elinor Dormer in *The Sea Shell Islands*.

"At that time, it was the women who might order tea or refreshments while the men could go out back and play miniature golf on the island's first golf course," said Emilie Alfino, historical

village executive director. It was a miniature golf course with enough holes to amuse the folks who came for shopping, for the telephone, for the ferry, or for fun.

"If there's a building that typifies the island, it is Miss Charlotta's Tea Room," wrote Dormer. "Intended to be the



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safer shopping

10 tips for a safer experience for all of us

1. Visit the grocery store when it's essential.

Buy only what you need for one week. Be creative with what you have on hand. Don't overbuy. There is enough for all if we keep shopping patterns normal.

2. Wash or disinfect reusable bags after each use.

Reduce exposure risk while continuing to make sustainable choices for the environment. You can also ask your cashier for a box.

3. Help reduce store crowding.

Avoid bringing extra people on your visit to the store. Shop before 10 AM and after 4 PM when there are fewer shoppers.

4. Practice social distancing in the store.

The CDC guideline is 6 feet for safe distancing to help prevent the spread of the virus. Grocery carts are 4 feet long, so keep a distance of 1.5 carts between you and others. Follow in-store arrows to reduce face-to-face passing. If potentially infected or exhibiting symptoms of COVID-19, stay home and order delivery.

5. Inspect produce with eyes, not hands.

Avoid unnecessary handling of fruit and vegetables by using a produce bag to make your selection.

6. Avoid unnecessary handling of items.

Avoid picking up products unless you plan to buy.

7. Maintain distance at the checkstand.

As a courtesy, we've marked the floors in and around the checkouts to assist you in keeping a safe distance. Wait until the customer in front of you has finished collecting his/her groceries before unloading your cart items for checkout.

8. Respect staff health and safety.

Be patient as they go about their work including additional cleaning protocols and consider offering them a big "thank you." They are working hard to provide everyone with safe access to the food and supplies they need. Provide them with the same space you would provide another shopper during their service.

9. Note Bailey's special hours.

New hours are 7 AM to 7 PM. Grocery delivery and pickup is available from 9 AM to 5 PM at shop.baileys-sanibel.com.

10. Allow for extra time.

Safer shopping requires time and patience from both shoppers and staff.





Miss Charlotta sold tea, cookies and snacks to weary travelers

island's first gas station, located at the foot of Bailey Road, destiny determined otherwise."

In 1934, the Kinzie Brothers started a new ferry service that docked at the end of Ferry Road, greatly diminishing the number of Charlotta's patrons, and Miss Charlotta closed the tea room at the end of the 1930s. The screened porch under the overhang, originally built for those gas pumps, was enclosed, and the interior was divided into rooms. The building housed island school teachers who taught white children until the 1950s as part of their compensation package. Besides school teachers, the occupants were part of the Bailey Store family.

The historical village has nine authentically restored buildings that have been moved to the village from their original island locations. Each represents a different aspect of pioneer life. In addition to the Rutland House, there is Miss Charlotta's Tea Room,

the old Bailey General Store, Morning Glories cottage, the old one-room Schoolhouse for White Children, the Caretakers' Cottage, the 1927 Post Office, and the Burnap fishing cottage. There is also a garage featuring the 1927 Ford truck used by the Bailey family, an old surrey, and a reproduction of a packing house with loading dock.

Located at 950 Dunlop Road on Sanibel, next to BIG ARTS, the historical village is closed at this time until further notice due to the coronavirus outbreak. When it re-opens, hours until May 1 will be Tuesday through Saturday from 10 a.m. to 4 p.m. After May 1, hours will be Tuesday through Saturday from 10 a.m. to 1 p.m. Guided tours are available at no additional charge, depending on docent availability. Admission is \$10 for adults over age 18; no charge for members and children. There is handicap access to all the buildings.*



Guests could rest at Miss Charlotta's Tea Room



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Sanibel Historical Museum And Village

Looking Back: Ralph Ferguson

This photograph was taken circa 1943 by Coast Guard crewman Ralph H. Ferguson, who was stationed at the Sanibel Lighthouse. Ferguson lived in the cottage, and his monthly rate of pay when he was honorably discharged in 1945 was \$81.90 per month. The Sanibel light lens is on display in the Burnap Cottage at the Sanibel Historical Museum & Village.

Learn more about the history of Sanibel at the Sanibel Historical Museum and Village, located at 950 Dunlop Road, next to BIG ARTS. The village and museum are closed temporarily due to the coronavirus.

Regular hours are Tuesday through Saturday from 10 a.m. to 4 p.m. Guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit www.sanibelmuseum.org or call 472-4648.✱



Ralph Ferguson near the top of the Sanibel Lighthouse photo courtesy Sanibel Historical Museum and Village

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 Michael Hochschild, 917-561-7888. 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

The Christian Science Church of Sanibel-Captiva has suspended all services and events until further notice. The church Reading Room will also be closed. 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. Livestream service at 10 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

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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Honoring Earth Together

submitted by
Together – A Way Forward

Honoring Earth Together 2020: A Collection of Readings to Mark the 50th Anniversary of Earth Day is now available from Together – A Way Forward, a local island interfaith environmental initiative. Wednesday, April 22, 2020 is the historic anniversary of the first Earth Day in 1970, an occasion regarded as the birth of the modern environmental movement. The Together group wishes to mark this momentous day with fellow islanders and offers the readings in hopes that they may be a source of light in this dark hour.

Contributions range from scripture to songs, including a gulf water prayer by Reverend Ellen Sloan, a story by Rabbi Stephen Fuchs of Bat Yam Temple of the Islands, a recent prayer by Pope Francis, and poems by Mary Oliver and Wendell Berry. The selections represent a variety of religious and secular perspectives and are meant to facilitate a reflective, meditative activity on Earth Day, in nature if possible. At 6 p.m. on April 22, church bells will ring out from Saint Michael and All Angels Episcopal Church on Sanibel and from Chapel by the Sea on Captiva. At this hour, all islanders are invited to join in spirit with Together – A Way Forward to honor creation. Individuals are welcome



photo courtesy NASA

to ring their own bell or light a candle in unison. This symbolic gathering will include participants across Sanibel, Captiva, Upper Captiva and Useppa Islands. Members of the groups say, "Although we cannot gather in person, we trust that our collective voices will link us together."

You are invited to use the inspirations from *Honoring Earth Together 2020* on Earth Day or at any time you wish to take respite in the beauty of the natural world. Email togetherawayforward@gmail.com if you would like a copy. The collection will also be posted on the Together – A Way Forward Facebook page.

Together – A Way Forward includes representatives from Bat Yam Temple of the Islands; Captiva Chapel by the

Sea; First Church of Christ, Scientist; Saint Michael and All Angels Episcopal Church; Sanibel Congregational United Church of Christ; and the Unitarian Universalists of the Islands. In addition to the six congregations, the group has secular partners including Sanibel-Captiva Conservation Foundation/Sanibel Sea School and Florida Gulf Coast University. The initiative's aim is to inspire people of faith and spirit to demonstrate leadership in responding to the global environmental crisis.

Together – A Way Forward has been facilitated by Professor Emeritus Peter Blaze Corcoran and environmental studies senior Brielle Ruiz at Florida Gulf Coast University. They are part of a working group which includes Jean Chandler, Sandy Ehlers, Mike Miller, Bruce Neill, Chip Roach and Ellen Sloan. Corcoran asks, "Is it not the responsibility of all people of faith and conscience to care for creation? Our hope is that Earth Day 2020 will be a time of reflection and contemplation as to what each island, each congregation and each of us can do to bring our care into action."

Ruiz said, "It brings me comfort to see so many people coming together to rejoice in the sacredness of this beautiful land. Are we not so lucky to be here? As a young student, it is easy to feel hopeless and defeated about our future, especially at this time of great suffering. This Earth Day brings me hope on the horizon – and reminds me how much we can accomplish when we stand together."✧

American Legion Post 123

American Legion Post 123 is closed until further notice. 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.✧

From page 1

Nature Courses

Nature Near You can be taken to the great outdoors and used to have a deeper connection with nature.

We encourage every one of you to go outside, breathe in the smells, take in the sights, feel your surroundings and allow nature to stimulate all your senses.

Nature Near You will continue throughout the school closures and be delivered via email. If you are interested in joining the mailing list, email info@sanibelseaschool.org. If you missed out on an issue of Nature Near You, all of the content can be accessed at www.sanibelseaschool.org/nature-near-you.

Nature Near You is Sanibel Sea School's offering to the community. If you would like to support our efforts, visit www.sanibelseaschool.org/support-the-cause or email for more information.✧

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OBITUARY



VIVIAN PYKE

Vivian Ruth Richardson Pyke, 98, of Ithaca, New York passed away peacefully at Cayuga Medical Center on Friday, March 27, 2020 surrounded in person and through linked phones by her children, their spouses and three of her grandchildren.

Born February 13, 1922 to Raymond and Lillian Richardson in West Springfield, Massachusetts, she grew up in Rutland, Vermont. She earned her BA in home economics at Syracuse University where she met her husband, Charles Pyke. She taught at West Rutland High School, then married Charles on June 23, 1944. They lived in Syracuse, Mexico, New York, and Cleveland, Ohio before settling in Oswego, New York where they raised their four children. Vivian was an active member of the First Methodist Church and local chapter of PEO in Oswego.

In 1969, Vivian decided to pursue her interest in childhood development by returning to Syracuse University for her master's degree in social work. After graduating in 1971, she practiced psychotherapy at the Oswego and

Onondaga County mental health clinics before starting a private practice. She taught parenting classes at area schools and consulted at a day care center, training both parents and staff in child management skills.

Vivian retired in 1987 and she and Charles enjoyed spending spring through fall at their Wellesley Island cottage in the Thousand Islands, and winters on Sanibel Island. She often said she moved from island to island. Vivian enjoyed shelling on Sanibel beaches, early morning lap swimming in the pool and biking with Charles and the Sanibel Bike Club. She was an active member of the Sanibel Congregational United Church of Christ. She also joined the BIG ARTS writers group, which challenged and critiqued each other's writings. She began writing a weekly inspirational column, *River Musings for the Vacationer*, in the *Thousand Island Sun* newspaper at her northern home. She published two books of poems and essays; *River Musings* and *Songs to Myself*. Her early morning swims continued up north in the cool waters of the St. Lawrence River. At age 80, she swam the mile between Grindstone and Wellesley Islands. In her early 90s, she volunteered at the Minna Anthony Common Nature Center on Wellesley Island.

Vivian is predeceased by her parents, brothers Raymond and Robert and her husband Charles. Surviving are son Robert (Lynn) Pyke, daughters Karen (Phil) Howard, Melanie (Steve) Hertzog, and Marianne (Jamie) Kalousdian; grandchildren Kendra (Justin) Milligan, Chris (Nicole) Pyke, Jason (Kathleen) Howard, Ted Howard, Andrew Hertzog, Felicia Hertzog, Rachael Kalousdian, Holly Kalousdian, Aidan Kalousdian; great-grandchildren Taylor and Madison Milligan, Aubrey and Jonathan Pyke, Buckley, Vivian and Casey Howard. She leaves behind her sister Margaret, nephews and nieces and a large extended family.✱

Passover: Finding A Silver Lining In A Dark Cloud

submitted by Tanya Hochschild

Passover is the Jewish holiday describing the Exodus, an epic story of oppression, resolve and deliverance. The Passover "seder" has a specific order of rituals or tasks. Jews read the Haggadah which means "to tell." Through the telling, the story is passed on to the children. Moses implores Pharaoh to "Let my people go." Pharaoh flatly refuses. God sends plague after plague until Pharaoh relents and the Jews flee. It is the youngest child's role to ask the question, "Why is this night different from all other nights?"

This year, everybody knew the answer. We are all, for the first time in our lives, in a time of plague, isolated and socially distanced from one another, forbidden to gather.

Bat Yam, as many places of worship have done around the world, encouraged the congregation to participate in virtual gathering. The digital choice was Zoom. A workshop/tutorial was set up by knowledgeable congregants and everyone was invited to participate. Rabbi, cantor and congregants all learned the technology together. On Passover evening, congregants and friends participated in a virtual seder via Zoom. There were 94 participants who attended "live" and in "real-time," and another 148 who, at a time that worked best for them, watched a video of the virtual seder posted to YouTube.

Attending in real-time were Jews and non-Jews, many of whom had traveled with Bat Yam's Rabbi Stephen Fuchs and Pastor John Danner of Sanibel Congregational United Church of Christ to Israel in April of last year. Attending

were locals and people from around the U.S., one as far as Hawaii, and four from Europe.

Pastor Danner, who usually attends, together with his wife, sent a letter which was read by Rabbi Fuchs:

"This year, the long-asked question will no doubt take on new meaning.

"Why," a child asks 'is this night different from all the others?' For me, the answer, at least in part, is because it reminds me to constantly work on behalf of all those who are enslaved in any way. I am indeed your brother, and while we are not together in body, we are together on this, and every night, in heart."

People sat around their seder tables watching their devices. They could see friends sitting around theirs with the symbolic matzos, the candles, the Manishevitz wine, the plate with the shankbone, greens, bitter herbs, roasted, egg and charoset. A plate of chopped liver, a glass of saltwater, symbolizing tears. Everyone united, all going through a difficult time. At the service's end, the rabbi said the traditional prayerful hope, "Next year in Jerusalem," then added "Next year all together."

Bat Yam has quickly used technology to bring people together in other ways during this time of sheltering-in-place. The rabbi conducts an interactive class via Zoom on Saturday mornings beginning at 9:45 a.m. To participate, see details at the end of the article.

FacebookLive! is used for Friday night Shabbat Welcome sessions, a shortened version of the Sabbath service, which start at 7 p.m. Over 1,100 have accessed these since the first Shabbat Welcome on March 20.

For technical assistance in accessing either the Bat Yam Shabbat Welcome or Rabbi Fuchs' Saturday morning classes, email Garry Weiss at gsw211@gmail.com or Ron Chaddock at rchaddoc@gmail.com.✱✱



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Captiva Panel Holds Emergency Meeting

by Kathy Kurtz Ferrari

The Captiva Community Panel convened an emergency meeting on April 14, which was held via Zoom video conference to discuss the island's conditions during the COVID-19 pandemic, as well as other vitals issues.

President David Mintz reviewed the mandated regulations regarding the virus put in place by various government authorities. The inconsistency of dates regarding orders banning lodging accommodations between the State of

Florida, Lee County and the City of Sanibel has made it challenging for the panel, which is not legally allowed to make its own regulations.

Gov. Ron DeSantis did not extend the ban on accommodations until the evening it was set to expire, April 10, which made it confusing for rental agencies, according to Mintz's comments. Working closely with Sanibel, Lee County stepped in to extend the ban to April 30, hours before the governor extended his orders.

"That's been really helpful to stop the spread of coronavirus on Captiva," said Mintz.

While Captiva's resort owners have all voluntarily agreed not to take any reservations for stays before May 1, there had been concerns that those turned away from rental accommodations on

Sanibel would venture to Captiva.

Mintz also read a report from Lee County Deputy Sheriff Mike Sawicki, who was unable to attend the meeting.

The three deputy sheriffs assigned to the island are monitoring closed beach accesses as well as keeping an eye on businesses, restaurants, rental accommodations and other activities. According to the report, there have been a few cases where the deputies have had to turn people away who were trying to sneak in to staying in rental homes on Captiva and North Captiva.

Mintz said the sheriffs are doing a great job on Captiva during the crisis. "Their presence is palpable," he said.

A few panel members expressed concerns regarding the bridge at Blind Pass, where trash has been accumulating

and people have been seen fishing and congregating in large groups. Mintz said he has requested Lee County to close the side areas of the bridge but has gotten no response. While sheriffs do monitor the area, it was unknown if they are concerned with social distancing in the area.

The panel was also presented with current pandemic data, which as of April 14 included 642 positive cases, 18 deaths and 125 hospitalizations in Lee County. There remained one diagnosed case on Captiva and six on Sanibel. There are 120 adult ICU beds in Lee County hospitals, with 79 filled at this point, with the peak of the virus in Florida expected on May 3.

"At this point, it seems that Lee

continued on page 8

NAVIGATING UNCHARTED WATERS TOGETHER



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Whether feeding families, providing financial relief for rent and medical bills, or making daily phone calls and visits via FaceTime, Skype or Zoom, we continue to help our neighbors in meeting their physical, mental and emotional needs. As always, we are committed to being a safety net for all. **At the end of the day, our message is simple—FISH is for everyone.**

IF YOU OR SOMEONE YOU KNOW needs assistance during these difficult times, please call us at **239.472.0404**. For more info about FISH services, visit **fishofsancap.org**.



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January - March

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COVID-19 IMPACT ON FOOD DISTRIBUTION

a comparison of the month of March alone

2019	2020
15,492 lbs	20,535 lbs



City Furloughs 76 Staff Members

by Wendy McMullen

Seventy six full- and part-time staff have been furloughed from positions within the City of Sanibel as a result of the COVID-19 virus, and the city may face further cuts in the future due to loss of revenue from beach parking and revenue from the Sanibel Causeway.

All of the beach parking on Sanibel has been closed and this, along with limitations on rentals and a statewide stay-at-home mandate, have dramatically cut traffic across the Sanibel Causeway.

The police and recreation departments have suffered the most cuts. With the Sanibel Recreation Center now closed, 32 part-time as needed staff, seven regular part-time and nine full-time positions have been furloughed from the department. Additionally, three full-time recreation department staff have been transferred the community services department.

The police department has furloughed 20 part-time as needed staff, two regular part-time and three full-time positions. With traffic on Sanibel down significantly, there is no longer need for police at intersections to direct traffic. The city is also implementing a hiring freeze in response to the pandemic.

Current projections of lost revenue to the city because of COVID-19 include approximately \$1.6 million decrease in beach parking revenues. Total revenue in the beach parking fund is projected to decrease \$2.8 million. In the transportation fund, the city is projecting a \$425,000 decrease in the city's share of causeway revenues and total revenues to decrease approximately \$520,000. These are just two of the many revenue streams that are expected to be impacted by the coronavirus pandemic.

"Our citizens have to also realize that there could be a change in the services that they are so used to," said Councilwoman Holly Smith at last week's city council meeting. "Not in the core, but just realizing how fortunate we

have been for so long, and adjustments have to be made and we'll all have to adjust."

So far there have been no cuts to the 37 staff employed by the building, planning, public works, transportation, public facilities and utilities departments, and the president of the American Federation of State County and Municipal Employees (AFSCME) representing city employees asked the city to delay any further cuts.

"I recognize that we will not be able to keep everyone at work," said Craig Chanier, president of the local branch of the AFSCME, at the City council meeting on April 10.

"My primary goal is to mitigate those losses to the greatest extent possible," Chanier said, adding that he was concerned at the haste with which decisions were being made. He questioned how much the city would save by making these changes now instead of June when Lee County will supply the assessment of the city's income from property taxes.

But mayor and finance expert Kevin Ruane and the city council foresee an immediate need for cuts. "It's essential we take action as quickly as possible," Ruane said at April 7 regular council meeting. "The bleed is here. If we did nothing and everything stays status quo, we still would run out of cash and have to cut staff."

Chanier urged the city to be very careful in considering which city workers were essential core workers. He noted the concern expressed by Councilman Jason Maughan at the city's April 10 meeting to ensure the city have adequate staff in case members of city staff test positive for the virus. Chanier also expressed concern that the city was just three weeks away from hurricane season when an experienced emergency team would be essential.

"Please consider this timeline when determining which staff is 'core' or otherwise," Chanier said.

He also mentioned other essential tasks at hand such as the scheduled changes to the Sanibel Plan, the blueprint for the development of the city, which, Chanier said, would require special expertise. The State of Florida

requires that the Sanibel Plan be evaluated and appraised every seven years. Chanier suggested the city could consider utilizing funds from unaffected revenue streams such as building and utilities.

"We're trying to preserve as much institutional knowledge as we have. We're trying to preserve as much of our core staff as we can. We're trying to see some flexibility where if people recognize they're not having so much to do, they will work with us," said Ruane, summarizing the consensus of the council.

"We've done the furloughs, we've done the necessary adjustments but as the workload has discontinued, we're going to have to make further adjustments," said Ruane.

The city recognized the AFSCME as the exclusive bargaining representative for 80 regular full-time and part-time employees in 2017. Not covered are managerial and seasonal employees. Under the contract, the city has the right to suspend or terminate employees for lack of work. The city also has the right to suspend selected services' operation in whole or in part.

Closing Condo Association Pools Not Mandated

by Wendy McMullen

A letter to all condominium associations suggesting that pools be closed to protect them from liability was described as "excellent CYA" at the Sanibel City Council meeting last week.

"It sounds as if they have exempted themselves from any responsibility," said Mayor Kevin Ruane, speaking of the letter sent to all the condo associations by Island Management, which manages many condo associations on the islands.

Island Management advised associations to close all common amenities until there are signs that the virus has subsided. "Keeping their pools open could mean your association is uninsured," the letter stated.

The city declined to mandate the closure of condo pools.

"Anyone can close anything they want," said Councilman Jason Maughan. "We decided we weren't going to impose ourselves on people on their private pools in their private condominiums. People who can't exercise otherwise may need their pools open."✱✱

From page 7

Captiva Panel

County is keeping up with demand," said Mintz, adding with more testing available, more cases will likely be discovered.

Panel member Jay Brown requested virus data and information be posted on the panel's website, and the panel would also try to send out updated email blasts.

Mintz said he expected the governor to extend the lodging ban orders as deaths increase.

The meeting also included the presentation by Brown on results of the community survey regarding a proposed central sewer system project. Several presentations have been held over the past two years regarding options to manage the island's wastewater. While South Seas Island Resort maintains its own sewer system, proposals have been presented to convert the remaining island's septic systems to a central sewer system.

The survey was only to gain opinion about pursuing funding and options and not to actually proceed with the project.

The poll was mailed and emailed to all approximately 500 Captiva property owners, with the responses due by April 7. About half of those receiving surveys responded, with 66 percent in favor of pursuing a new sewer system, 8 percent had no opinion and 26 percent disagreed with any project being done. The panel found results interesting in regard to geographic location of respondents.

Brown noted the high response rate to the survey was significant considering it was held during the pandemic. He said a lot more work needs to be done regarding engineering plans and funding, which may need come from Lee County.

While agreeing this was not the time to ask the county for a lot of money, the panel voted to ask the county to fund further study once the pandemic was over. It was also agreed to present survey results to the public. ✱

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Plant Smart

Dense Gayfeather

by Gerri Reaves

Dense gayfeather (*Liatris spicata*) is a member of the aster family and native not only to Florida but the entire eastern U.S.

In the wild, it's found in various habitats, wet or dry, from flatwoods and swamps to scrub and sandhills.

Among its many common names are dense blazing star, marsh blazing star and marsh gayfeather.

The stunning flower is a valuable nectar source for butterflies and also attracts birds and bees, so it's a good choice for a wildflower or butterfly garden.

This erect perennial grows to a height of three to four feet with a showy flower cluster at the top.

The stalks sometimes end up falling to the ground due to excessive weight or height, so staking them is an option.

The flowers in the dense spike range in color from rose to purple and sometimes white. Groups of four to 10 florets bloom from summer to fall, starting from the top of the spike down.

The protruding styles in each rayless flower create a feathery or fringing look, thus the term "gayfeather." Spicata refers to the flower spike.

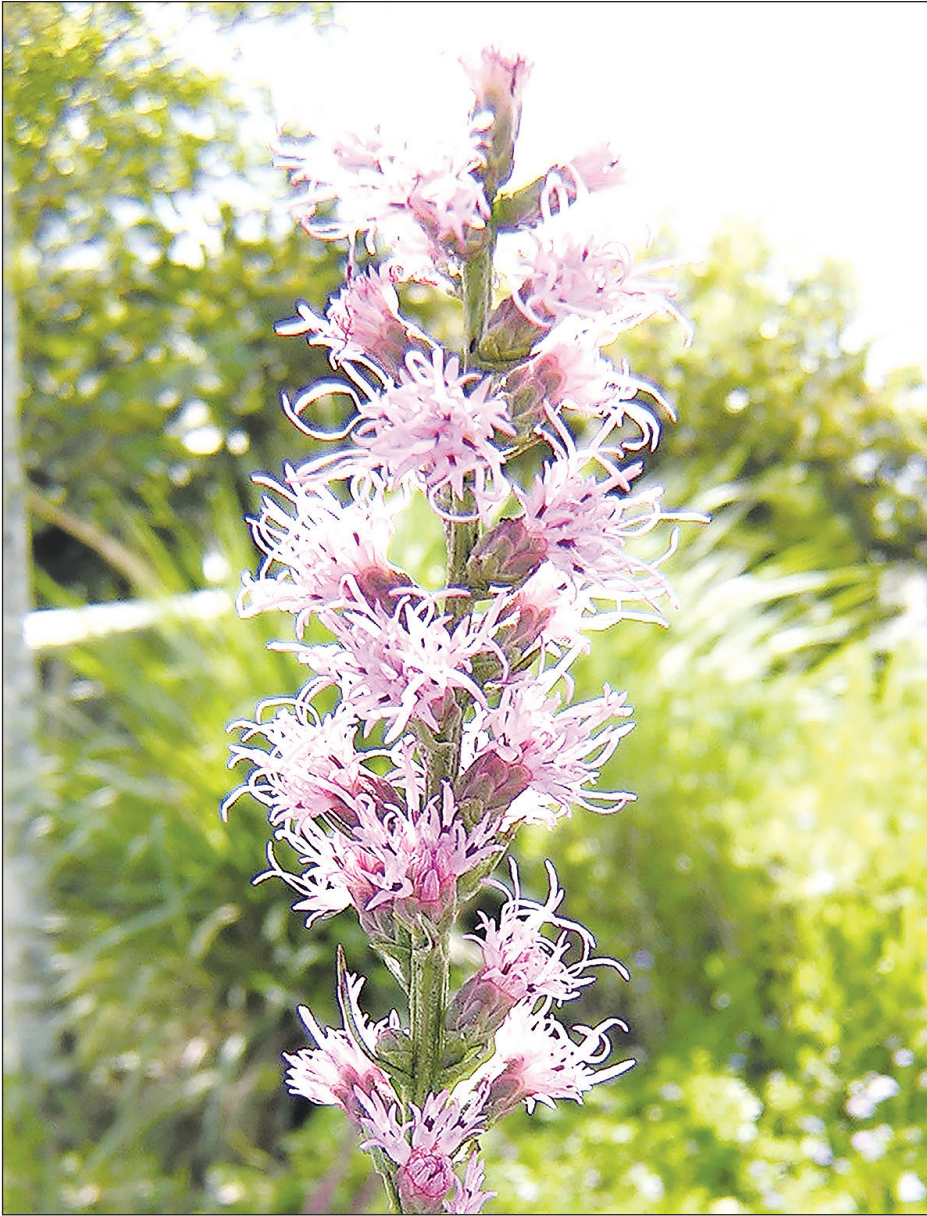
The linear grass-like alternate leaves are more plentiful at the base of the plant but extend up the stem. The lower leaves can be up to a foot long, the others much shorter.

This wildflower prefers full sun and well-drained sandy soil. Highly drought tolerant but not salt tolerance, it will grow even in nutrient-poor soil.

It's shown off to best effect in a mass planting.

In the colder months, it will go dormant, dying back on the ground, but will reseed next season. Those seeds also provide food for birds.

This long-lasting flower can be



Native dense gayfeather provides nectar for butterflies and other pollinators

photo by Gerri Reaves

propagated with seeds collected from dry spent flowerheads.

The flowers hold up well as cut flowers, another reason to have them in the yard.

Tea made from the roots is used in traditional medicine.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Gardening for Florida's Butterflies* by Pamela F. Traas, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, www.fnps.org, <https://gardeningsolutions.ifas.ufl.edu>, <http://plants.ifas.ufl.edu>, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.★

It's Been War In My Victory Garden

submitted by Amy von Keyserlingk

Last year, I started my small garden. We had just moved about two miles from our previous home to another house on Sanibel with a little more room and a lot more green space.

My first crop was just in flower pots until I knew the sun patterns. This attempt was quickly wiped out by the marsh rabbit brigade that included rabbits standing on their hind legs and dining away.

A major defense was now required. I enclosed an area of 10 feet by eight feet with plastic green fencing and edged it with bricks to keep the rabbits out. It worked, and I had lettuce, peppers, tomatoes and leafy green okra thriving. We went on vacation for about 10 days, and when we returned, nearly everything was gone. I checked the fence for breaks, and the bricks for digging, but there was no sign of entry. I was stumped. Rats? Raccoons? Japanese beetles? Napalm?

Then, a few days later, the culprits appeared. Three large iguanas were finishing off the few remaining plants. The biggest iguana was about five feet long from nose to tail, with a thick body and spiky crest. I yelled and chased them for days until they got the message that they weren't welcome, except for one particularly determined one. I opened my garden gate and surprised him in action. He panicked, ran straight at the fence and got stuck in there. Not really having a plan, I reached down and grabbed him by the tail. I held him at arm's length while he thrashed and struggled. He was about 3 1/2 feet long overall. I was surprised by his weight and strength. As I debated on what to do with him (I have a hard time killing even a bug), his tail suddenly snapped off and he made his escape. I was left holding a muscular, wriggling tail about the size of a cat's tail. That finally did it. I dropped the tail and, as it still moved about on the ground, I ran for the soap and water. There was no blood, but I was disgusted.

I have yet to see that tailless iguana again. I read that when captured, just like a lizard, they have an amazing physiological ability to shut off the blood

continued on page 14

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Banded sandwich tern

photo provided

Shorebird's Age Flagged By Banding Officials

While out checking to see if the snowy plovers (*Charadrius nivosus*) had laid any eggs yet, a shorebird biologist from Sanibel-Captiva Conservation Foundation (SCCF) noticed this banded sandwich tern (*Thalasseus sandvicensis*) in breeding plumage. By slowly walking around the flock from a respectable distance, she was able to photograph the bird's band from multiple angles and obtain the full ID number.

After reporting this band number to the USGS Bird Banding Lab (BBL), the report was initially flagged as problematic due to the old age of the

bird. With photos, however, they were able to verify that this sandwich tern was in fact banded as a chick at a colony in Dare County, North Carolina on July 1, 1996, making this bird 24 years old.

The oldest known sandwich tern according to the BBL's longevity records lived to the age of 31.

Named after the town of Sandwich in County Kent, England, where it was first discovered, this medium-sized tern is pale with a distinctive yellow tip on its black bill. Its black cap is shaggy in breeding plumage.

If you want to try and read a metal number on a band, be sure to give the birds plenty of space. Never flush resting birds, as they need all their energy for upcoming migrations back to their breeding grounds. Some shorebirds will fly several thousand miles in the coming weeks.*

Refuge Offers Virtual Challenges On Earth Day

The JN "Ding" Darling National Wildlife Refuge has canceled its scheduled Earth Day at the Refuge on Wednesday, April 22, according to coronavirus pandemic guidelines, and has switched gears to a 50th anniversary online Earth Day Challenge.

Tune into the refuge's official Facebook page for live and static challenges throughout the day. They will kick off with a video of Supervisory Refuge Ranger Toni Westland talking about the importance of Earth Day and the refuge's challenges for the day. Throughout the day, challenges will be revealed on Facebook that may include animal origami, no power hour, finding nature in your backyard, picking up trash in your neighborhood, and quizzes about recycling and going green.

Most of the videos and other challenges will be linked to the #DingatHome web page, www.dingdarlingsociety.org/articles/dingat-home to access that day and in days to come. Viewers who accept the challenges can post pictures of themselves, their families and others meeting the challenge for a chance to win 50 prizes – in honor of 50 years of Earth Day.

Stay tuned to the #DingatHome page in the days leading up to Earth Day for more information on scheduled Facebook postings and how you can participate.

"We celebrate Earth Day every year at the refuge because it's such a perfect teaching opportunity to raise awareness about recycling and how waste is trashing our planet," said Westland. "We certainly could not let this big anniversary go un-celebrated. Please join us for a day of fun and learning that will bring a bright ray of nature into our new-normal staying home routines."*



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Wind Is The Enemy Of Tarpon Anglers



by Capt.
Matt Mitchell

A days weather along with wind direction is never more important than when you're tarpon hunting. If you pick the right day with smooth water and light winds, it's easy

to spot these fish from a mile away. Once you find them, it's amazing how many fish there are. Get that windy rough day and you can look all over and never see a single fish. During rough periods, especially during strong northwest winds, these tarpon simply disappear.

Depending on the day's wind, I plan my trip's circuit accordingly. I spend my time moving between these tarpon spots that are in the lee and usually at least calm enough to see if they are holding fish. Just like hunting, locating tarpon is the first part of the equation. Different locations often require different methods of fishing to be successful. Many bay spots work best with cut baits while spots on the beach require threadfins and crabs.

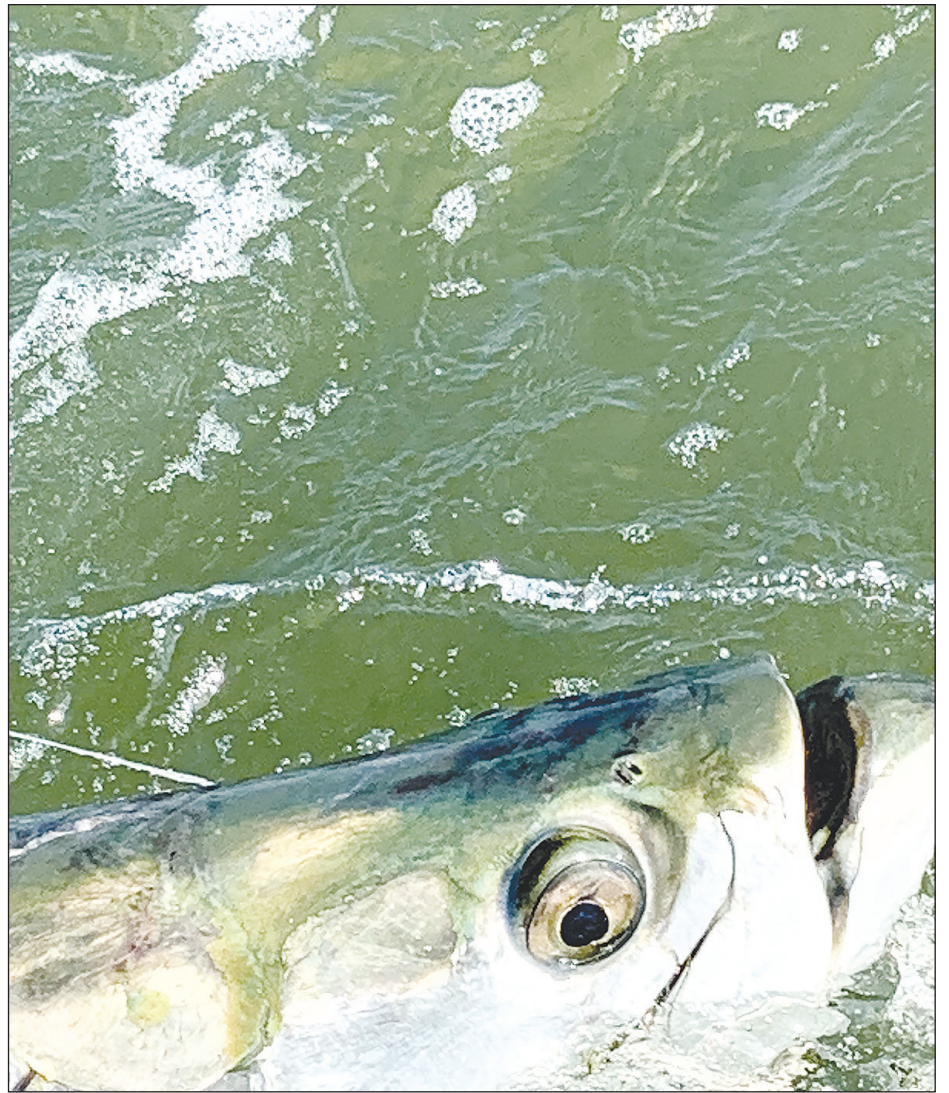
During periods of east wind, you should look on the eastern side of the sound from Regla Island north to Rocky Channel along with out on the beaches

from Knapps Point north and along Fort Myers Beach. West wind means tucking away from Blind Pass to Cabbage Key and everything in between. South wind can work out well for anglers fishing the southern end of the sound getting tucked up close to Sanibel from the lighthouse to the powerlines. North wind forces anglers to fish from the lighthouse to Knapps Point along with the southern end of Matlacha Pass.

Strong winds from any direction are the enemy of tarpon fishermen. It's not unusual to be sitting in tarpon for several days and have the wind change direction then pick up. This can and will quickly shut the tarpon fishing down until conditions stabilize. During periods of strong winds and far from perfect weather, a tarpon angler's options quickly narrow. Spending your time sitting in a confidence spot is often all you can do in poor conditions.

After sitting in hundreds of tarpon in slick water for a few mornings this week, it was mesmerizing. Watching tarpon after tarpon show themselves is as good as it gets. Once the wind switched up with an approaching front to northwest, these fish relocated and the frustration level climbed as the hunt began again. I often tell my clients when tarpon fishing, "All of this waiting will be quickly forgotten once you're hooked into one of these incredible fish."

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.



A tarpon comes up before being released

photo provided

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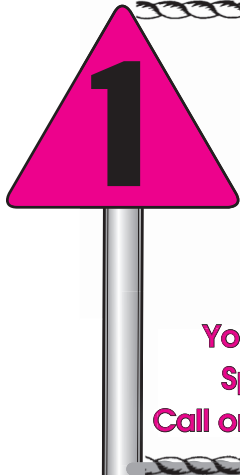
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Dave Doane



Leatherback sea turtle tracks

photo provided

Leatherback Sea Turtle Makes Earliest Crawl Ever

On April 1, Dan Moeder, one of the former permittees for Sanibel-Captiva Conservation Foundation (SCCF), called in a leatherback sea turtle (*Dermochelys coriacea*) crawl on the east end of the island. The crawl pre-empted official monitoring for sea turtles on Sanibel and Captiva, which began on April 15.

"This year's leatherback crawl is the earliest crawl to date among all species of sea turtles on our islands," said SCCF Coastal Wildlife Director Kelly Sloan. "What an exciting way to kick off Sanibel's sea turtle season."

Leatherbacks are the largest of all the sea turtles – they can be over six feet in length and weigh 500 to 1,500 pounds. This species is not common on Florida's west coast and finding their crawls is extremely rare on Sanibel, with similar events only being documented in 2009 and 2015.

"This was a false crawl and she did

not lay eggs. She may be back to Sanibel soon, or she could decide to nest on another beach," said Sloan.

The second earliest crawl was a Kemp's ridley (*Lepidochelys kempii*) on April 16, 2018. The earliest crawl for loggerheads (*Caretta caretta*), which is the most common species, was on April 20, 2012 on Captiva. Green sea turtles (*Chelonia mydas*) typically start nesting a little later than loggerheads.

"I'd like to give a special thank you Dan and his family who found the nest and alerted SCCF's Sea Turtle Program by calling our hotline," added Sloan.

Sea turtle monitoring on Sanibel originally began in the late 1950s with Charles LeBuff and Caretta Research, Inc., making it one of the longest-running monitoring programs in the country. The program was transferred to SCCF in 1992 when Caretta Research, Inc. disbanded.

When LeBuff moved to Sanibel in 1958, he was gifted shortly thereafter with a carapace, or leathery shell, of a leatherback from a turtle that had been found in 1943 stranded dead on the beach. He kept the five-foot carapace, which he said kept exuding oil, under his home at the Sanibel Lighthouse. When Hurricane Donna struck the island in 1960, the carapace was washed away. In the 1970s and in 1988, LeBuff suspected two false crawls were made by leatherbacks, but they were never officially documented.

To report any issues with nests, nesting turtles, or hatchlings, call SCCF's Sea Turtle Hotline at 978-728-3663.✱

Fish Caught



Jack Smith

photo provided

Jack Smith caught and released a 28-inch jack crevalle while fishing with Capt. Dwight Dunlap.✱

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Shell Of The Week

Ivory Eulima



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

Melanella
eburnea
(Mühlfeld,
1824), is a member
of the family
Eulimidae, marine

snails that parasitize echinoderms such as sea stars, sea urchins, sand dollars and others. The Ivory Eulima has the typical smooth, featureless shell that is typical of members of the family. Depending on the species, they may be ectoparasites (living inside the tissues of the host) or endoparasites (living on the surface of the host's body). Other local eulimid snails previously treated in this column are the Two-band Eulima, the Brown Eulima, the Slender Eulima, the Conoidal Eulima and the Brown-line Niso. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The museum needs your help. The coronavirus just erased all our best-laid plans. The museum has no admission income and no store sales, but we still have 493 mouths to feed and 20 amazing employees to support. If you are able, we sure could use your help.

We opened our new aquarium exhibits



The Ivory Eulima, *Melanella eburnea*, from Sanibel

photo by José H. Leal

on March 1. We had to close the museum on March 16. This should have been our busiest time of year, providing income for the slower months. We know we'll have a massive cash shortfall.

And yet, our animals still need to be fed and cared for. We have the best group of employees I've ever had the pleasure to work with in my 25-plus years here at the museum. We need to keep them.

Even closed, it costs about \$100,000

to run the museum each month. If you've already contributed, thank you. If not, your gift can help close the gap.

Your gift today will help us ensure that our people and animals are still here and healthy whenever we're able to safely reopen. To make a secure donation, visit www.shellmuseum.org.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road.*

Fish Caught



Dwight Dunlap

photo provided

Dwight Dunlap caught a 32-inch snook in late March while fishing with Capt. Jack Smith.*

From page 10

Victory Garden

supply and abort the tail in order to escape. It would take about a year for the iguana's tail to grow back, and hopefully even longer for his foolish courage and mine as well. That article showed images of rather nasty bites that they could inflict.

There was no way to put a lid over the garden, so I built a very amateurish cage while discovering just how much I hated fighting with a merciless roll of chicken wire. I was scratched and poked, and the cage that was roughly four-foot by five-foot resembled more of a trapezoid than a rectangle, but my tomatoes and peppers now had a safe place to grow.

I started my new spring crop last week outside of the tomato cage, and the other day I found some of the little seedlings chewed off. I had been lulled into a false sense of peace. The war was back on. I returned with more seed packets and found a rabbit inside the garden. He made a beeline for the fence and seemed to magically fit right through the little squares. On closer examination, I found three cuts in the squares and three little pieces of green plastic on the ground. The little bugger had chewed through the fence. Back to the battle plan. I gathered all of the scraps of fencing wire I could find and double-wrapped the entire garden.

Today, I went to weed around my plants and got swarmed by large black ants. I ran for the insect spray and pushed back their assault.

Please don't ask me how much I've spent on all of the fencing, seeds, soil, bandages and the swear jar. This fight has become a challenge. The losses have been high: Washingtons, Lincolns, Jacksons, and probably even some Benjamins by now.

I will not surrender. The rewards are too great: vine-ripened tomatoes, crisp orange bell peppers, and the sweet taste of success. Stay strong, fellow gardeners.*

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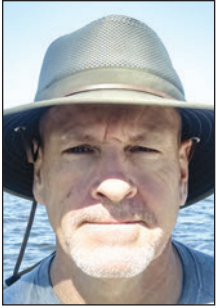
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CROW Case Of The Week:

Baby Bird Season



by Bob Petcher

During springtime, the air is filled with the sounds of life, including many songbird species courting each other, and hungry baby birds in the nest. These newborns are delicate little

peepers.

At this time of year, CROW admits hundreds of baby birds that fall from their nests or have their nests knocked to the ground by Mother Nature, or by accident. In other cases, they are fledglings that are just learning to fly and wind up on the ground.

On March 25, an entire nest of common grackles fell when the branch it was on broke. The newborns were unable to be re-nested, so they were brought to CROW. This is a common seasonal occurrence.

"In March and April of 2019, we admitted over 150 baby birds that had fallen from their nests," said Dr. Mariah Lancaster, CROW veterinary intern. "In many cases, the reason why the bird is out of the nest is unknown, but reasons can include their nest being knocked down by strong winds, predator attacks, or their nest being knocked down on accident by tree trimmers. We also see



Two common grackle nestlings cry out at the Sanibel clinic photo by Dr. Mariah Lancaster

a number of cases where the baby is learning to fly and has ended up on the ground in the process."

Of the four common grackles that were admitted to the clinic, two survived. One of the four nestlings did not survive the first night in the hospital while another developed a pox lesion and had to be humanely euthanized.

"(Patient) #20-1006 presented with no obvious signs of trauma and was treated with supportive care. Unfortunately, it likely had internal trauma and succumbed to its injuries overnight," said Dr. Lancaster. "(Patient) #20-1003 was noted to have a lesion on its leg which was consistent with Avian Pox Virus. It was

humanely euthanized due to significant contagious risk to its sibling nestlings and the rest of our hospitalized patients."

The other two healthy babies have since been raised at CROW and are now in an outdoor enclosure. Once they have demonstrated good flight skills and are eating well on their own, they will be released.

"Time to release depends on the species of bird and how old they were when admitted to the hospital. Some birds require multiple months to reach an age at which they are capable of foraging and surviving on their own, however, common grackles are fairly precocial and are usually released within one to

two weeks of moving from our indoor enclosures to our outdoor enclosures," said Dr. Lancaster. "Adults are nearly always released into the area in which they were found, however, our younger birds don't have the same need to return to a previously known habitat. Some species need to be released into a place away from others of their species in order to establish their own territory, however, grackles are highly social birds so the fledglings are released into an existing wild flock."

Before transporting baby birds to CROW, finders are asked to call first.

"Many people have been told that if they touch a baby bird, the parents can smell humans and will abandon the baby. This is actually a myth and parents will continue to care for their young if they are returned to the nest," said Dr. Lancaster. "If the nest is destroyed, a faux nest can be used to return the baby to the parents, which is always the best option for a baby bird unless it is injured from the fall. If you find a baby on the ground, a call to CROW or another licensed wildlife rehabilitator can help determine if the baby needs help and walk you through the process of re-nesting the baby if possible."

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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The first cane toad (*Rhinella marina*) documented on Sanibel right before it was captured while attempting to breed. Female cane toads can lay up to 35,000 eggs at a time (average 8,000 to 25,000). photos provided

Cane Toads On Sanibel And Captiva

submitted by Chris Lechowicz, Herpetologist, SCCF Wildlife and Habitat Management Director

It is that time of year again when it is slowly starting to warm up and any out-of-season rainstorms can trigger amphibian breeding. On Sanibel, this is limited to frogs and toads as we do not have any salamander species on the island. Besides the southern leopard frog (*Lithobates sphenoccephalus*), which is our sole true winter breeder, the southern toad (*Anaxyrus terrestris*) and the giant toad, aka cane toad (*Rhinella marina*), are the usual suspects for late winter/early spring breeding, especially after a heavy rain.

The southern toad is native and too often confused for the invasive exotic giant toad – the cane toad – in our area. Giant toads go by several local names, depending on where you are located. In Florida, the most common

names are cane toad, faux toad, or Bufo toad. Outside Florida, many people call them marine toads. The local name “Bufo toad” comes from the former scientific name (*Bufo marinus*). In 2008, the cane toad was split off into a new group of South American beaked toads (*Rhinella*). The current name is *Rhinella marina*. They are native to extreme south Texas to South America. They were introduced in many countries around the world in an attempt to control insects in sugarcane fields, a failed experiment.

Cane toads were discovered breeding in an isolated area on Sanibel in 2013 near Fulgur Street and Middle Gulf Drive during annual frog call surveys conducted by Sanibel-Captiva Conservation Foundation (SCCF) and JN “Ding” Darling National Wildlife Refuge. All 10 breeding adults were removed from a small wetland, but the damage was already done: eggs had been deposited. From there, cane toads used the beach to move westward down the island and eventually to move across the whole island. They are now all the way to South Seas Island Resort



Cane toad eggs are laid in long strings that resemble black beads. These were collected the night they were first documented by SCCF on July 17, 2013.

on Captiva (yes, they hopped across the bridge at Blind Pass).

It is unknown how they originally got to this area on Sanibel, but it is likely that juveniles (tadpoles or toadlets) were accidentally brought in by way of potted plants, sod, fill dirt, or mulch in that area. They were certainly localized to that area in the beginning as they were never reported by anyone (by way of pictures, roadkill, or even hearsay) and were never documented anywhere in frog call surveys. The young toads likely grew to adults and waited for the right opportunity to breed. When water levels rose to the right height to fill in temporary wetlands, the toads bred and that is when they began to expand their range.

Cane toads are large, reaching four to six inches in length (not stretched out) as opposed to southern toads that are typically two to three inches in length. Cane toads have enlarged parotoid glands behind the head that carry a toxin called bufotoxin that is very potent, especially to smaller animals like dogs, cats and native wildlife. They are not aggressive, but

will ooze this toxin out of the glands if they are threatened, such as being picked up in a dog’s mouth. Our native southern toad is often mistaken because of their similar “toad-like” features. However, southern toads have small parotoid glands, cranial crests (ridges) between the eyes and the head has a stouter profile. Cane toads have a more compressed head profile and ridges on the eyelids (like eyebrows) and are much larger on average. Newly metamorphosed toadlets of these two species are mostly indistinguishable from each other.

Cane toads are toxic to dogs, cats and small children. If you find one on Sanibel or Captiva, call Clinic for the Rehabilitation of Wildlife (CROW) at 472-3644 so it can be humanely euthanized. We ask people to not put them in a freezer as this is a very painful way for them to die.

SCCF is dedicated to the conservation of coastal habitats and aquatic resources on Sanibel and Captiva and in the surrounding watershed. For more information, visit www.sccf.org.

Marine Viruses: Small Size, Large Impact

submitted by Nicole Finnicum,

Viruses have been top of mind lately – what they are, how they function and the damage they cause.

Because we’re ocean people, we started to wonder about viruses in the ocean. Do viruses exist there? Who are their hosts? Is their biology the same? We decided to take a deep dive into marine virology and were quite surprised with what we found.

Marine viruses have only been isolated in the last 50 years, with most of the research on viral diversity beginning in the 1980s. In recent decades, scientists have learned that marine viruses are more abundant than initially thought. It turns out that marine viruses are so abundant that each and every cupful of ocean water is teeming with them. Not to worry though, these types of viruses cannot infect humans, but do infect marine life, from the large marine mammals to the smallest microbes.

This finding only came after a recent three-year study from the Tara Oceans global oceanographic research expedition. The Tara collected water samples from all over the world, from the surface of

the ocean down to the deep sea with a goal to isolate new virus populations. The crew came back with an astounding number – they found 195,728 distinct viral populations in the ocean.

Technically, this makes viruses the most abundant predator in the ocean.

Marine viruses are found most commonly in shallow, coastal areas and more abundant in the summer months. The Tara expedition located several viral “hot spots” in warm and temperate waters, but they also found that 40 percent of the viruses were found in the Arctic Ocean – a surprising discovery.

Most of the viruses isolated in this study were found to be bacteriophages – these are viruses that specifically infect

bacteria, so we’re going to focus on those.

It is important to mention, however, that there are many other types of marine viruses that do infect vertebrates and invertebrates in the ocean, many of which are commercially important. Such viruses include the white spot syndrome virus of panacoid shrimp, and viruses including rhabdovirus, reovirus and nodavirus, which infect finfish. Other viruses such as the morbillivirus have had detrimental effects on harbor seals and can also infect cetaceans (whales and dolphins).

Now, back to bacteriophages – the most common type of marine virus. When a bacteriophage infects a

continued on page 20

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Strawberry Stuffed French Toast

- 2 cups strawberries, diced
- 8 ounces goat cheese, softened
- 3 tablespoons brown sugar
- 2 tablespoons vanilla extract
- 1 loaf brioche bread, sliced 1½-inch thick
- 1 cup whole milk
- 3 eggs
- 4-6 tablespoons unsalted butter
- Toppings (such as honey, strawberries, powdered sugar, or syrup)
- Pinch of sea salt

In a small bowl combine softened goat cheese, brown sugar, and 1 tablespoon vanilla. Mix thoroughly and set aside. Prepare bread by making a pocket in each slice (do not cut all the way through). Using a small spoon fill each slice of bread with 1 tablespoon goat cheese mixture, spreading evenly. Add 1-2 tablespoons diced strawberries and seal by pressing edges together. Continue until all slices have been stuffed. Reserve 1/2 cup strawberries for toppings. Place into a baking dish.

In a small bowl whisk together milk, eggs, 1 tablespoon vanilla, and a pinch of salt. Pour mixture over stuffed bread slices and allow to soak for a minimum of 10 minutes, flipping halfway through.

Preheat a large sauté pan over medium-high heat with 2 tablespoons butter. Cook each slice of bread on both sides until golden brown, about 2 minutes per side. Serve immediately with toppings of your choice. Serves four.

Fresh tip: Any variety of bread will work using this recipe to include: sourdough, whole wheat, or French bread. You can also substitute cream cheese for goat cheese.✱



Strawberry Stuffed French Toast

photo courtesy Fresh From Florida

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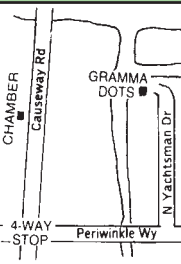


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The Community House

Natural Sweeteners, Sugar Alternatives



by Resident Chef Jarred Harris

Healthy eating can be hard during these challenging times, especially if you have a sweet tooth. Unfortunately, processed sugars are in a vast majority of foods we are consuming, therefore, alternatives should be considered. The average American consumes 400 to 600 calories a day from processed sugars and this is the biggest contributor to “quarantine fifteen” and the obesity problem in the country.

Here are five natural sweeteners that are healthy, tasty alternatives to refined sugars and easy to use in your favorite recipes.

Raw honey is my favorite sugar substitute and it's a superfood. (1tblsp. = 60 calories)

Palm or coconut sugar is another good substitute. This sugar is made from the sap of several different types of palm tree. It contains iron, zinc and potassium. (1tblsp. = 50 calories)

Maple syrup is excellent as a sweetener. It contains manganese, calcium, potassium and is rich in antioxidants. (1tblsp. = 52 calories)

Stevia is a plant that is native to South America. The leaves of the plant are twice as sweet as sugar. It's used to support healthy blood sugar levels and to promote weight loss. (1tblsp. = 0 calories)

Dates are a very good natural sweetener. The seed or stone of the fruit has to be removed and the flesh pulverized to a paste to make them usable in recipes. Dates are loaded with potassium, iron, copper, magnesium and vitamin B6. (1tblsp. = 70 calories)

Here is an easy recipe to try:

Date and Honey Cakes

Ingredients

2 ozs. butter
8 ozs. honey
2 eggs
3 tbsp. molasses
7 ozs. self-rising flour
7 ozs. pitted dates
10 oz. boiling water
1 tsp. baking soda
½ tsp. vanilla extract
Vanilla ice cream

Method

Preheat the oven to 400F. Grease and flour 6 individual pudding molds or use a muffin tin.

Cream the butter and sugar together

in a mixing bowl until pale and fluffy. Add the molasses and eggs, a little at a time, then blend until smooth. Add the flour and mix at a low speed until well combined.

Meanwhile, using an emersion blender, blend the dates and boiling water to a smooth purée. Stir in the baking soda and vanilla.

Pour the date mixture into the batter and stir until well combined.

Pour the mixture into the molds and bake for 20-25 minutes, or until the top is springy and golden-brown.

To serve, remove the cakes from the molds and serve with a scoop of vanilla ice cream and drizzle with honey.

*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.**

SCA To Hold Virtual Annual Meeting

The Sanibel Community Association's (SCA) annual meeting will be held virtually on Wednesday, April 22 at 3 p.m. Get an update on the status of the Sanibel Community Association and The Community House. Call 472-2155 to reserve your place. Reservations are needed for instructions.

Ballots have been emailed again this year, and mailed only to those with no email on file. If you are unable to attend but would like to make a donation to either the building or operating fund, visit www.sanibelcommunityhouse.net or call 472-2155. A donation of any amount will help keep staff employed,

\$1,500 pays the electric bill for a month, \$750 pays the garbage bill for a month, \$100 pays the pest control bill for one month.

The nominees for the 2020-21 board of directors are incumbents Babs Maughan and Darrin Grotrian. New nominees are Anne Cooper, Jim McCallion, Don McDonald and Tom Sharbaugh.*

Rotary Club Scholarships Available

The Sanibel-Captiva Rotary Club is accepting scholarship applications for the 2020-21 school year. Eligible applicants are students who live or work regularly on the islands, or whose parents live or work on the islands, and will attend a college for an undergraduate degree or a vocational school. Applications must be postmarked by May 1, 2020 and can be obtained online at www.SanibelRotary.org.*

Top 10 Books On The Islands

1. *Something in the Water* by Catherine Steadman
 2. *City of Girls* by Elizabeth Gilbert
 3. *Red Lotus* by Chris Bohjalian
 4. *Masked Prey* by John Sandford
 5. *Valentine* by Elizabeth Wetmore
 6. *Circe* by Madeline Miller
 7. *Sanibel Flats* by Randy Wayne White
 8. *Winemaker's Wife* by Kristin Harmel
 9. *Shell Shocked* by Jennifer Schiff
 10. *Fins* by Randy Wayne White
- Courtesy MacIntosh Books and Paper.*

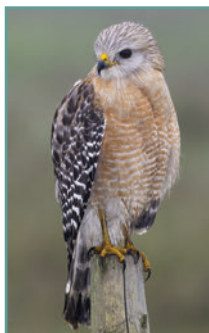
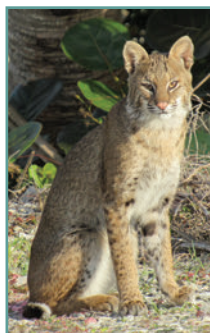
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From page 16

Marine Viruses

bacterium, it attaches to receptors on the outside of the bacterial cell then injects its DNA into the host. The virus DNA replicates, forming new bacteriophages and then causes the host bacterial cell to lyse, or burst. When this burst happens, organic matter, or carbon, is released into the environment, along with new viral particles.

However, the carbon released is not available to organisms higher up on the food chain, like plankton and fish, but is instead made bio-available only to other microbes. This occurs because of a process called the viral shunt. A viral shunt is a special pathway that viruses undergo that diverts the flow of carbon back to other microbes in the ocean – essentially, a carbon recycling process.

Because viruses can redirect where carbon goes in the ocean, they are fulfilling a role in overall ecosystem functions of the ocean, specifically by regulating the availability of carbon and nutrients. This means that carbon is diverted from the traditional carbon

cycle pathway and being trapped in as biomass, rather than being released into the atmosphere.

It has been suggested that marine viruses can recycle up to 150 gigatons of carbon per year, which is much more than plankton can turn over.

Scientists are currently looking at how carbon recycling by viruses can be an implication for understanding how marine viruses play into global carbon cycles and climate change. And, with the newly discovered “hot spots” of viral activity in the ocean, scientists could use those spots to harness the viral activity to move carbon to be stored in the deep sea.

We are still far from understanding the implications for virology in global climate studies, but are on the path to learning more every day. This is a perfect example of how there are so many mysteries in the ocean waiting to be discovered and that many of those mysteries remain unseen to the naked eye.

*Nicole Finnicum is the operations manager at Sanibel Sea School. Part of the Sanibel-Captiva Conservation Foundation (SCCF) family, Sanibel Sea School's mission is to improve the ocean's future, one person at a time.**

Student Maps Osprey Nests For Global Database

submitted by The International Osprey Foundation

“Notebook and pen, check. Water, check. Smart phone with map app, check. TIOF uniform T-shirt, check. Put more air in my bike tire, check.”

“I’m ready,” called The International Osprey Foundation’s (TIOF) youngest volunteer to her dad as she prepared to help the organization map all of the osprey nests on Sanibel and Captiva using GPS coordinates.

Aika Billheimer is a sixth grader at The Sanibel School. Part of her social studies class requirement was a community service project. TIOF discovered this after a chance encounter with her at Lighthouse Cafe. She needed a project, and TIOF needed help mapping osprey nests that were not yet located, using GPS technology. It was a perfect fit.

TIOF board members Kathryn Brintnall and Jim Schnell met with Aika and her dad in November of 2019 to discuss the requirements and timeline. Both parties were enthusiastic and the project was under way. Over the next six weeks, Aika and her dad traveled by boat and bike all over Sanibel and even up as far as Captiva and North Captiva. Taking careful notes,



Aika Billheimer preparing for a nest mapping trip

photo by Dan Billheimer

noting nest locations using GPS, and observing osprey nesting patterns, Aika logged over 15 hours for her service project. TIOF will enter her data into the Osprey Watch global database, used by conservation and regulatory agencies such as Florida Fish and Wildlife Conservation Commission to track population trends and inform environmental policy.

Aika also noted that although she

catalogued 32 nests, there were not many ospreys attending those nests in December. Her observations were more evidence Sanibel has two different populations of osprey, those that live in Florida year-round, and those that migrate to South America, arriving back in Southwest Florida in the December through January timeframe.

Aika said she really loved her project because she got to be “out in nature

and learn about ospreys.” She notices them all the time now as she is out and about “on island.” Her favorite times were on her bike and her uncle’s boat checking out nests all over the islands. Aika also had some input for her peers who are more into sports or talking on their phones. “They could also get out into nature, and see how beautiful it is. It would be nice if we had an after school nature club too,” she added. “Kids might enjoy taking a tour of some of the nests when there are birds there.”

Brintnall expressed her appreciation of Aika’s work to Charles (Chuck) Villardi, principal of The Sanibel School. She informed him that Aika made a significant contribution to TIOF.

Brintnall also remarked on how important it is that young people engage in meaningful projects that allow them to contribute to real environmental solutions and research at a young age. The collaboration between The Sanibel School and TIOF was just such an opportunity.

Villardi indicated that Aika’s service project was a perfect example of what made him so proud of “his kids,” and their involvement in the community.

TIOF President Susan Tucker said at a recent board meeting, “We are hoping that a lot more young people will join with TIOF in its mission.”

The International Osprey Foundation’s mission is to preserve, educate the public and research the lives of ospreys worldwide. Learn more at www.ospreys.com.✱

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Book Review

The Red Lotus



by Di Saggau
The Red Lotus by Chris Bohjalian is a twisting story of love and deceit and, of all things, rats. More on that later. Alexis, an emergency room doctor, is the main character and she worries about what

happened to her boyfriend Austin, whom she met when she fixed a bullet wound in his arm. He is missing in Vietnam. They both went there on a bicycle tour, or so she thought. One day, Austin doesn't return from a bike ride. We soon learn that he is dead, supposedly struck by a car. His battered body is found by the side of the road. However, a nasty puncture wound and broken bone on his hand lead Alexis to think he may have been tortured first. This plunges Alexis into a fearful situation as she delves into finding out what really happened to Austin.

Alexis is smart and level headed and not about to waste her time ignoring the truth. When she finds out her cute, loving boyfriend has told a few lies about his reasons for going to Vietnam, she is thrown into a world of uncertainty and danger. We soon learn more than Alexis does about what led to Austin's death, and then we learn what is going on with the rats. As disgusting as they are,

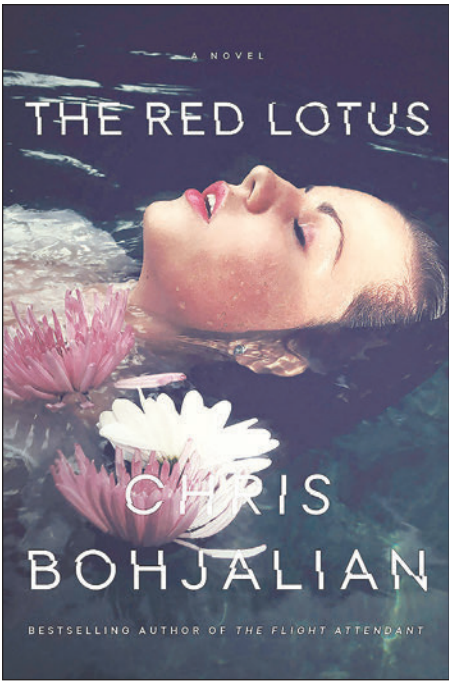


image provided

the information is often intriguing. For example: "One rat mom can give birth to 10 to 12 litters a year, and the litters are 15 to 20 baby rats."

The only clue Austin leaves behind is a bright yellow energy gel dropped on the road. Alexis wonders about the significance of those little packets of energy gel Austin always had with him in Vietnam. And the marks on his fingers that he claimed were cat bites. Were they? Worst of all, why did his backpack contain a dress for a woman who was

size zero, when there is no way it would fit Alexis?
Bohjalian gives us many unsettling characters, including Douglas Webber, champion darts player and rat enthusiast, and Oscar Bolton, his nervous, younger sidekick. Ken Sarafian, a private investigator and ex-cop who served in Vietnam, is another. The book is a pleasure to read including the climactic episode set inside a rat research lab where three characters are incapacitated in different ways.
Considering the fact that this book was

written many months ago, this passage is prophetic, "Got to be ready for the next pandemic. Got to have new antibiotics. Got to know what we're up against. I mean, it's coming, and New York City is the perfect place for a catastrophe: we have lots of people living in very close quarters." *The Red Lotus* is not just suspenseful, it's also about friendship and the love of parents for children and of children for parents. Don't let the rats keep you from reading this one. It's a breathless thriller than keeps us guessing until the very end.**

School Smart



by Shelley M. Gregg, NCSPP

Dear Readers,
Most parents have seen their children have a meltdown or tantrum. We expect them from toddlers and know that typically, as

a child reaches school age, emotional outbursts are infrequent, and kids learn how to manage and control their behavior. In other words, children learn to self-regulate their emotions and behavior in accordance with the demands of the situation. That includes being able to resist highly emotional reactions to upsetting stimuli, to calm yourself down when you get upset, to adjust to a change in expectations and to handle frustration without an outburst. It is a set of skills that enables children, as they mature, to direct their own behavior towards a goal, despite the unpredictability of the world and their feelings.

In our current situation, on lockdown, with the unpredictable future that we are all experiencing, many children are quite stressed and are having difficulty self-regulating. For most children, this decrease in their ability to manage their emotions will be temporary. For some it may take a longer time to regain their skills, however, you as parents can provide significant comfort and guidance for them as your children experience emotional distress.

Here are some suggestions on how to help your children regain their equilibrium.

When children are emotionally stressed, it is much harder for them to listen, comprehend and cope. The first thing you can do is focus on soothing your child. Make them feel calm, safe and loved. A simple hug, a few quiet minutes together reading a favorite book or any actions or words that you know your child enjoys will engender positive feelings. The next step is to validate their feelings with your words and tone of voice. Focus on connecting with your child by making comments such as, "I know you're upset right now," or "This is a hard time for you," to make that connection.

Once your child is calm, it is the time to talk with them about alternative ideas that could be helpful. This could be as simple as rearranging their study schedule

to provide for more play and physical activity or a more in-depth discussion to process what they are feeling and how to help. Remember until a child is regulated, their ability to reason is impaired and they are unlikely to feel connected and comfortable with you.

Give your children the time needed to gain a sense of calmness – it might take a while. Reassure them that you love them and help them process their feelings so they can feel better about themselves and regain their self-confidence.

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

Mental Health And Wellness Support Needed

submitted by Arlene Dillion and Patricia DeVost

With coronavirus cases increasing on Sanibel (six confirmed as of this writing), and businesses closing because of it, we feel that the physical and economic impact will likely cause an increase in mental health issues.

We want to extend an "all call" to any local Sanibel/Captiva healthcare providers who would volunteer their time and join our Island Mental Health Task Force to help foster some creative solutions. We'd want to identify those of you who are perhaps recently retired healthcare professionals or currently not working full time, and who might have some time to volunteer your services for our community.

We know that the impact of the coronavirus pandemic is worldwide and will be long-lasting, so let's be proactive for our island citizens. If you want to help, contact:

Arlene Dillon at arlenedillon@icloud.com or 472-4932;
Patricia DeVost, licensed clinical social worker, at pattysplaceswf@outlook.com or 518-331-5191;
On Facebook, [pattysplacementalhealthsupport](https://www.facebook.com/pattysplacementalhealthsupport).
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Winning artwork for the 2020 calendar cover

photo provided

Contest Deadline Extended For Student Artists

Keep Lee County Beautiful Inc., (KLCB) has extended the entry deadline for its 2021 Leave The Scene Clean calendar art contest to Friday, May 29. During this time of virtual learning, teachers and administrators can still include the calendar art contest in their curriculum and encourage students to work on their

artwork at home. Keep Lee County Beautiful has been hosting this art contest in Lee County for over 30 years. The full-size color calendar features the winning environmental artwork. Students in first through 12th grades are encouraged to participate. The art contest is open to all public, private and home-schooled students. Students are invited to create a full color drawing or painting showing what they have learned about conserving resources and keeping the environment clean. Judges select a cover winner, 12 first place winners (one from each grade)

and 36 honorable mentions. Winners will be recognized and receive prizes at an awards ceremony held in the fall. Every year, Keep Lee County Beautiful receives incredible pieces of artwork that have the power to make you think deeper about the world around you, and that is often the first step towards a person realizing they can make a difference to protect the world we live in. Your student's or child's artwork can be that piece of artwork to make a positive impact. For more information on the contest rules and to obtain an entry form, visit www.klcb.org/leave-the-scene-clean-calendar.html, call 334-3488 or email tisha@klcb.org.

Send A Positive Vibe During A Challenging Time

Due to COVID-19, Ronald McDonald House Charities Southwest Florida (RMHC SWFL) understands that many people are looking for fun and meaningful activities to keep them busy. The staff at RMHC SWFL invites families to create Positive Notes to pass along to families with sick children at Golisano Children's Hospital. Positive Notes are included in every bagged lunch from the Ronald McDonald Family Room. Whether it's an encouraging thought, motivational quote, song lyric, religious or spiritual verse, or even just a happy drawing, the note should be anything that can help lift the spirits of families going through a difficult time. Positive Note templates can be found at www.rmhcswfl.org/positive-notes. In 2019, over 6,491 patient families visited the Ronald McDonald Family Room for a bagged lunch, snack,



A Girl Scout of Gulfcoast Florida puts the finishing touches on her Positive Note

photo provided

beverage, or just to utilize the facility. To learn more about RMHC SWFL and how to get involved, visit www.rmhcswfl.org/get-involved.

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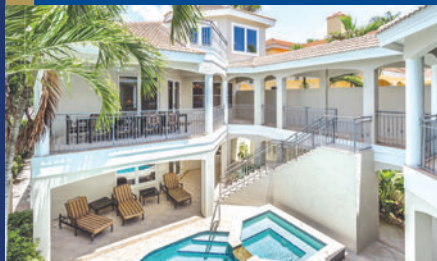


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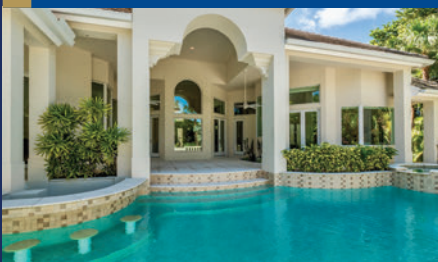


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Life Insurance

Reasons To Buy Life Insurance



J. Brendan Ryan, CLU, ChFC, MSFS

Why do people buy life insurance? For a wide variety of reasons, far too many to discuss here. But, for the most part, people buy life insurance

not because someone will die but because someone will live on after the death and:

- will need cash or;
- will continue to consume or;
- will be faced with unpaid bills or;
- will want to keep property that will otherwise change hands or;
- things will just need to be repositioned or balanced.

What problems might survivors face after a death that life insurance can mitigate?

Need for cash – In our culture, death triggers all sorts of obligations

that have to be paid pretty promptly. Funeral expenses become the first order of business. Federal estate taxes may have to be paid. State estate tax or inheritance tax may be due. Unpaid loans on the decedent's name will come due. The government will demand that any unpaid income taxes be paid immediately. Probate costs, executor fees, legal fees, appraisal fees and accounting fees must be paid.

Life insurance leverages up a series of relatively small payments (premiums) made over the years into a relatively large lump-sum payment (death benefit) immediately, payable to a beneficiary, on time, untaxed and untouched. It is like manna from heaven just when it is needed.

Unwise bequests – Sometimes, because of inadequate planning or perhaps the failure to keep wills and trusts up to date as circumstances change, the wrong property is passed to a particular heir by will or by contract at death. The heir may not be smart enough, skilled enough, or decisive enough to run the family business. Or marital circumstances of the heir or behavioral changes in the heir, such as substance abuse or prodigal behavior, make currently planned bequests ill-advised.

If a particular heir is deemed not suitable to receive certain property, such as a family business, under the will, life insurance can be used to pass the equivalent amount to that heir without jeopardizing safety or integrity of that property. If it would be best if the death benefit not be paid in lump sum to that heir, the benefit could be payable to a trust for the benefit of that heir. Or the insured could instruct the insurance company before death to eventually pay the death benefit in installments to the heir under a settlement option.

Need for more assets – It may be that the estate assets are simply not enough to cover the needs of the survivors, including the surviving spouse's need for retirement income, the college education of the children, financial needs of the grandchildren, special-needs disability of a family member, or simply a financial legacy.

As stated earlier, life insurance creates an instant fund at death that can be applied to these needs.

Preservation of Assets – Funds are sometimes needed to maintain the ownership and benefit of an asset. A family business comes to mind. Life insurance can be used to equalize bequests to heirs not involved in the business. Or it can be used to set up a fund to pay ongoing property taxes of valued family real estate that might otherwise have to be sold or forfeited to the state.

Long-term care – A life insurance policy can provide its full death

benefit to pay for the nursing home or home healthcare needs of the insured. Whatever part of the death benefit is not used in this manner is paid to the beneficiary at death.

If the policyowner wants to be assured that a certain amount goes to the beneficiary in any case, just a portion of the death benefit can be made available for long-term care needs, if called upon, with the balance reserved for a death benefit.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at jbryanclu@aol.com.

ISLAND SUN BUSINESS NEWSMAKERS

RE/MAX of the Islands



Steve Fisher



Sarah Ashton

The top producers for March at RE/MAX of the Islands were: Steve Fisher, top listing marketer; and Sarah Ashton, top selling realtor.

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FISH Responds To Those In Need

COVID-19 has caused incredible hardship for communities across the globe – Sanibel and Captiva are no different. With support from islanders, FISH of SanCap is continuing to provide critical services that provide basic needs, such as a food and shelter, to those affected. Keeping up with the pandemic data is daunting, but FISH wants to share what their clients are facing.

"These scenarios are not unlike what we see year-round, but they're being exacerbated exponentially by the current crisis," said Alicia Tighe, FISH executive director. "We feel that by sharing stories, omitting actual names and identifying details, it reinforces the human side of an unthinkable large problem. These are emotional stories of real people, but there is so much hope in the 'neighbors helping neighbors' response that's occurring that it's also really uplifting."

The following is a story of a recent FISH client:

"My name is Steven, my wife Linda and I both work on Sanibel – each with two jobs at local restaurants. We're raising three boys, ages 2, 5 and 9, who

are a handful on a good day, but with school out, it's become a house full of chaos.

"Not long after the kids were sent home from school because of the coronavirus outbreak, my wife and I lost four of our jobs, almost overnight. We've been trying to file for unemployment benefits but it has been a struggle, so someone told us to call FISH.

"Through phone interviews, I discussed the situation my family is in and they immediately explained ways FISH could help my family. Thankfully, our biggest fear was put to rest, because they have paid our mortgage and utility bills for this month. We have started using the FISH food pantry in order to help feed our family – our kids get their own food 'backpacks' that have special snacks and meals they're excited about eating. The boys were thrilled on Easter when they received baskets with books, treats and a toy for each of them (and a meal for the five of us to share together) provided by FISH.

"Linda and I have never had to ask for help and didn't know where to start when this all happened. I don't know when we will be able to get back to work and back to normal, but we're so grateful to know that a place like FISH exists and hope others become aware too."

The FISH Walk-In Center and Food Pantry is open Monday through Friday from 10 a.m. to 4 p.m. If you have any questions or concerns, or if you need assistance, contact Alicia Tighe at 472-0404 or alicia@fishofsancap.org.



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Coyote Sighting



Coyote

photo by Patti Williams

Patti Williams spotted this coyote right outside her window on the morning of April 6. Williams lives on Jamaica Drive on Sanibel.✧



A Low Hum

Images provided

From page 1

Creating Artwork

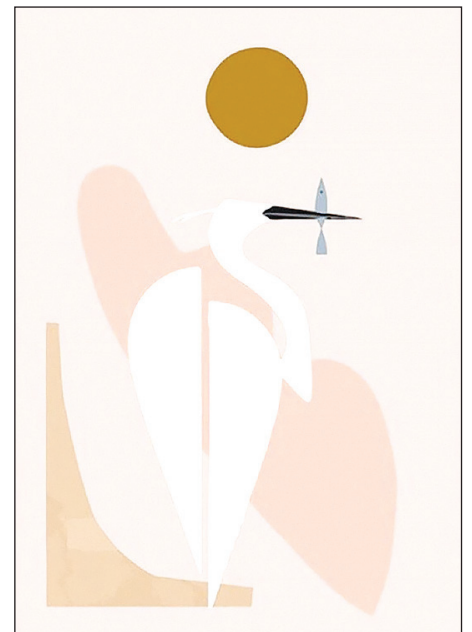
and her roommate, but she has taken walks in her neighborhood. Even while looking out her window, she has noticed the air is cleaner in ordinarily smog-ridden Los Angeles, as well as remarkable signs of nature as life has been interrupted.

The phenomenon inspired Greggs to create four bird prints – some inspired by birds of our islands – with proceeds going to support Sanibel’s social service agency FISH of SanCap, as well as other COVID-19 relief organizations.

“I sit in this window looking outside everyday in LA, and I’ve seen hawks fly past and it’s really made me feel like there’s something to feel positive about in this. So I created these prints to celebrate that, and just to do my part to contribute whatever I could.”

The prints measure 12 by 18 inches, printed on archival paper.

“I think my parents taught me it was important to do your part in your



Good Catch

community and your neighborhood,” she explained, adding she volunteers with a youth mentoring program in Los Angeles and also enjoys charity pro bono projects at work.

Although Sanibel feels like home, Greggs loves living in Los Angeles.

“I think it’s so much more than its stereotype. People here are so creative and open. It gets such a bad reputation on the east coast,” she said.

Greggs looks forward to the return of normal life, as well as returning to Sanibel, possibly in October. Some of her favorite things to do here include dining at The Bubble Room and having Key lime pie at Gramma Dot’s.

“And my dad and I, every year since I was like 5, we go to sunrise at the lighthouse and then have breakfast at the Lighthouse Café.”

To order one of the special bird prints, visit www.lemonwoodimprints.com/sanibel. All proceeds from the Sanibel link will support FISH.✧



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Superior Interiors

Tips For An Efficient Home Office



by Trinetta Nelson

Whether you work from home daily, every so often, or just have a space to catch up on bills and correspondences, a home office makes it so simple to let the creative juices flow and get

down to work. Having a place in your house solely dedicated to working frees you from distractions that can make it difficult to concentrate, and it gives you another space to decorate and have some fun. There are, however, certain tricks to designing a home office; when there's too much going on, it can start to feel cluttered and less like a workspace.

Set yourself up for success. Without going into your existing home office, close your eyes and think about the ideal workspace. What furniture set-up makes you most comfortable? What kind of decorations are inspiring and don't come with distraction? These are great ideas to think through that will set you up for success in the home office.

When it comes to furniture in the home office, utilize multipurpose furniture. You know a desk and comfortable, ergonomic chair takes top priority, but don't take a seat when it comes to the other furniture you plan on placing here. Whether you plan on using bookshelves, vertical shelving, side tables or ottomans in the home office, keep storage in mind and make organization a top priority. Multipurpose furniture makes for total efficiency in the home office and provides comfort and style as well.

The home office should be the space your mind can run wild. Where there's nothing nearby to distract you from the

hard work and creativity you're about to put forward. When there's clutter all over the desk, books scrambled all over the side table and toys and trinkets from the playroom all over the floor, you may find it more difficult to get in the right mindset. When organization is a major priority, your mind will feel less cluttered as well. Reserve a drawer for paperwork as opposed to leaving it in piles on top of the desk so that the mess can go away (at least visibly) at the end of the workday.

Take a look at your home office. When was the last time you went through the clutter and reorganized the space? If your office is feeling less inspirational than usual, it's time to consider a redesign. A design professional can assist you with explore options to best utilize your space for the projects ahead.

Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindecaden.com.✴✴

County Extends Vacation Rentals Prohibition

Lee County Manager Roger Desjarlais recently signed an order extending the prohibition on short-term vacation rental properties that was part of Gov. Ron DeSantis' March 27 executive order. The statewide order was set to expire and has not been extended by a subsequent order.

The order, which Desjarlais signed under his authority within the Board of County Commissioners' State of Local Emergency, means the prohibition within Lee County will remain in effect until Thursday, April 30 and may be extended.

Under the order, vacation rentals are prohibited from making new reservations or bookings.

"Lee County has not yet peaked in the number of anticipated COVID-19 cases," Desjarlais said. "This county order is consistent with the board's policies and steps taken to limit the risk of exposure to the coronavirus."✴✴

Masks Are Not All The Same

submitted by John L. Henshaw

The Centers for Disease Control and Prevention (CDC) issued recommendations recently that the general public wear a cloth face mask in public where other social distancing measures are difficult, such as at grocery stores and pharmacies. This recommendation was initiated because recent studies have shown that a significant portion of individuals infected with COVID-19 lack symptoms (asymptomatic) or are in the early stages of the infection (pre-symptomatic). These individuals unknowingly can transmit the virus either through droplets or aerosols during speaking, coughing or sneezing. The wearing of cloth masks is intended to reduce the risk of the transmission (broadcast) of the virus, but these cloth masks, old T-shirts or bandanas have very significant limitations when it comes to preventing the inhalation of the bioaerosols and subsequent infection. Hence CDC continues to insist that masks are not a substitute for following CDC guidelines, including social distancing.

The two most critical factors in any device in preventing the inhalation of an infectious agent like an aerosolized virus is the filtration efficiency of the media and the seal or fit between the face and the filtering material. Filtration is best achieved through impaction, interception and diffusion. Surgical masks meeting ASTM specifications and respirators like the filtering facepiece N95 are designed and manufactured to rigid filter media specifications. In the case of the N95, the filter media and design have been tested and certified by the National Institute for Occupational Safety and Health (NIOSH). The N95 filtering facepiece respirator, if worn correctly, is at least 95 percent efficient in filtering out select particles and bioaerosols.

While there is merit in wearing a homemade cloth mask to prevent the expulsion of bioaerosols from an infected person, they generally have a very low filter efficiency for preventing the inhalation of bioaerosols. Studies have shown that the best filtration efficiency of cloth materials is 38 percent, and bandana or handkerchief range from



A homemade mask photo by Logan Hart

2 percent (single layer) to 13 percent (four layers). Generally speaking, the denser the material, the more impaction, interception and diffusion is achieved, which in turn usually means higher resistance in airflow.

The second factor associated with the efficacy of a mask or respirator is its fit, or the seal between the face and the filtering device. During inhalation, air drawn in from the nose or mouth will follow the path of least resistance. Filtering media by design restricts airflow, and if the filter media or respirator is not tight around the nose and mouth, incoming air with the bioaerosols will bypass the filter and enter the nose or mouth. Where respiratory protection is needed to prevent the inhalation of hazardous agents, NIOSH approved respirators, and fit testing protocols are required to assure the filtering facepiece or respirator properly fits the person relying on the device for protection.

Bottom line, do not relax compliance with social distancing because you are wearing a cloth mask. There is merit in wearing a cloth mask to prevent the transmission of COVID-19 when worn by infected persons shedding the virus, but they are not effective in preventing the inhalation of the virus. The best way to avoid the inhalation of the virus is to follow CDC guidelines and exercise social distancing. If you choose to wear a cloth mask, wear it tightly and cover the nose and mouth. Avoid readjusting the mask once on and avoid touching your face and eyes. After every use, consider it to be contaminated and wash and disinfect after every use.

John L. Henshaw, MPH, CIH, is an occupational safety and health professional, and former administrator of the Occupational Safety and Health Administration (OSHA).✴✴

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Erin Myers photo provided

'Ding' Darling Hires Deputy Refuge Manager

Erin Myers joined the staff at JN "Ding" Darling National Wildlife Refuge this month as the new deputy refuge manager. She comes to the refuge from a position as the private lands biologist for South Florida. Myers served as a collaborative partner with a U.S. Fish & Wildlife (USFWS) program developing and implementing wildlife management plans, managing multi-agency restoration programs, and coordinating partnerships between government and non-governmental agencies and the public. "Erin has demonstrated her leadership skills by actively engaging in some of Florida's biggest conservation

challenges," said Kevin Godsea, acting refuge manager at "Ding" Darling. She is a founding member and past co-chair of the Florida Invasive Species Partnership, co-chair of the Southwest Florida Cooperative Invasive Species Management Area, past chair of The Wildlife Society Invasive Species Working Group, and past president of the Florida Chapter of the Wildlife Society. After growing up in Texas, Myers studied to become a wildlife veterinarian at Texas A&M University. She went on to earn her master's degree in wildlife pathology at Colorado State University in Fort Collins. Her career goals later took a different turn that landed her in Florida in 2001.

Myers took a position with the Florida Fish & Wildlife Conservation Commission, first working in North Florida. "I fell in love with Florida, and fell in love working with private landowners," she said. She spent 2-1/2 years in that position and another 11 years in her previous job in South Florida before accepting the position at "Ding" Darling in early March. "My first trip to Florida in 2001 was to Sanibel," said Myers. "It was a whole other world that I fell in love with. My husband and I decided we wanted to be back in this specific location. It is a dream come true, really." Myers commutes from her home in Naples, where she lives with her husband Kevin, 15-year-old daughter Isabel, and 13-year-old son Logan. She looks forward to helping with upcoming USFWS studies on the Sanibel Island rice rat, an at-risk species that recently received federal funding for recovery research at the refuge's botanical site. "Although everything is a bit chaotic with COVID-19, I'm trying to help keep refuge management moving forward and learn all I can about the refuge workings," said Myers.✴



Billy and Salli Kirkland photos provided

Billy's Rentals Helping Islanders Stay Healthy

submitted by Arlene Dillon

Billy's Rentals is stepping up to help islanders in need of exercise during the stay-at-home order, which stipulates that you can still go for a bike ride as long as you are not in a large group. Owners Billy and Salli Kirkland are offering free bike rentals to some of our island nonprofit organizations including Community Housing and Resources (CHR) and FISH of SanCap, in hopes that people will continue to stay healthy and exercise while observing the social distancing order from the city and the



The Kirklands' granddaughter, Ally Flynt, out for a ride on her bike

state. Billy Kirkland said he hopes to encourage more island kids to come outside and enjoy a bike ride from time to time. "It's mentally and physically healthy to get exercise and especially important now when people are cooped up at home for hours at a time," said Kirkland. "We just wanted to do our part to help people who may not have a bike or the funds to buy one. If somebody reaches out to us and we see that there's a need, we're gonna see that they get a bike and get some exercise." For more information about Billy's Rentals outreach, call 472-5248.✴

Alzheimer's Dial-In Support Groups Available

As the novel coronavirus outbreak continues to keep Floridians indoors, the Alzheimer's Association has a new way for those living with Alzheimer's disease and their loved ones to gain support. The nonprofit organization debuted its new dial-in support groups recently, offering caregivers the opportunity to receive the support and information they need without leaving home. Support groups that previously met in person will be able to convene via confidential conference call lines set up by their group facilitators. According to the Alzheimer's Association 2020 Alzheimer's Disease Facts and Figures report, an estimated

580,000 Floridians are currently living with Alzheimer's disease, and an additional 1.2 million Floridians are providing them with unpaid care. "Florida ranks second in the nation for Alzheimer's prevalence, accounting for approximately 10 percent of the United States' total diagnosed population," said Angela MacAuley, regional leader for the Alzheimer's Association in Florida. "As our state is so heavily impacted by this disease, it is crucial that we continue to offer those affected the support they need – especially given the current circumstances." Although Alzheimer's disease itself has not been proven to increase one's risk of contracting COVID-19, the novel coronavirus does pose unique challenges to those living with dementia and their caregivers. For instance, social distancing can be difficult – if not continued on page 40

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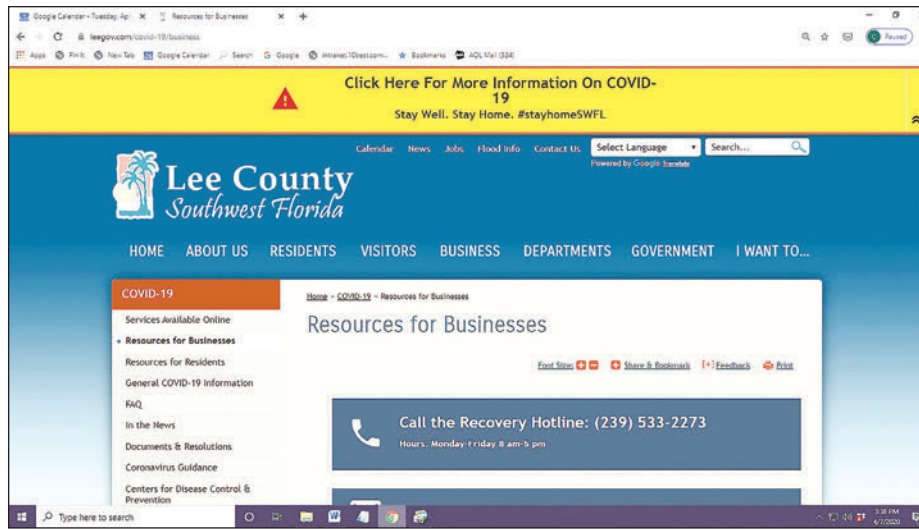
Resources Outlined For Small Businesses

As an emergency informational measure relating to island businesses and the COVID-19 pandemic, the Sanibel & Captiva Islands Chamber of Commerce hosted its first-ever Zoom-platform virtual meeting on April 6, with Sanibel Mayor Kevin Ruane, District 3 County Commissioner Ray Sandelli, and director of the Lee County Economic Development Office John Talmage.

"We're trying to message with one voice, because people get confused pretty quickly," said Sandelli. The three speakers explained how local government agencies huddle virtually and work together daily to standardize messages, including conferring with Gov. Ron DeSantis before making decisions.

Sandelli and Talmage directed those "attending" the meeting to Lee County's Resources for Businesses page at www.leegov.com/covid-19/business to access aggregated information and forms for all the various loans, grants, financial assistance, and other tools available through the Small Business Development Center and State of Florida.

"What do we look like going forward?" Sandelli articulated one of the functions of the business resource portal. "What does (the pandemic) do to our marketplace once we work through that? Is it going to be the same? I'd probably say 'no.'"



A screenshot of Lee County's resource page for businesses impacted by the pandemic image provided

Talmage talked more in-depth about each of the programs available to small businesses through the CARES (Coronavirus Aid, Relief, and Economic Security) Act's stimulus plan. They include the Payroll Protection Program for those businesses who continue to pay employees, small business bridge loans and the SBA Economic Injury Disaster Loan. He also addressed the current challenges with the Florida unemployment website, advising individuals to try accessing the site late at night or completing the hard-copy application form, printable from the county's small business portal.

"The system will continue to crash," Talmage said. "But you want to get the

application completed as soon as you can."

Ruane explained the City of Sanibel's reasoning behind some of the 21 proclamations it had issued to date regarding novel coronavirus. "Closing the causeway is difficult to do," he said in answer to some citizen feedback the city received. He added that on the previous Saturday, only 784 cars crossed the causeway, compared to 10,000 cars in one day this time last year.

"We have cut off as much supply as possible," he said. "We always thought that if the supply would go away, the demand would go away... We tried not to be an attraction and tried to have less people come to our community."

"We hear the words 'unprecedented' and 'uncharted' a lot these days," said John Lai, chamber president and chief executive office. "As our speakers pointed out, it's a process of educating the public about something we are all just learning. Their words went a long way in informing and leading our members during these uncertain times."

In his introduction to the virtual meeting, Lai announced the chamber's latest COVID-19 campaign, #paradisecanwait. He also thanked outgoing board chair Mary Bondurant and welcomed incoming chair Brian Kautz. The change in leadership normally would have been announced at the chamber's April 14 annual meeting, which was canceled because of the pandemic.✪

Mayor Issues Proclamation

Via Proclamation 20-020, Sanibel Mayor Kevin Ruane has extended the declared State of Emergency, originally declared in response to COVID-19 until April 21, unless further extended. Additionally, the proclamation extends the temporary restriction on accommodation rentals until 11:59 p.m. April 30, unless further extended.

The official sites to monitor for the most current information are:

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

Centers for Disease Control and Prevention – www.cdc.gov.✪



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Will Power

Health Care Surrogate Particulars



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

In my last column, I reviewed living will particulars. The living will, you'll recall, is the document detailing your end-of-life instructions after your attending physician and one other certifies that life prolonging procedures are only artificially delaying the process of dying. Nothing can be done at that point to save you.

The Designation of Health Care Surrogate, in contrast, names someone to make healthcare decisions for you if you can't do so yourself. It can encompass your personal care, residential placement and medical treatment.

Many healthcare surrogate forms are rather short. The Florida law compliant document that we created in my office (and is available free for a limited time during the coronavirus epidemic at www.floridaestateplanning/healthcare) delves into a variety of other situations, including:

- Long-term or hospice care situations;
- Whether to maintain you in your residence during a prolonged illness;
- Grant your surrogate access to your medical records;
- When and how to employ healthcare personnel;
- Directions regarding pain relief;
- Consent to psychiatric treatment; and
- Coordination with your living will.

These are all details that you should discuss with whomever you name in this important role. For married couples, this is usually the spouse. If, however, your spouse suffers from an impairment such as dementia or Alzheimer's, it's vitally important that you sign a new healthcare surrogate and living will, putting someone else in the primary position of authority.

Each state, Florida included, has a different designation of healthcare surrogate law. If you are a resident of Florida and haven't yet updated your document to Florida law, you should do so. Even if you have a summer residence somewhere else, if you are a Florida resident, you should have a Florida compliant document. Your Florida document is valid in all 50 states because you are a Florida resident.

I also suggest a serious discussion with your loved ones about your wishes in a variety of situations. Americans tend to shy away from conversations regarding our health or end-of-life decisions. You don't want to leave your loved ones guessing as to what your intent may be. That's what led to the Terri Schiavo situation, where she laid comatose in a hospital bed from 1990 to her death in 2005.

Some of my clients decide to name all their adult children in the role of healthcare surrogate. This can become a problem if the hospital won't act without all their consents. An unavailable party can become a big problem. Also, when you require a unanimous consent, one party holds incredible veto power.

Beyond end-of-life decisions, there are situations that can last years, such as the tortuous decline from diseases like ALS or Alzheimer's. In such cases, it's important for your loved ones to know how you want to be cared for once you are no longer able to voice direction. Your surrogate should also be familiar with your finances, budgets and long-term care insurance policies.

Finally, don't wait until a crisis arises to update your estate plan. During this coronavirus epidemic, we've fielded many calls, with some clients requesting drastic

changes. When this happens en masse, it puts a strain on any office, especially when many work remotely. Further, radical changes made during a crisis might call into question the mental acuity of the party making those changes, or whether he was unduly influenced.

In any event, Florida compliant Designation of Health Care Surrogate and Living Will legal documents are a must for any Florida resident. If you haven't updated yours, please feel free to visit the website I cited at the beginning of this article. Clients of my firm should look to our client portal for their own updated documents.

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Eagle Scout and Kiwanian Tom Uhler with future Eagle Scout Kenny Kouril photo provided

Kiwanians Support Scout's Memorial Project

The Sanibel-Captiva Kiwanis Club showed its support of Boy Scout Kenny Kouril, who is working on his veterans memorial at Sanibel City Hall. The project involves the installation of a monument and

landscaping of the surrounding area. Kouril presented his project at the February 18 Kiwanis meeting, explaining what the project entailed and how it includes raising funds through donations. Subsequently, Kiwanians raised \$525 for Kouril through individual member donations during the following week's meeting. "I am grateful for support from Kiwanis, and it will help me purchase the bronze plaque for the monument," said Kouril.✱

Parkinson's Teleconference Support Groups

Each April, Hope Parkinson Program commemorates Parkinson's Awareness Month as a highlight of its robust, year-round schedule that provides education, socialization and support to more than 2,000 active participants.

While Hope Healthcare has postponed regularly scheduled events as part of the safeguards recommended by the Centers for Disease Control and the Florida Department of Health due to COVID-19, the program is offering regular emails, social media updates and new teleconference support groups.

"Since its inception in 2009, a goal of our Parkinson program has been to use the power of community to bring people together to share their experiences," said Samira K. Beckwith, president and CEO of Hope Healthcare. "Although they are not able to gather in person, Hope Parkinson Program participants can still benefit from the connections and support of our caring PD (Parkinson's Disease)

community." Throughout April, Hope Parkinson Program teleconference support groups will also help connect members to resources to help manage COVID-19 anxiety. To participate, members must RSVP 24 hours prior to the teleconference by contacting Hope Parkinson Program Manager Michelle Martin at 985-7727 or michelle.martin@hopehcs.org. The two remaining teleconference support group talks in April are as follows: The Monthly Ladies with PD Group will be held on Friday, April 24 at 1 p.m. An Open Support Group for those diagnosed with Parkinson's and care partners will be held on Thursday, April 30 at 2 p.m. The Hope Parkinson program works closely with like-minded community organizations to provide a network of resources and education for people affected by Parkinson's disease and related movement disorders. As a community service provided by Hope Healthcare, the program is offered at no charge to participants and care partners. For more information, visit www.hopeparkinson.org.✱

How's The Market? Ask Ann

Interesting time for all of us, isn't it? Sanibel is as beautiful as ever. The weather has been beautiful, very little auto traffic with the exception of Bailey's, Jerry's, CVS and some restaurants providing take-out meals. Sanibel has been very, very quiet. Similar to the early visitors back in the '50s.

The Virus and Sanibel Real Estate. On a daily basis, I follow the "stats" that report daily activity on New listings, Pending and Contingent sales and Closed transactions. I am most interested in Pending and Contingent sales. The reason being that these represent buyers making a decision to buy in a very challenging and uncertain Real Estate market. I am writing this column on a Wednesday of each week and you are reading it about 10 days later. Each week, I will keep you posted on Pending and Contingent sales going back 10 days. Good or bad, I will be reporting this number to you. Today, April 8, going back 10 days, there are 13 Pending and Contingent reported sales on Sanibel. Nice number and I am surprised at how high it is. It will be interesting to follow this in relationship to the Virus.

Who are the Buyers? Who are the Sellers? Right now, in my opinion, it is a mixture. Some buyers are continuing to buy because they want to live on Sanibel and found the "perfect" home/condo that suits their needs. Other Buyers want to find a "deal" and are looking for a motivated Seller willing to negotiate. I also follow daily price reductions. Too early to make meaningful sales predictions but my guess, in the short run, is that we will experience a volatile market. Sanibel is the type of community that is attractive to Northerners from the Midwest and Northeast. For this reason, I believe our market will do well in the long run. Call or email me if you are looking for a good value and I will keep you posted on these opportunities.



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Locals Busy Making Masks In Time Of Need

When they first heard about COVID-19 in Southwest Florida, Elke and Brian Podlasek, owners of The Island Cow on Sanibel, and their two daughters, began sewing protective face masks for their close friends who work at Lee Health.

As the situation progressed, Sanibel businesses began to close and the couple's popular family restaurant temporarily closed its doors as well.

While observing the stay-at-home recommendations, the Fort Myers Beach family had materials shipped to their house and quickly produced more than 1,000 masks.

They were even able to secure the precious N95 protective material to place inside the masks, ensuring they are safe for use in the healthcare setting.

"The nurses, doctors and healthcare workers at Lee Health are on the front lines exposed to the coronavirus every day, so when we heard their supplies were limited, we grew concerned for their health and safety," said Elke. "We love arts and crafts and have the resources to assist, so we jumped in to help. It's important for our children to learn how they can proactively and productively help others at a time when we might be feeling helpless."

Helping those in crisis is a common thread for the Podlasek family. In October 2018 after Hurricane Michael hit the Florida Panhandle, the couple supported their 14-year-old daughter, Kristina, in founding a nonprofit organization, Kids' Care Disaster Relief. After engaging her classmates and friends at Canterbury School in Fort Myers to create and sell custom artwork, tile coasters and solicit donations, support grew, and so did the needs. From the California wildfires to Hurricane Dorian, Kids' Care Disaster Relief mobilized donations and fundraisers, donating 100 percent of the proceeds to disaster support services. The children and their families even took a field trip to the Panhandle to present their donations. The group now includes 21 students, and has raised \$45,000.

Today, with COVID-19 at the forefront of concerns locally and around the world, Kids' Care Disaster Relief is once again mobilizing and seeking support. Support for the organization will help fund the materials for making more masks. As the situation continues, future needs will be addressed.

In the meantime, the Podlasek family continues to focus on the critical needs locally by making masks, some might say, until the cows come home.

"As long as there's a need and our Island Cow remains closed, we remain committed to supporting our community, especially our friends and healthcare workers," said Elke.

For more information or to support Kids' Care Relief, visit www.kidscaredisasterrelief.com or call 848-5533.*

Local COVID-19 Nonprofit Survey Results Released

In order to understand the economic and social impact of the COVID-19 pandemic, a survey was conducted in late March targeting the nonprofit sector in Southwest Florida.

Funders in Southwest Florida collaborated to launch a short poll to assess the needs of the nonprofit community amid the COVID-19 outbreak. Partners included Central Florida Behavioral Health Network; City of Cape Coral; Lee County Human and Veterans Services; Lee Health; Richard M. Schulze Foundation; United Way of Lee, Hendry, Glades, and Okeechobee; and Southwest Florida Community Foundation.

The nonprofit survey collected data from more than 200 organizations from Lee, Collier, Charlotte, Hendry and Glades counties. Respondents represented health and safety; arts, community and culture; education; equity and empowerment; environmental; climate change and animal organizations.

Disruptions to programs and projects, health and safety of staff and community, and fundraisers being canceled were the top three concerns voiced by respondents. These were closely followed by concerns about impacts on staffing as well as loss or funding from major funders, donors and/or sponsors.

Sixty-four percent of respondents reported seeing increased or stable demand for their services since the COVID-19 outbreak began. Simultaneously, 98 percent of respondents reported that the pandemic would either somewhat or severely impact their budget negatively. A significant number of respondents realize they must adapt to serving existing or new clients with fewer financial resources available. Ninety-seven percent of respondents anticipated seeing a medium or high likelihood that COVID-19 will negatively impact their programs and services. Almost 50 percent of respondents reported having three months or less saved in operating reserves.

"This information is vital to help us understand how to come out of this pandemic and be better prepared for the next unforeseen disaster," said Jeannine Joy, president and CEO of United Way of Lee, Hendry, Glades, and Okeechobee counties. "It's important to continue to gather data and share these findings with our region so we can understand community needs and inform regional funders and donors about where their investment is needed."

The Southwest Florida Emergency Relief Fund was established in March and is collecting private funds to be used in the Southwest Florida region to help neighbors with food, shelter and basic human needs due to the economic challenges caused by COVID-19. The fund will complement the work of public health officials and expand local capacity to address the outbreak as effectively as possible. The Southwest Florida Community Foundation is

administering the fund and partnering with the United Way of Lee, Hendry, Glades and Okeechobee Counties to distribute the funding to nonprofits on the front line working with those most affected.

Funders are relying on surveys to supplement that information they are gathering in the field to make well-informed decisions about supporting the community at this time. For example, initial findings showed the greatest need was access to food resulting in the Southwest Florida Emergency Relief Fund making its first distribution of \$30,000 to the United Way for food distribution to the nonprofits serving the public.

Donors can give online at www.floridacommunity.com or text GIVESWFL to 444999. Contributions are tax deductible as allowed by law. One hundred percent of the funds donated through the Southwest Florida Community Foundation will be used to provide emergency funds to directly help people in Southwest Florida.

"Now more than ever we need to work and innovate together to help each other," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. "Our neighbors are really hurting, and every dollar donated will stay in our community to help others."

The nonprofit survey results can be found by visiting www.floridacommunity.com/covid-19.

This initial survey and analysis of the results are the first step in what is planned to be an ongoing monthly exercise to understand the continuing and changing impact this pandemic will have on the community.*

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Frankly Speaking



by Howard Prager

Sports are a welcome distraction to many, the chance to root for our favorite teams and players, and the uncertainty of the outcome. Replacing the sport-less void in which we currently find ourselves by watching favorite moments and games from the past only goes so far. Reading about former great athletes and biographies (I'm currently reading a Jackie Robinson bio by his teammate Carl Erskine) is fun and informative, but no replacement for the excitement and tension, if not the occasional boredom, of an actual game. (With fast forwarding, a two-hour football game can be seen in less than 30 minutes).

Most medical professionals say that a fast-tracked vaccine may not be publicly available before Spring 2021. Health care workers may have access to a vaccine this fall. Should it also be made available to athletes? If so, what sports should be allowed to be played? Every sport involves some type of physical contact, some much more frequent (football, basketball, hockey) than others. Even baseball, with far less contact than other sports, still has tags

and contact on the bases, the pitcher going to his mouth frequently, and occasional outfield collisions. Tennis has a ball going at 120 miles per hour back and forth with whatever virus germs a player may inadvertently have. Golf? Maybe solo matches without caddies? Sports competition is just that, competition, playing against other individuals and teams. When will it be safe for athletes to play? All we know is not now. And I'm predicting not until next year.

What would it be like playing in empty stadiums and arenas? The *Chicago Tribune* cited a Seton Hall survey that reported 72 percent of respondents would not attend sporting events if they resume before there is a vaccine for the coronavirus. And 74 percent feel that sports should not start-up before 2021.

I haven't even mentioned college sports, high school and grade school sports, even gym classes. What do they do? Even individual events are being cancelled. My daughter was supposed to compete in her first full Ironman in Mont Tremblant, Quebec in August. The province of Quebec just cancelled all festivals and events through August 31. When does football training camp and college ball start? Right, same time frame. I don't believe it's going to happen at all. Illinois Governor JB Pritzker wants all festivals and events cancelled this year. Doubtful if any Chicago team will play before

spectators this year, even if they figured out how to come back. And I'm sure New York Governor Andrew Cuomo believes the same thing.

To fill the void, let's create contactless sports. Maybe it's all done on computer games (John Madden, you were ahead of your time). Maybe it's individual athletes power lifting from their homes. The NBA is already trying a professional "HORSE" competition. What's cool is it includes WNBA players and some former NBA players. It was kind of fun to watch and cool to see some of these athletes' homes. (My wife observed that the best WNBA player's home is a far less cry than the NBA players.) The contest was this past week - if the ratings were good, I'm sure they'd like to continue it with other players in this single elimination at-home tournament. Let's just hope they can send some tips to those filming the matches. Video was very uneven and at times unsteady.

Sports innovation is what we need at this time as long as the athletes can get in shape to play. How about baseball outfielders nailing a throw to the plate with or without a simulated swipe by the catcher? That's pretty exciting during games. Or a home run derby off a pitching machine. Field goal kicks in football off a tee - and see who can kick the farthest - stadiums are available. Maybe even include retired players and college athletes too like the NBA is doing. What about hockey

and soccer? Slapshots and free kick competitions in hockey and soccer, with or without a goalie, from various distances? What ideas do you have that will keep you entertained while providing some outlets for these star athletes?

Speaking of creativity, and I still think playing this season is doubtful, but what do you think of the two potential baseball alignments suggested last week? All teams in Arizona or a split Grapefruit/Cactus league schedule with new alignments of five teams each. I like the latter the best. The question is and this may settle it once and for all, DH or not? As I've said I'm more of a traditionalist in baseball, so I say no DH. And no seven-inning games, as one proposal suggests. The game was designed for a reason. Let's play full games, and maybe the season is much shorter and we're more innovative about playoffs, but don't change the nature of the game just to get more games played.

Here's to hoping we have some type of heathy, appropriate social-distanced sports competitions this year, whether it's full games or specialized competition, to enjoy.

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.✧

Home-Based Gala Exceeds Fundraising Goal

In spite of being forced to cancel its inaugural gala on March 14, The Sanctuary Golf Club Foundation exceeded its fundraising goals by raising \$220,000. Four days before the event was to take place, organizers who were already prepared to host almost 200 guests, realized continuing would pose a health risk due to the coronavirus, so they quickly scrambled to repackage the event into a Stay-at-Home Gala.

As a result of this success, the foundation board was able to accelerate the timing and increase the amount of

funding awarded to both FISH of SanCap and Community Housing & Resources (CHR), allowing both organizations to respond immediately to increasing needs as a result of the COVID-19 crisis.

The gala was intended to support The Sanctuary Golf Club Foundation's mission of helping nonprofits that positively impact the lives of those in need who live or work on Sanibel or Captiva, and providing educational grants to their employees. In keeping with the foundation's strategy of holding events that are "a good time for the greater good," the gala promised to be an uplifting evening complete with open bar, live dance music and gourmet food.

While disappointed to cancel what was billed as the party of the season, organizers were pleased to raise such a significant amount, the majority of which will benefit

social service nonprofits on the islands. The board also noted that having 150 Sanctuary members RSVP "yes" before invitations were even sent out served as a testament to how much Sanctuary members care about the well-being of everyone in the community.

The gala was chaired by Lisa Schmidlin. Committee members included Cindy Brown, Cassie Gaenger, Melissa Gauntlett, Debbie Klug, Linda Linsmayer, Ann Keches, Krys Stegmann and Kathy Wiesemann. The Sanctuary Golf Club staff was also critical to this success.

For more information about The Sanctuary Golf Club Foundation or to support its mission, contact Ken Kouril, executive director, at 472-6445.✧

Hole In One At The Dunes



Jim Bryja photo provided

Overcome Addiction, Get Your Life Back

At the Narconon center, officials are taking great precaution in using preventive measures towards the spread of the COVID-19 virus. There is still a commitment to helping addicts and alcoholics that are seeking treatment during this difficult time. The need is recognized for Americans to stay at home while also recognizing that there are still people suffering all over the country in need of care. Narconon staff can help.

To learn more about how addiction and this pandemic go hand in hand, visit www.narconon-usncoast.org/drug-abuse/soma-effects.html. Call 877-841-5509 for free screenings or referrals.✧

Jim Bryja hit a hole in one on April 9 at The Dunes Golf and Tennis Club. He hit the ace on hole 6.✧

SPORTS QUIZ

1. What former U.S. Men's National Soccer Team goalkeeper plays for and partly owns the USL Championship league's Memphis 901 FC?

2. In 2004, then Major League Baseball Commissioner Bud Selig declared April 15 to be celebrated as what?

3. In 1980, Rosie Ruiz was stripped of her title eight days after it was discovered that she cheated at what event?

4. What former NFL player and TV sportscaster - announcer of 16 Super Bowls and 26 Masters golf tournaments - died on April 16, 2013, at the age of 82?

5. What basketball great became the first African-American head coach in the NBA when he took over the Boston Celtics in 1966?

6. The 2011 Animal Planet TV series *Taking on Tyson* was about boxing legend Mike Tyson's involvement in what sport?

7. Though he played his entire career with the New York Giants, quarterback Eli Manning was selected No. 1 overall in the 2004 NFL Draft by what team?

ANSWERS

1. Tim Howard. 2. Jackie Robinson Day. 3. The Boston Marathon. Ruiz entered the race about a half-mile from the finish. 4. Pat Summitt. 5. Bill Russell, who won two NBA championships as player-coach from 1966-69. 6. Pigeon Racing. 7. The San Diego Chargers.



Patricia Gennity conducts a Zoom yoga class

You Can Still Practice Yoga From Your Home

submitted by Arlene Dillon

As the islands started to shut down due to the pandemic, yogis were worried about how and where we could still practice together. Many of us have been going to yoga classes on the islands for years and although we don't always socialize together, we definitely missed our practice together. Lucky for us, our yoga instructor, Patricia Gennity, has figured out a way for all of us to once again enjoy our yoga practice as a group.

Gennity is offering several yoga sessions online through a Zoom class and it's been going extremely well these last couple of weeks. Gennity is a certified yoga instructor with over 20 years of experience, starting in New York, where

she had the privilege of being a student to many renowned teachers. She practices all styles of yoga including Hatha, Vinyasa, Ashtanga, Kundalini and Bikram which she incorporates into her teaching, and makes it easy for anyone to learn the many asanas (postures) because of her detail in alignment cues.

She has been teaching on the islands for eight years, at the Sanibel Recreation Center and The Sanctuary Golf Club. She offers classes for the beginner all the way up to the experienced practitioner as well as private one-on-one classes.

"During this time of coronavirus uncertainty and social distancing, it is vital that we try to keep some sense of our normal day-to-day activities. I was trying to continue my practice at home on my own, but it just wasn't the same," said island resident Ellen Mayeron. "I missed the camaraderie and energy you get with the other yogis in class. Even though I can't be with them physically, this gives us time together every day and I can't believe how

convenient and easy it is."

"The first thought was that I would do it on my own. Been there, done that. It does not work," said islander Visnja Gemicki. "I was thrilled to hear Patricia will continue her classes via Zoom. The setup was easy, there is help if you need it, and voila, we

are into our third week of home yoga on Zoom."

Gennity's Zoom classes are live six days a week and are offered for all levels. For more information, contact her at patriciagennity5@gmail.com or call 322-8693.✧

Beautifulife:

The Upside

by Kay Casperson



As we sit here in the midst of a crisis that can cause worry and disappointment, I am certain that there is light at the end of the tunnel. This light is what gives us a glimmer of hope for an

upside to the downside of any situation.

We need to keep in mind that there will always be downsides in life. From crises to an end of a chapter or relationship. From sickness to the loss of a loved one. From disappointment to dreams delayed. There will always be something that stops us in our tracks now and then, enough to take a look at what is real, what is lasting and what is meant to be.

These downsides are the juice that gives us the determination to keep going, knowing that the only way to go is up. Without loss and failure, how would we know and appreciate what we have, what we are working for and our successes?

Without crises and disappointment, how would we truly appreciate our surroundings and all that we are blessed with?

Can you really appreciate love if you have never been lonely? Can you really appreciate having money if you have never been broke? Can you really appreciate health if you have never been sick? The answer is, maybe, but I happen to believe that your appreciation is much bigger when you have experienced the other side of any situation.

Yes, there is definitely an upside to everything and I am hoping and praying for this one to show up soon in all of our lives. Maybe it will bring a new lesson, a new outlook, and a new way to move closer to living our most balanced and beautiful life.

My affirmation for you this week is:

"I am looking for the upside in my current situation and will learn and grow from all of life's important lessons."

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

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FRIDAY

Mostly Cloudy

High: 83 Low: 74



SATURDAY

Cloudy

High: 82 Low: 73



SUNDAY

Mostly Cloudy

High: 83 Low: 74



MONDAY

Cloudy

High: 82 Low: 73



TUESDAY

Mostly Cloudy

High: 83 Low: 74



WEDNESDAY

Few Showers

High: 81 Low: 72



THURSDAY

Mostly Cloudy

High: 78 Low: 69

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	12:23 pm	4:38 am	10:36 pm	4:46 pm
Sat	12:35 pm	5:19 am	11:40 pm	5:37 pm
Sun	12:47 pm	5:52 am	None	6:16 pm
Mon	12:32 am	6:19 am	12:58 pm	6:51 pm
Tue	1:17 am	6:42 am	1:07 pm	7:24 pm
Wed	1:58 am	7:01 am	1:18 pm	7:55 pm
Thu	2:38 am	7:17 am	1:33 pm	8:28 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	11:28 am	4:40 am	9:41 pm	4:48 pm
Sat	11:40 am	5:21 am	10:45 pm	5:39 pm
Sun	11:52 am	5:54 am	11:37 pm	6:18 pm
Mon	12:03 pm	6:21 am	None	6:53 pm
Tue	12:22 am	6:44 am	12:12 pm	7:26 pm
Wed	1:03 am	7:03 am	12:23 pm	7:57 pm
Thu	1:43 am	7:19 am	12:38 pm	8:30 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	12:16 pm	4:32 am	10:31 pm	4:44 pm
Sat	12:19 pm	5:19 am	11:29 pm	5:35 pm
Sun	12:32 pm	6:00 am	None	6:19 pm
Mon	12:12 am	6:35 am	12:50 pm	6:57 pm
Tue	12:49 am	7:06 am	1:10 pm	7:33 pm
Wed	1:22 am	7:33 am	1:27 pm	8:08 pm
Thu	1:56 am	7:56 am	1:39 pm	8:43 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	2:33 pm	7:54 am	None	8:02 pm
Sat	12:46 am	8:35 am	2:45 pm	8:53 pm
Sun	1:50 am	9:08 am	2:57 pm	9:32 pm
Mon	2:42 am	9:35 am	3:08 pm	10:07 pm
Tue	3:27 am	9:58 am	3:17 pm	10:40 pm
Wed	4:08 am	10:17 am	3:28 pm	11:11 pm
Thu	4:48 am	10:33 am	3:43 pm	11:44 pm

My Stars ★★★★★
FOR WEEK OF APRIL 20, 2020

Aries (March 21 to April 19) A problem in getting a workplace project up and moving might upset the Lamb, who likes things done on time. But be patient. The delay could turn out to be a blessing in disguise.

Taurus (April 20 to May 20) Your instincts are usually on the mark, so if you feel uneasy about being asked for advice on a certain matter, it's probably a good idea that you opt not to comply with the request.

Gemini (May 21 to June 20) You might have two minds about a proposed change (which often happens with the Twins), but once all the facts are in, you'll be able to make a definitive decision. Good luck.

Cancer (June 21 to July 22) The Crab's frugal aspect dominates, so while you might be reluctant to pay for technical repairs, the time you save in getting things back on track could be well worth the expense.

Leo (July 23 to August 22) While you Leos and Leonas continue to concentrate on doing well in your work-related ventures this week, consider reserving the weekend for sharing good times with family and friends.

Virgo (August 23 to September 22) This is a good week to take stock of the important personal, professional or familial relationships in your life and see where you might need to do some intense shoring up.

Libra (September 23 to October 22) Your sense of justice makes you the likely person to help deal with a work- or family-related grievance. But you need to have any doubts about anyone's true agenda resolved first.

Scorpio (October 23 to November

21) The Scorpio passion for getting things done right and on time might rankle some folks. Never mind them. Others will be impressed, and they're the ones you want in your corner.

Sagittarius (November 22 to December 21) Finances could be a mite tight this week. And, while things will ease up soon enough, you savvy Sagittarians will want to keep a prudent eye on your expenses at this time.

Capricorn (December 22 to January 19) Although a technical malfunction could cause a temporary delay in getting things up and running, you could use the time to recheck your operation and make changes where necessary.

Aquarius (January 20 to February 18) You might find it difficult to resist making a snap judgment about a colleague's behavior. But stick with your usual way of assessing situations and wait for the facts to come out.

Pisces (February 19 to March 20) Asking for help with a family situation might be the wisest course to take right now. Just be sure you turn to someone you can trust to do and say the right thing for the right reasons.

Born This Week: People see in you a born leader whom they can follow and put their trust in.

MOMENTS IN TIME

- On April 23, 1564, the great English dramatist and poet William Shakespeare is born in Stratford-upon-Avon, the son of a leather trader and the town bailiff. At age 18 he married Anne Hathaway, who was eight years his senior.
- On April 21, 1918, in the skies over France, Manfred von Richthofen, the notorious German flying ace known as "The Red Baron," is killed by Allied fire. Richthofen was the top ace on both

sides of the Western front, downing 80 enemy aircraft.

- On April 24, 1945, President Harry Truman learns the full details of the Manhattan Project, in which scientists are attempting to create the first atomic bomb. The project was so secret that the former vice president only learned of it after President Franklin Roosevelt's death.
- On April 26, 1954, the Salk polio vaccine field trials, involving 1.8 million children, begin in McLean, Virginia. A year later, researchers announced the vaccine was safe and effective, and it quickly became a standard part of childhood immunizations in America.
- On April 22, 1970, Earth Day, an event to increase public awareness of the world's environmental problems, is first celebrated in the U.S. Millions of Americans, including students from thousands of universities, participated in rallies, marches and educational programs.
- On April 20, 1980, the Castro regime announces that all Cubans wishing to emigrate to the U.S. are free to board boats at the port of Mariel west of Havana, launching the Mariel Boatlift. The first of 125,000 Cuban refugees from Mariel reached Florida the next day in about 1,700 boats, overwhelming the U.S. Coast Guard.
- On April 25, 1990, the crew of the U.S. space shuttle *Discovery* places the Hubble Space Telescope, a space-based observatory about the size of a bus, into a low orbit around Earth. The solar-powered telescope remains in operation to this day.

NOW HERE'S A TIP

- Spice racks can pull double duty on the walls by your vanity. They are the perfect size for toiletries and makeup

items. They also work very nicely for nail polish bottles.

- "To get the best reading on meat using a meat thermometer, try sticking it in from the side. It can go in further, and to me it feels like I get a better reading than poking it in all over a steak." ME in Florida
- Things you can freeze in small portions using an ice cube tray: tomato paste, coffee, coconut milk, broth or stock, wine, herbed butter or herbed olive oil.
- "If you have trouble holding your cat still to clip his claws, sneak up on him while he's asleep. You might only get a couple done before he catches on and wriggles away, but you'll get there." PL in Oklahoma City (This great tip works for babies, too. JoAnn)
- If you fill a flowerpot with clean sand, you can use it to store your garden hand tools. It looks cute, and they are accessible, too!
- "To get the dog to stop eating his food so fast, my daughter puts dry food in a silverware sorter – the plastic insert that holds cutlery in a drawer. Their dogs have to work at it, and it has helped them slow down so they don't get sick. She can just toss it in the dishwasher to clean, too!" UE in Ohio

STRANGE BUT TRUE

- Artist Salvador Dali had a unique way of occasionally avoiding the bill for drinks and meals – he would draw on the checks, making them priceless works of art and, therefore, uncashable.
- The governor of China's Hunan Province banned Lewis Carroll's *Alice in Wonderland* because he believed that animals should not be given the power to use the language of humans, and to put animals and humans on the same

continued on page 46



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dearRPharmacist

Skullcap Root For Immunity And Sleep



by Suzy Cohen, RPh

Dear Readers: Now is a good time to share what I know about a plant called *Scutellaria baicalensis*, which is available worldwide in a wide variety of supplements, tinctures and teas.

The common name is Chinese skullcap or Baikal skullcap.

You may not have heard of it until today, but this plant has grown on Earth for eons. It has well-documented medicinal actions on the body. It's a potent antioxidant, anti-viral and anti-inflammatory agent. Some of the compounds induce sleep. It's like a nightcap for your skull. That's an interesting side effect because it provides neuroprotective effects while you sleep, the time that the immune system renews itself. Mother Nature makes no mistakes.

Before I share information about this herb, I need to make one important distinction. There is an herb called American skullcap (*Scutellaria lateriflora*) and I am not discussing that one. Today, I am discussing *Scutellaria baicalensis*. This distinction is important because some of you are holding dietary supplements in your hand and reading the labels on them. So I want you to know which version I'm referring to here.

In 2019, extracts of Chinese skullcap were studied in both rodents and test tubes. It was shown to fight influenza virus A, which causes an upper respiratory illness. One of the root extracts called "baicalin" was extracted from Chinese skullcap and evaluated. Researchers concluded that it could inhibit H1N1 (swine flu pandemic) and H3N2 influenza viruses, at least in cell cultures.

This skullcap plant withstands very harsh climates. Thousands of years ago, doctors used various parts of the plant to heal people, without fully understanding the chemistry. Thanks to modern science, we now know how to extract the major biologically active constituents and study them in a lab, and on people. Look up three important active constituents in skullcap: Baicalin, wogonoside and baicalein wogonin. Wogonin was studied and found to help osteoarthritis by suppressing a cytokine, IL-1B.

In China, the herb is known as Huang-Qin and used for many ailments including diarrhea, hypertension, anxiety, insomnia, cancer, heart disease and respiratory infections. It's also a strong antioxidant so it can help neutralize free radicals.

In an article just published in the *International Journal of Biological Sciences*, skullcap was listed because it is part of a bigger formula found to be helpful with SARS-CoV-2 (also abbreviated as COVID-19). There is some evidence about its impact on lung health, allergies, bronchitis and influenza. It also has shown promise for multiple myeloma, asthma and heart disease.

Excessive amounts may harm the liver and is not recommended for women who are pregnant or nursing. Do not take or consume any new drug or natural medicine without your physician (practitioner) advising you. Finally, skullcap may slightly reduce blood sugar, and this effect may be enhanced if you take medications. Finally, American skullcap and Chinese skullcap are two different species with very different actions on the body. They are not interchangeable. The article that I've written today and the research I have cited is only about Chinese skullcap. If you'd like more information about immune system benefits that herbs can offer, sign up for my free newsletter at www.suzycohen.com, and I will send you a longer version of this article.

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: Are there ways to reduce stress and increase the brain's neuro circuitry to feel younger?

A: While stress adds to the aging process, there are ways to cultivate healthy living as you age to feel younger. The following tips will contribute to rebuilding the neural networks in the brain, also known as neuroplasticity.

1. Stay focused on the present. If you go too far out into the future, it can create anxiety. It's that fear of the loss of the known. Anxiety and stress contribute to the aging process.

2. Let go of annoyances. Tell yourself that it's not worth agonizing over. Often we fret over small things that add up. It's easy to make mountains out of mole holes.

3. Have a sense of humor and don't sweat the small stuff. Take time out from the seriousness of life and have fun. Laugh, watch comedy, take yourself to events that you enjoy and lighten up.

4. Practice extreme self-care. We tend to care for others and forget about caring for ourselves. Get a massage, treat yourself to a spa day, take a trip. Do what makes you feel cared for.

5. Practice daily gratitude. When you give gratitude you just feel good. You are more positive, and your health is better, and you sleep better.

6. Cultivate loving kindness and spread loving acts of kindness. It feels good to give. When you give, you have a greater satisfaction for yourself and for life.

7. Volunteer. When you are helping others, you are not self-absorbed and worrying about your own issues. It feels good to volunteer and help others whether it's helping at an event or walking a dog at the shelter.

8. Have a meditation practice. Whether it's for a few moments in the morning or in a yoga class, get in touch with the breath and it will help you remain calm and peaceful.

While these tips are just a few starters, you can begin with these and expand with things that you know you like and are healthy for you.

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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One Day At A Time



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

How are you doing out there? We know that these have been very trying times for everyone.

As we think about the impact this quarantine has had on each of us, we wanted to talk about some of the lessons learned through the process. Good things have happened as a result of the quarantine.

The main lesson that we have learned is that no matter how much we think we are in control, we are not. Right?

Therefore, focus on today. God will take care of tomorrow. He told us this in the Bible. Yet, we plan, we organize, we strategize, and we expect things to go as planned. We are planners too. We must be planners in order to be successful in business. We can't just sit back and hope everything works out.

However, we approach solutions to problems through our faith in God. From our perspective, when we choose to worry, we are removing God from the equation of our lives. We are placing our trust in ourselves to deal with the future the way we want it to go. We are, in essence, saying that our way of solving issues is better than God's way. And truly, we end up

missing the blessings of today because we are worried about tomorrow.

We do not know how long this quarantine will continue. We do know, however, that we are going to continue to trust God for amazing things. For example, many people are now disconnecting from their devices (thank you!) and actually talking to one another. They are spending time with their families and having meals, playing games and discovering new things together. Parents are discovering that teaching their children is hard work, growing their appreciation for the wonderful teachers out there. People are cooking meals (another thank you!) and experiencing the joys of cooking. We see more people appreciating the amazing gift we have been given to live in Southwest Florida by getting outside and taking walks, riding bikes, or catching a sunrise/sunset.

When this is all over (and it will be over), let's not forget the amazing things that we have learned! Let's live changed lives for the better.

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

From page 32

Alzheimer's

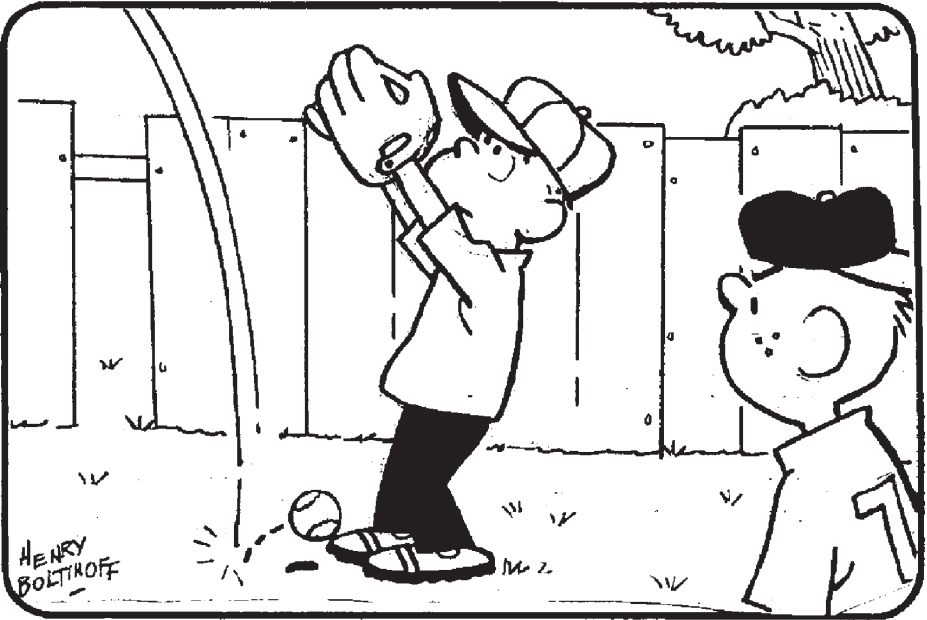
impossible – for those with late-stage dementia, and they may also need reminders to wash their hands as frequently and thoroughly as public health officials recommend.

For those battling Alzheimer's and their caregivers, the Alzheimer's Association 24/7 Helpline offers around-the-clock support. To join a dial-in support group or for more information, call 800-272-3900.*

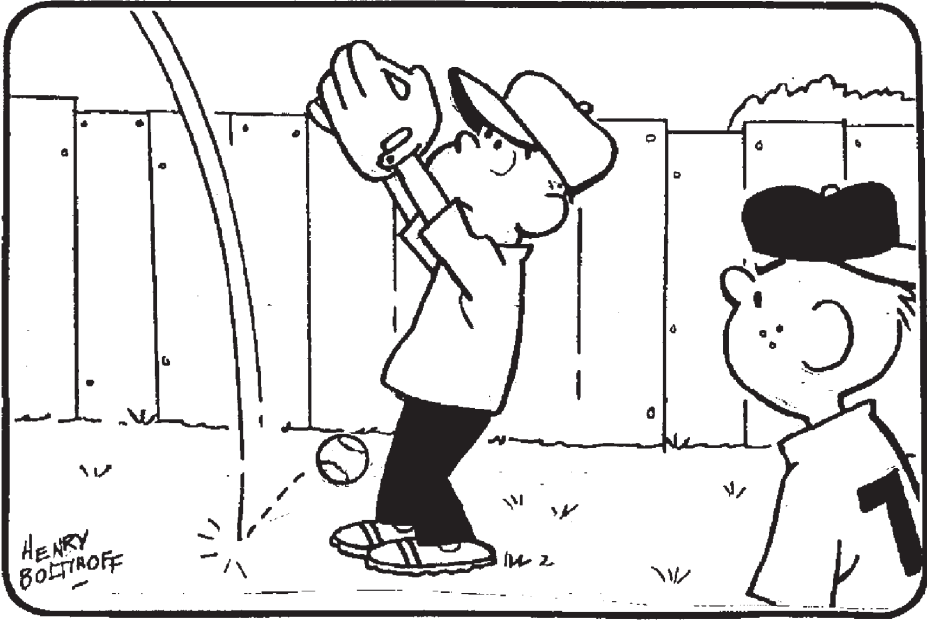
PUZZLES

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fence is mended. 2. Ball is higher. 3. Hat is different. 4. Shoes are different. 5. Tree is gone. 6. Seven is black.

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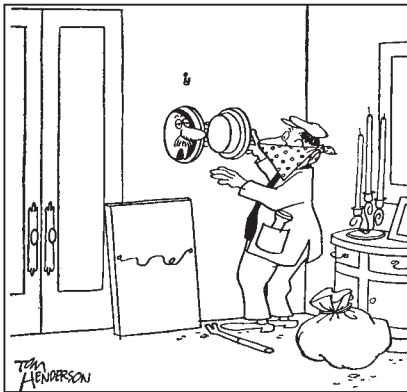
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PUZZLES

Answers on pages 46 and 47



"I'm afraid you're in for a rather
bitter _____!"

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Ripen
RUMATE _____

Chance
FEAT _____

Widen
TILDAE _____

Span
CHEAR _____

TODAY'S WORD

SUDOKU

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

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.



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City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
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Center 4 Life - Senior Center	472-5743
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Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
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Sanibel-Captiva Art League	sancapart.org
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
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Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS - Protection of Animal Welfare Society	472-4823
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PUZZLES

Answers on page 47

MIXED BLESSING
Super Crossword

- ACROSS**
- 1 Emmy, e.g.
6 Explorer — Polo
11 Milne's bear
15 Hospital VIPs
19 Spanish man
20 It's made of milk, flour and butter
22 Sharing the secret of
23 "The Matrix" star Reeves
24 Unit equal to 0.338 fluid ounce
25 Knock off
26 Stage muggers
28 Beating the former best
30 4x4, briefly
32 Lousy
34 Ian Fleming's alma mater
35 Jaded
36 Online comparison shopping site
42 More nasty
43 Dance in Rio
44 Has a bawl
45 Prenatal chambers
47 Locker, e.g.
54 U.S. enlistees
- 57 Arrest, as a perp
58 Tiddlywink or Frisbee
59 How- — (DIYers' books)
60 Jurist Scalia
63 Novelist Graham
66 Camphor or fructose
69 Need-for-speed adage adapted from the Bible
72 Road salt
73 "It's about time!"
74 Separates after a multiplayer tackle
75 Edifice extension
76 Debate side — Khan (Islamic imam)
78 Wide shoe spec
79 Building up to the loudest point
88 Parliament's House of —
89 "With a Little — Luck"
90 Piece-of-cake class
- 94 Fold, spindle or mutilate
97 Bottle near a salad bowl
99 Smell
100 Cannonballs and such
103 Pro-learning union: Abbr.
104 Healthful getaway
105 Backlash
111 Banks of modeling
113 Catch with one's ears
114 "Viva Las Vegas" co-star
116 Ancient Greek colony
119 — Stanley Gardner
120 Not trued up
121 Kids' caretaker
122 Changed the color of
123 Favorable votes
124 Actor Mike
125 Meal blessing that's "mixed" and hidden in seven answers in this puzzle
- 2 Itsy-bitsy
3 Disneyland's city
4 Barrett of gossip
5 Snare sound
6 DC doubled
7 Warlike deity
8 Thinker
9 Carrie Chapman —
10 Drop
11 Latex, e.g.
12 Money spent
13 Sailor's site
14 German man
15 Deny
16 Borrowed
17 Not smooth
18 — of Berlin (snack brand)
21 More crafty
27 Get less taut
29 Late film critic Roger
30 Happy times
31 — -la-la
33 Sitcom psychiatrist
37 "2 Broke Girls" ailer
38 Steed breed
39 Sizable
40 Comb insect
41 Key near F1
42 Sea, to Gigi
- 45 Flustered
46 Tic-toe link
48 Chilling, as champagne
49 Playwright Clifford
50 City in North Dakota
51 Star, in Nice
52 Having no service charge — fly (African pest)
54 Congregate
55 Gobble down
56 — Artois
61 "... — will!" (threat ender)
62 — Geo Wild
63 Must, slangily
64 Holy artifact
65 José's "that"
66 "— & Kel" (teen show)
67 Psychic skill
68 Prefix with light
70 Turf groups
71 Real aficionado
76 So-so link
77 Slip — (mess up)
80 Made a racket
81 Hulk of a wrestler?
- 82 Furiousness
83 Slugging stat
84 Essen "a"
85 Enhaloe Fr. lady
86 Deteriorating
87 Paddled tool
91 Girl told not to cry in song
92 "Uh-huh"
93 "I'm — loss for words"
94 Ran quickly
95 Carotid, e.g.
96 A pep talk may boost it
97 Outspoken
98 Receiving a pension: Abbr.
100 Golf's Palmer, to pals
101 High-IQ crew
102 The — & the Papas
106 Like venison
107 Quick haircut
108 Punker Pop
109 Alençon's department
110 At no time, in verse
112 Mimic a tiger
115 Saints' stats
117 Yellow pages abbr.
118 Favorable vote

1	2	3	4	5		6	7	8	9	10		11	12	13	14		15	16	17	18	
19						20					21						22				
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105						106					107	108	109	110		111		112			
113						114									115		116			117	118
119						120											121				
122						123					124						125				

King Crossword

- ACROSS**
- 1 Radius neighbor
5 Letterman's network
8 Atlantic food fish
12 Public disturbance
13 Have a bug
14 Dumbo's "wings"
15 Pace
16 Also
17 Greek vowels
18 Proofreader's finds
20 Lava rock
22 Army rank (Abbr.)
23 Cul-de- —
24 Make fun of
27 Small caterpillar
32 Literary collection
33 Actress
34 Cattle call
35 Braised beef
38 Help in crime
39 Swiss river
40 Spring mo.
42 Walk quietly
45 Lengthy list
49 Defeat decisively
50 Bashful
52 Pelvic bones
- 53 " — do for now"
54 Not neg.
55 Punch
56 Partner
57 Nevertheless
58 Golf gadgets
- DOWN**
- 1 Incite
2 Taleteller
3 Bleak, in Hollywood
4 Assault
5 California island
6 Resume
- 7 Unkempt one
8 Playground favorite
9 Subterranean passage
10 Caspian feeder
11 "Hey, you!"
19 Gift-tag word
21 Baseball bat wood
24 Treasure hunter's aid
25 Yoko of music
26 Grenade hurler
28 Serbian city
- 29 Stimulus of a kind
30 Fish eggs
31 Witticism
36 Baby's toy
37 Acapulco gold
38 Sculptor, e.g.
41 "Life of —" (2012 movie)
42 Decorate
43 Tittle
44 Catch sight of
46 Lotion additive
47 Pleasing
48 Tibetan herd
51 Weeding tool

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: GROUND AND SIFTED WHEAT

- | | | | |
|------------|-----------|---------|-------|
| Bread | Displays | Milk | Pies |
| Cakes | Doughnuts | Mixers | Sugar |
| Cookies | Eggs | Muffins | Yeast |
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Pollinators In The Sea

submitted by Sam Lucas,
Sanibel Sea School

Did you know that there are flowers beneath the sea? Seagrasses are flowering plants that are adapted to live fully submerged on muddy or sandy bottom habitats off sheltered waters.

Seagrasses are considered to be one of the most productive communities in the ocean. Their blades increase the surface area in the habitat and are often laden with epiphytes such as algae, anemones, sponges and bryozoans.

Just like the grass in your backyard, seagrasses disperse pollen to sexually reproduce. Male seagrass flowers release pollen from structures known as stamens into the water. The pollen gets carried through the ocean by currents and tides, landing on the pistil of the female flower, where fertilization then takes place.

Seagrasses produce the longest pollen grains on the planet. They can be up to 5mm long, while terrestrial plant pollen grains are typically less than 0.1mm long.

It was discovered that turtle grass, *Thalassia testudinum*, can be pollinated by small marine invertebrates. The marine invertebrates, primarily amphipods and polychaetes, feed on the pollen of seagrasses and transfer it between flowers



Amphipod on a seagrass flower
photo provided

the same way that bees and animals pollinate plants on land.

These “bees of the sea” are believed to be attracted to the seagrass’s mucilage. Mucilage is a nutritious, carbohydrate-rich fluid that contains pollen. It is extremely gooey and gets stuck to the invertebrates as they feed. The pollen grains are then transferred with the animal as it moves from seagrass flower to seagrass flower, benefiting both the plant and the animal.

The next time you find yourself near a bed of seagrass, take a moment to appreciate all that is happening beneath your feet (or boat).
Part of the Sanibel-Captiva Conservation Foundation (SCCF) family, Sanibel Sea School’s mission is to improve the ocean’s future, one person at a time.✧

From page 38

Strange But True

level would be “disastrous.”

- When the ancient Greeks staged plays, their costumes enabled audiences to identify characters. Tragic actors wore raised platform shoes called buskins to symbolize their superiority over comic actors, who would wear plain socks.

- A researcher in Madagascar was so interested in sand flea development that she let one of the bugs live inside her foot for two months.

- George Washington died after his doctors removed 40 percent of his blood (80 ounces) over a 12-hour period to cure a throat infection. While critics have claimed for decades that he was bled to death, the exact cause of his demise is still debated among scholars.

- The longest time between the births of twin siblings is 87 days. Amy Ann Elliot debuted prematurely on June 1, 2012, and Kate Marie Elliot followed on August 27, at Waterford Regional Hospital in County Waterford, Ireland.

- When the mummy of Ramses II was sent to France in the mid-1970s, it was issued a passport. Ramses’ occupation? “King (deceased)”.

- In the early stage version of *The Wizard of Oz*, Dorothy’s faithful companion, Toto, was replaced by a cow named Imogene.

- Enjoy looking after kids? Consider attending Kentucky’s Sullivan University, where you can major in nannying.

THOUGHT FOR THE DAY

“Love is much like a wild rose, beautiful and calm, but willing to draw blood in its defense.” – Mark Overby

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3/27 ★ 4/17

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

Landing 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 quickly.

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.

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