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VOL. 27, NO. 44 **SANIBEL & CAPTIVA ISLANDS, FLORIDA** MAY 1, 2020
MAY SUNRISE/SUNSET: 1 6:51 • 8:00 2 6:50 • 8:01 3 6:49 • 8:01 4 6:48 • 8:02 5 6:48 • 8:03 6 6:47 • 8:03 7 6:56 • 8:04



A scene from the video image provided

City Releases
Animated Video

The City of Sanibel, in partnership with the Sanibel-Captiva Conservation Foundation, “Ding” Darling Wildlife Society and

Sanibel-Captiva Audubon Society, has released an animated shorebird conservation video. This short, educational video highlights the threats Sanibel shorebirds face every day and showcases simple ways Sanibel residents and visitors can be good neighbors to continued on page 3

Exploring Backyard Wildlife



A bird feeder can be easily made from natural materials to entice birds to your backyard photo provided

submitted by Nicole Finnicum
The fourth week of Nature Near You, Sanibel Sea School’s e-newsletter, included a week-long unit on backyard wildlife. Through emails delivered at 9 a.m. on

Monday, Wednesday and Friday, Nature Near You participants learned how to encourage birds, butterflies and bees to their backyards through simple, at-home projects. On Monday, Kealy McNeal, marine continued on page 15



Drone shot of Blind Pass photo by Nick Adams

Photographer
Shares Unique
View Of Islands

by Kathy Kurtz Ferrari
Imagine what it must be like to be a bird, to glide and soar in the sky while looking down on our beautiful islands. It’s a view of which most of us can only dream. Sanibel business owner and professional photographer Nick Adams knows what it’s like, and he’s sharing the view with others,

just when we could all use a little diversion. Adams has been shooting and posting breathtaking videos on Facebook which capture this unprecedented time of isolation on Sanibel and Captiva. Most of the footage has been shot by drone, which Adams ordinarily uses for commercial photography like large construction projects or real estate brochures as part of his business, Nick Adams Photography. But seizing a rare opportunity, and with extra time on his hands, Adams decided to use his equipment to document the impact restrictions due to the COVID-19



Lori Adams releases the drone as Nick Adams pilots the controls to record a video segment over area waters photo provided

pandemic have had on the islands. Dramatic footage reveals stretches of pristine, empty beaches and nearly deserted roadways rarely seen in modern times. “We thought it would be a shame not to get the opportunity to get some amazing footage with the beaches the way they are,” Adams explained by phone after a recent day of shooting. Over the past month or so, he and his wife Lori have teamed up to shoot footage

around Sanibel and Captiva six days a week. Every day, a new video is posted on Adams’ Facebook page. Shooting some of the video has been a bit of a challenge, as Adams has to be within sight of the drone, which is controlled by two joysticks and a video screen. Because beach parking areas have been closed, Adams has to travel mostly by bicycle, with Lori following in the car. Adams also shoots video while piloting continued on page 2



Kealy McNeal at the Captiva nest site

photo provided

Sea Turtle Season Off To Great Start

Sanibel-Captiva Conservation Foundation (SCCF) reported that there are now three sea turtle nests on the beaches, with one loggerhead (*Caretta caretta*) nest on both Sanibel and Captiva and a rare leatherback (*Dermochelys coriacea*) nest on Sanibel as well.

“The gulf water is pretty warm so that may be leading to an early nesting season,” said SCCF Coastal Wildlife

Director Kelly Sloan, adding that beaches are generally emptier of people due to the closings of county and city beach parking lots.

However, many boats are anchoring off Sanibel and people are coming ashore.

“We want to remind boaters and beachgoers to be mindful of near-shore sea turtles and to keep our beaches clear of litter for our sea turtles,” said Sloan.

With the first loggerhead nest on April 8, the 2020 sea turtle season has broken the record for earliest nesting. The earliest nest prior to one this year

on April 8 was a Kemp’s ridley nest on April 16, 2018. The earliest for loggerheads, which is the most common species, was on April 20, 2012 on Captiva.

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

From page 1

Photographer

a paramotor, which is sort of a motorized hang glider, as well as from his boat.

“I have definitely improved on drone flying. The drones are amazing. They’re easy to fly but they’re hard to fly smoothly, so practicing as much as I have has been a big help,” he said.

The resulting video is crystal clear and high quality. Lori writes up accompanying dialogue for the footage, researching local history books and the Internet. Adams, who is a native of England, narrates the vignettes in his soothing British accent.

“We basically record the audio at home, actually in a closet. We had a sound booth set up with light stands and blankets over it in the front room and that looked a complete mess. So now I just put audio recording stuff in my closet surrounded by my clothing. It helps dampen the echo,” he said with a chuckle.

The resulting video posts are sleek and impressive, usually running a little over two minutes long. “They’re easily digestible,” Adams said, noting longer

videos are posted on YouTube. They have also been shared on several other Facebook pages.

Adams, whose work usually centers on family portrait photography, does not intend to make any money from the project.

“Who knows what happens later on down the road, but that was never the intention,” he said, adding they are enjoying learning more about the islands, and letting others travel here vicariously. “It’s just the intention to share a bit of goodwill and love during this time.”

Adams said he has received wonderful comments sent to him privately from people around the world who are appreciating the videos, including from an emergency room worker in New York, who said the videos cheer her up after a long day at work.

“It’s been amazing,” Adams said.

The couple plans to do as many segments as possible while they have this idle time. But of course, they are hopeful things will get back to normal and the photography business gets busy once again.

“It’s been a fascinating experience for us,” Adams said. “We’ve learned a ton about the island. We love Sanibel, so it’s been quite a joy to find out different things about Sanibel and Captiva that we didn’t even know.”

To see Adams’ video posts, search for him on Facebook or visit www.youtube.com/c/NickAdamsPhotography.*

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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.



Sanibel Historical Museum And Village

Looking Back: Post Office

The photo at right shows the first independently standing post office on Sanibel after several were home-based. This building was built after the storm of 1926. Salvaged lumber from the Reed homestead was used to for its construction. The post office was moved to the Sanibel Historical Village in 1993.



Post office in the (very) old days

photo courtesy
Sanibel Historical Museum and 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.✱

County Opens Beach Access Points And Parks

Lee County has reopened parks and preserves including all beaches and beach access points, parking lots and free-standing bathrooms with regular hours, effective April 29. Staff will be on site to help encourage CDC guidelines, including social distancing.

This move, approved at an emergency Board of County Commissioners meeting on Tuesday, is part of the county's phased-in approach for residents while still observing the governor's executive order. Commissioners offered guidelines and stressed it is imperative that residents remain vigilant to continue to mitigate the spread of COVID-19.

The county beach sites include: Bonita Beach Park; Bowditch Point Park; Bowman's Beach Park; Causeway Islands; Crescent Beach Family Park; Little Hickory Island Beach Park; Lynn Hall Memorial Beach Park; San Carlos/Bunche Beach Preserve; Turner Beach Park; Alison Hagerup Beach Park; Andy Rosse Lane Park; Boca Grande Beach accesses; Bonita Beach accesses; Dog Beach Park; and Estero Islands Beach accesses.

All parking fees go back into effect under this reopening to help with congestion and turnover that occurs at high-use park sites with parking fees. Staff are assigned to clean parking pay machines.

Normal operating hours at all parks, preserves and beach access sites will be observed. The Lee County Sheriff's Office will assist with monitoring and educating the public at county beaches.✱

From page 1

Animated Video

shorebirds and other coastal wildlife.

Visit <https://www.youtube.com/watch?v=eS6EWByVphs&feature=youtu.be> to watch the video.

Here are some guidelines on how you can share the shore with Sanibel's shorebirds:

Give wildlife space. Stay out of posted nesting areas and keep your distance from nesting shorebirds and other wildlife areas. Fly kites away from posted areas.

Keep your dog on a leash and away from posted nesting areas. Unleashed dogs may cause harm to vulnerable shorebird chicks. All dogs on the beach must be on a leash no longer than eight feet in length.

Never chase wildlife. Forcing birds to fly wastes precious energy reserves needed for nesting and migration. Flushing birds may also lead to nest abandonment and leave eggs and nestlings vulnerable to predators and the hot Florida sun.

Do not feed wildlife. Food scraps attract predators such as crows and gulls to the area, which prey on shorebirds and their hatchlings.

Secure trash that may injure or entrap wildlife.

Remove all beach furniture and equipment from the beach by 9 p.m. to avoid nesting obstacles or wildlife entrapments.

Fill holes/level sandcastles after your beach day. Flightless chicks and sea turtle hatchlings and may fall into holes and become trapped.

Leave the wrack line undisturbed to provide shorebirds food and critical habitat.

Keep off the dune vegetation. Beach vegetation protects wildlife and their homes from coastal erosion.

Teach visitors, neighbors and children these conservation tips.

Violations of wildlife ordinances may be subject to city, state and/or federal fines and penalties. Violations should be reported immediately to the Sanibel Police Department at 472-3111.

Snowy plovers are a state-listed "threatened" species that nest on Sanibel beaches every year. Nesting season runs from February to August. If you have any questions, email City of Sanibel Conservation Officer Veronica Runge at veronica.runge@mysanibel.com.✱



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Earth Day Celebration

by Kathy Kurtz Ferrari

Religious organizations on Sanibel and Captiva, as well as on other barrier islands, held simultaneous observances at 6 p.m. on April 22 in honor of the 50th anniversary of Earth Day. The events were organized by Together – A Way Forward, a collaboration of six religious organizations on Sanibel and Captiva, to bring awareness to protecting the Earth.

A large celebration was to have taken place with a gathering of congregations on the causeway islands that day, but due to the pandemic, alternative events were held in various locations. Readings of inspiration were presented at sites on Captiva and Sanibel, as well as on North Captiva, Useppa Island and Cabbage Key.

At Captiva Chapel by the Sea, Chip Roach, vice president of the chapel's board of associates, read a passage before he and his wife Nancy rang the chapel bell 50 times to mark the occasion. In attendance were the chapel's minister, the Rev. Larry Marshall and his wife Rosemary, as well as four other members of the congregation.

Details on other observances will be featured in future issues of the *Island Sun*.✧



Nancy and Chip Roach ring the bell at Captiva Chapel by the Sea photo by Kathy Kurtz Ferrari

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.

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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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How FISH Of SanCap Helps Island Neighbors

FISH of SanCap realizes the life challenges of the COVID-19 pandemic and the impact on families. As a social services agency that serves the community, FISH has provided a brief update on how it is supporting island neighbors.



"Over the last several years, our islands have seen crises of all kinds, so FISH has become adept at shifting to address situations as they come. FISH is always here for those in need, but during a crisis, we see many clients who have never needed assistance or only come during extreme events such as hurricanes or now, COVID," said Alicia Tighe, FISH executive director. "We want everyone to know that we're here with resources available to help you meet your basic needs, as well as those of your family. To increase awareness, we are using any and all platforms to inform the community that if they are in need, we're here to serve."

George, whose name has been changed for client privacy, is one of those types of FISH clients. George has only needed assistance at one other point in almost 20 years on Sanibel. Until recently, he was working steadily at an island

restaurant, since the early 2000s, but the COVID-19 health crisis has caused him to reach out for a helping hand.

Here is George's story:
"My name is George, and I've been an island resident and server in a local restaurant for many years. I live alone in a small, one bedroom apartment and rely on my bicycle for transportation. I'm a hard worker, sometimes holding more than one job to make ends meet. With only a couple of friends and no family close by, I spend most of my time at work – I'm always happy to take an extra shift or two.

"I first came to FISH for help when I was diagnosed with cancer. I didn't have anyone else to rely on and they helped me out with transportation to my chemo and doctors appointments, meals, and medical expenses and supplies. When I was well enough, I began to use the food pantry until I was working full-time again.

"Everything was going great, with a few bumps here and there, until the health crisis. When restrictions were placed on restaurants, the restaurant where I worked closed down except for take-out, so they didn't need servers. With no savings, no job and a stack of bills, I reached out to FISH again. FISH explained that they could help with my rent and utility payments, and reminded me that the food pantry was still up and running for any of my food needs.

"The support from FISH has kept me hopeful that everything will be okay and I can ride this storm out like I have before. I'm not sure when my restaurant will reopen, and I'm looking for other ways to make money until this crisis is over. I don't

know what I would do without the love and support from the team at FISH."

Due to ongoing construction, the FISH Walk-In Center and Food Pantry hours during part of May have been altered to Saturday through Wednesday from 10 a.m. to 4 p.m. (closed Thursday and Friday). If you have any questions or concerns, or if you need assistance, contact Alicia Tighe at 472-0404 or alicia@fishofsancap.org.✱

Green Iguana Removal Program Suspended

Due to budget cuts associated with the COVID-19 pandemic, the City of Sanibel is suspending its green iguana trapping services until further notice. The option for Sanibel property owners to hire nuisance wildlife trappers directly to remove green iguanas from their property remains an option.

Green iguana sightings should no longer be reported to the city, however, if you suspect you have seen a Nile monitor lizard or a spiny-tailed iguana, contact the Sanibel Police Department at 472-3111. Unlike the common green iguana, which is primarily an herbivore that feeds on exotic flowers, Nile monitor lizards and spiny-tailed iguanas are omnivorous predators, known to feed on a variety of food sources including bird and turtle eggs, and may occupy burrows of other species (such

as the gopher tortoise). Although neither is currently documented on Sanibel, a reproducing population of Nile monitors or spiny-tailed iguanas could have very serious impacts on a number of the island's native wildlife species.

If you are having problems with green iguanas on your property, visit the following websites to view guidelines from the Florida Fish and Wildlife Conservation Commission (FWC) on iguana prevention, exclusion, deterrents, habitat modification and capture:

FWC Technical Assistance for Homeowners – <https://myfwc.com/media/3092/iguanatechnicalassistance.pdf>.

FWC Iguana Posters – <https://myfwc.com/media/17472/iguanaposters.pdf>.

FWC Iguanas in Florida brochure – <https://myfwc.com/media/3090/iguanabrochure.pdf>.

In accordance with FWC and state wildlife laws, the city recommends that interested property owners hire a nuisance wildlife trapper for assistance with trapping and killing iguanas on their private property. FWC does not license nuisance wildlife trappers, but does allow them to register/advertise on the FWC website. All nuisance wildlife trappers are required to follow all applicable rules and regulations concerning nuisance wildlife removal. All contractors working on Sanibel are required to have a Sanibel business tax receipt or registration, as applicable.

If you have any questions, email holly.milbrandt@mysanibel.com. In any life-threatening emergency, dial 911.✱

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Plant Smart

Narrowleaf Blue-Eyed Grass

by Gerri Reaves

Narrowleaf blue-eyed grass (*Sisyrinchium angustifolium*) is a clump-forming perennial and a member of the iris family. It is native not only to Florida but to the entire eastern half of the U.S. and Canada.

In the wild, it grows in wet woods, fields, pinelands, roadsides and ditches.

This short-lived flower grows up to a couple of feet tall, with stiff flattened stems and narrowly grass-like leaves that grow in a fan shape.

The showy purple, blue or violet flowers appear singly and measure about three-quarters of an inch across with yellow centers. What appear to be six petals are actually three petals and three sepals.

Occasionally, flowers are white.

The long points on the petals and the leaves give the wildflower another common name, pointed blue-eyed grass.

It blooms spring through summer. When not in bloom, the plant is commonly mistaken for lawn grass.

Use it as a groundcover or border. Give it a moist area in full sun. It is not salt tolerant.

Tiny round green seed pods turn brown when mature.

Propagate it with the seeds or by dividing the clumps.

The plant has several uses in



Native narrowleaf blue-eyed grass' flowers are purple, blue or violet, and sometimes white
 photo by Gerri Reaves

traditional medicine.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by

Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, www.floridata.com, www.fnps.org, and www.wildflower.org.

*Plant Smart explores the diverse flora of South Florida.**

Work Has Begun On Everglades Reservoir Project

The City of Sanibel received notice last week that work has begun on the Everglades Agriculture Area (EAA) Reservoir Project. The funding and construction of this critically important capital project has been a top priority for the Sanibel city government as well as the citizens of the community. The EAA reduces harmful discharges to the Caloosahatchee and St. Lucie estuaries and sends more clean water south to the Everglades.

After receiving the permit from the U.S. Army Corps of Engineers on April 17, the South Florida Water Management District (SFWMD) mobilized and commenced construction of the 6,500-acre water treatment component of the EAA Reservoir project, known as the Stormwater Treatment Area (STA) on April 20.

Visit <https://www.youtube.com/watch?v=42beO8MSVi8&feature=youtu.be> to view video of the commencement of the EAA construction project.

For more details on the City of Sanibel water quality goals and priorities, visit http://www.mysanibel.com/Departments/Natural-Resources/Protecting-Our-Water-Quality/Sanibel-H2O-Matters.*



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From The Pen Of 'Ding' Darling

As “Ding” Darling prepares for its 9th annual “Ding” Darling & Doc Ford’s Tarpon Tournament this week, it revisits a 1937 cartoon by its namesake, Jay Norwood “Ding” Darling titled “Evidently those little Washington fish don’t even give him a workout.” Having nothing to do with tarpon fishing, the cartoon, in typical Darling style, used a wildlife creature as a metaphor for political transgressions. Here, he lampoons President Franklin Roosevelt. It reads, “57 Senate votes hooked, gaffed and on ice for packing the Supreme Court before he started to fish.”

Irrigation Restrictions For Lee County

The South Florida Water Management District has issued a countywide mandatory water restriction order which requires residents to irrigate once a week. Guidelines are as follows:

Residents are encouraged to continue frequent hand washing. Frequent hand washing uses very little water. There are no restrictions on water use to respond to

In partnership with the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), the *Island Sun* is celebrating the 75th anniversary of the JN “Ding” Darling National Wildlife Refuge by publishing some of Darling’s editorial cartoons.

Through December 1, 2020, the refuge's official anniversary, this newspaper is running a monthly historical editorial cartoon penned by Jay Norwood "Ding" Darling, who twice won the Pulitzer Prize for his thousands of cartoons that appeared in *The Des Moines Register* in the early 1900s, syndicated in 150 dailies across the country.

To learn more about Darling, his work and his legacy, watch future *Island Sun* issues. For more information about the refuge's 75th anniversary celebration, visit www.ding75.org. ❄

COVID-19.

Use of reclaimed water is not restricted.
All landscape irrigation is prohibited
between the hours of 9 a.m. and 5 p.m.
daily to reduce evaporation.

Even-numbered property addresses may irrigate on Sundays only.

Odd-numbered addresses may irrigate on Wednesdays only.

Visit <https://www.sfwmd.gov/content/lee-county-irrigation-restrictions> to access the full document.

For more information, visit www.SFWMD.gov/conserve, email shortage@sfwmd.gov or call 1-800-662-8876 (ext. 9).

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City Delays Decision On Opening Island

by Wendy McMullen

Sanibel City Council discussed the delicate balance between economic and human health at an emergency meeting on April 27, which was called to discuss if, when and how to reopen businesses and facilities on the island.

The ultimate resolution was to delay any decision until after the state and county have outlined their policies on opening business and beaches and to hold another emergency meeting on April 29.

It was Councilwoman Holly Smith who called for the emergency meeting on April 27 in order to discuss a plan for possibly extending existing rules on the island in advance of the state governor lifting many of the restrictions later in the week.

“We can’t anticipate what the governor is going to do,” said Smith. “But if we don’t have a plan, we’re planning to fail,” adding that the council had to think about people working, people with reservations in hotels and other accommodations, and the risks involved in opening up high exposure food service and accommodations businesses.

“Accommodations is one of the highest risk factors for contact in the state,” she said, noting that Sanibel by definition is a tourist destination.

“We have to think about the people who are going to be working. We have to think about the people who are going to have to make those calls if we make that choice to extend,” she said.

“We’re the ones that make this policy even with what the governor’s coming down with, we still have to make sure we’re implementing what is best for Sanibel.”

Most of the public comment read at the meeting was with Smith and in favor of keeping some or all of the current restrictions in place.

“The residents on Sanibel deserve to be protected. Letting tourists back on

the island is negligent to its citizens,” wrote resident Holly Goldsmith. “Please continue to restrict accommodations. Livelihoods don’t matter if you don’t have a life.”

Fear of the virus and its impact if the island were to reopen dominated the messages.

“We are a getaway destination and have a lot of transient visitors. As soon as we open the island I think we will see a lot of people from Miami, Dade and Tampa coming our way,” one writer commented. Broward, Dade and Palm Beach counties on Florida’s southeast coast account for 58 percent of the coronavirus cases in Florida.

“Sanibel is unique in that most of our workers reside off island. Many more may be affected than have been tested,” wrote resident Jen Scuteri. “I recognize the struggles of our local businesses, but if Sanibel has a major outbreak this will become headline news with the result that local businesses will suffer more in the long run.”

Mayor Kevin Ruane took a different tack, noting that he speaks to the governor’s office and the mayors around the area daily and that all the statistics they had looked at showed the trend flattening.

“I didn’t see a policy decision that was necessary for the need to call this meeting,” he said, noting that Florida Gov. Ron DeSantis will supply guidelines for that reopening within the next 24 to 48 hours and advocating that no decisions be made until after the council knew what the state and county guidelines are.

“I think we’re way beyond overreach for the constitution now,” he said, adding that there is not a mayor he has spoken to who does not feel the same.

“We want to make the decision as a county,” he continued, referring to his conversations with the other mayors in Lee County. “To be on an island is to be by ourselves but I don’t know what the repercussions will be if we act by ourselves.”

Ruane pointed out that one effect might be the difficulty of getting Lee County Tourist Development Council funds if the beach parking is closed. Only 42 percent of Sanibel’s revenue comes from ad valorem property taxes.

A large percentage of the other revenue comes from retail and gas sales, bed taxes, beach parking and Sanibel’s share of revenue from the causeway tolls. The city projects a cash shortfall of nearly \$600,000 because of the closure of beach parking lots in March and April.

“When people get into lives and money, I don’t think one really trumps the other. They go hand in hand,” Ruane said, predicting that many of the people who now want the island closed are going to be complaining if taxes double next year.

Ruane had support among the emails to the city read in public comment at the meeting.

“It’s time to open the retail businesses on the island before they go out of business,” commented David Williams. “This is not a communist or socialist country. It’s time for this overreacting madness to end.”

“Now’s the time to consider the effect of this on local businesses,” suggested Stacey Pezzino. “Summer’s coming and they have lost most if not all of their business during the busiest time of the year.”

“My heart goes out to the stores, salons, restaurants, fishing guides and other businesses who may have a difficult time staying in business after this downturn,” she continued, requesting that the city council be bold and fearless and give those who are young and healthy a chance to resume their lives in a way that will continue to protect the old and vulnerable in the city.

“How can you make decisions that go against the governor?” asked former council member and Periwinkle Park owner Jerry Muench. “If we don’t work together, it’s not going to work.”

Vice Mayor Mick Denham moved that the city council wait to make any decisions until after Gov. DeSantis and the Lee County Commission have made their guidelines public.

“If we don’t agree with those decisions, we can make the appropriate decisions for our citizens,” he suggested.

Denham’s motion was approved 4 to 1 with Smith opposing.

Anyone wishing to comment should email the city clerk, Pamela Smith, at

smith@mysanibel.com. City Manager Judie Zimomra said that emails sent to individual city council members will not be forwarded for public comment.

On April 28, Mayor Kevin Ruane extended the declared state of emergency originally declared in response to COVID-19 through May 5, unless further extended.✪

Help For Residents Plagued By Mosquitos

by Wendy McMullen

The mosquito trucks were out in force on Sanibel last weekend spraying against mosquitos that may well invade the island after the heavy rains on Saturday and Sunday.

May is the month that introduces the dreaded mosquito plague to the island. But Lee County Mosquito Control District (LCMCD) can provide relief. Residents experiencing high numbers of mosquitos can call LCMCD and they will send someone out to check and, if necessary, spray the area from a van with a spray fixture attached to the back or a large cone shaped sprayer on top.

This service is in addition to the regular spraying from helicopters and is particularly valuable in communities bordering conservation areas where LCMCD cannot spray.

The World Health Organization reports that there is no evidence to suggest that the new coronavirus could be transmitted by mosquitoes since it is a respiratory virus and spreads primarily through droplets generated when an infected person coughs or sneezes.

“Mosquito Season” typically runs from May through October and mosquito activity increases with rain, particularly after heavy rains that produce large areas of standing water. Due to the abundance of mangroves, wetlands and salt marshes, Sanibel is a prime breeding ground for mosquitoes.

Residents can make a service request by contacting the LCMCD directly at 694-2174 or contacting them on their website at www.lcmcd.com.✪

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We the People

Together we will emerge stronger than before

Every day I find myself asking: Where is the balance in the media coverage of the pandemic, as its path across the country continues? How do we keep a clear head when bombarded with panic-inducing news reports and devastating stories about the helplessness of people? And what will our nation look like when this passes?

Although some may try to use the crisis to their advantage at the expense of others, most people are focused on the health and safety of their family and friends, and what is happening within their communities. People are reaching out to help—a lot—and unfortunately, it's often overshadowed by negative and disputatious media coverage.

Then, I recall 911. Another world-changing event—although different in nature—that impacted us in ways we couldn't imagine. However, afterwards we saw the world differently. We realized we had to change, particularly the way we travel, and we adopted new standards within the travel and airline industries.

Now the whole world is facing a different crisis, an invisible threat called COVID-19. Already we are experiencing its impact on our health, our personal lives, our businesses, our jobs, and our pocketbooks. Not only here in Southwest Florida but across the country and the whole world, its reach is felt, leaving people speechless.

How we come together to combat this threat will impact our future as a nation. I want to share with you a few sage words from Queen Elizabeth's eloquent speech on April 5: "I hope in years to come everyone will be able to take pride in how they responded to this challenge."

There's an old axiom about what to do when you're faced with a potentially devastating event. It says people are motivated to either "fight or flight." Americans will, no doubt, fight—it's just whether we do it united or in discord.

At a time like this, we need to remember the phrase "We the People" from the preamble of the United States Constitution. We, along with those serving us in government, need to unite and work in harmony to overcome the current challenges we face. Going forward I hope everyone can see that these challenges are not about any political party, but rather, about how "We the People" come together to deal with the crisis. If we unite as a community, as we did after 911 and Hurricane Irma, we will get the job done. Our businesses will open their doors and once again provide jobs to "We the People." Our children will return to school. And tourists will come back to enjoy beautiful Southwest Florida.



PUBLISHER'S LETTER

The most difficult thing—but an essential one—is to love Life, to love it even while one suffers, because Life is all. Life is God, and to love Life means to love God.

—Leo Tolstoy

Although we were not prepared for this storm, let us work with each other to prepare for what comes next. In unison we can help all the communities that make up Southwest Florida, our neighbors, and our businesses come out of this stronger. "We the People" can rise above it.

We are thankful to everyone, especially our doctors, health care professionals, and essential businesses, for staying strong and helping us weather the crisis.

Let's not forget that we are all in this together, and like a network that is interconnected, we depend on each other. With this understanding, "We the People" can prove by acting with prudence, courage, temperance and fairness that we are capable of working together to build an even stronger network.

I thank you, our loyal subscribers, our advertisers and clients, and our wonderful TOTI team of creative professionals, editors, contributors and associates.

Let us pray every day for family and friends from all around the world.

Daniela J. Jaeger

Daniela J. Jaeger
 Group Publisher, TOTI Media

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Even though tarpon fishing is in full swing, it appears that getting a decent calm weather day that will give you a chance to locate these fish by sight seems to be extremely tough. Strong winds from the south had us quickly changing plans and targeting snook and redfish instead. No matter how bad you want to tarpon fish, there are just some days when Mother Nature makes it next to impossible.

Many of these islands are not usually accessible during anything but a giant tide. We bounced from shoreline to shoreline, and this bite just kept going with never more than a handful of fish coming from any one island. Picking out the indentations and points gave us the most success and kept us busy and my clients smiling.

With what looks like another week of disturbed weather ahead, all we can do is hope we get a few windows of flat water to target tarpon. Luckily anglers will have plenty of other options if the tarpon do not pan out.

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. ✨



Nick didn't mind the rain and caught lots of redfish and snook with Capt. Matt Mitchell this week photo provided

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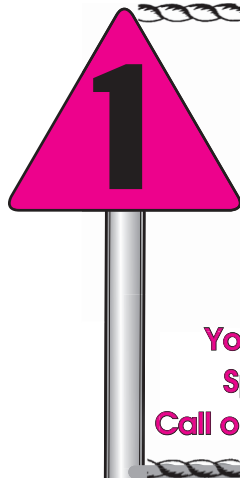
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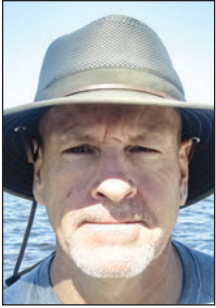
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CROW Case Of The Week:

Snowy Egret

by Bob Petcher



For reference reasons, the snowy egret (*Egretta thula*) can be called a small white heron. This nearly pure white bird is known to be elegant and slender, with black legs and bright yellow feet

when mature, or green-yellow feet when immature.

Much like similar shorebirds, snowy egrets wade in shallow water to spear fish and other small animals. They engage in either a patient, motionless approach, or an animated technique that involves running back and forth with their wings spread while chasing their prey.

Interestingly, history buffs state that snowy egret plumes were valued at twice as much as gold in 1886 due to the demand for their beautiful feathers in the fashion industry at that time. In fact, plume-hunting nearly killed off this shorebird species.

At CROW, a juvenile snowy egret was admitted after being rescued near Lovers Key State Park with fishing hooks in its body. The egret had wounds from the fishing hooks on its left leg and left wing. The injuries to the left leg had caused the bird to refuse to put any weight on the leg and “knuckle,” and drag the leg when



Patient #20-1586 takes a stroll after recovering from fishing hook injuries

photo by Brian Bohlman

it walked.

“It was found entangled with two hooks on it, one through the skin of the left wing and one at the left knee,” said Dr. Robin Bast, CROW staff veterinarian. “Instead of being able to place the foot normally, with the toes flat against the ground, this patient had the toes curled under or ‘knuckled.’ This can be a result of pain or nerve damage. This change can be temporary or permanent, depending on the nature of the injury.”

Veterinarians treated the wounds, provided pain medication and placed a bootie on the left foot to open the toes.

“We have to get creative to treat our

patients. We cut a piece of foam pool noodle to match the shape of the bottom of the foot and taped it in place,” said Dr. Bast in describing the makeshift foot brace. “It functions similar to a splint, holding the foot in a normal anatomic position while we treat the underlying cause.”

“Holding the toes in normal position prevents the bird from injuring the toes by abnormally bearing weight on the wrong side of the toes. It also helps prevent muscle and tendon contracture.”

After less than a week in care, the egret was noted to be standing and bearing weight on its left leg.

“After a few days of antibiotics and pain medication, the wounds were healing well. The shoe splint was removed and the patient was able to stand and walk normally with no evidence of lameness,” said Dr. Bast. “It was moved to an outdoor enclosure, where it passed a flight test, and was subsequently released on Friday, April 24.”

Luckily, the patient did not penetrate the fishing equipment more into its body. Some animals understandably are frantic when they are hooked and can cause much more harm to themselves when thrashing about with hooks and monofilament line attached to or around them.

“Check out the collaborative program Mind Your Line for more information on reducing the impacts of hook and line related injuries on wildlife. These injuries range from entanglement wounds to ingestion and gastrointestinal complications,” said Dr. Bast. “This bird was lucky its injuries were treatable and it recovered quickly; not all animals survive encounters with hook and line. This problem is preventable if we take initiative to dispose of fishing gear appropriately.”

Anglers need to be responsible when fishing. Visit www.mindyourline.org for more information.

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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Shell Of The Week

Striate Nassa



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

N*assarius consensus* (Ravenel, 1861) is one of the few, shallow-water local members

of the nassa family, the Nassariidae. A more common species in that group is the Bruised Nassa, *Phrontis vibex*. The Striate Nassa may grow to 15 mm (about 0.6 inch), and its shell is thick-walled, with about five whorls. The shell sculpture consists of about 8 to 10 axial ribs that are round in cross-section and crossed by fine spiral threads. The aperture (opening) is thick, with several denticles on its inner surface. The shell color is cream with varying banding patterns of brownish color. Unlike the Bruised Nassa, which inhabits sandy-muddy or muddy back-bay habitats, this species lives along the sandy, open-water shores of the Gulf of Mexico. 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



The Striate Nassa, *Nassarius consensus*, from Sanibel

photo by José H. Leal

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 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

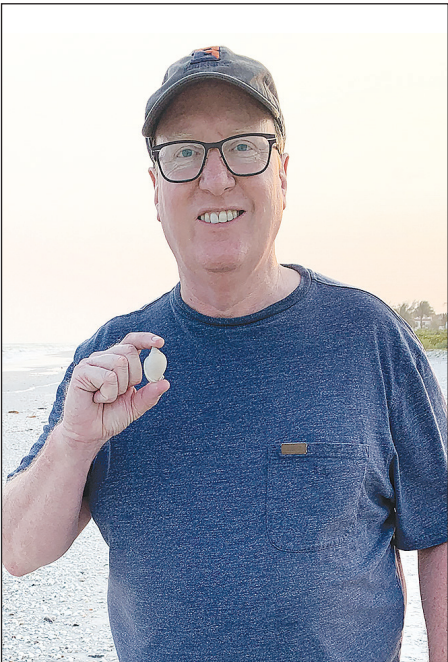
museum. We need to keep them.

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.✽

Shell Found



Stephen Sanders

photo provided

Stephen Sanders found a Scotch bonnet while walking the beach with his wife on April 14 on the east end of Sanibel, near Seawinds Cottage. He found the shell at the high tide line just before sunset.

Sanders said, "I've been shelling since I was 15 and this is my third Scotch bonnet. I'm still looking for the elusive junonia."✽



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The Community House

The Cantaloupe



by Resident Chef Jarred Harris

The cantaloupe, also known as rock melon, sweet melon and winter melon, is the most popular melon in the United States. It has rough netted skin with ribbed sections, and sweet orange flesh that has a strong scent.

The cantaloupe is related to squash, cucumbers and pumpkins, and is not actually a cantaloupe at all. The melon that is most widely recognized as cantaloupe in the United States is actually a reticulated muskmelon.

Cantaloupes were first grown in Egypt around 2400 BC and arrived in Europe around the early 15th century. The fruit was introduced to the Americas around the late 15th century by Christopher Columbus. The cantaloupe gets its name from the town of Cantalupo in Italy, where cantaloupe seeds were planted in the Papal Gardens during the 16th century.

Cantaloupe is an excellent source of potassium, magnesium and fiber. It also contains powerful antioxidants that have been linked with the prevention of diseases including cancer and cardiovascular disorders.

Cantaloupe seeds have awesome health benefits as well. They contain potassium, magnesium, phosphorous and vitamins A, E and C. The seeds are also rich in fiber and good for your gut health. Cantaloupe seeds can take a little bit of time to process, but the result is well worth the effort.

To prepare the seeds for roasting, you must remove the seeds from the netting they are attached to, rinse the seeds and pat them dry. Lightly coat the seeds with olive oil and season with salt and pepper. Place the seeds in a single layer on a baking tray and bake in a 325F oven for 30 minutes. Remove the seeds from the tray and cool. The seeds can be stored in an airtight container for several weeks.

Here is a refreshing recipe to try:

Cantaloupe and Cucumber Salad

Dressing

½ cup olive oil

¼ cup cider vinegar

1 tsp. coriander

1 tsp. salt

¼ tsp. black pepper

⅛ tsp. cardamom (ground)

Ingredients

½ cantaloupe (rind and seeds removed, cut into 1-inch pieces)

1 English cucumber (sliced ½ inch thick)

½ jalapeno pepper (seeded and sliced thin)

½ cup roasted cantaloupe seeds

¼ cup cilantro (chopped)

¼ cup mint (chopped)

Method

Whisk oil, vinegar, coriander, salt, pepper and cardamom in a large bowl. Add the cantaloupe, cucumber and jalapeno pepper. Let sit for 15 minutes. Add the cantaloupe seeds, cilantro

and mint to salad and toss gently to combine.

Serve over lettuce leaves.

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.✪

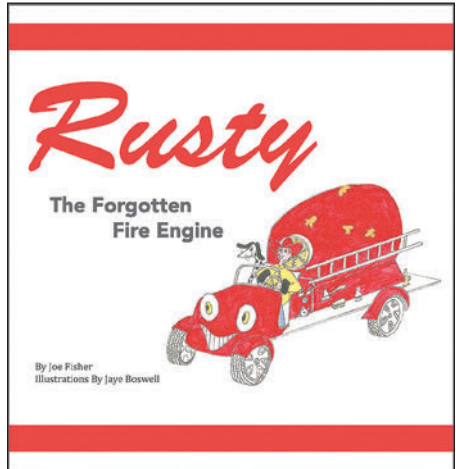
Sanibel Author Donating Books To Hospitals

As a heartfelt thank you to all the hospitals and staff for the care and comfort they provide to their littlest patients, Joe Fisher Books is making picture books available to children's hospitals nationwide.

Joe Fisher Books committed unconditionally to donate up to 440 copies of its award-winning book *Rusty the Forgotten Fire Engine* to the 220 member hospitals of the Children's Hospital Association.

"We hope these efforts will make these unprecedented times a little easier for readers, parents, patients and medical personnel," said author and owner Joe Fisher of Sanibel.

Most recently, Joe Fisher Books extended the offer by giving a copy of *Rusty the Forgotten Fire Engine* to each of the 150 members of the



Rusty the Forgotten Fire Engine book cover image provided

Association of Child Life Professionals.

"We recognize the vital importance of these professionals offering comfort and emotional stability for hospitalized children," said Fisher. "We hope our book will help them mitigate the fear and pain often associated with their medical treatment."✪

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Orange/Green banded snowy plover with a Wilson's plover at Bowman's Beach on April 21
photo provided

Snowy And Wilson's Plovers Nesting On Island

Sanibel-Captiva Conservation Foundation (SCCF) Shorebird Biologist Audrey Albrecht reported that there are now three active snowy plover (*Charadrius nivosus*) nests, and one Wilson's plover (*Charadrius wilsonia*) nest. More are expected to be found soon.

Least terns (*Sternula antillarum*) have returned from their wintering grounds, and typically begin nesting in early May. They may return to Bowman's Beach, or go to North Captiva, or opt to nest on nearby gravel rooftops. SCCF will continue to

monitor and protect them as needed.

Each snowy plover receives a metal band issued by the U.S. Bird Banding Lab. This is essentially its social security number, as it has a unique number on it. In addition, each Sanibel snowy plover receives a single green band on the lower leg below the metal. This serves as its Sanibel identification, and differentiates from snowy plovers banded elsewhere. The two colors on the lower leg opposite the metal act as its individual identifier on Sanibel, i.e., White/Blue, Orange/Black, Orange/Green or Blue/Blue.

SCCF reminds residents to keep their dogs on a leash at all times when walking the beach.

If you have any questions about snowy plovers, email shorebirds@sccf.org.✱

From page 1

Backyard Wildlife

science educator and avid birder, kicked off the week with a fun way to entice birds to visit our backyards. McNeal shared steps on how to create a bird feeder using all-natural materials, including a hollowed-out orange, a few sticks and some twine. We learned that during migration and breeding season, food is in high demand for birds, so right now is the perfect time to create a backyard feeder for our hungry friends. McNeal also taught us that birds play a big role in seed dispersal for plants.

Wednesday's e-newsletter was all about pollinators – butterflies, bees and the role they play in plant reproduction. Pollinators often visit plants for a nectar reward and transfer pollen from plant to plant in the process. McNeal shared a unique way to encourage pollinators to your backyard by creating a nectar sponge, which is an activity that children can do with a little bit of help from their parents at home. One important takeaway from this lesson is that bee populations are declining around the world, but there are several ways that people can do their part to save the bees in their backyards.

On Friday, we featured one final way that people can attract birds to their backyards. Birds need a dependable source of fresh water for drinking and bathing, and a bird bath is a great way to provide this resource. McNeal built her very own

bird bath with items commonly found around the house and shared ways to keep it in top shape to attract birds.

"Bird baths are a great way to attract birds that don't eat seeds and wouldn't otherwise come to your feeders," McNeal said. "So, it is a great way to increase the diversity of birds that visit your backyard."

McNeal had birds visit both her orange feeder and bird bath within one week! With just a few simple household items, it is so easy to turn your backyard into a wildlife sanctuary and provide essential resources for birds during much-needed events like migration.

Not only were these projects fun and gratifying, but we also learned about the closely intertwined role that pollinators and birds have with plants. And, many insects like bees are essential pollinators for plants that provide human food, so it is important for all of us to understand the importance of protecting these species.

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 <https://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 <https://www.sanibelseaschool.org/support-the-cause> or email for more information.✱



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Fish Taco

1 pound fish fillets (such as grouper, flounder, snapper)
 2 cups lettuce, shredded
 4 Radishes, sliced thin
 2 cups sweet corn salsa
 2 Eggs, beaten
 1 cup all-purpose flour
 1 cup bread crumbs
 2 tablespoons all-purpose seasoning (such as Everglades)
 Vegetable oil for frying
 1 cup cotija cheese (or similar crumbling cheese)
 10 small corn tortillas
 Sea salt and fresh ground pepper, to taste

Prepare salsa according to directions, store in refrigerator until ready to use.

Add oil to deep fryer and preheat to 350-375 degrees. Set up bread station in three separate bowls as follows: beaten eggs, flour, and bread crumbs. Season each with salt and pepper. Season flour and bread crumbs with 1 tablespoon all-purpose seasoning each. Dip each fillet into egg mixture, then flour, then bread crumbs and lay onto sheet pan. Fry fish until internal temperature reaches 145 degrees. Drain onto pan lined with paper towels. Season immediately with salt and



Fish Taco with Sweet Corn, Tomato and Avocado Salsa

photo courtesy Fresh From Florida

pepper.

Warm tortillas in oven at 300 degrees for 5 minutes. Assemble tacos with lettuce, salsa, fish, and radish. Serves five.

Sweet Corn, Tomato and Avocado Salsa

4 ears sweet corn
 2 large tomatoes, diced

1 large avocado, peeled, pit removed and diced

1/2 cup bell pepper, chopped fine
 1/2 cup red onion, chopped fine
 1/4 cup fresh cilantro, hand-torn
 1 Lime, juiced
 1 teaspoon powdered cumin
 Dash of hot sauce (your favorite)

Sea salt and fresh ground pepper, to taste

Remove corn from cob. In a medium mixing bowl combine all ingredients and mix thoroughly. Taste and adjust seasoning with salt, pepper, and hot sauce.✱

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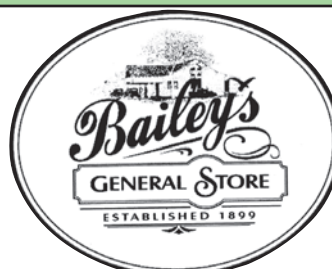
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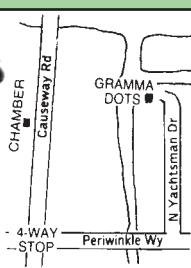
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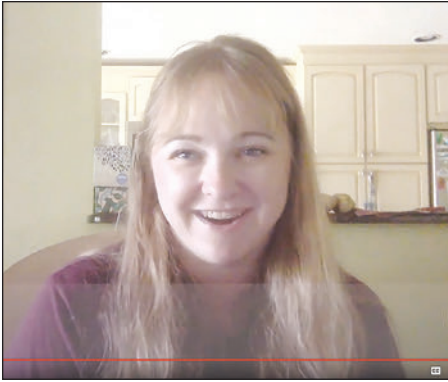


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Beth Jarrell of the Sanibel Public Library posted videos on the library's website
photos provided

Online Services Popular With Library Patrons

Due to the State of Florida stay-at-home order, the Sanibel Public Library is closed until further notice but it is open for digital borrowing. All user fees have been waived during the closure.

Sanibel Public Library Director Margaret Mohundro said, "We are pleased to offer the 24/7 library and are grateful to the Sanibel Public Library Foundation for seeing this need and helping us enhance library services to SPL users."

To access the online services, choose "eShelf" from the www.sanlib.org homepage menu. Your PIN is the last four digits of your library card.

The library offers more than 6,000 eBooks and audiobooks via the OverDrive Libby app. To add more choices, such as Southwest Florida Library Network (SWFLN), tap on "Add a Library" from within the Libby app. When borrowing eBooks from SWFLN, use your Sanibel Public Library card number in the Libby app. Your PIN should be the last four digits of your library card number.

The Hoopla Digital app also allows users to stream movies, TV shows, and comics. With Hoopla, all material can be accessed simultaneously (no holds). Since December, Sanibel Public Library has



Youth Services Librarian Deanna Evans posted storytime videos

seen double the number of patrons using Hoopla, with a 23 percent increase in the number of titles borrowed.

Downloadable magazines are available through the RB digital app. Sanibel's most popular downloaded magazines are *Newsweek*, *Kiplinger's Personal Finance*, *OK!*, *National Geographic*, and *O, The Oprah Magazine*. Borrowers are not tracked by individual in order to protect patrons' privacy.

Library cardholders can stream from Kanopy, which showcases more than 30,000 titles, including award-winning documentaries, indies and classics. Films and documentaries popular with locals include *Nowhere in Africa*, *56 Up*, *Renoir*, *Quartet*, and *The Farewell*. The number of "plays" via Kanopy has nearly doubled since December, among local patrons.

The Freegal music app offers access to about three million songs, including Sony Music's catalog of legendary artists.

Due to the closure, www.Ancestry.com is now available to Sanibel Public Library patrons from home. This service typically can only be accessed from within the library, but will be available remotely for a few weeks. Users must enter a password to gain access, the password is: books11. To get started, visit the Genealogy section of the library's website, under Resources page. If you're having problems accessing Ancestry from home, email notices@sanlib.org.

During the closure, library staff has been creating "how to" videos from their homes. To see the videos, go to the News Blog at www.sanlib.org/blog.✱

CARD OF THANKS

On a recent visit to my family doctor, I was reminded of the true meaning behind the words loyalty and commitment. Dr. Paul Kuehner of San-Cap Medical Center has continued to keep his doors open despite the personal risk posed by the coronavirus.

Though standing amongst the most vulnerable demographic for this pandemic, Dr. Kuehner has made a conscious and selfless decision to put public interest well above his own. That said, I should note my awareness of current laws governing businesses. As one would expect, physician offices are deemed "essential" under Florida law. However, some facilities have opted to impose limitations on patient services. Certainly, instituting such restrictions is one's individual right and could be correctly attributed to limiting viral exposure and spread. However, can you imagine the burden we would all bare if every primary care physician restricted access?

The consequences of this notion prompt me to acknowledge my sincere thanks and gratitude to Dr. Kuehner. He has served thousands of individuals across multiple states during his decades of practice. His accumulated knowledge, expertise and aptitude for compassionate care spans far beyond the norm. Despite years in the profession, Dr. Kuehner maintains his quick wit and welcomed sense of humor, which epitomize his status as a highly gifted communicator.

So as the public's need for routine physician services persist in light of an ongoing pandemic, I extend my thanks to a faithful and selfless doctor. At this time of uncertainty and fear, he is choosing to put the needs of others above his own health and safety.

In short, some run for cover, others mount retreat but Dr. Paul Kuehner remains in the trenches.

— Jana Jones✱

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Shells Found



Emma Dellenback photo provided

Emma Dellenback, 11, found two junonias while on a boating trip with her family. Emma and her family recently moved to Sanibel and she has had a passion for shelling since she was 5 years old, when she first visited the island. When she found the shell, she began shaking with excitement and dropped every other shell she was holding.✱

Shell Found



Paula Dils photo provided

Paula Dils from Michigan found an alphabet cone at Lighthouse Beach while staying at Sandalfoot Condominiums. Dils said, "I found it on April 22, my birthday, and also Earth Day!"✱



Pelican photo by Karen Schneidermeyer

Going In For A Fresh Catch

Karen Schneidermeyer of Sanibel took this photo of a pelican on April 9. She said it was around 6:20 p.m. during low tide at the lighthouse. He was "fishing" and just started to go after something that caught his eye.✱



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Fever, A Nearly Ubiquitous Immune Response

submitted by J. Bruce Neill, Ph.D.

When the human body recognizes a foreign particle (cell or object) in it, a complex series of events occur that are designed to protect the body, an immune response. The spectrum and complexity of immune responses are varied and highly complex, but a common component is raising the temperature of the immediate area, or the entire creature. When an organism's body temperature is increased, it is called a fever; the common medical adjective for exhibiting a fever is febrile.

Fever is a hallmark of immune responses. And, it has been around for approximately 600 million years. Our best evidence suggests that around that time, there was a divergence in animal body types. Prior to that, all animals' body temperatures were mostly controlled by the surrounding external environmental temperatures – we call these animals ectotherms. Frequently known as cold-blooded, ectotherms



include amphibians, reptiles, insects and many fish species.

Some 600 million years ago, a new development appeared, internal body temperatures that are typically above the ambient external environment, and relatively constant – the endotherms. Examples of endotherms, commonly referred to as warm-blooded animals, are mammals, birds and some fish (notably tuna).

Both endotherms and ectotherms utilize fever as an immune response to foreign invasions. Yes, cold-blooded animals have fevers. They mostly accomplish this through behavioral modifications – moving to, and remaining in areas that increase their internal temperature. When ectotherms are treated with human drugs designed to reduce fevers (antipyretics) – they cause the cessation of the behaviors that led them to increased body temperatures. This tells us that the nervous system pathways that increase the metabolic rate and internal temperature of warm-blooded animals, are very similar in the cold-blooded animals, but they change behavior, not metabolic rate.

Perhaps, even more surprising is that fever is also known in plants. Several investigations have documented the fever response to infections in controlled experimental conditions with a variety of plants.

The creation of fever is how our body (and seemingly many varied types of organisms) wards off infections. Fever makes us feel crummy; our system is on overdrive; we burn through a

lot more calories; we are tempted to take medications to reduce the fever. Significant research demonstrates that survival is increased when fever is not suppressed by drugs. Typical immune response fevers make us feel bad, but they allow us to heal more quickly.

Please stay well, enjoy small things,

value one another and wash your hands often.

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



Front and back designs of the T-shirt
T-Shirt Sales Help Those In Need

The Sanibel & Captiva Islands Chamber of Commerce has partnered with Bailey's General Store to help islanders in need through the sale

photo provided

of T-shirts, which spread the message "Community over Crisis." All proceeds from sales will go to FISH of SanCap, the islands' nonprofit social services agency.

The shirts are \$14.99 each and available at Bailey's General Store, located at the corner of Periwinkle Way and Tarpon Bay Road on Sanibel.☆☆

Thank You!

During these trying times, we are especially grateful to be part of this Island Community. This is a community that pulls together to get through tough times.

In that spirit, we would like to express our heartfelt gratitude to Craig, Eric, Kirk, Mona and the rest of the staff of Sanibel Captiva Community Bank for everything they have done to help the businesses of the Island weather the storm by undertaking the huge task of processing all of the PPP applications. We know you have gone above and beyond to get these applications processed, and we genuinely appreciate all of your efforts.

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Book Review

A Long Petal Of The Sea



by Di Saggau
A Long Petal of the Sea by Isabel Allende is a gift of epic storytelling. The story begins during the Spanish Civil War and spans oceans and continents worth of political upheaval.

Thousands escape into France when Franco’s fascists defeat the Republican army. Roser, one of the refugees, is a young pianist, widowed and pregnant with her first child. Victor Dalmau, her husband’s brother, offers her a chance for survival by marrying her. This partnership secures their safety and the legacy of a man they both loved. We follow Victor and his wife as they flee across continents and witness the decades-long fallout from Franco’s rise to power. Allende’s style is remarkable, giving the reader a huge overview of generations, decades and countries.

Victor and Roser board a rescue ship headed for Chile, chartered by the poet Pablo Neruda, along with thousands of other Spanish refugees. Neruda actually did charter a rescue ship, rescuing 2,200 Spanish refugees. The author includes several passages from Neruda’s poems. This was one. “Take note: If little by little

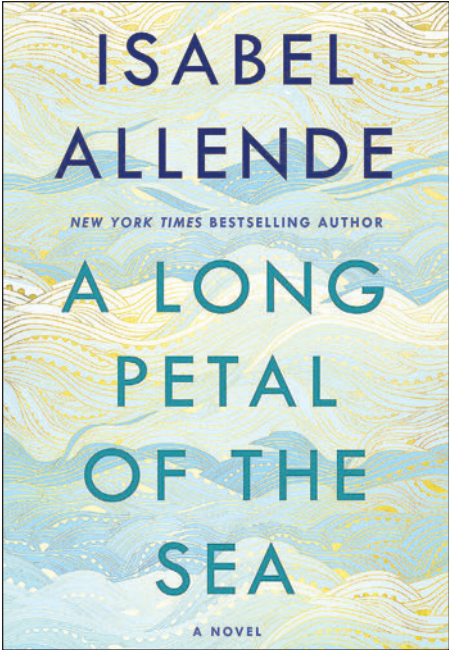


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you stop loving me I’ll stop loving you little by little. If suddenly you forget me. Don’t come looking for me. I’ll already have forgotten you.” It’s from *If You Forget Me*.

All the huge events that happen in the book did really occur. There are no heroes, just survivors. Allende takes us on an intimate journey as Roser and Victor observe their surroundings, the people they meet and even themselves, in order to survive. *A Long Petal of the Sea* is a story of abiding love and the discovery of one’s capacity for wonder in a world gone mad.✧

School Smart



by Shelley M. Greggs, NCSLP

Dear Readers, Often, we as parents feel that our children read all day at school, so they don’t need to read as much when they are at home. Now

that our kids are home all day, should we re-evaluate the amount of reading our children need to do?

A recent report from *What Kids Are Reading*, based on data collected from Accelerated Reader (AR), a reading program widely used in many schools, indicated that the majority of students spend fewer than 15 minutes per day reading, but by increasing their daily reading time to 30 minutes, comprehension will improve as will academic achievement.

Independent reading should still be a big part of a student’s workload even while at home. Students develop comprehension, vocabulary and critical thinking skills through reading, and they should be encouraged to read as much as possible. It’s easy for kids who love to read, but what about those kids who struggle with reading. How can students reach a goal of independent reading for 30 minutes a day be achieved? Kids do not have to read traditional books to build reading skills. Here are some ideas to encourage reading.

Some kids, who struggle with reading, prefer comics and graphic novels, which are great options. Images and graphics make it easier to follow the action, but words still carry the story along. Plus, the text is broken down into bite-size segments in these materials.

If your child is drawn to them instead of traditional books, it’s ok. They offer lots of reading practice.

Although complicated by screen time concerns, kids who love spending time on social media are already doing a lot of reading and even though posts or tweets are short, they still count. Turn that interest into a fun assignment. For example, if your child is into sports,

make giving you a daily highlight an assignment. Have your child follow a website like ESPN SportsCenter, or a sports blog to give updates. This is reading.

Everyone loves a good laugh and if kids can get that by reading, it’s great. For struggling readers, joke books or kid-friendly websites about jokes, can be an excellent way to increase reading fluency skills. Reading jokes are an exercise in reading accurately with the right expression or tone and timing. Reading and understanding comedy takes practice. It’s not an easy skill to develop. So, if your child is interested in reading jokes, have them practice them and then share the jokes with friends and family.

If your child loves cooking and food, menus and recipes are a great way to practice reading. Help your child have fun with it. Come up with a cooking project together and read through some recipes for ideas. Or have your child research menus online to create an ideal menu for a future restaurant.

Kids who resist books may not be as wary of a shorter format like news articles, whether it’s the paper version or online. Even browsing headlines is good reading practice. Model this by reading newspapers and magazines yourself. You can read out loud together and find a news item each day to share.

Listening to audiobooks and reading digital books is just as valuable for students as reading traditional books. If your child loves technology, download a few books. Sometimes, just the difference in format is exciting enough to be engaging. The public library is a great source for audio and digital books.

Remember that reading comes in many forms. Require and encourage them to follow their classroom reading goals during this time at home.

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

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 - 6BR beach house. Large pool, generator, shutters
- \$3,495,000**

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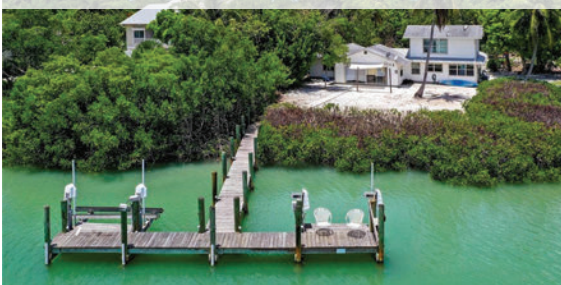
- Best of the best location.
 - Penthouse/western corner exposure.
 - Professionally decorated. Turn key.
 - Panoramic Gulf of Mexico views.
- \$2,295,000**

2284 Troon Court, Sanibel



- The Sanctuary. Private + Luxurious Residence.
 - New roof, generator, impact windows.
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16525 Captiva Drive, Captiva



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Superior Interiors

How To Design A Bedroom For Multiple Children



by Katie Frederick

You might wind up having to sleep two kids or grandkids per bedroom at some point, particularly in your vacation home. However, having multiple children share a room doesn't have to be a catastrophe. With a little creativity you can get the most out of any space, no matter how many little ones share it.

As the beds will likely be the largest pieces of furniture in the room, they'll have a big impact over how you arrange everything else. When it comes to multiple children, you have several options. Of course, you can put them side by side, but you can also buy bunk beds or Murphy beds if space is a consideration. Each choice has its advantages, adjacent beds help open the middle of the floor for activities, while lofted or bunked beds add an element of fun for older kids. Keep in mind that if children are separated by a few years in age, they might not

go to bed at the same time, so make sure your sleeping situation allows for staggered bedtimes.

Especially as they get older, your children might want to have a little more privacy. In the absence of a second bedroom, a pocket door is a perfect compromise. They can slide right into the middle of the room, creating a barrier that can be taken in or out as necessary, making them one of the more flexible interior design choices. They're also a good way to add a novel textural element into a space, without changing the overall aesthetic of the room.

Even just one child is more than capable of making a mess, so when two are sharing the same space, it's even more important to stay organized. Keep everybody on track by equipping the room with plenty of storage solutions. Baskets or containers should be clearly labeled based on what should go inside. Each child should know exactly where everything is kept, which cuts down on arguments and makes cohabitation more harmonious.

As children grow up, their tastes change. It's perfectly natural that your little one won't want the same bedroom design at age 5 as they will at age 9. However, you don't need to perform a complete renovation every time your child develops a new interest. Use neutral paint and furniture to begin the room, and then turn to accents and accessories to add bursts of color. This way, you don't have to paint and repaint the room, and it's easy to

update the feel.

Kids like to feel included, so allow them to make some of the choices for the room. Choose a few themes that are within your budget and fit in with the rest of your vision. Then, let your children make the final call, together. It's a good time for them to learn about the benefits of compromise, and they'll be much happier knowing that they had some level of ownership over the design of their space.

When a child must share a room with a sibling, he can start to feel like he doesn't really have a space of his own within the house. You can ward off these feelings by adding personalized touches throughout the room, such as monogrammed pillows, or a chest that features his favorite animal painted on the outside. Hang up artwork drawn by both children, so they each understand that even though they are sharing a room, they also have their own individual stakes in the living area. Each child should have a little space of his or her own within the larger room. This provision could be as small as separate drawers or as large as individual night tables, depending on how much space is in the room. Sharing a bedroom doesn't have to be a hassle and can even bring siblings or visiting cousins together and give them something to look forward to during visits.

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



Rebecca Binkowski photo provided

Thank You Bags Delivered To Local Heroes

Lee Health Foundation recently assembled 100 "Thank You" bags for local front line healthcare heroes. Rebecca Binkowski, owner of MacIntosh Books and Paper on Sanibel, donated 80 new release paperback books to include in the gift bags. The bags were delivered to all four of Lee Health's acute care hospitals to help increase morale and let hospital staff members know how much the community appreciates their courage.

If you are interested in donating items to include in the next batch of thank you bags for healthcare staff, call the Lee Health Foundation office at 343-6950.

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Zonta Faces Shortfall, Offers Virtual 'Peek'

submitted by Sue Denham

As all of Sanibel knows, Zonta's 19th annual A Peek at the Unique was sadly but wisely canceled in March two days before the event, due to rising concerns about the coronavirus pandemic. As a result, Zonta lost needed funds and will face a larger than usual shortfall when grants are decided later this year for nonprofits whose work empowers women.

Undaunted, Zonta has come up with an idea to bolster the proceeds – since, at a certain point, every dollar represents a dollar that will go directly to programs that improve women's lives.

After the cancellation, a small team worked on a video tour of the five homes chosen for 2020, seeking to provide the same experience as a Peeker would have, walking through each home, with information in the keepsake booklet. The video was made available, via a YouTube link, to Peek ticket buyers.

Response has been very positive. One viewer wrote: "Thank you for this unexpected pleasure... a real tribute to the home owners, sponsors, and everyone who put so much work into the Peek this year. Zonta is a real class act in addition to being an amazing organization that does so much for so



Peek homeowners Charlie Sobczak and Molly Heuer shown in the kitchen of their home

photos provided

many."

And now, a special offer: for a donation of \$100 or more to Zonta's work, you will receive access to this unprecedented virtual tour. Enjoy the experience from the safety of your home, on computer, TV or phone. The tour includes brief comments from three of the five 2020 homeowners.

"Last year, Zonta netted about \$135,000 from the Peek," said Peek chair Susan Tucker, "and we were on track to match or even exceed this



Zontians Taryn Manning, videographer, and Sue Denham creating the virtual tour

amount, when for safety reasons we felt compelled to cancel. We lost out on extra donations Peekers would have made on Peek day through auctions and raffles. And while Zontians truly enjoy the experience of hosting the Peek, we never forget that our primary purpose is raising funds to help women."

Estimated proceeds from the 2020 event total \$106,000, according to foundation treasurer Erika Steiner. With some pledges still to be collected, and a few outstanding expenses, this amount

could change. However, Steiner said, a shortfall of around \$30,000 looks likely. Every dollar counts, since fixed costs such as printing and transportation have already been covered.

Go to www.zontasancap.com and download the 2020 Peek booklet. To donate, click on the pelican, then the yellow "Donate" button. Zonta accepts major credit and debit cards plus PayPal. And thank you to everyone who has supported A Peek at the Unique, this year and every year.✧

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Will Power

What Are The Duties Of An Agent Under A Power Of Attorney?



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

If you have an estate plan, it should include a durable power of attorney. A durable power of attorney (DPOA) provides you with protection in the event you are incapacitated during your lifetime and cannot manage your own business and financial matters; the word “durable” simply means that the document remains valid even though you are legally incapacitated. If you are incapacitated, a person you have named as your agent can seamlessly take care of your financial responsibilities and decisions.

Under Florida law, a DPOA signed before October 1, 2011 may not be effective or practically useful. Under current law, a

DPOA is valid at the time that you sign it. It isn’t subject to a precondition, such as your incapacity.

Practically speaking, a DPOA preconditioned on your incapacity won’t be accepted by most banks and financial institutions anyway. Imagine, for example, that your son is your agent. He walks into your bank and says that he needs to write checks because you’re incapacitated. The bank, concerned with its own liability in allowing your son to write checks, asks “How do we know that your father is incapacitated?” Even if presented with valid proof, chances are the branch manager sends the matter up to their legal department, where it gets stuck for weeks, if not months.

In any event, under current Florida law, a DPOA is effective the minute you put pen to paper and sign it with the appropriate witnesses and notary. What this means is that you must expressly trust that the person you’ve granted the power to act on your behalf will do so without regard to his or her own interests. They must act in a fiduciary capacity.

Agent’s Duties

Notwithstanding provisions in the power of attorney, an agent who has accepted appointment shall do certain things. First and foremost, the agent must act in accordance with the reasonable expectations of the principal (the person who granted the power of attorney) to the extent that these expectations are actually known. If the agent doesn’t know the principal’s specific expectations, he or she is committed to act in the principal’s best interests.

An agent must also act in good faith. This means to act reasonably and honestly, with a reasonable basis for any actions taken. Likewise, an agent must only act within his or her scope of authority. A power of attorney can be very narrow (such as to pay all of the principal’s bills out of a certain checking account), or very broad (such as to manage all assets and debts). An agent who was only granted the power to pay bills would be acting outside of his scope of authority if he sold real estate belonging to the principal.

Lastly, an agent under a Florida power of attorney must try to preserve the principal’s estate plan to the extent actually known by the agent, if doing so is consistent with the principal’s best interest. Whether actions are consistent with the principal’s best interest is based on all relevant factors, which include: the value and nature of the property; the principal’s foreseeable obligations and need for maintenance; minimization of taxes; and eligibility for public benefits.

An agent must also do certain other things, unless otherwise provided in the power of attorney. These duties include acting loyally for the principal’s benefit (and it is hard to imagine a power of attorney that would encourage the agent to do otherwise).

An agent must also act so as not to create a conflict of interest that impairs his or her ability to act impartially in the principal’s best interest.

An agent must also act so as not to create a conflict of interest that impairs his or her ability to act impartially in the principal’s best interest. For instance, investing some of the principal’s money in a business venture of the agent could create a conflict of interest. The agent might be reluctant to divest the principal’s money from the project even if that was best for the principal, because doing so might create a loss for the agent. A principal could conceivably decide to waive this obligation, especially if the agent was an adult child or other close relative.

Another duty that an agent has is to maintain good records: receipts, disbursements and other transactions made on behalf of the principal. A power of attorney could theoretically waive this obligation, but it is difficult to imagine why an agent would choose to.

Finally, an agent under a power of attorney has the duty to cooperate with a person who has the authority to make healthcare decisions on the principal’s behalf in order to carry out the principal’s reasonable expectations, to the extent that they are known. If not, once again, the default is to act in the principal’s best interests.

Florida Agents and “Hot Powers”

As noted, agents have certain duties under a power of attorney, and they also have certain powers. However, there are some powers that they cannot exercise unless explicitly given them in the power of attorney, referred to as “hot powers.”

These hot powers include the ability to:

Create a trust or amend an existing trust;

Make gifts;

Change existing rights of survivorship, or create new ones, for certain types of assets;

Change beneficiary designations on assets;

Disclaim assets; and

Waive the rights of a beneficiary under certain types of retirement plans and annuities.

Since the exercise of these powers would give an agent an enormous amount of control over the principal’s assets, it might seem as if the simplest course of action would simply be not to grant them. However, under some circumstances, the ability to exercise hot powers could actually be beneficial for the preservation of the principal’s assets. If you are planning to grant powers of attorney, discuss your goals with your estate planning attorney to see if it makes sense to grant your agent hot powers.

If you are an agent under a power of attorney, or are considering accepting appointment as an agent, it is a serious responsibility. If you have questions about what you would be undertaking, contact an experienced Florida probate attorney.

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FWC Meeting

The Florida Fish and Wildlife Conservation Commission (FWC) will hold an online meeting on Thursday, May 14 beginning at 9 a.m. The meeting originally scheduled to be held in Miami will now be held virtually due to COVID-19 social distancing guidelines. Public comment will be accepted regarding agenda items requiring action via a telephone conference line. The Florida Channel will be broadcasting live video coverage at www.thefloridachannel.org. Because this meeting is being held

by video conference and a telephone conference line, the FWC is presenting a reduced agenda and limiting public comment to one hour per agenda item. Stakeholders may provide their comments regarding the agenda item topics in advance. Advance comments should be submitted no later than Friday, May 1 via email to commissioners@myfwc.com.

For the full agenda and links to background reports, visit www.myfwc.com/about/commission/commission-meetings, or www.myfwc.com/about and click on “The Commission” and “Commission Meetings.”✴

How’s The Market? Ask Ann

Current Sanibel Real Estate Trends

My objective is to report new Sanibel sales Contracts each week during the Coronavirus. Most of these Contracts will result in successful Closed sales in the next 4 to 6 weeks. Going back 7 days, only 2 new sales were reported through our Sanibel MLS system.

What options should you consider if you are thinking about selling? Right now, Sanibel is very quiet. Not many real estate prospects are on the Island. Nice and quiet if you live here, like before the Causeway. Some options to consider:

1. Wait to sell until more people return to Sanibel.
2. Take time to improve your property, de-clutter, make it a “WOW.” Be competitive in your pricing.
3. Sell at a discount to an Investor who wants to take advantage of the market. Discount amount would be around 20%+-.

As a local business person, I have a responsibility to be positive and to “pull the trigger” on fresh ideas to increase traffic to our listings. On a trial basis, we are going to offer a \$50 gift card to agents who show our listing at 1606 Sabal Sands. Let’s see if it stimulates additional showings. I am also signing up to obtain the training to get the designation of a Seniors Real Estate Specialist (SRES). To the best of my knowledge, I am Sanibel’s only “Certified Negotiator.” This training has helped me bring buyers and sellers together. Thank you for reading my Newsletter. If you have any Real Estate questions, please call or email me. Stay safe. There is a light at the end of the tunnel!

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Florida Domicile: Why And How?

submitted by Robin L. Cook, Executive Vice President, Wealth Services

If you are thinking of becoming a Florida resident or have already made the wise choice to make Florida your domicile – congratulations! If you are still in the decision-making process, let's consider the host of advantages of becoming a Florida resident and making Florida your "domicile state."



In addition to our wonderful weather and lifestyle, there are financial rewards as well. Residents of all states are subject to federal income tax, but Florida residents enjoy no state income tax, estate tax, inheritance tax or intangible tax. This usually means tax savings on IRA withdrawals, pension, annuity and employment income. However, if you own assets or derive income in or from another state, you may still be subject to income and estate tax in that state.

For example, a Wisconsin resident making over \$258,950 pays a state income tax of 7.65 percent over and above the federal income tax. The Florida resident savings in this case is nearly \$20,000. IRA withdrawals are considered income too.

Florida residents also enjoy property tax savings and Florida homestead creditor protection. Making your Florida home your homestead with the property tax assessor can lead to a \$50,000 reduction in the taxable assessed value of your home. In addition, the Save Our Homes Property Assessment Cap limits the increase in your home's assessed value to no more than

3 percent annually – regardless of that year's actual appreciation. There are even portability provisions if you sell your home and acquire a new one.

There are steps to take to achieve Florida Domicile and ensure your successful disengagement from your former state:

- Obtain a Florida driver's license;
- Register to vote;
- Cancel prior voter registration;
- File for homestead;
- License and insure a vehicle in Florida;
- File a Declaration of Domicile;
- Execute new Florida estate planning documents;

- Change your church and country club affiliations;

- Bring heirlooms to Florida;
- Don't take advantage of discounts in your former state;

- Write "Final Return" on your last former state income tax return to put them on notice;

- Bring your bank and investment accounts to Florida.

Must you complete all these steps to be successful? Not necessarily, but the more of these actions you can add to your "completed column," the better you will fare if your former state decides to audit you. It is also important to keep records of these actions as proof to your former state that you have met the necessary requirements as an official Florida resident.

Some records that will help are:

- Proof of presence outside your former state (183 days), i.e., Minnesota has required printed airline boarding passes;

- Receipts – credit card and bank statements showing activity outside of your former state;

- Physical calendars with notes.

There are multiple scenarios that can occur, putting your successful Florida Domicile plan in jeopardy. Our advocates at the trust company can be a resource for Florida domicile, estate administration and all your lifestyle needs. Welcome to Florida!

*This information is not intended to be and should not be treated as legal advice, investment advice or tax advice.**

Support Small Businesses

submitted by Cindy Carter

Throughout the year, our Sanibel small businesses are solicited numerous times for donations to many worthy causes on the islands, everyone from Sanibel and Captiva service clubs, to nonprofits for animals, children, neighbors and conservation, the list goes on and on.



In this difficult time, our nonprofits need help more than ever, but our small businesses need it even more. Our small businesses employ many people on and off our islands, and many of these employees live paycheck to paycheck. So if you have the opportunity and means to grab some take-out from a favorite restaurant or to purchase a gift certificate for later use, please do so.

Sanibel small businesses always help

service clubs and nonprofits to achieve our goals to help others. Now, it's our turn to return the favor to them.*

ISLAND SUN BUSINESS NEWSMAKERS



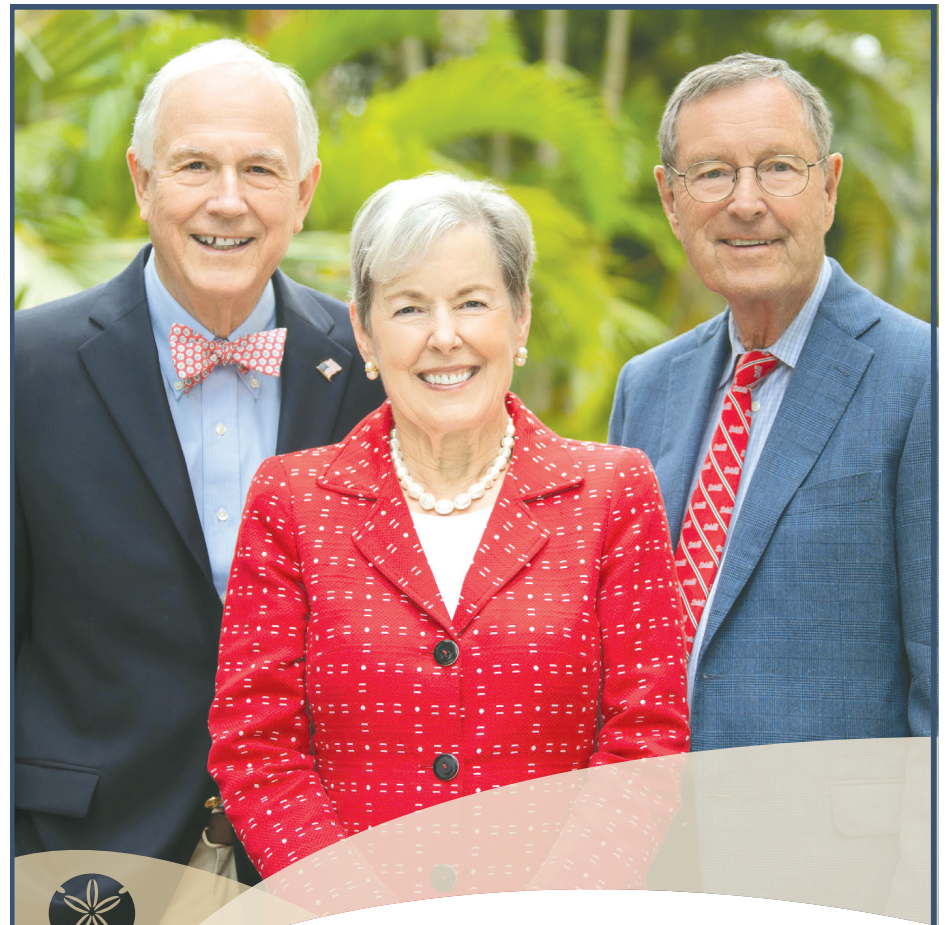
John C. Gee



Bobbie McGlynn

John Gee & Company

The top producer at John Gee & Company for March was John Gee Jr. The top producers for April were John Gee Jr. and Bobbie McGlynn.*



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Frankly Speaking



by Howard Prager

Well, sports are back... sort of. At least the future of football is back with the conducting the NFL draft last week and getting us excited about the future of

our favorite teams. I recently had the chance to interview Emery Moorehead, tight end on the Chicago Bears' 1985 Super Bowl team. Emery's comments on the draft: "The day after the draft everyone thinks they have the best talent. Today two-a-day practices are only happening once a week and training camp is just four weeks – not long to evaluate new draft picks." Players are going to have to step up their game quickly.

Emery and I knew each other at Evanston Township High School just north of Chicago where he was a standout wide receiver and went on to captain the football team at the University of Colorado. We intersected in two ways – music (he played trumpet) and we were both Eagle Scouts. Emery has retired to Colorado where he bikes, walks, golfs and, when "it's not crazy with people home from work," goes for hikes in the mountains. His son Aaron played for the Indianapolis Colts and also won a Super Bowl ring, and is now a wide receiver coach for the Eagles.

I asked Emery how the game has changed from his time to his son's time to today. "Today, the money plays a huge role in terms of how players react to a lot of things, including injuries because the money is given up front. When I signed my rookie contract, I had a one-time bonus. When Aaron played, signing bonuses were for first and second year, and the money was guaranteed. Today, because of league

profitability and TV, it's exploded for the players. They play less, and are guaranteed more money. They also don't play hurt anymore so they don't go out there when they're not 100 percent. It's all about the money," he said. A new 10-year NFL Players Agreement was just signed in March, adding more people on the active day roster and on practice squads. "They (the NFL) wanted to get this deal done because the TV contracts will be coming up soon, and they wanted everything in place," said Moorehead.

What about college players, how are they different? His perception is "It's more subtle in NCAA. Not playing in a bowl game senior year because players don't want to risk getting hurt. Why play one more game when you're training for an NFL career and will make more than anyone in your class right out of school? Kids are also smarter today and are soaking up far more knowledge than previous players."

What will hurt NFL players this year? "They're not going to have the time to learn the playbook and getting to know the others on the team," he said. Undrafted players will have less opportunity to hook on with a team with a short training camp and the importance of getting draft players into the mix. Yet Emery pointed out, "Everyone's at the same disadvantage. Just the rookies are at a little bit more of a disadvantage because they don't get the playbook until camp. More old school with shorter time in camp. New coaches will be at a terrible disadvantage because they don't have experience with players and the team, and they're going to have to get to know their players rapidly when camp opens." How do you build camaraderie with your team? "Training camp and mini-camps are some of the big ways. Yet all teams are in the same boat and have to build their own team experience."

What are your thoughts about training camp opening the end of July and playing this season? "They will

push for it but if it's not safe for fans in stadium, how safe will it be for the players? That decision will go up to the wire on whether they will start on time or delay the season. Safety is most important." And yet when asked about safety of players in the game today, he said that all the way from Pop Warner to the NFL, there's increased focus on safety, especially of the quarterback and receivers. Linemen and defense take the bulk of the hits every play.

If you could talk to your 22-year-old self today, what would you say to him? "Work harder in college. The difference between being a first and sixth round draft choice is huge money. We didn't have free agency when I was drafted and kept in that slot. Now with free agency and guys bouncing around, it's a little different. I would have also said don't spend a dime – put it all in the bank. Don't go crazy."

What was most important to you growing up that helped lead to your success on the field? "Scouting. The model of scouting is very good – a

goal setting program along the way to attain ranks. Put a goal out there to be eagle and try and reach it. Teaches about how to lead others, responsibilities and survival. Great tool for any young man or woman to learn about leadership. Confidence you can get it done. This definitely helped me in my career because in football you need leaders. My most important lesson? Character and knowing right from wrong. You have to learn how to be an ethical person in life," he said. Lasting values and lasting memories. After retirement from football, Emery started a successful real estate business and gave back to the community in many ways, including serving on the board of the Northeast Illinois Council, BSA for 27 years.

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.

Hole In One



Richard Tisch photo provided

Richard Tisch hit a hole in one recently on hole 11 at The Dunes Golf and Tennis Club.



Hank Humphrey photo provided

Hole In One

Hank Humphrey made a hole in one at The Dunes Golf and Tennis Club on March 22. He made the shot on hole 6.

SPORTS QUIZ

- 1. "Sometimes I underestimate the magnitude of me" is a quote from what 1993 inductee into the National Baseball Hall of Fame?
- 2. In March, what NFL star announced the establishment of media company 199 Productions, named after his selection number in the 2000 NFL Draft?
- 3. What martial art was introduced as an official medal event at the 2000 Summer Olympic Games in Sydney, Australia?
- 4. The Indianapolis Colts selected Tennessee quarterback Peyton Manning with the No. 1 overall pick in the 1998 NFL Draft. What player was drafted at No. 2 by the San Diego Chargers?
- 5. True or false: On April 20, 1986, the Chicago Bulls' Michael Jordan scored an NBA record 63 points in a first-round playoff win over the Boston Celtics.
- 6. At what track did motorsports pioneer Danica Patrick win her first and only IndyCar race?
- 7. NHL great Wayne Gretzky concluded his playing career on April 18, 1999, as a member of what team?

ANSWERS

- 1. Reggie Jackson. 2. Tom Brady. 3. Taekwondo. 4. Ryan Leaf, Washington State quarterback. 5. False. Despite Jordan's playoff record 63 points, the Celtics defeated the Bulls 135-131 in Game 2 and went on to sweep the series 3-0. 6. Twin Ring Motegi. Patrick won the IndyCar race in 2008. 7. The New York Rangers.



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Beautifulife: Truth



by Kay Casperson

We are living in a time of information overload. We are learning things from so many sources now more than ever, but how reliable are they? How do you learn your truths? Is it from the news,

online searches, or social media? Is it from your friends, your family, or a mentor? Regardless of who you are listening to or learning from, you need to understand how to filter through all of it to eventually get to your truth.

Nothing is one size fits all. Very few things can be relatable to everyone. Everything needs to be digested, researched, and ultimately understood and accepted. We all believe differently in so many aspects of our lives. From our spiritual beliefs to how we approach our health, and everything in between. Our families are raised differently and our routines all vary, but one thing remains the same; we want to live our best and most beautiful life.

So, what is the best way to take all of this information that we get on a daily basis and turn it into a truth that can lead you to your best life? Here are my suggestions:

Know that when someone says, "I think" before a sentence that it is not something that you should automatically take with you as truth, but instead, look into as an opinion.

If you are relying on the media for your information, make sure that you have fact-checked it with various sources to ensure there is not an underlying motive or message.

Try not to put too much weight or value on things you hear, see or read on social media as this tends to be a place for many to create a platform without merit or credibility.

Trust your heart, your mind and your instinct before jumping in full force with any belief, concept or conclusion.

Refrain from sharing news or information with others until you feel confident that your information is real, true and helpful.

We need to make it a point to use our ultimate judgment when it comes to our truths. Let's try hard to look deeper into what is real, what is lasting and what will keep us moving forward.

My affirmation for you this week is: "I am taking all the information I receive at face value until I research and know that this will be my truth."

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.✧

Hole In One



Dave Bugby

photo provided

Dave Bugby made an ace on the 16th hole during the Sanibel Island Golf Club Men's League event on April 4.✧

Self-Care Topic Of Chamber Virtual Meeting

With a coronavirus vaccine still 18 months away, individuals must turn their attention to self-care to face the global pandemic. That was the message from Christin Collins, system health and wellness strategic business partner for Lee Health, who spoke during the Sanibel & Captiva Islands Chamber of Commerce virtual meeting on April 22.

"Your chamber has identified the fact that taking care of yourself, taking care of your mental wellness, your emotional wellness, as well as your financial wellness, can't be understated," said John Lai, chamber president and chief executive officer. Collins' uplifting message has inspired thousands nationwide to connect with their purpose.

Collins spoke about managing health and well-being while staying isolated, then answered questions from members.

"The number one tip for self-care is that we are not going to go back to normal," she said. "We have to think of what is happening now as our new normal. Quite frankly, I don't know that we want to go back to normal," she said, citing statistics about loneliness, work burnout, and financial stress before the pandemic.

Collins invited attendees to ask themselves how to take this forced opportunity to reevaluate themselves, their family, business and community "to



Christin Collins

photo provided

maybe support moving the needle on some of those statistics."

Her recommended strategy was to assess what control one has over the situation and move forward with that, then let go of those pieces one cannot control.

"Part of self-care while self-distancing is to take that opportunity to reconnect, rejuvenate, heal, renourish," said Collins. "Take time to get to know and like yourself."

Tips for working from home included varying the daily routine, getting up from the computer every hour to rehydrate, schedule time for doing something

continued on page 32

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	FRIDAY Sunny High: 82 Low: 69		SATURDAY Sunny High: 84 Low: 71		SUNDAY Sunny High: 81 Low: 68		MONDAY Sunny High: 83 Low: 70		TUESDAY Sunny High: 84 Low: 71		WEDNESDAY Sunny High: 83 Low: 70		THURSDAY Sunny High: 84 Low: 71						
Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>	<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Fri	11:18 am	2:49 am	8:01 pm	1:54 pm	Fri	10:23 am	2:51 am	7:06 pm	1:56 pm	Fri	9:30 am	2:59 am	8:12 pm	2:25 pm	Fri	1:28 pm	6:05 am	10:11 pm	5:10 pm
Sat	11:25 am	3:47 am	9:42 pm	3:41 pm	Sat	10:30 am	3:49 am	8:47 pm	3:43 pm	Sat	10:20 am	3:52 am	9:43 pm	3:46 pm	Sat	1:35 pm	7:03 am	11:52 pm	6:57 pm
Sun	11:41 am	4:37 am	11:05 pm	4:51 pm	Sun	10:46 am	4:39 am	10:10 pm	4:53 pm	Sun	11:02 am	4:41 am	11:02 pm	4:50 pm	Sun	1:51 pm	7:53 am	None	8:07 pm
Mon	12:00 pm	5:19 am	None	5:48 pm	Mon	11:05 am	5:21 am	11:22 pm	5:50 pm	Mon	11:38 am	5:27 am	None	5:48 pm	Mon	1:15 am	8:35 am	2:10 pm	9:04 pm
Tue	12:17 am	5:54 am	12:20 pm	6:39 pm	Tue	11:25 am	5:56 am	None	6:41 pm	Tue	12:08 am	6:10 am	12:08 pm	6:41 pm	Tue	2:27 am	9:10 am	2:30 pm	9:55 pm
Wed	1:22 am	6:25 am	12:43 pm	7:29 pm	Wed	12:27 am	6:27 am	11:48 am	7:31 pm	Wed	1:00 am	6:49 am	12:36 pm	7:31 pm	Wed	3:32 am	9:41 am	2:53 pm	10:45 pm
Thu	2:24 am	6:50 am	1:08 pm	8:17 pm	Thu	1:29 am	6:52 am	12:13 pm	8:19 pm	Thu	1:47 am	7:27 am	1:03 pm	8:21 pm	Thu	4:34 am	10:06 am	3:18 pm	11:33 pm

My Stars ★★★★★
FOR WEEK OF APRIL 27, 2020

Aries (March 21 to April 19) You still might have to deal with some lingering confusion that marked a recent workplace situation. But for the most part, you should now be well on your way to your next project.

Taurus (April 20 to May 20) A new commitment might demand more time than you'd expected to have to give it. But rely on that special Bovine gift for patience, and stick with it. You'll be glad you did.

Gemini (May 21 to June 20) You're earning the admiration of a lot of people who like the way you handle yourself when your views are on the line. Even one or two of your detractors are being won over.

Cancer (June 21 to July 22) Taking your responsibilities seriously is what you do. But ease up on the pressure gauge, and make time for much needed R & R. Start by making this weekend a "just for fun" time zone.

Leo (July 23 to August 22) Some recently uncovered information might make a change of plans inevitable. If so, deal with it as quickly as possible, and then find out what went wrong and why. What you learn might surprise you.

Virgo (August 23 to September 22) Aspects favor moving carefully and deliberately when making any significant changes. Could be there are more facts you need to know, which you might overlook if you rush things.

Libra (September 23 to October 22) A problem neighbor might be looking to goad you into an action you don't want to take. Ask someone you both respect if he or she would act as an impartial arbitrator for both of you.

Scorpio (October 23 to November 21) A recent workplace accomplishment hasn't been overlooked by those who watch these things. Meanwhile, start making travel plans for that much-too-long-deferred trip with someone special.

Sagittarius (November 22 to December 21) Those money matters continue to move in your favor. Now would be a good time to start putting some money back into the house, both for esthetic as well as economic reasons.

Capricorn (December 22 to January 19) A changing workplace environment can create job pressures. But, once again, follow the example of your birth sign and take things a step at a time, like the sure-footed Goat you are.

Aquarius (January 20 to February 18) Cheer up. You could soon have the funds you need for your worthy project. Your generous gifts of time and effort are well known, and someone might decide it's time to join with you.

Pisces (February 19 to March 20) Your inner scam-catcher is right on target, and you're absolutely right to reject that "too good to be true" offer. Meanwhile, something positive should be making its way to you.

Born This Week: You are generous, and also sympathetic to people who find they need the help of others.

MOMENTS IN TIME

• On May 9, 1671, in London, Thomas Blood, an Irish adventurer better known as "Captain Blood," is captured attempting to steal the Crown Jewels from the Tower of London. King Charles II was so impressed with Blood's audacity that he made him a member of his court.

• On May 10, 1749, the 10th and final volume of Henry Fielding's novel *Tom Jones* is printed. The serialized novel told the humorous story of the

attempts of the illegitimate but charming Tom Jones to win his neighbor's daughter.

• On May 7, 1902, Martinique's Mount Pele begins the deadliest volcanic eruption of the 20th century. The city of Saint Pierre was buried and virtually everyone died instantly when a cloud of superheated gas sent an avalanche of boiling ash down the mountain.

• On May 6, 1937, the airship *Hindenburg*, the largest dirigible ever built and the pride of Nazi Germany, bursts into flames upon touching its mooring mast in Lakehurst, New Jersey, killing 36 passengers and crewmembers.

• On May 4, 1965, San Francisco Giants outfielder Willie Mays hits his 512th career home run to break Mel Ott's National League record. Mays would finish with 660 career home runs, good for third on the all-time list at the time.

• May 8, 1988, Stella Nickell is convicted of murder by a Seattle jury. She was the first person to be found guilty of violating the Federal Anti-Tampering Act after putting cyanide in Excedrin capsules in an effort to kill her husband. She began planning his death after their 1976 honeymoon.

• On May 5, 2002, the comic book adaptation of *Spider-Man* becomes the fastest movie ever to earn more than \$100 million at the box office. Its \$39 million opening day bested the previous record of \$32 million, set by *Harry Potter and the Sorcerer's Stone* in 2001.

NOW HERE'S A TIP

• "I use curbside pickup for my groceries these days. I keep two large laundry baskets in the hatchback of my vehicle. Any bags go in the baskets, so it's easy to transport them into the house

and keep contact to a minimum. When I'm done unloading and wiping down, I can spray out the laundry baskets and let them dry in the sun for next time. Can't be too careful." TE in Virginia

• "Stay ahead of the drain: Pour a tea kettle of boiling water down the drain once a month, or if you notice the drain slowing. The hot water can break up material collecting inside the drain. Half a cup of baking soda added to the water will absorb any odors that are building." Colepepper Plumbing in California

• "I color code my plants by their light needs. The closer the pot color is to red, the more light it needs. For instance, my lavender is in a red pot – full sun. I have a nice potted citronella that likes part sun, so it's in a lime-colored pot (yellow-green) and my indoor pots are plum. I have a lovely rainbow of plants!" – YS in Arizona

• A hanging shoe rack is a handy place to keep office supplies and school supplies for the whole family. Pencils, markers, assignment cards, and even papers. You can give each person a row, or label the pockets.

• There's a lot of decluttering going on across the country right now. Here's a pro tip: For seasonal items, if you didn't wear it last season, consider selling or donating. Same applies if it's a specialty item (skiwear, hiking boots, formalwear) that hasn't been used for more than two years. Many people keep items that are on the expensive side, even though season after season goes by without the item being used. If you rationalize keeping the scuba suit, plan a scuba trip!

STRANGE BUT TRUE

• The first real shampoo dates back to the 1500s. In India, "sapindus," aka soapberries or soapnuts, were boiled with continued on page 38



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dearRPharmacist

Immune System Benefits Of Andrographis



by Suzy Cohen, RPh

Dear Readers: People are starting to think outside the pill as they shelter-in-place, and look online for herbs and vitamins that support immune function. As consumers become more savvy about

natural plant-based medicine, we are seeing increasing interest in one herb in particular called Andrographis.

Research articles typically refer to one of its biologically active constituents called "andrographolide." This is an extracted

natural compound from the leaves and stem of *Andrographis paniculata*. It's one of many compounds that has a medicinal action on the body.

Andrographolide has many powerful actions on the human body and may help cardiovascular conditions such as high cholesterol, diabetes, hypertension. This cluster of problems is sometimes called metabolic syndrome.

Andrographis is used widely overseas for a variety of conditions, but especially those of the upper respiratory tract. For example, Andrographis is commonly given to people who suffer with respiratory infections, such as the common cold, influenza, sore throats, acute and chronic cough conditions, sinusitis, bronchitis, and upper respiratory tract infections with fever. Here in the U.S., pharmaceuticals are typically used for these conditions, either to treat the infection, or as an adjunctive. That's why you've probably never heard of Andrographis until today.

That said, if you have Lyme, you may have heard of this before because Lyme doctors should know about Andrographis.

It's an herb that can be used to target and destroy the causative agent, *Borrelia burgdorferi* and, in my opinion, it probably works better than Cat's Claw.

Today, I'd like to share some findings about Andrographis. It is sold over-the-counter, however, ask your doctor if this is something you should take for your individual concerns. I'm not a doctor so I cannot advise. Furthermore, I am not suggesting this as a treatment for COVID-19 or any coronavirus.

Studies done on animals suggest that Andrographis might help with brain inflammation such as encephalitis. In one study, andrographolide improved synaptic plasticity in the hippocampus and cerebral cortex (in animals) and down-regulated the expression of genes that were causing harm.

In other words, andrographolide helped ameliorate symptoms of brain damage in rodents.

Can it do that in humans? No one can say, but getting into the brain is a big deal. A recent study on this herb found that it could produce some anxiolytic effects

on the brain, but it was in combination with ashwagandha. That means it has some activity on GABA receptors and, therefore, your sleep cycle. The adaptogenic potential of andrographis suggests that it 'knows' what to do in the body and can regulate physiological responses by turning them up or down, depending on what your body needs. That's how adaptogens work.

There are over two dozen species of andrographis, and only some have useful medicinal properties. I have a longer version of this article listing more benefits. You can get it if you sign up for my newsletter at www.suzycohen.com. Andrographis is sold in dietary supplements nationwide and online. It comes in various forms. Again, I must ask you to refer to your practitioner to see if it's right for you.

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: How can I raise my vibration? I feel it's low right now with all the global challenges.

A: Keep in mind that everything from our thoughts, emotions and physicality are

pure energy. Mystics have reminded us for Millennia to raise our vibrations and keep them high for this is where love and compassion reside. When we raise our vibration, we are practicing positivity, optimism and elevated emotions. We "feel" it when our vibration is high or low.

Low vibrations are the opposite. Examples are: fear (where many people are now), negativity, anger (a mask for fear), aggression, frustration and greed. While we all feel low vibrations from time to time, it's essential we are conscious of raising our vibrations to remain high as opposed to "victim consciousness," or fear-based existence.

In challenging times like now, resiliency

and healthy coping techniques are essential. Becoming resilient, or bouncing back and taking that leap will assist in raising your vibration. Here are some suggestions to go from fear to love:

1. Have a daily meditation practice – Whether you listen to a recording or sit in silence, you want to eliminate fear-based thoughts and shift to love and compassion.

2. Eat healthy – When we are in times of great stress, we tend to eat unconsciously. Please be mindful of eating healthy, nutritional food such as lots of greens, vegetables, herbal teas and proteins. It will be good for digestion and you will feel good.

3. Practice gratitude daily – When you give thanks (three to five daily things you are grateful for), you feel good and your vibration automatically raises.

4. Minimize watching too much news – It's easy to get glued and become addicted to media frenzy. Minimize media exposure and listen to healthy webinars, podcasts and shows that are good for your soul.

5. Listen to music – There is a saying that music soothes the soul. You may have to use earphones if you are sharing your home, but that's ok as you can select what gives you pleasure and that is sure to raise your vibration.

6. Surround yourself with beauty and nature – Get outside daily. Stretch, walk,

run, hike; whatever works for you. There is something about being in nature and allowing spirit to come in.

7. Find a hobby – Whether it's art, playing an instrument, writing, reading, or cards, by having a hobby that you enjoy, your vibration will be higher.

8. Volunteer – There is a huge need, especially now. When you spread acts of kindness, your vibration automatically rises. And it's contagious. You may want to deliver groceries, meals, reach out and call someone, listen to a friend in need,

being in service of some capacity will just feel good.

Remember that we are all energy. Honor yourself, your energy and help shift the vibration of yourself and the entire planet.

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. ✨

YOUR NEUROLOGICAL SYMPTOMS MAY HAVE A STRUCTURAL CAUSE!

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Doctor and Dietician

Recipes For That Peanut Butter You Stocked Up On



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

Peanut butter flew off the shelves over the last few weeks of pandemic mania! Now what are you going to do with all that peanut butter? Well, we're going to help you!

Let's talk a little about nut butters. We recommend organic nut butter made with just nuts. Peanut butter is a healthy food full of nutrients such as monounsaturated fatty acids, B vitamins, vitamins E, C and A, and other minerals and antioxidants. Peanut (or other nut) butters are a rich source of vegetarian protein. A 2016 paper from the *Journal of Food Science and Technology* reported that peanuts are an excellent source of resveratrol, flavonoids and phytoesters that stop absorption of cholesterol from the diet. The type of fat in nut butter is similar to olive oil which can help lower bad cholesterol (LDL) and promote good cholesterol (HDL). Other studies have shown nut butter to help reduce risk of Type 2 diabetes and improve insulin sensitivity.

What to make with your peanut butter?

1. Smoothies: Our favorite recipe is 1 scoop of organic pea protein, 1 cup of non-dairy milk, ice cubes, half banana or berries, and 1 tablespoon nut butter. Optional: handful fresh spinach. Blend.

2. Paleo peanut butter cookies: Mix 1 cup peanut butter, 1/2 cup monk fruit (or cane sugar), 1 egg, 1 teaspoon vanilla. Combine, roll into balls, press down, cross with a fork, bake 350 degrees for 12 to 15 minutes.

3. Thai peanut sauce: THE best sauce that can be used to dip veggies, as a salad dressing, or atop your favorite stir fry or Asian cuisine. Mix 1/2 cup PB, 2 tablespoons soy sauce or liquid aminos, 1 tablespoon rice vinegar, 1 tablespoon brown sugar, 2 teaspoons chili garlic sauce (or hot sauce), 1 to 2 tablespoons fresh lime juice, 3 minced garlic cloves, 2 to 4 tablespoons warm water. Combine all and whisk, add water 1 tablespoon at a time until desired consistency. (Thinner if using for salad dressing)

4. Peanut butter granola bars: Mix 3 cups oats, 3/4 cup organic peanut butter, 1/3 cup maple syrup, 1/2 cup raisins, 2 eggs. Optional: mini choc chips, nuts, chia seeds, dried fruit. Combine, mix, place in 9-inch-by-9-inch pan, bake 350 degrees for 12 to 14 minutes.

Go nuts with your peanut butter!
Cheers!

*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 29

Chamber Meeting

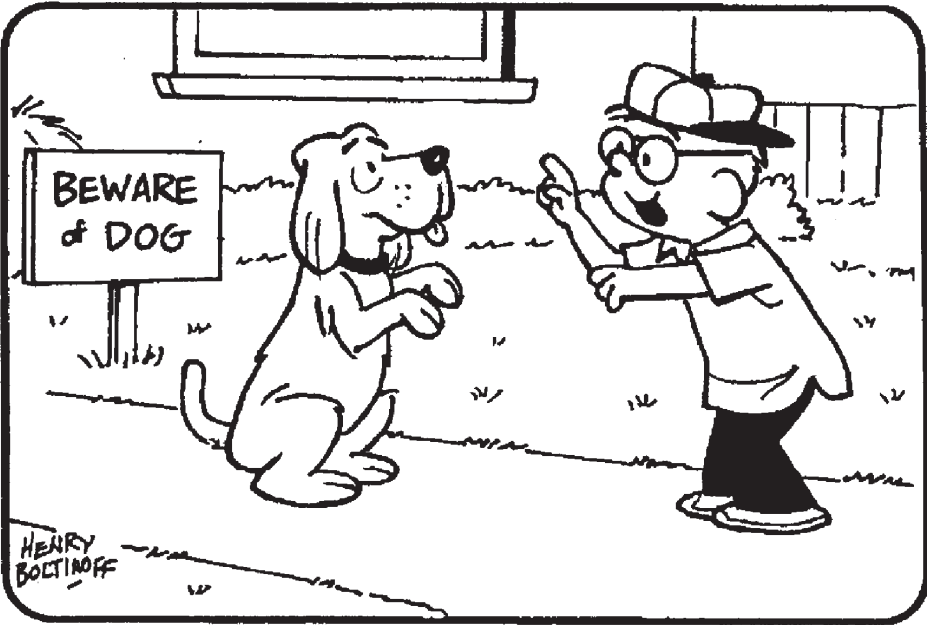
pleasurable, take walks, vary exercise routines, treat yourself to a sit-down dinner, and shut down electronic devices an hour before retiring for the night.

If you stay healthy in mind and body, you need not live in fear of the coronavirus, she emphasized. Those without health complications will typically survive the virus.

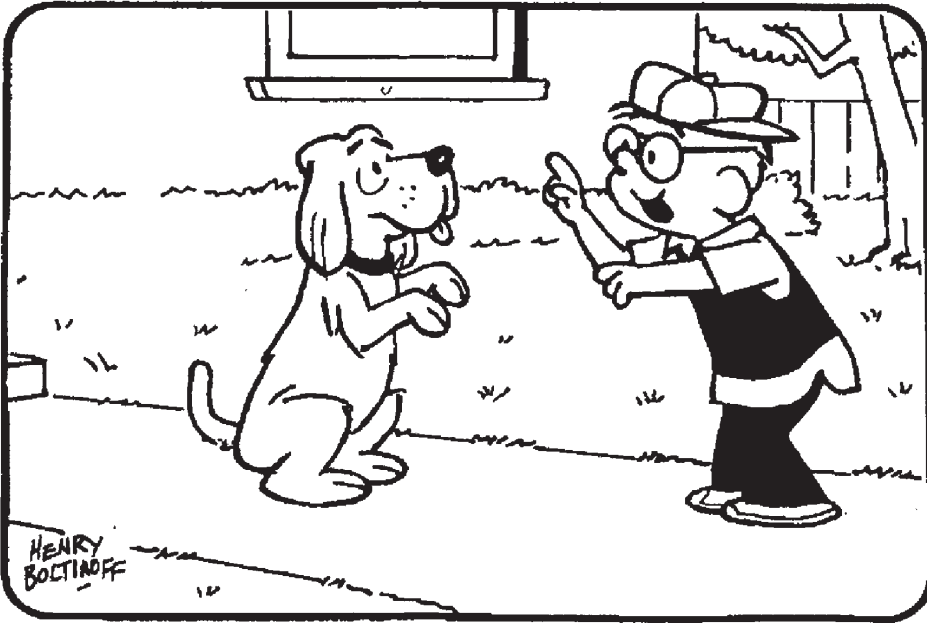
"And as you reenter society, be mindful," said Collins. "Start out seeing two friends at a time, without a lot of hugging or sharing."*

HOCUS-FOCUS

BY
HENRY BOLTIKOFF



Find at least six differences in details between panels.



Differences: 1. Sign is missing. 2. Step is added. 3. Window is smaller. 4. Tree is added. 5. Vest is added. 6. Hat is different.

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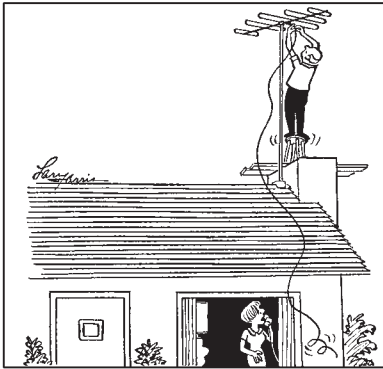
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PUZZLES

Answers on pages 38 and 39



"No, I don't need you right now, Doctor,
I just wanted to see if your were
_____."

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!

Shine					
LARGE					
Sheet					
BOLTAID					
Bandanas					
CRAVESS					
Cry					
TABLE					

TODAY'S WORD

SUDOKU

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

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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Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
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Naples Philharmonic	597-1111
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Sanibel-Captiva Art League	sancapart.org
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SCCF Sanibel-Captiva Conservation Foundation	472-2329

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PUZZLES

Answers on page 39

Super Crossword WHOO-HOO!

ACROSS

1 Laid fresh concrete on

8 Waste

13 Found

20 Like gushing actors

21 Malia's sister

22 Kildare locale

23 More with-it red fish?

25 Runs fast

26 1980s NBC sitcom

27 "Teh" for "the," for one

28 Jazzy singing

29 "Growing Pains" actor Alan

30 Tower for fodder

32 Uncanny

34 24-hr. money sources

36 Japan natives, e.g.

38 "Lookie there, muscle-building stuff!"

42 Terrestrial chapeau?

44 Dem.'s opponent

45 — -cone (frozen treat)

46 "Just you wait, — 'iggins ..."

47 Near-failing mark

48 Analyzed

52 Cochlea site

54 "Will — learn?"

58 Beer brand

60 Microwave saltines?

66 Orchestra section

67 — Moines

69 Old Spice alternative

70 Reagan speechwriter Peggy

71 Cyberspace address

72 Pars?

75 Lose power

76 "Later!"

79 Arduous trip

80 Suffix with Japan

81 45 half

83 "My gripe is as follows ..."

86 Coup, e.g.

88 Lay new turf on

89 Not well-lit

91 Crab claws

92 Bullfighting cheer

95 Gaudy scarves

98 Be soaked

100 Zool. or ecol.

101 Skeptical egg layer?

105 Disease-free predators?

110 Actress

111 Rat catcher

113 '60s conflict site

114 "Star Wars" royal

115 Royal home

117 Gillette shaver brand

119 "— yellow ribbon round ..."

122 Journalist Nellie

123 Not unusual

124 Things found at discount

127 Italian city

128 Steel, for one

129 Adversaries

130 Agrees (to)

131 "Black Velvet" singer

132 Orchestra leader

DOWN

1 Go over again, as old issues

2 Mrs. Oskar Schindler

3 Easy-to-catch hit

4 Org. for Rafael Nadal

5 — Cong

6 "— Time We Say Goodbye"

7 Dictator

8 Air marshal's org.

9 Copies Dr. Dre

10 U.S. humane org.

11 Put away, as a sword

12 "NewsRadio" co-star Phil

13 Shopping aid

14 Oliver Twist, e.g.

15 Bright red

16 Silverstone or Keys

17 Tall ale mug

18 International compact

19 Cavity filler's deg.

24 Branching-out points

31 "— Next Chapter" (Winfrey series)

33 Eat in style

35 Least lenient

37 "— loves me ..."

39 California's Point —

40 Astra automaker

41 Biblical ark builder

43 — and terminator

48 Waylay

49 "Yes, —!"

50 Peak climber, e.g.

51 Dumbbell

53 Chastised

55 SUV cousins

56 Prefix with warrior

57 "Bringing Up Baby" studio

59 Sang loudly

61 Radius site

62 Part of CRT

63 Alternative to lettuce

64 Oakland footballer

65 Smiles villainously

68 Dinar earner

72hovels

73 Once named

74 Lop the crop

77 "— goin' down!"

78 Suffix of sugars

81 Pianist's seat

82 Communal

84 Boxcar rider

85 Bait biter

87 Smack

90 Complain

92 Unit of resistance

93 Frogs and kangaroos

94 Angers a lot silver

96 Patriarch of Judaism

97 Majestic

99 Juan's

102 Enlighten, in poems

103 Kevin of "Saturday Night Live"

104 Pour gently, as wine

106 "Relapse" rapper

107 Hang a new worm on

108 Word with app or bee

109 Makes the assertion

112 Green shampoo

116 Periods

118 Burn balm

120 Ferber or Krabappel

121 Chick chaser?

123 Nipper's co.

125 Procedure: Abbr.

126 Dash lengths

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37

38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57

58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82

83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109

110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130 131 132

King Crossword

ACROSS

1 Resided

6 Things

11 Demosthenes or Cicero

12 Cancel out

14 Ubiquitous fastener

15 Early spring bloom

16 Feedbag tidbit

17 — the manger

19 Owns

20 Press

22 Ballet step

23 — song (cheaply)

24 Force measures

26 Decorum

28 Quite some time

30 Actor Stephen

31 Went sour

35 Contents of some trays

39 Responsibility

40 Court

42 Story

43 Donkey

44 Impostor

46 Sudden turn

47 Traditional usage

49 Love apple

51 Medical prioritization

52 Portuguese island group

9 He-men

10 George Washington portraitist

11 Egg-shaped

13 English composition

18 Leg, slangily

21 Must have

23 Banquet

25 Scale member

27 Part of the Justice Dept.

29 Cronkite, Rather, et al.

31 Work together

32 Doubtful

33 Neighbor of Georgia

34 Female deer

36 Risk

37 Cheers up

38 Some lilies

41 Lash — (berate)

44 Comic strip possum

45 Nap

48 Body art, for short

50 Calendar abbr.

DOWN

1 Cheerless

2 "The Compleat Angler" author

3 And so on (Abbr.)

4 Tennyson title

5 Cavalry unit

6 Canine's neighbor

7 Sea bird

8 Id counterpart

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V A T T R P A E S D A E D L S

O M B K O L P E I L G B U E A

D B Z A E B T X S W A G A U E

T L I V E D A E S D A R R E S

Q O E N L S I E J E E I O G S

F L D C A Y N X S W V R T C S

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: FISH WITH HORSE-LIKE HEAD

Black Sea Sea anchor Sea captain Sea slug
Coral Sea Sea bag Sea devil Seabird
Dead Sea Sea bass Sea gull Undersea
Red Sea Sea bottom Sea level

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From page 30

Strange But True

dried Indian gooseberry and other herbs. The extract created a lather and resulted in soft, shiny hair.

- A single human hair can hold up to 100 grams in weight, while an entire head of hair could bear up to 12 tons – the equivalent of two African elephants.

- On April 1, 1974, black smoke was seen rising from Mount Edgecumbe, a volcano in Alaska. When a Coast Guard pilot came closer to investigate, he found 70 tires burning and the words “APRIL FOOL” spray painted into the snow.

- While it’s hard to imagine that anyone would dare to steal an infant Jesus, especially during the most wonderful time of the year, BrickHouse Security’s “Saving Jesus” program offers a free GPS tracker for the star of your nativity scene.

- U.S. park ranger Roy C. Sullivan had the flabbergasting distinction of being struck by lightning the most times and surviving: seven times between 1942 and 1977.

- Speaking of distinctions, Buzz Aldrin holds the curious title of being the first man to urinate on the moon, shortly after stepping onto its surface.

- At the end of the 19th century, American con artist, gangster and crime boss Jefferson Randolph Smith earned the nickname “Soapy” for his scheme of

wrapping soap bars in notes of varying denominations and covering them with plain paper, then pretending to mix them in with bars devoid of money and selling the latter at an inflated price while maintaining the pretense that some of the packages contained cash.

- Ben & Jerry learned how to make ice cream by taking a \$5 correspondence course (which they split between them) offered by Penn State.

THOUGHT FOR THE DAY

“Sometimes you put walls up not to keep people out, but to see who cares enough to break them down.”
– Anonymous

SCRAMBLERS

1. Glare; 2. Tabloid;
3. Scarves; 4. Bleat

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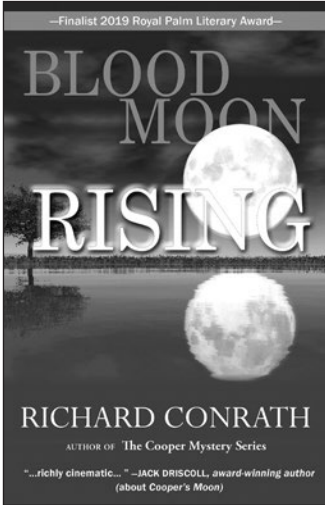


Learn how to paint these fluffy owls with instruction from Sissi Janku image provided

Painting Lesson With Local Artist

It has been over six weeks since Sissi Janku has held a painting class at The Community House. Her “art and wine” painting class, Colorful Sips, is a popular

attraction on the islands. During this time of social distancing, Janku is offering a free step-by-step online lesson that enables students to practice their painting techniques from home. Follow along on her blog at <https://sissijanku.wordpress.com> or on her website at www.sissijanku.com.✪

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