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VOL. 27, NO. 43

SANIBEL & CAPTIVA ISLANDS, FLORIDA

APRIL 24, 2020

APRIL SUNRISE/SUNSET: 24 6:56 • 7:57 25 6:56 • 7:57 26 6:55 • 7:58 27 6:54 • 7:58 28 6:53 • 7:59 29 6:52 • 7:59 30 6:51 • 8:00

Local Supports Community Through Music

by Kathy Kurtz Ferrari

Islanders yearning for some live music during pandemic isolation got a little treat on April 17, and at the same time had an opportunity to support FISH of SanCap, the islands' social service agency.

Johnny Jensen, the talented 16-year-old musician from Captiva, staged a Facebook live stream concert from Jensen's Twin Palm Cottages and Marina as part of 'Tween Waters Island Resort's virtual live concert series. One hundred percent of the tips donated through a virtual tip jar – totaling \$1,880 – went to FISH to support islanders in need.

"I'm very happy with that. It's amazing. They're really going to be able to use it well and make sure it gets out to the people who need it. They're a great organization," said Jensen in a recent phone interview.

The gesture to support the community



Johnny Jensen and David Dust presented a virtual concert on April 17 to support islanders in need photo by Kathy Kurtz Ferrari

is proof that Jensen – fast becoming one of the best young musicians to come out of the area – wasn't born with a silver spoon in his mouth. It was more like a silver guitar.

Growing up as an only child, a lot of attention was bestowed upon Jensen, and not only by his parents, John and Gina Jensen. He is also the youngest member, by

far, of the extended Jensen family, owners of the historic Captiva marina, which in addition to servicing boat enthusiasts has been the informal stage for concerts performed along the shores of Pine Island Sound.

It was there that the youngest Jensen discovered a passion for music from artists ranging from his uncle Jimmy Jensen and his band The Troublestarters, to other musicians visiting the iconic locale.

At the age of 3, Johnny Jensen started playing drums, and graduated to a guitar a short time later.

"He was just a natural," said his father. Someone gave him a Fender guitar when he was 9, and he quickly taught himself to play by observing others in his own backyard.

As his talent on drums, guitar and keyboard progressed, Jensen started writing his own music, and by the age of 13 had recorded an EP. He began playing gigs around the area with his band and has been a favorite at the Sanibel Blues and Jazz Festival.

For the past two years, Jensen has won continued on page 18



From left, Joyce Ross, Dustin Dariano and Susan Tucker at SanCap Pak-n-Ship, using yardsticks to ensure social distance photo provided

Zonta Donates Supplies To Lee Memorial Hospital

submitted by Sue Denham

During recent weeks, after what had been planned as the 19th annual A Peek at the Unique home tour on March 14, members of the Zonta

Club of Sanibel-Captiva discovered 300 unused pairs of disposable booties, or overshoes, that had been purchased in case of rain or for a Peek homeowner who requested that Peekers wear them for other reasons.

With the Peek canceled due to concerns about the coronavirus, and appeals being made by hospitals for various items of PPE (personal protective equipment), Zonta chose to do the continued on page 13

Reaching Out To Seniors Struggling With Isolation

For many seniors, the mandated practice of social distancing can lead to isolation. FISH of SanCap recognizes senior isolation as an existing issue but during the current health crisis, there is concern about many seniors feeling a greater sense of loneliness. Not only is social isolation a problem for mental wellness but it can also impact physical health.

Continuing their work to battle senior isolation, FISH is making an extra effort to stay connected with older islanders by offering daily well-check phone calls, putting notes in their Meals-by-FISH and food pantry deliveries, and offering video chats.

"At FISH we're concerned with ensuring our senior population is still socializing and feel connected to their community through a variety of programs," said Alicia Tighe, executive director of FISH. "Now, some of those programs are on pause, but we're adapting others to make sure our seniors are not becoming totally isolated. FISH and our volunteers, working remotely, are making calls daily to island seniors, delivering their groceries, bringing them hot meals, and connecting with



Anthony Morales of FISH of SanCap delivering groceries photo provided

them through little notes and acts of kindness," said Tighe.

The following is a story of a current FISH client:

"My name is Betty and I've been living on the island for over 30 years. Now, I guess I'm what people think of as an 'old lady.' Many of my friends either continued on page 20

Sanibel Library Adds More Resources

Due to the State of Florida stay-at-home order, the Sanibel Public Library will remain closed until further notice. The library facility is physically closed for now, but open for digital borrowing. New or recently-expanded services include:

Many new eBooks and audiobooks have recently been added to the eShelf, including 20 children's and young adult eBooks.

This month, Hoopla digital has made a collection of eBooks, movies, TV shows, music and comics available for unlimited borrows. A special focus on the 50th anniversary of Earth Day includes audiobooks for children and adults.

Ancestry.com is now available to SPL patrons from home.

Video streaming service Kanopy is making part of its collection available for unlimited viewing during this time.

Library Director Margaret Mohundro said, "In keeping with the governor's stay-at-home order, we urge everyone to avoid unnecessary travel, and keep your currently checked-out items. Please do not return any material until the library reopens. All user fees have been waived."

Watch the library's website, local newspapers and social media for updates.



Patrons can access eBooks and other materials from home photos provided

Operationally, the library notes: All overdue fines and user fees are waived during the closure;

The library is implementing automatic renewal of library cards; All books and other materials placed on hold by users will be suspended and remain on hold for pickup when the library reopens;

The book drops are locked closed; The eShelf and all online services remain available 24/7.

Due to the closure, 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,



Duane Shaffer of Sanibel Public Library explains how to use Ancestry.com remotely

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.

To access all of the library's online services, choose eShelf from the homepage menu. Your PIN is the last four digits of your library card. Library staff has created helpful "how to" videos; check the News Blog.

Sanibel Public Library card holders can borrow eBooks and audiobooks via the OverDrive Libby app. OverDrive offers many children's books in a variety of languages, including Spanish, German and French. To add more choices of eBooks to borrow, such as Southwest Florida Library Network (SWFLN), tap on the Add a Library from within the Libby app.

Many new eBooks have recently been added to the SWFLN eShelf. 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 card number.

The Hoopla Digital app allows users

to stream movies, TV shows, comics and music. With Hoopla, all material can be accessed simultaneously (no holds).

The library also offers Mango, an online language learning tool with more than 70 languages offered. Mango can be used on a desktop or mobile device. The app can be used offline if you're not on WiFi.

Downloadable magazines, including *Soap Opera Digest*, *Newsweek*, *Prevention*, *Oprah*, *Star*, *Reader's Digest*, *Harper's Bazaar*, and *Food Network Magazine*, are available through the RB digital app.

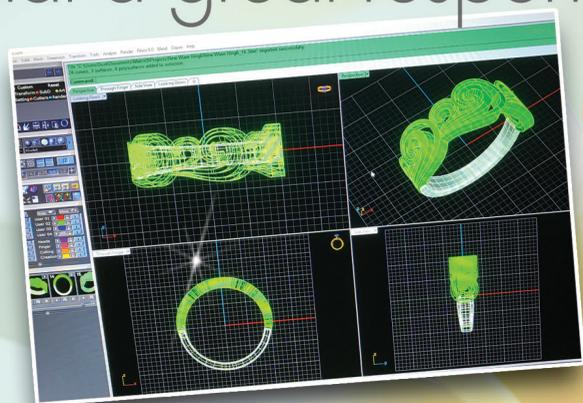
Library cardholders can stream from the popular Kanopy service, which showcases more than 30,000 titles, including award-winning documentaries, hard-to-find films, indies and classics.

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

Students can access Encyclopedia Britannica's vast collection of entries, multimedia content, magazine and

continued on page 6

WOW,
what a great response...



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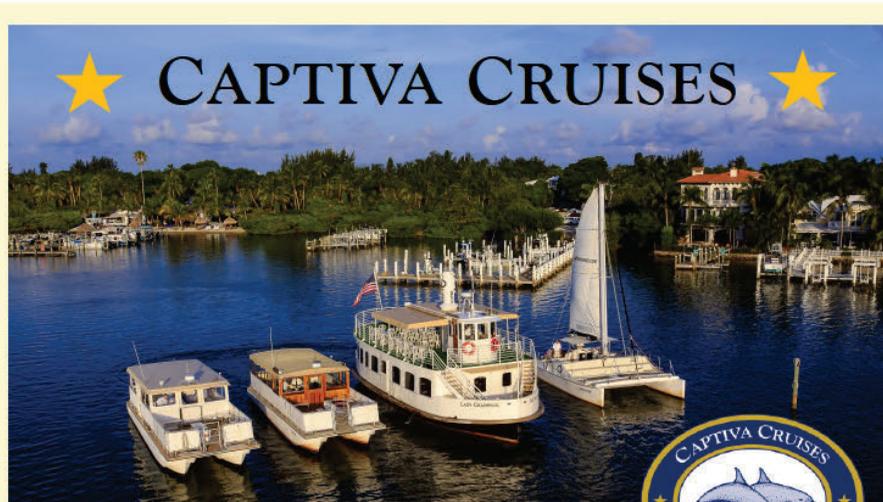
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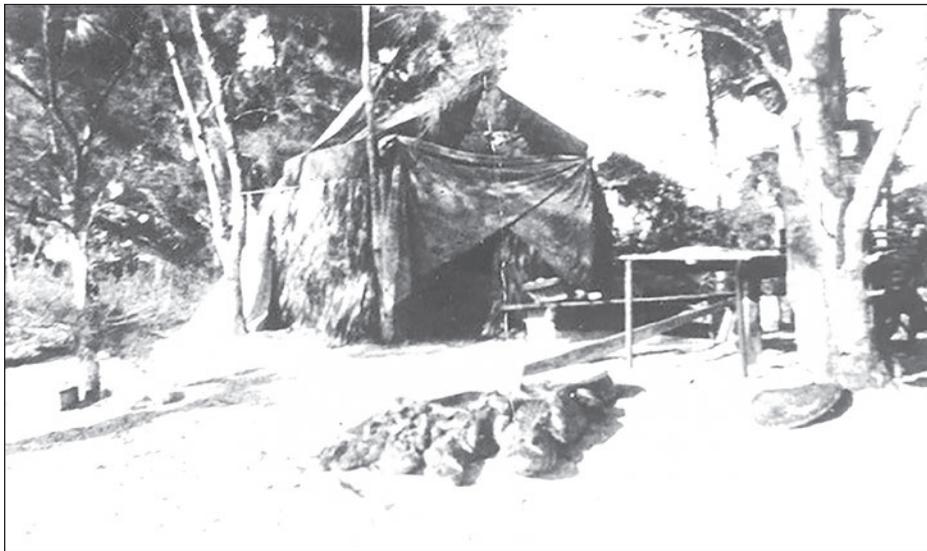


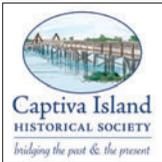
photo courtesy Captiva Island Historical Society Archives

Ina Watson's campsite

Captiva Island Historical Society

Looking Back: Ina Watson's Campsite

This week's image depicts Ina Watson's campsite on Chadwick's South Seas Plantation, circa 1935, with alligators in front as "watch dogs."



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

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

The Captiva Memorial Library and History Gallery are temporarily closed due to the coronavirus. Call 533-4890 for information. Visit www.captivastrandhistoricalsociety.org/archives/research to view more images to bring you closer to Captiva.✪

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday Shabbat services at 7:30 p.m. (7 p.m. from May to Sept.) in Fellowship Hall of Sanibel Congregational UCC. Rabbi Stephen Fuchs, President Michael Hochschild, 917-561-7888. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

HISTORIC CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Services every Sunday 11 a.m. November 10, 2019 thru April 26, 2020. 11580 Chapin Lane, Captiva, 472-1646.

FIRST CHURCH OF CHRIST, SCIENTIST

The Christian Science Church of Sanibel-Captiva has suspended all services and events until further notice. The church Reading Room will also be closed. 2950 West Gulf Drive, 472-8684.

SANIBEL FELLOWSHIP, sbc

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

SANIBEL COMMUNITY CHURCH

Dr. Stephen LeBar, Interim Senior Pastor Sunday Worship: 8 a.m. Traditional in Historic Chapel; 9 a.m. Contemporary and Children's Church in Main Sanctuary;

11 a.m. Traditional in Main Sanctuary. Childcare available at all services. www.sanibelchurch.com, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Livestream service at 10 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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OBITUARY



BENJAMIN GERALD MILLER

Benjamin Gerald Miller reunited with his brother Robert in the arms of our Lord on Monday, April 20, 2020. He was born on May 19, 1975 in Lansing, Michigan and is survived by his mother Sharon; his father Jerry; his sister Kristina and her husband Alex; his brother Lewis and his wife Michelle; four nieces, Kelsey, Ella, Julia and Helen; his nephew Hayden and a large extended family. His brother Robert passed in September 2005.

Benjamin and his brother Robert are the namesakes for whom Trailways Camps, serving adults with special needs and providing respite for their families,

were founded, first in Texas and then in Southwest Florida by the Miller Family. Thirty camps, six reunion gatherings, four Family Fun Days and leadership for the 2018 and 2019 Night to Shine through Sanibel Community Church (sponsored by the Tim Tebow Foundation) have been provided for an estimated 1,100 adults since the Millers moved to Sanibel in 2010.

Benjamin fought a lifelong battle with what is now known as Zellweger Spectrum Disease. It is a multisystem disorder that includes destruction of myelin sheath, can include deteriorating white matter disease, adrenal failure, organ failure and multiple sensory declines. He was the oldest prolonged survivor known to researchers in North and South America and in Amsterdam, with most individuals passing as newborns or prior to the age of 10. Benjamin is a brain and tissue donor.

Benjamin was a joy! His incredibly huge mission was to love God and love people. Every day was a new opportunity to bless. He loved his life, his opportunity to live "independently" with support in his Community Housing and Resources apartment, prayer breakfast and worship services with his Christian family and friends at Sanibel Community Church, his work at Goodwill, the opportunity to win blue and red ribbons through Special Olympics competitions, providing services for others through membership in the Sanibel-Captiva Lion's Club, and his leadership role with Trailways Campers. He loved living in his community where, accompanied by his companion Jack, he participated actively. His amazing friend and helper Annie Williams provided

personal support for nearly nine years – he loved her unconditionally. Benjamin loved his family beyond all earthly treasures and was famous for his version of the *I am Special* song.

A celebration of his life will take place in late summer or fall at Sanibel Community Church, as possible based upon the coronavirus response guidelines. Graveside interment services will be held in Michigan. Memorial contributions may be made to the Robert V. & Benjamin G. Miller Fund/SW Florida Community Foundation online at the www.trailwayscamps.org home page, or by mail to 2031 Jackson St., Ste. 100, Fort Myers, FL 33901.✱

Change In Schedule At FISH During Remodel

FISH of SanCap is undergoing a two-phase remodel of its facility located at 2430-B Periwinkle Way. The remodel, funded through designated private donations, was slated to begin last year but the timeline interfered with the busy holiday season. With limited access to the building during the health crisis, renovations are now moving along. The first phase, now complete, included a reconfiguration and enlargement of the food pantry within the current footprint to allow more efficient use of space for clients, volunteers and staff.

Phase two of the construction, also within the existing footprint, will focus on

the administrative space to process client needs, as well as the food storage and food backpack staging areas. Changes to this part of the walk-in center will accommodate the newly expanded food pantry as well as provide more space for staff as the agency continues to grow.

"Our goal with the remodel is to use the space we have in a way that best suits our growing needs. This next phase will require us to close the building two days per week for the next three to four weeks in order to accommodate construction," said Maggi Feiner, president and CEO of FISH. "Beginning Thursday, April 23rd and Friday April 24th, we will be closed, however, we will reopen with special hours Saturday and Sunday, the 25th and 26th so that we're still offering food for those in need five days a week. Hours will remain the same, from 10 a.m. until 4 p.m."

For the next month, FISH recommends that community members and clients call ahead to verify hours or schedule shifts due to the construction. FISH is reaching out to clients in advance by phone, email and fliers in food packages so they can plan around these changes. Additionally, FISH continues to implement COVID-19 safety measures to maintain a safe environment, including an increase in commercial cleaning staff, disinfecting, multiple handwashing stations, gloves and masks provided to all staff or volunteers in the building.

If you have any questions about hours, services, or if you need assistance, contact Alicia Tighe, executive director, at 472-0404 or alicia@fishofsancap.org.

For additional information, visit www.fishofsancap.org.✱

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safer shopping

10 tips for a safer experience for all of us

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

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

2. Wash or disinfect reusable bags after each use.

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

3. Help reduce store crowding.

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

4. Practice social distancing in the store.

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

5. Inspect produce with eyes, not hands.

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

6. Avoid unnecessary handling of items.

Avoid picking up products unless you plan to buy.

7. Maintain distance at the checkstand.

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

8. Respect staff health and safety.

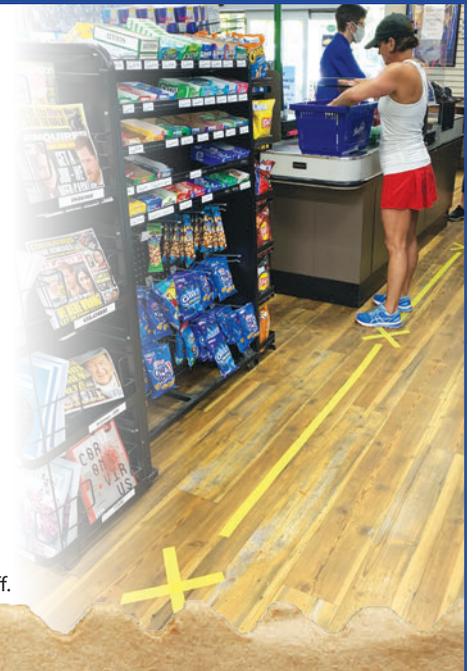
Be patient as they go about their work including additional cleaning protocols and consider offering them a big "thank you." They are working hard to provide everyone with safe access to the food and supplies they need. Provide them with the same space you would provide another shopper during their service.

9. Note Bailey's special hours.

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

10. Allow for extra time.

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



Plant Smart

Eastern Poison Ivy

by Gerri Reaves

Eastern poison ivy (*Toxicodendron radicans*) is native member of the sumac, or cashew, family, which, oddly enough, also includes edible plants such as mango and pistachio.

Toxicodendron means “poison tree” and *radicans* refer to the rooting stems.

Few vines are as maligned as this one, and understandably -- who wants a painful skin reaction?

However, while keeping your distance from it, also appreciate that like all species it has a rightful place in the web of life.

In the wild, it grows in woods, wetlands, along roadside and in other disturbed areas.

Poison ivy can be erect and shrub-like, trailing, or climbing. Very old vines can have quite large woody stems.

The alternate trifoliate leaves might be dull or shiny, sometimes with a few blunt teeth. The leaflets are roughly ovate and two to four inches long,

Clusters of tiny five-petaled yellowish white flowers appear in the leaf axils.

In fall, the stems and leaves turn reddish and white berries appear.

Caution: Contact with the plant can cause skin inflammation, blisters, rashes, fever, or enlarged glands.

The powerful irritant, urushiol, can remain on clothing and shoes for months, so use caution. Don't burn the vine, for even the smoke can carry the



Native eastern poison ivy is toxic to humans but the berries are consumed by birds and small mammals photo by Gerri Reaves

toxins and affect the respiratory system.

The berries are poisonous to humans, but not to the birds and small mammals who spread the seeds.

Degree of sensitivity to the toxin varies from person to person and can even change over time.

This vine is often confused with Virginia creeper (*Parthenocissus quinquefolia*), a native wildlife-friendly species. Before donning gloves and ripping out a volunteer vine you suspect of being poison ivy, verify the species.

by Gil Nelson, www.floridata.com, and <https://gardeningolutions.ifas.ufl.edu>.

Plant Smart explores the diverse flora of South Florida.*

CARD OF THANKS

Iwould like to send our heartfelt gratitude for the workers and management of Bailey's General Store and Jerry's Foods. Everyone on the front lines, including the restaurants offering home delivery and curbside service to island residents, have kept us safer and well fed. Many of us are seniors with underlying conditions.

We can't thank you all enough for stepping forward, making personal sacrifices to show up for work, keeping the shelves as full as possible and keeping a positive attitude through the demanding hours of operation. Please accept our heartfelt appreciation in these extraordinary times.

— Ronda Seifer Walis*

From page 2

Sanibel Library

journal articles, primary sources and e-books, web resources and a world atlas. Search by keyword, or browse among topic areas and biographies. Start at the Resources page at www.sanlib.org. Also found at the Resources page are thousands of recipes at AtoZ World Food or AtoZ Food America.

“We appreciate the Sanibel Public Library board's healthy budget to provide a variety of material for patrons to borrow. Support from the library foundation has increased funding for grants to obtain additional eBooks and downloadable audiobooks,” said Mohundro.

All programs and meetings are postponed or canceled. Frequent updates are posted on the website at www.sanlib.org. Questions and comments may be directed to the email listed on the website: notices@sanlib.org.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor cards are available for a \$10 fee and are good for one year.

Sanibel Public Library is located at 770 Dunlop Road. For more information, call 472-2483.*

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- Jerry's Foods
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City Of Sanibel Census Status Update

The 2020 United States Census is currently under way. This year, households across the nation have the option of responding to the 2020 Census through one of three methods: online; by phone; or by mail. To respond, visit www.2020census.gov.

The live Census 2020 self-response rates for the nation, the State of Florida, Lee County and the City of Sanibel are provided below, as well as comparative rankings:

National – 48.6 percent
State of Florida – 46.9 percent
Lee County – 44.5 percent
Sanibel – 30.8 percent

The final self-response rate for the City of Sanibel for the 2010 Census was 39.5 percent.

The Census determines congressional representation. The State of Florida, depending on the final U.S. Census counts, as a state gaining population, may receive additional representation in Congress.

The U.S. Census Bureau is carefully monitoring the coronavirus (COVID-19) pandemic and is making appropriate operational adjustments, including adapting or delaying some census operations to protect the health and safety of census staff and the public. The City of Sanibel encourages every citizen of the community to help ensure a complete and accurate count in 2020.*

Economic Impact Report Issued By FGCU

The City of Sanibel received the following message from Lee County and the Horizon Council with a copy of the recently released Coronavirus Economic Impact Report:

The Coronavirus Economic Impact Report represents the first of a multi-part project to estimate and create a baseline for the economic impact of this pandemic on the business economy of Southwest Florida. The project itself originated as a request from the Lee County Economic Development Office, on behalf of the Horizon Council and the Horizon Foundation, to access the short-range and long-range economic impact of COVID-19, or the coronavirus, in Southwest Florida.

The Regional Economic Research Institute (RERI) at FGCU developed a three-part plan for the study. The first part established an initial survey of area businesses in order to create baseline economic conditions as soon as possible. The second part requires follow-up surveys to track how this baseline changes over the months that follow. The third part utilizes some of the information from the surveys to conduct a more in-depth economic impact analysis. Area chambers of commerce, economic development organizations, industry organizations, visitor and convention bureaus, among other similar groups, were asked to share

the survey within their business networks. Their almost immediate response and cooperation was vital to the completion of the survey, which was conducted from March 23 to March 28.

Follow-up surveys will be conducted around the last weeks of April, May and June, and possibly through the end of 2020, to track changes in the economic baseline established in late March, around the time of the beginning of the coronavirus' adverse social and economic effects in Southwest Florida. In essence, this report puts numbers to the devastating economic effects local observers witnessed before the end of March 2020 as a result of self- and state-mandated quarantines, and other forms of self-isolation, in areas that include consumer demand, sales revenue

and workforce.

To access the report, go to the News section on the City of Sanibel homepage at www.mysanibel.com.*

Message From The Police Chief

Sanibel Police Chief Bill Dalton is urging the citizens of Sanibel to "Take the Pledge" and to stay home. Lee County has initiated a pledge to:

Social distance when you leave your house for any reason;
Stay home as much as possible;
Practice proper hand washing techniques;
Not gather in groups of 10 or more;

Stay calm, stay kind, stay safe.

Dalton is also reminding the citizens of Sanibel: If you see something, say something, and say something by calling the Sanibel Police Department at 472-3111. It is imperative you call at the time you witness the violation. Calling anyone other than the Sanibel Police hinders efforts in correcting the situation.

Call 911 for anything that is potentially harmful to you or another citizen. "I encourage everyone to be part of the solution not part of the problem," said Dalton.

The official sites to monitor are:
City of Sanibel – www.mysanibel.com
Florida Department of Health – www.FloridaHealth.gov
Centers for Disease Control and Prevention – www.cdc.gov.*



F.I.S.H. OF SANCAP

Neighbors Helping Neighbors Through COVID-19 Crisis

We at F.I.S.H. share your concerns about the progression of COVID-19 and its impact on our islands. We want to assure you that F.I.S.H. is here to help all of those affected throughout the entire crisis. Our community has pledged to help by providing dollars and donations, as well as valuable time and energy through volunteerism, for our most needed programs — **THANK YOU**. Because of you, we can continue running our largest programs, uninterrupted.

Programs include:

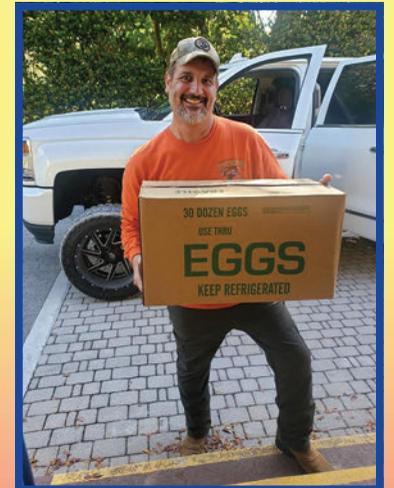
- Food Pantry
- Meals-by-F.I.S.H. meal delivery
- Food backpacks for children
- Emergency financial assistance

At the end of the day, our message is simple:

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Sanibel Remains At Six Confirmed COVID-19 Cases

by Wendy McMullen

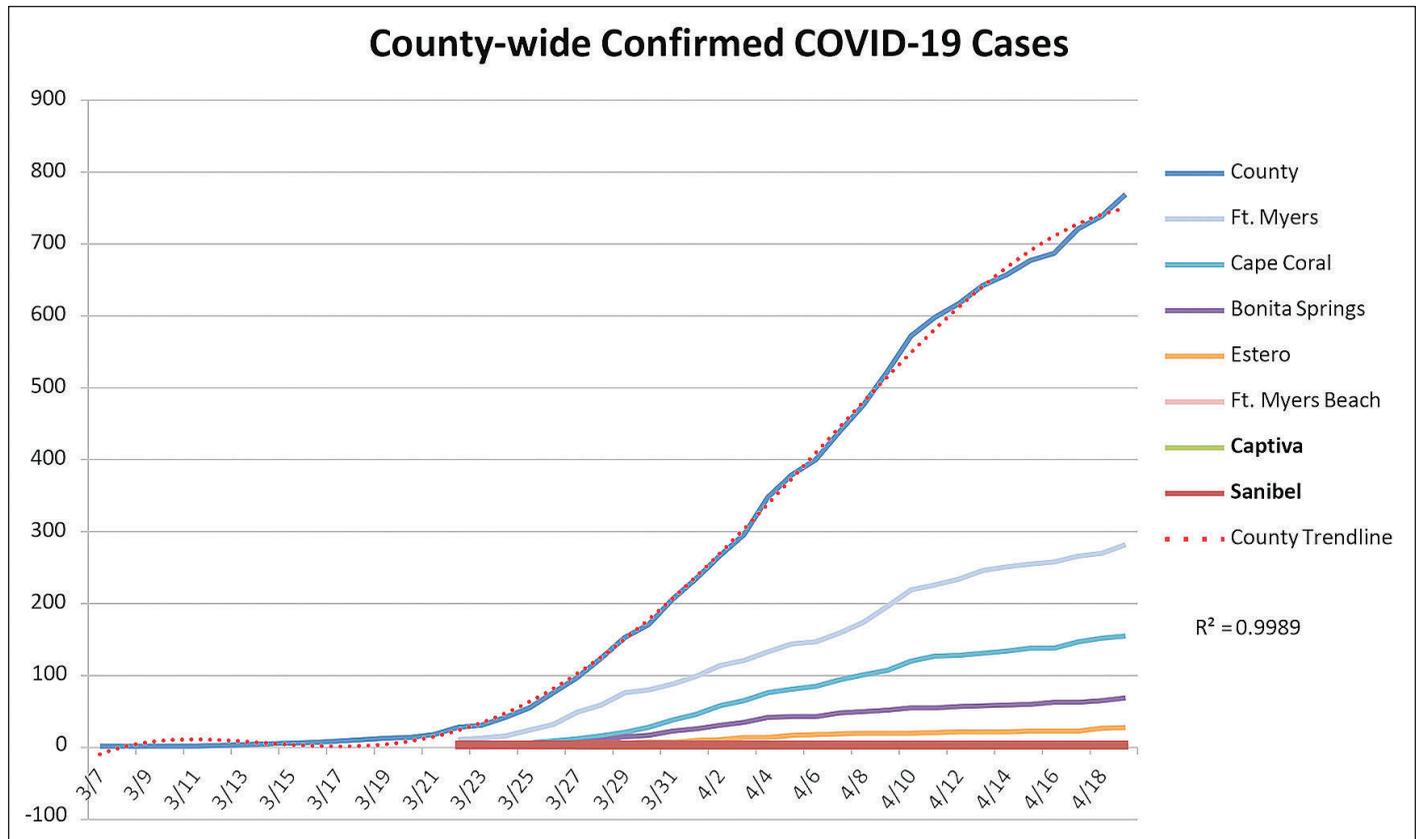
Lee County COVID-19 cases continue to trend upwards according to Sanibel's Department of Natural Resources statistics culled from data from the Florida Department of Health.

The number of cases on Sanibel has remained constant with six confirmed cases as of April 19. This represents 1 percent of the total number of cases in Lee County. Captiva has 0.1 percent with just one reported case.

Even though Fort Myers is not the largest city in Lee County, it has the largest number of COVID-19 cases. The total number of cases in Lee County is 774 with 282 or 37 percent of these cases coming from Fort Myers. Cape Coral, which is the largest city in the county, comes second with 155 cases constituting 20 percent of the total. Lehigh Acres follows closely behind with 148 cases representing 19 percent of the total.

Captiva Island and St. James City at the southern tip of Pine Island have the fewest cases in the county with just one in each location.

The greatest daily increase in the number of new cases in Lee County occurred in the first and second weeks



COVID-19 Statistics in Lee County, prepared April 19, 2020

image courtesy City of Sanibel

of April. Fewer new cases were reported in the third week of April. However, with few recoveries as yet, the total number of confirmed cases continues to rise (see graph).

There have been 27 deaths in Lee

County as a result of COVID-19. The greatest number was four deaths on April 15. There have been no deaths on Sanibel or Captiva. Statewide, there have been 774 deaths.

Nearly half the cases (49 percent)

in Lee County are in the over 55 age group. Younger groups include children as young as five. Younger people are contracting the virus with 57 percent of the cases occurring among those aged 54 and under in the rest of Florida.*

Beach Parking For Residents Remains Open

by Wendy McMullen

Despite closure of public beach parking lots on Sanibel, parking for residents with "A" stickers remains open.

"A" permits are available for Sanibel residents and property owners only and they can be used at the limited parking on West Gulf Drive, Buttonwood Lane, Seagrape Lane, East Gulf Drive at Colony Bay Drive, Fulgur, Donax and Nerita

streets, Beach and Bailey roads and Dixie Beach Sanctuary Overlook.

Anyone who owns property on Sanibel or who is a resident of Sanibel can obtain an "A" car sticker for \$12 annually. These stickers are also valid for parking at Lighthouse Beach and Fishing Pier, Trost, Bowman's Beach and Blind Pass public parking lots when they are open. Restricted "B" and "C" parking stickers, costing from \$90 to \$248, will be available for non-residents when public parking reopens. "B" stickers can be used at Lighthouse Beach and Fishing Pier, Trost Parking Lot, Bowman's Beach and Fulgur, Donax and Nerita streets, Beach and Bailey roads and Dixie Beach Sanctuary Overlook. "C" stickers can be used at

the Sanibel Boat Ramp parking lot, and Gulfside City Park.

Application for the "A" sticker can be made online at www.mysanibel.com.

Airport Concourse Closed For A Limited Time

The Lee County Port Authority (LCPA) has temporarily closed Concourse C at Southwest Florida International Airport (RSW) in an effort to consolidate airport resources. Effective April 23, this closure will impact Delta Air Lines and

United Airlines passengers traveling in and out of RSW. Delta passengers will go to Concourse D and United passengers will go to Concourse B for security screening and flights.

Ben Siegel, CPA, CM, acting executive director of the Lee County Port Authority, said, "By consolidating operational areas and temporarily closing Concourse C, this will help us better manage TSA staffing and checkpoint operations, as well as prioritize and increase the frequency of cleaning and supplies for the concourses in use."

Ticketing and check-in for Delta and United passengers remains the same and flight arrivals scheduled to come into Concourse C will be moved to B or D.*

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Karen's Killer Day



by Capt. Matt Mitchell

Some of the best fishing can happen right before a front pushes through. This really played out for me on a charter this week. My clients got to experience one of

the most wide-open snook bites I have been lucky enough to see in a few weeks.

This particular morning started off with light winds as I picked up long time client Nick from Naples. What made this trip different was he was fishing with his wife Karen, who had only been out with us once before. After leaving the dock, our plan was to look for tarpon for the first hour of the trip and, if that didn't pan out, switch it up and target snook.

Even with super smooth water conditions, we only saw a few tarpon and quickly changed gears. After pulling into a deeper mangrove shoreline, it did not take long to start catching snook. Chumming live shiners had these fish fired up and, within 10 minutes, Karen had her first ever snook – a mid-20-inch-size model. We moved around on this same shoreline for about an hour and kept this bite going strong.

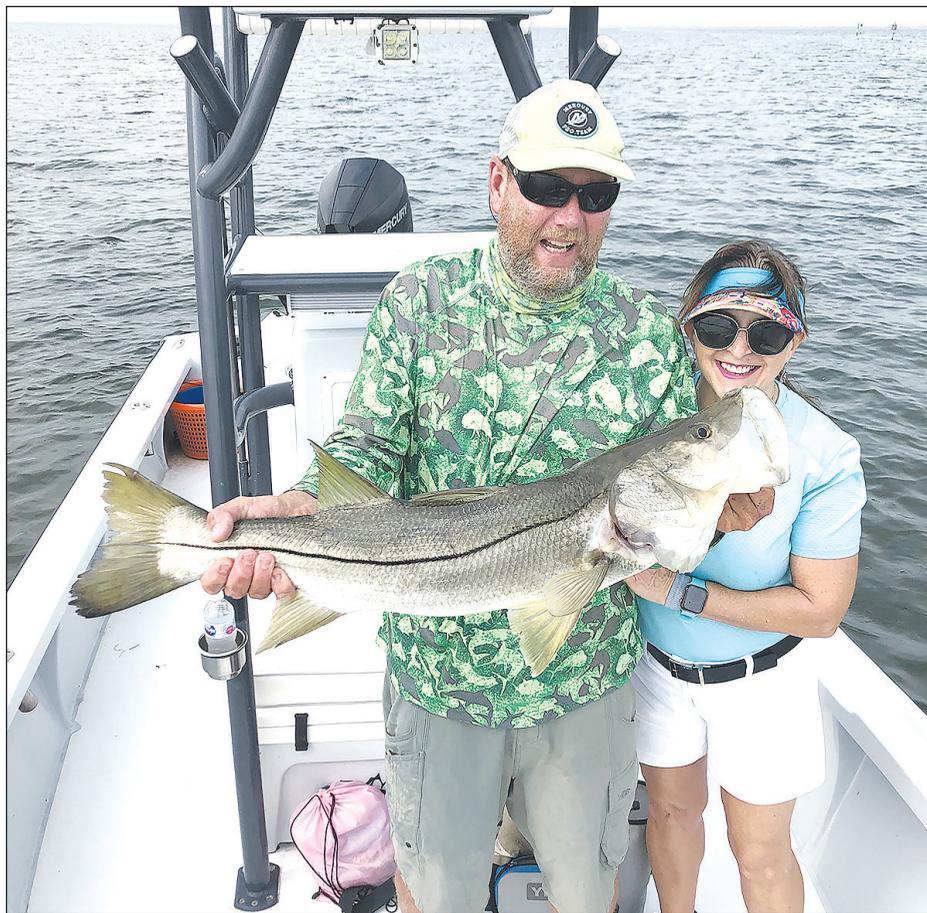
After casting a shiner up close to a downed tree stump, Karen hooked into a much bigger snook. This fish made a quick 25-yard run down the shoreline before turning and coming right back at us. After hanging her up in the

mangroves, Karen handed me the rod. I fed the fish some slack line managing to get it free and quickly passed it back. This fish was set on breaking us off in the trees. It tangled up again, this time on a sunken root ball. This last burst of energy caused it to lay up on the surface, exhausted and worn out. We crept in quietly and netted this 32-inch snook.

With a strong incoming tide and the winds picking up from the south as the front approached, the water was now up high. We headed for a favorite oyster bar on the eastern side of the sound, and I kept a eye on the radar as rain was on the way. During our first few casts, both Nick and Karen caught a few snook, then all hell broke loose as Karen stuck a much bigger fish. This snook struggled to get its whole body out of the water on the first jump only managing to show us its wide shoulders.

As I coached Karen, this fish ran all over and made strong runs as it tried to make it back to the oyster bar. Each time it was in danger of crossing the bar, she managed to turn this big snook and get it almost back to the boat. Once it was close enough, I gently netted this snook to remove the hook and get a few awesome pictures. After a few more stops, we also managed to hook a 24-inch trout but just could not get a redfish to complete the slam before the rain ran us in.

The timing on an approaching front or weather event can be the major factor in making the fish chew. Any time the barometer drops as the wind turns from the south, fishing can go from mild to wild and this was one of those mornings. After dropping them off at the boat ramp, I raced back across the sound as



Karen Little from Naples with a 34-inch snook caught with Capt. Matt Mitchell this week photo provided

I unsuccessfully tried to beat the rain. Even while getting wet coming down the canal, I was still all smiles at the amazing morning snook bite we had been lucky enough to enjoy.

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. ✨

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CROW Case Of The Week:

Mottled Duck

by Bob Petcher



The mottled duck (*Anas fulvigula*) is known as a surface feeder, one that looks for food by skimming along the water's surface with its neck stretched out and bill leveled to the water. This

"dabbling duck" feeds on submerged vegetation at the surface and seldom dives unless being pursued by a predator.

Mottled ducks are similar in size to mallard ducks, but differ in color. Mottled ducks have more of a rich brown color to their bodies and sport a brighter yellow bill. This species of duck has a sturdy medium-sized body, short neck and short tail.

Mottled ducks are more social than most ducks and form pair bonds earlier than other species.

According to the National Audubon Society, a major threat to the mottled duck's survival is the release of numerous pet mallard ducks in Florida and elsewhere in the southeast. These feral ducks interbreed with mottled ducks, and thereby dilute the wild population of the latter.

At CROW, an adult male mottled duck was admitted after being hit by a delivery truck. The duck was lucky to survive



Patient #20-1446 is recovering nicely from a large laceration after being struck by a delivery truck photo by Missy Fox

with no broken bones, but did sustain a large laceration over the top of its neck and left shoulder. The same afternoon that the duck was admitted, veterinarians performed surgery to clean the wound and close it using sutures.

"The duck was given pain medications prior to going under general anesthesia for the laceration to be surgically repaired," said Dr. Robin Bast, CROW staff veterinarian. "The wound was

cleaned and flushed, and the skin edges freshened prior to closing the skin with sutures. Surgery went smoothly, and the patient recovered from anesthesia without any complications."

The duck also reportedly had an old healed injury to its right eye that had caused it to lose vision in that eye. Due to it being an older injury, nothing could be done to help its eyesight.

"The body has healed this injury as

much as it could on its own, and although it is not a functional eye, it is 'quiet' with no active inflammation or infection," said Dr. Bast.

With one functional eye, the patient should be released when fully healed and is expected to continue to live a productive life.

"This depends on the species and the natural history of the animal – how does it obtain food, does it need to migrate long distances, evade predators, etcetera. This injury is chronic – it has had it for a while – and aside from the recent traumatic injuries from being hit by a vehicle, the duck was in good body condition," said Dr. Bast. "This is evidence that it was surviving well on its own prior to the accident. It likely won't migrate and has other ducks that it lives with, so we are comfortable releasing it back where it came from once its neck laceration is healed."

In the meantime, the patient is being pampered while completing its medications.

"The duck is getting tub time daily, eating on its own, and once it finishes a course of antibiotics to treat for potential infection, we expect it to be released later this week," said Dr. Bast.

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

Depressed Slipper Snail



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

Crepidula depressa Say, 1822 is a local member of the family Calyptraeidae. It

is one of the “flat white slipper snails” whose identification is difficult without a glimpse at the soft parts. The species may attain 40 mm (1.6 inch) at most, but is most often found in the 25 mm (about an inch) size range. Unlike the Black-foot Slipper Snail, (*Crepidula atrasolea*, the “other” local flat, white slipper snail), the Depressed Slipper Snail has a yellowish-cream color on the foot and mantle. Their white shells, however, are virtually indistinguishable. 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 of our best-laid plans. The museum has no admission income and no store sales, but we still have 493 mouths to feed and 20 amazing employees to support. If you are able, we sure could use your help.



The Depressed Slipper Snail, *Crepidula depressa*, from Sanibel

photo by José H. Leal

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

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.

Message From Lee County Mosquito Control

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel and Lee County. 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.

If you are experiencing a high number of mosquitoes at your residence, make a service request by contacting LCMCD at 694-2174 or www.lcmcd.com. If LCMCD receives complaints from a specific area or neighborhood, the district dispatches personnel to conduct a mosquito count and, if warranted, will fog or spray the area.*

Repairs At Punta Rassa Intersection

Lee County Department of Transportation (DOT) will be doing overhead maintenance at the intersection of McGregor Boulevard and Punta Rassa Road on Wednesday, April 29 between 9 a.m. and 3 p.m. The traffic signals will be dark and the Lee County Sheriff's Office will be on scene for traffic control.

For more information, visit www.leegov.com/dot or contact the DOT's Traffic Operations Center at 533-5762 or leetraffictoc@leegov.com.*

American Legion Post 123

American Legion Post 123 is closed until further notice. Member eligibility dates are November 11, 1918 through present. All veterans are welcome to join.

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



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Paddleboarding requires some balancing skills but there are ways to improve your balance while off the water photo provided

Paddling Balance Training

by Kealy McNeal



As we wait to get back on the water, there are a few things we can do at home to help keep our paddling skills strong. Maintaining stability on the water is an important aspect of all paddle

sports, but stand-up paddleboarding in particular requires a solid foundation of balance and coordination. Cross training increases your overall fitness and helps improve your stability, balance and coordination, which will translate over to your paddling routine. However, since we can't train on our boards right now, we recommend yoga, stretches and some simple at-home exercises at home to improve your balance.

There are a few simple exercises that can help you achieve better balance. To strengthen your ankles, position a resistance band over the ball of your foot, holding one end of the band in each hand. Flex and point your toes

while applying light resistance. Next, try standing on one foot while lifting the other a few inches off of the ground. When you feel comfortable doing this with your eyes open, try closing them. Then, you can try doing step-ups with one leg at a time onto a step or chair. Check the Internet for additional instruction and demonstrations.

For more advanced paddlers, an Indo Board is a really good tool to challenge your balance. An Indo Board is a flat piece of wood balanced on a cylinder or cushion – it offers a multitude of exercises designed to support balance training and strengthen your core. Commit to a few minutes of balance work each day, and once we get back on the water, you'll feel stronger and more balanced than ever before.

Part of the Sanibel-Captiva Conservation Foundation (SCCF) family, the mission of Ocean Tribe Paddlers is to assist the paddling community of Southwest Florida to better explore, enjoy and understand the ocean, and to help paddlers be engaged stewards of the marine environment. For more information about Ocean Tribe Paddlers, visit www.oceantribeoutfitters.org or contact oceantribepaddlers@sanibelseaschool.org. Follow on Facebook and Instagram.✧

From page 1

Zonta

obvious: donate the booties to Lee Memorial Hospital.

Zontians Virginia Jones, Karen Pati, Susan Tucker and Joyce Ross gathered recently at SanCap Pak-n-Ship to send the parcel – and were delighted when owner Dustin Dariano offered to donate the shipping cost.

The 116-page A Peek at the Unique keepsake booklet, printed prior to the cancellation but not distributed, is available at SanCap Pak-n-Ship. Anyone who supported the Peek in any way is invited to pick up a copy, while they last; they are also available at Qwik Pack & Ship on Sanibel.

“The Peek booklet is our way of saying ‘thank you’ to the many businesses and individuals who provide sponsorships and other types of donations, making the Peek one of the

most successful events in island history,” said Jones. “We really want the books in circulation so that people can choose to support these generous businesses, learn about Zonta and thank individual donors.”

The 2020 booklet is also posted on the club website at www.zontasancap.com. In addition to sponsor recognition, it is packed with information about Zonta and the grants that the club, through its foundation, makes annually to area nonprofits whose work empowers women.

The Zonta Club of Sanibel/Captiva is a service organization of professional women working together to provide hands-on assistance, advocacy and funds to empower women and girls on the islands, in Lee County and around the world through Zonta International. Follow Zonta Sanibel-Captiva on Facebook and “like” Zonta Sanibel-Captiva @zontasancap on Instagram.✧

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The Community House

Nasturtiums



by Resident Chef Jarred Harris

Nasturtium, also known as Mexican cress, Peruvian cress and Indian cress, is one of the most popular edible plants in the gardening and culinary world. Nasturtiums are native to Peru and are easily recognized by their umbrella shaped leaves with long thin stems and brightly colored flowers that have a peppery taste, similar to watercress.

The word nasturtium means “nose twister” in Latin. This refers to the reaction one has when the flower is eaten. The seeds and leaves of the nasturtium plant are edible. In fact, nasturtium seeds are pickled and commonly used as a substitute for capers. In France, nasturtium seeds are boiled in vinegar and used as a meat seasoning.

Nasturtiums are widely used in folk medicine as a medicinal plant. Nasturtium leaves are used as a pain reliever, immune booster and cough

suppressant. The juice of the nasturtium flower is often used to treat burns and other skin irritations. Nasturtium extract and essential oils are used to help fight acne.

Nasturtiums contain vitamins B and C, manganese, iron, carotene, iodine, potassium and phosphorus. They also contain 10 times the ascorbic acid of lettuce leaves.

I grow nasturtiums around my yard, not only for culinary purposes, but to attract hummingbirds and protect my garden from pests. The bright flowers repel whiteflies, aphids and cabbage beetles. Nasturtiums also protect plants against viral and fungal diseases.

Nasturtium flowers and leaves can be found in health food stores and markets. Here is a simple recipe to try:

Nasturtium and Tabbouleh Salad

Ingredients
 ½ cup chopped nasturtium leaves
 2 bunches of flat-leaf parsley (roughly chopped)

½ bunch of fresh mint (roughly chopped)

1 bunch scallions (finely sliced)
 1 english cucumber (skin on, fine diced)

1 pound of vine-ripe tomatoes (roughly chopped)

2 cups quinoa (cooked and chilled)
 Juice and zest of 1 lime

1 clove of garlic, minced
 2/3 cup extra virgin olive oil
 Salt and fresh black pepper to taste
 1 cup of nasturtium flowers

Method
 Place the first five ingredients in a

large mixing bowl. Add the quinoa and gently toss. Whisk the lime juice, zest and garlic in a small bowl. Gradually whisk in the olive oil. Season with salt and pepper to taste. Drizzle all the dressing over the salad and toss. Garnish with the nasturtium flowers.

Serve with warm pita bread and

hummus.

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.*

Kiwanis Club Diners Delight Coupons On Hold

The Sanibel Captiva Kiwanis Club annual Diners Delight program, which raises funds for the club’s scholarships and other educational and recreational youth activities, has been put on hold due to the coronavirus.

Diners Delight coupons provide two-for-one savings on entrees at participating island restaurants from May through mid-December. While a few of the coupon books have already been distributed to the public, additional sales have been put on hold for now, and redemption of the coupons has been suspended.

Kiwanis President Aaron Pruss said, “This program has two purposes. It raises funds for the club’s support of scholarships and other activities benefiting local youth. But it also encourages islanders to patronize local restaurants. Given the uncertain conditions created by the coronavirus, it is not clear what the future holds for restaurants getting back to normal operations. In light of that, Kiwanis has decided to put the Diners



photo provided

Delight program on hold until later in the summer when we have a better idea of what the restaurants are facing.”

The Kiwanis Club will update the status of the program as soon as circumstances allow. When the sale of the Diners Delight booklets resumes, perhaps for a shortened period this year, the club encourages everyone to secure a booklet and help support island youth and the island restaurant community. In the meantime, Kiwanis encourages the public to continue patronizing island restaurants and supporting their staff through take-out or delivery options, or the purchase of gift certificates, during this period of restricted operations.*



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1/4 cup Parmesan cheese, grated

1 tablespoon garlic, minced

3 tablespoons fresh basil, roughly chopped

1 tablespoon olive oil

Sea salt and fresh ground pepper, to taste

Preheat oven to 400 degrees. In a small bowl combine the oil and garlic. Season with salt and pepper. Place slices of tomato on sheet pan, brush with oil mixture, and sprinkle even amounts of cheese on each tomato slice. Bake for 8-10 minutes or until cheese is melted. Top with chopped basil and serve warm. tomatoes starters.*



Cheesy Baked Tomatoes

photo courtesy Fresh From Florida

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First Loggerhead Sea Turtle Nest On Sanibel

The sea turtle nesting season officially began on April 15, and is off to a great start. On opening day, two sea turtle program staff from Sanibel-Captiva Conservation Foundation (SCCF) found the first loggerhead sea turtle (*Caretta caretta*) nest on the east end of Sanibel. It is the earliest nest ever documented on the islands.

In the earliest crawl by its species ever documented on the islands, a loggerhead made a false crawl on April 14 on Captiva, called in by a Captiva resident. Previously, the earliest crawl by a loggerhead was on April 20, 2012, also on Captiva.

"We're ready for an exciting turtle season," said SCCF Coastal Wildlife Director Kelly Sloan.

Nesting season runs April 15 through October. As the earliest crawl of any sea turtle documented on the islands, a leatherback sea turtle (*Dermodochelys coriacea*) made a false crawl on the east end of Sanibel on April 1.

"I think there could be the silver lining in all of this craziness. We are hopeful that, not only for the sea turtles but for the shorebirds, there might be a little less foot traffic on the beach," said Sloan.

It's the first time in the history of



SCCF Garden Center assistant Emily Harrington was being trained by sea turtle biologist Jack Brzoza when they found the first loggerhead nest photo provided

SCCF's program that volunteers aren't out at first light on the beaches looking for signs of crawls and nests.

Sea turtle monitoring on Sanibel originally began in the late 1950s with Charles LeBuff and *Caretta* Research, Inc., making it one of the longest-running monitoring programs in the country. The program was transferred to SCCF in 1992 when *Caretta* Research, Inc. disbanded. More than 100 volunteers are signed up to assist in the monitoring program.

SCCF is putting volunteers on hold at least until the safer-at-home order

is lifted by the state. Staff from the SCCF Marine Lab, Sanibel Sea School and Native Landscapes and Garden Center are stepping up to take solo shifts monitoring the beaches from the Sanibel Lighthouse to Redfish Pass at the tip of Captiva.

SCCF reminds you to do your part to keep the beaches sea turtle friendly:

Turn off or shield all lights that are visible from the beach. Do not use flashlights or cell phone lights on the beach. If necessary, use amber or red LED bulbs.

Remove all beach furniture and equipment from the beach at night.

Dispose of fishing line properly to avoid wildlife entanglement.

Fill in large holes that can trap hatchlings and nesting sea turtles.

Do not disturb nesting turtles – do not get too close, shine lights on, or take flash photos of nesting sea turtles.

Pick up litter.

Sea turtles are among the world's oldest creatures. The species that can be found today have been on the earth for about 110 million years, since the time of the dinosaurs.

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

'Ding' Darling E-Store Is Open For Business

The "Ding" Darling National Wildlife Refuge e-store, www.ShopDingDarling.com, carries a limited line of logo T-shirts and baseball caps.

Check out the new Currently Available page on the e-commerce page. It features a limited number of small, easy-to-mail items the store is able to access and send during the current state stay-at-home order, due to the coronavirus pandemic. Peruse the site's other pages to see the new items being added weekly for order when the site fully reopens. Profits from all purchases benefit the refuge and conservation, which need your support now more than ever.



Baseball caps and T-shirts are available online photo provided

Now you can follow the latest available gifts by online order at the new e-commerce site Instagram page. Follow the page to stay in the loop about products as they become available during and after the COVID-19 crisis.✪

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From page 1

Music

the Southwest Florida Blues Society Youth Showcase, and was chosen to attend the prestigious International Blues Challenge in Memphis. He has performed in legendary venues in Memphis and Nashville, and has opened shows for The Marshall Tucker Band, Jim Messina and other national headliners.

To be sure, Jensen has a lot for which to be grateful, and giving back to the community has always been a priority. According to Maggi Feiner, president and CEO of FISH, in addition to the recent donation, Jensen has given thousands of dollars from gigs to the organization. He has also volunteered there since he was about 12 or 13 years old.

"He's incredible. He's extremely talented. The whole Jensen family has always been very supportive," Feiner said, noting how appreciative she is at this unprecedented time of need.

"It's been wonderful watching Johnny grow through the years, not only in height. His whole sense of giving keeps growing. He has a very firm sense of community," Feiner added.

The virtual concert had its own power of giving, as the stream had over 10,000 views. People from all over the world took a virtual trip to the island, some conversing by posting live comments, including relatives "Queenie" and Dave Jensen, who recently moved to Italy.

"It seemed like everybody liked it, to relax and get out of reality," Jensen said of the event, where he was accompanied



Johnny Jensen's parents, John and Gina Jensen photo by Kathy Kurtz Ferrari

by family friend David Dust of Sanibel on guitar.

Listening to Jensen perform and talk about his music, it's easy to forget he is only in 10th grade at Canterbury School in Fort Myers. The family also has a home in that area, where Jensen has a small studio to write and practice music. He exudes a confidence beyond his years and the word prodigy comes to mind.

"I don't like using the word so much, but he has been called that by many people," his mother admitted.

At such a young age in a tough industry, one might wonder what role his parents have had to play.

"Johnny has always been a little bit of



A very young Johnny Jensen gets some guitar tips from his uncle Jimmy Jensen during a concert at Jensen's Marina about 12 years ago photo provided

an old soul, and he's been very mature and has handled talking with people and engaging very well. I haven't had to worry too much," his mother said. "I think the worst has been this coronavirus, to be honest."

During the pandemic, Jensen has been attending virtual classes, which he actually likes.

"I get the work done a lot quicker than if I were at school. I can allot my time to something more productive, like writing new songs or trading stocks," he said, discussing another passion that adds to his maturity.

This summer, he plans to work with a Grammy Award-winning producer

to record an album of new music, but uncertainty hangs in the air due to the pandemic. Beyond that, he is not sure about college, as he may tour once the album is produced. He would continue his education online if that comes to fruition.

His new music has "something for everybody," he said, as it includes blues, pop and even reggae.

"I want my songs to feel like, if somebody's an artist, I want them to paint a picture from hearing my song," he said. "I kind of think about it like that. To give it all these different dimensions."

To hear a sample of Jensen's music, visit www.johnnyjensen.rocks or ask your Alexa smart speaker.✪



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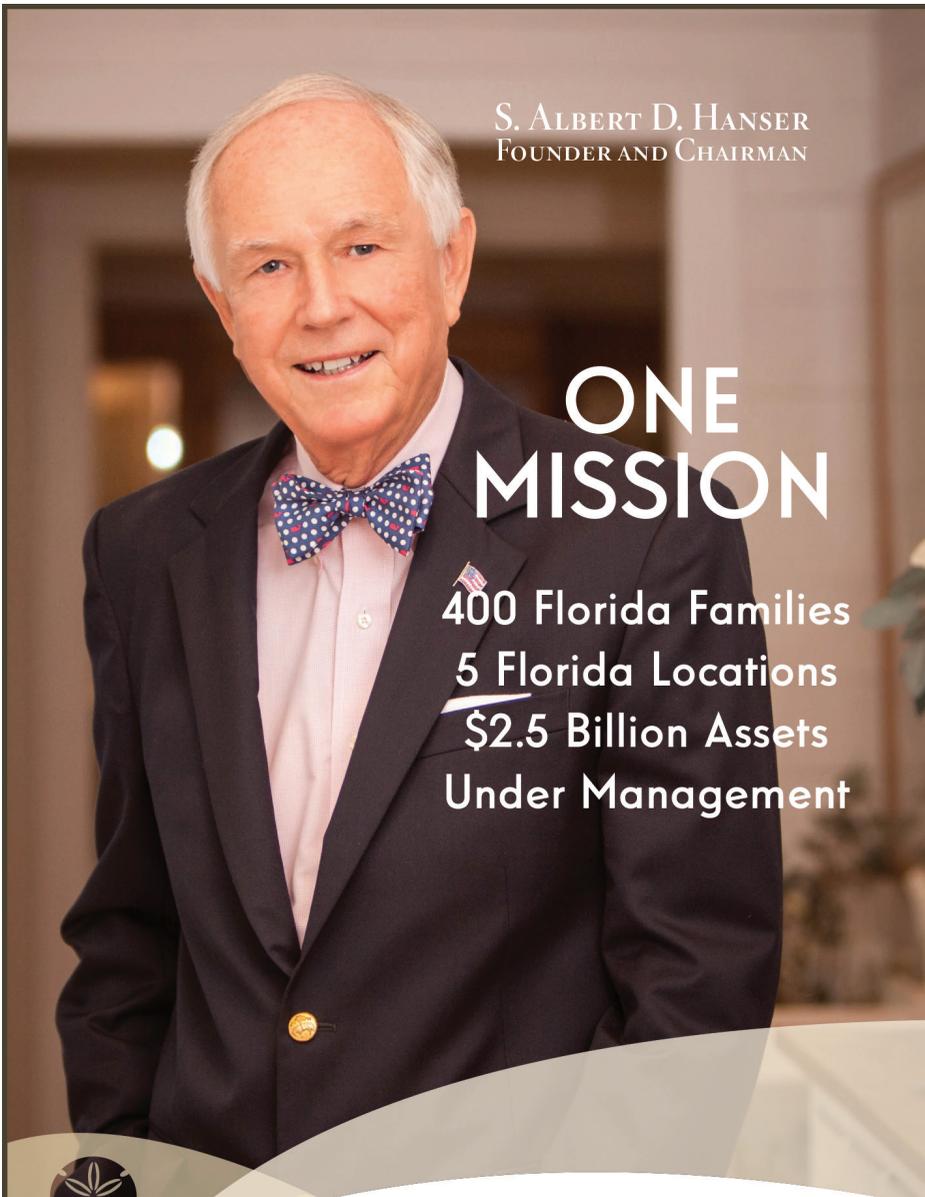
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CROW Elects Board Members At Virtual Meeting

The Clinic for the Rehabilitation of Wildlife (CROW) held its 2019 Membership Meeting via a virtual Zoom meeting on March 25 due to concerns over the current coronavirus pandemic. Those in attendance included members, staff and the board of the directors.

The agenda consisted of the introduction of new and returning board members and a review of 2019 achievements.

CROW elected three new board members: Anthony Farhat, Phaidra McDermott and Dr. Bonnie Tucker.

Farhat is the president of PGI Homes, LLC. His strong business ethics earned him recognition as one of the Top 40 under 40 and Young Entrepreneur of the Year by *Gulf Coast Business Review*. His dedication to Florida's environmental health has influenced the overall direction of his company.

McDermott has lived on Sanibel since she was 3 years old and loves the local wildlife – hence the name of her company, Kingfisher Real Estate. For over 20 years, McDermott has been one of the most successful realtors in Florida. In 2016, she achieved a landmark, selling both the highest priced home on Sanibel and the highest on Captiva.

Dr. Tucker received her doctor of veterinary medicine from Tufts University. She is a veterinarian at VCA



Anthony Farhat



Phaidra McDermott

Animal Hospital at both the Sanibel and Miracle Mile offices. She previously was involved with Labrador Retriever Rescue of Florida.

Cathie Lewis and Christine Attardo began their second term on the board. President Paul Ben-Susan also acknowledged board members Kelley Provo and Dr. Dave Nichols for their service and commitment to the organization.

The 2020 board officers are: Paul Ben-Susan, president; Dan Murphy, vice president; Cindy M. Hawkins, treasurer; and Lynne Birdt, secretary.

Also returning are board members Edgar Burton, Amanda Curran, Bill Horvath and Darrin Grotrian.

CROW is a nonprofit wildlife hospital providing veterinary care for native and migratory wildlife from the local area. For more information or to make a donation, visit www.crowclinic.org.



Bonnie Tucker

Sanibel School Blue Ribbon Classic Canceled

This time of year, members of the Sanibel School Fund are normally preparing for the annual Blue Ribbon Classic Golf Tournament, a critical fundraiser for The Sanibel School that has taken place every year since 2007. Unfortunately, due to the COVID-19 pandemic, this year's event, scheduled for May 9, has been canceled.

For more information, email thesanibelschoolfund@gmail.com.

From page 1

Isolation

come and go seasonally or are no longer on the island so living on my own, it's become harder to do some of the things I've always done.

"Starting last year, I began using the FISH Food Pantry to help with some groceries, because I am on a fixed income. I don't really eat much, but I do visit at least three times a week so I can see the volunteers and staff to say hello. They're all my friends there and it's nice to get out of the house to see them.

"When FISH explained to me that

the food pantry wouldn't be open for inside shopping and that we had to request food from a distance, it made me really sad. I always looked forward to my pantry days. I don't go out much or visit with friends, so this whole distancing thing makes me feel very alone."

Now, in addition to grocery deliveries, Betty is receiving hot meals through the Meals-by-FISH program, and daily reassurance calls from one of her favorite volunteers who calls to socialize and check on her well-being. While neither allows for close interaction, they give Betty something to look forward to daily. And, through the kindheartedness of volunteers, community members and local children, Betty receives a friendly note or welcome wave with deliveries.

"While connecting from a distance can't replace one-on-one interaction, we've heard back from Betty expressing her gratitude for the 'extra attention' she is receiving," said Maggi Feiner, president and CEO of FISH. "Sometimes, it's simple acts of kindness that make all the difference to those in need."

The FISH Walk-In Center and Food Pantry hours will be staggered over the next month due to construction. If you have any questions, or if you need assistance, contact Alicia Tighe at 472-0404 or alicia@fishofsancap.org.



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Book Review

The Splendid And The Vile



by Di Saggau

Erik Larson is without a doubt at the top of the list of my favorite authors. I have read all of his books and just finished his latest *The Splendid and the Vile* about Churchill, his family

and defiance during the Blitz. What I love about Larson's books is they are non-fiction but read as novels. His style of writing and research is fascinating. This book gives the reader a fresh and compelling portrait of Winston Churchill and London during the Blitz.

Drawing on diaries, original archival documents and once-secret intelligence reports, Larson tells us how Churchill taught the British people "the art of being fearless." On Churchill's first day as prime minister, Hitler had already invaded Holland and Belgium. Poland and Czechoslovakia had fallen and Dunkirk was just two weeks away. For the next year, Hitler wages a relentless bombing campaign, and it was Churchill's responsibility to hold his country together and to persuade President Roosevelt that Britain was willing to fight to the end. He needed America's help.

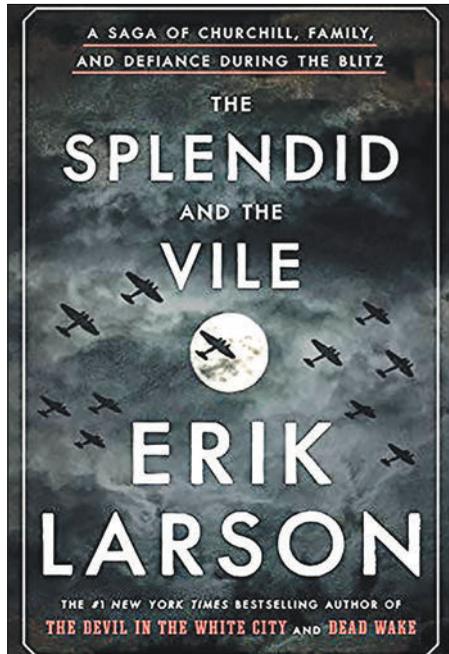


image provided

Churchill quickly won over the British public, thanks partly to his famous speech on June 4, 1940, when he said, "We shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender." Churchill had a knack for making people feel stronger, and more courageous. Larson details how Churchill was successful in persuading Roosevelt to help the British out.

He tells us that between September 7, 1940 when the first large-scale attack

on central London occurred, and Sunday morning, May 11, 1941, when the Blitz came to an end, nearly 29,000 of its citizens were killed and 28,556 seriously injured. Throughout the United Kingdom, the total of civilian deaths in 1940 and 1941, including those in London, reached 44,652, with another 52,370 injured. Of the dead, 5,626 were children.

Larson not only focuses on Churchill and his family, he also gives us a vivid account of the Blitz, the German bombing campaign that put fear in the British for several months. At the height of the

bombing, Churchill would go to the roof tops to see what was going on. Larson provides a day-to-day experience during London's darkest time, of Churchill; his wife, Clementine; their youngest daughter Mary; their son, Randolph; and his beautiful but unhappy wife, Pamela.

The Splendid and the Vile takes us back to a time of true leadership when Churchill's courage and perseverance bound a country together. There are numerous books about World War II, but there's only one Erik Larson, one of America's greatest storytellers.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I know that deep breathing helps kids and adults calm down, and it relieves some stress, but my kids don't want to do this. They say it's boring. The few times that they have been able to practice deep breathing, I've seen the change in them. They are much calmer and feel better too. Are there any tips or tricks you could suggest making deep breathing exercises more fun for a 6-year-old and 8-year-old?

Kim R, Fort Myers

Kim, It's very understandable that your children are finding deep breathing boring. It's a somewhat abstract concept for that age range to understand. There are ways though to make deep breathing more fun and include more motion so that children can engage more easily and enjoy the process. Below are various techniques to use that will make deep breathing exercises something they will look forward to.

Elephant Breathing – Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

Bumblebee Breathing – Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

Shoulder Roll Breathing – Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears.

Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

Snake Breathing – Sitting tall, breathe in, pause, then slowly and smoothly breathe out making a hissing sound for as long as you can.

Feather Breathing – Children practice their breath by blowing real or imaginary feathers off their hand, up in the air, or just at the feather to watch it move.

Wood Chopper Breathing – Standing tall with legs hip distance, raise arms above head and clasp hands together. Breathe in through nose and as you exhale say "HA" to "chop" wood.

Bunny Breathing – Seated, sit on shins with hands in "bunny" hands in front of heart as you take quick sniffs. Sniff rapidly for 10 rounds, relax and repeat several times.

Belly Breathing – Place small toy on stomach to see and feel it rise and fall. See how many breaths it takes for the toy to fall off.

The health benefits of deep breathing or yogic breathing for children are significant. Tonia Kulp, certified yoga instructor at Children's Hospital of Philadelphia says that, "Simple yoga breathing is a powerful tool in managing our emotions, energy levels, feelings and thoughts. Controlled, conscious breathing can decrease anxiety, help to manage pain and discomfort, aid in the balancing of unpleasant thoughts and emotions, and even help fight inflammation that can lead to disease. And breathwork is easy, free and accessible to anyone — including our youngest children"

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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The top producers for March at Royal Shell Real Estate were: McMurray and Members, top listing producers team and top sales producers team; Bob Radigan, top listing producer individual/partners; and Trevor Nette, top sales producer individual/partners.*

**Experts Answer
Questions At
Virtual Meeting**

On April 16, the Sanibel & Captiva Islands Chamber of Commerce hosted its second in a series of virtual meetings related to island businesses and the COVID-19 pandemic. The meeting's expert panel included Sanibel Captiva Community Bank President and CEO Craig Albert, Bank of the Islands President Robbie Roepstorff, Director of the Lee County Economic Development Office John Talmage, and Lee County Business Development Specialist Warren Baucom. They fielded questions posed by more than 80 participants via Zoom during the financial and economic Q&A session.

"Our mission right now is to get useful and accurate information pushed out to our members," said John Lai, chamber president and chief executive office. "We will continue to do these virtual meetings. While we can't be physically together, we can be together online."

For Lee County government, the top concern is the process of reopening the county, said Baucom. "The county is focused on local businesses and the local economy. Moving into the tourism is secondary, to get us strengthened and ready for when we're able to accept our visitors again."

He reinforced the importance of Lee

County's Resources for Businesses page at www.leegov.com/covid-19/business for accessing daily updated information and forms for all the various tools available through the Small Business Development Centers, State of Florida and federal government.

The site shifts the county's business approach to meet today's needs, he added. Staff works with companies to redo their business model to provide resources to the community while staying in business, a way that's both effective and timely.

"I'm impressed by our business community," Baucom said. "It has shown such concern for employees and customers, rather than just worrying about bottom-line numbers."

During the meeting, Albert said he just received news that the Payroll Protection Program (PPP) had met its limits and closed. Both he and Roepstorff urged members to continue applying for the program, because they believe the government will be anteing more into those coffers. Their banks are eligible lenders for the various emergency programs, and their staff has been working around the clock

to assist their customers at this time, they said.

"I am encouraging everyone to apply for everything," said Talmage. He reported that with improved leadership and an increase in workers taking calls, he expects the unemployment application system to improve. He urged those who plan to file for unemployment to work with CareerSource Southwest Florida to get their PIN number reset and begin the process as soon as possible.

Members submitted questions to the bankers on the specifics of what businesses and expenses PPP covers, and the strategies of applying for that aid as opposed to putting employees on unemployment.

Lai said, "Right now this is the reality of what we're living in. We figured we were prepared for disasters, but pandemic was not on that list of disasters. I don't have the answers, and I sympathize with those who have to make the decisions. Hearing from our expert panel answered a lot of questions about what we're dealing with and how we'll get through it. Many thanks to them."**

**Rotary
Happenings**

submitted by Cindy Carter DeCosta



In this strange and difficult time, I have been reflecting on what Rotary means to me. Seems like an easy answer. We meet every Friday at 7:30 a.m. at The Dunes Golf and Tennis Club for breakfast and a meeting with a speaker sharing their adventures in life, or from a group educating many of us to something right in our own backyard. We do wonderful service projects in our community, district, state, county and internationally. Projects like our Sanibel-Captiva COVID-19 Relief Fund that is being handled through FISH of SanCap for the people of Sanibel and Captiva who have been financially impacted by COVID-19, scholarships for our local college bound students, water projects in countries that have limited access to clean water, wheelchair deliveries to those who don't

have access to one, eradication of polio, and I could keep listing them. Normal enough for a service club, until you don't have it.

When I really stopped to think about what Rotary means to me, it became more complex than I originally thought. What I never truly realized was all the social interactions that Rotary provides me with, especially in a world where technology and communication through computers or phones have become the norm. These interactions are something that a Zoom call can never replace. I think about all the wonderful and interesting people I have met, warm hugs from so many new friends, a handshake with a smile, a joke and a good belly laugh. I miss the check-up on someone struggling with a family or life situation, a check-in with a fellow Rotarian on an ongoing project, laughter, and sometimes tears. My fellow Rotarians have become my friends, my extended family. And boy do I miss them! In this very tumultuous time, stay home, stay safe, until we meet again.

*The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club. Guests are welcome.***

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Deputy Public Affairs Officer Shares Mission

Naval Undersea Warfare Center (NUWC) Division Newport's new deputy public affairs officer, Caroline "Carly" Diette, is eager to communicate the command's message of providing superior undersea warfare capabilities to the Navy fleet with the rest of the world.

Hired in December 2019, Diette's background and experience in the Navy makes her a perfect fit for the position.

"Of all the roles I've had in my career, I'm proudest of my years serving as a surface warfare officer in the Navy. Reflecting on my experience, I recognized the importance of being a part of a company or institution that stands behind its mission," Diette said.

"It is for that reason I was thrilled to learn about this opportunity at NUWC Division Newport – one where I could work in support of the Navy's mission, but also share the word about Division Newport's fascinating employees and their incredible stories."

A native of Sanibel Island, Florida, who now resides in East Greenwich, Rhode Island, Diette began her naval career in 2004 by earning a Navy Reserve Officer Training Corps scholarship to Vanderbilt University in Nashville, Tennessee. At Vanderbilt, she supplemented her regular studies with advanced math and naval science



Carly Diette photo by Rich Allen, McLaughlin Research Corp.

courses, and spent her summers aboard U.S. Navy destroyers, learning about their navigation and studying their engineering systems.

After graduating magna cum laude from Vanderbilt in 2008, Diette was commissioned as an officer in the Navy and was stationed on *USS Sampson* (DDG 102) based out of San Diego, where she led the shipboard communications division. On her ensuing tour of duty, she was stationed in Pearl Harbor, Hawaii aboard *USS Chung-Hoon* (DDG 93), serving as damage control assistant in the ship's engineering department.



Carly Diette, right, with fellow chief engineers while at sea in 2011 aboard *USS Chung-Hoon* (DDG 93) photo provided

As a surface warfare officer, Diette led navigation of the ship and managed divisions of more than 20 servicemen and women, earning awards and commendations throughout her military career. As part of her training, Diette overcame fire, flood and gas chambers. In one training exercise, she was blindfolded and submerged underwater in a helicopter. Diette also became a qualified chief engineer on *USS Chung-Hoon*.

"I was able to do so many exciting things in the Navy and it's taken me all over the world – Australia, Japan, Tahiti, Samoa, the Middle East, Guam, Hong

Kong, Singapore, Malaysia, Thailand, you name it," Diette said.

Some of her fondest memories of her travels include snorkeling in Palau and seeing "a clam as big as a car" and jumping off the destroyer to swim above the Marianas Trench.

Following those assignments, she earned the rank of lieutenant and took on a role at Balboa Naval Hospital in San Diego as the regional director of the Navy's Wounded Warrior Safe Harbor program. In this role, she facilitated the recovery, rehabilitation and transition to civilian life or continued service of more

continued on page 26



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Will Power

Finding The Right Basket



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

When choosing how to approach your estate plan, it's important to realize that the different types of assets that you own have different legal and tax treatments. The way that I most often explain it is to consider them grouped into separate baskets, and then deciding how you want your estate plan to distribute each type of basket.

The first basket consists of your Florida homestead. Florida law limits what you can do with your homestead in your estate plan. My book, *Asset Alignment and Your Estate Plan*, details the complex issues surrounding the devise of your Florida homestead

through your will or trust.

If you are married, for example, and do not have a nuptial agreement with your spouse, then you must bequeath your homestead in fee simple to your spouse. You cannot bequeath a life estate interest or put your homestead in some kind of a trust that benefits your spouse for life and then distributes it to others. If you do, then you have an invalid devise. I've written other columns on this topic before. If your plan involves bequeathing your homestead other than outright to your spouse, then this basket needs attention – and likely will need at least a limited nuptial agreement dealing with this issue.

The second basket consists of your IRA, 401(k), pension and profit sharing plans (Qualified Retirement Accounts). Here, whomever you leave these accounts to will have income tax liability associated with any withdrawals, just as you presently recognize taxable income (unless you have Roth accounts) when you take distributions. While a spouse is the only beneficiary who can “roll over” the account into his or her own account, non-spouse beneficiaries will have Required Minimum Distributions (RMDs) upon receiving an inherited IRA, regardless of their age. If a minor is named as a beneficiary, a court process will also be required without proper planning. Moreover, if you name a trust as the beneficiary of this kind of account, income taxes may be accelerated without proper planning.

The third basket consists of stocks, bonds, mutual funds, cash and bank accounts that are not Qualified Retirement Accounts. These assets receive a step-up in tax cost basis at the death of the account owner, meaning that unrealized capital gains are usually eliminated. These types of accounts have the fewest restrictions on how you can bequeath them in your estate plan.

The fourth basket consists of closely held business interests. These assets aren't easily disposed of, as they are not traded on any stock exchange. Moreover, you may have other family members or third parties involved in the business or entity. There may be a shareholder, partnership or membership agreement that either restricts the disposition, or requires that the interest first be offered to the other shareholders at death. In the case of “S” Corporation stock, there are important elections that must be made within a certain time period after the death of the owner, and the type of beneficiary is restricted under federal tax law.

The fifth basket consists of annuities and life insurance policies, which have beneficiary designations. Annuities are similar to Qualified Retirement Accounts because the beneficiary will usually recognize taxable income when receiving distributions. The recent SECURE Act had some major impact on these types of accounts. Wills and trusts generally do not govern the disposition of these assets unless they are named in the beneficiary designation. Trusts named as beneficiaries of annuities may incur higher

income taxes than direct beneficiaries due to their compressed federal income tax rate structure.

The sixth basket consists of real estate that is not your Florida homestead. There may be inheritance taxes associated with this asset if it is owned in a state that imposes such taxes. Commercial real estate may be held in the form of a corporation, partnership or LLC discussed earlier. The ongoing management of this asset should be considered in your estate plan.

Yet another basket might be a trust in which you are a beneficiary and possess a “power of appointment” that would allow you to alter its disposition from the default provision in the governing document, which might be a parent's will or trust. Your attorney should determine whether you have a power of appointment, whether it is limited in any way, and whether the value of the trust will be considered taxable in your estate for federal estate tax purposes.

There may be other baskets in any individual plan. So as you can see, when planning your estate, all of the different baskets should be considered, along with their unique legal and tax consequences. Failure to consider the intricacies of each type of asset might result in missing planning opportunities, or in unintended adverse results.

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Red Sox Emergency Fund Providing Food

The Red Sox Foundation recently created the Red Sox Foundation Emergency Hardship Fund to help those who are experiencing food insecurity in New England and Southwest Florida as a result of the COVID-19 pandemic.

“We looked at so many issues facing families as a result of this pandemic to determine how we could best help,” said Red Sox Foundation Executive Director Bekah Salwasser. “We found food insecurity to be the most pervasive in the communities where we operate and are

hopeful this fund will help relieve some degree of worry and anxiety for families who are experiencing hardship during this unprecedented time.”

Those who need assistance may apply online at www.redsoxfoundation.org/hardship. Applicants who demonstrate financial hardship will be eligible to receive a \$250 grocery vendor gift card, subject to available funds.

The Red Sox Foundation Emergency Hardship Fund is being seeded with \$300,000 by the foundation, with additional support from Red Sox players and coaches, ownership and other organizations. Those who are in a position to help sustain the fund through a philanthropic donation may contribute by visiting www.redsoxfoundation.org/hardship.✪

From page 25

Public Affairs

than 300 military members.

Following a couple years in the civilian world at a boutique public relations firm, Diette's passion for the Wounded Warrior program brought her back to the Navy in 2017, when she served as the public affairs analyst and marketing lead for the 2017 Warrior Games in Chicago. She managed, planned and executed the event's advertising campaigns and strategic marketing efforts to ensure the widest awareness of the games throughout the Department of Defense and the country. During this role, she simultaneously earned her master's degree in strategic communications from George Washington University.

“I love the Navy – it was one of the best and most challenging experiences of my life, and I want to continue serving any way I can,” Diette said. “Serving on destroyers at the tip of the spear in the Middle East, caring for wounded

warriors and making sure they were taken care of in their transition to civilian life or continued service – these were incredibly fulfilling in their own ways. Here at Division Newport, I am fortunate to be able to continue that legacy and communicate about the importance of the Navy while highlighting the brilliant people that work here.”

As deputy public affairs officer, Diette will be assisting with public release approval and fielding media inquiries. She will also be developing story ideas, coordinating special events, conducting media training, and acting as a command spokesperson and event liaison.

“We're here to make employees' work lives better,” Diette said. “Part of our mission in public affairs is to speak to the unique and exciting aspects of working at NUWC Division Newport and to celebrate the accomplishments of our workforce, promote diversity, and educate local and national audiences about the organization and its contributions to the fleet.”✪

How's The Market? Ask Ann

Market Update following last week's discussion on the effect that the COVID-19 Virus is having on our local Sanibel Real Estate Market. Keeping in mind that Sanibel and Captiva's tourist business is shut down.

Last week, going back 10 days (March 30 to April 8), our multiple listing system reported 13 new pending and contingent sales. This week, going back 7 days (April 8 to April 15), 2 sales were reported on Sanibel as contingent/pending. Not a surprise in that the island is virtually empty. Sanibel City Council extended the restriction on short-term rentals to April 30. Realistically, our unit sales will be substantially reduced during this period. I remain optimistic that Sanibel's uniqueness and sensitivity to the environment will benefit Sanibel's Real Estate values... in the long run.

First Quarter Sales on Sanibel were as follows: 57 Single Family Homes sold and 46 Condo sales. Median Sales price for homes was \$851,000 and Condos was \$646,000. Negotiating from list to sales price on homes was 93% and 95% on Condos.

Feel free to give me a call or drop me an email if you have any comments.



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Trust Company Reveals New Publication

The Sanibel Captiva Trust Company has launched a rebranded quarterly publication, entitled *Foresight*. The new look and name reflect the content included within, which covers not only economic and investment advice, but estate planning and lifestyle issues to better assist readers in planning for their future.

The trust company's earlier publication distribution grew to some 10,000 readers each quarter. "Our readership expanded along with the company over the last 20 years across Lee, Collier, Hillsborough and Pinellas Counties," said Al Hanser, founder and chairman of the trust company. "Over time, our articles evolved from primarily stock market content to a much broader spectrum that was helpful to our clients – so our team worked together to select a name that would see us into the future."

Each issue features Current Outlook & Portfolio Strategy by CIO Ian Breusch, CFA, and three trending articles, each authored in-house by trust company professionals between Sanibel, Naples



image provided

and Tampa Bay. April's issue also includes articles on the importance of Florida Domicile, how to make senior living work as a couple, and wise use of an investment portfolio in a volatile market.

Visit the Contact Us page at www.sancaptrustco.com to request your complimentary subscription.*

Superior Interiors

How To Turn Your Bedroom Into A Lavish Getaway



by Jeanie Tinch

There's nothing quite like staying in a luxurious hotel suite, the comforting atmosphere really has a way with helping you forget about all of the stress and worries of life. What if

you could feel the same way in your own bedroom? It might already be the place you go to unwind, but with a few adjustments in the design, you can turn it into the resort of your dreams.

Creating a bedroom that's similar to a lavish getaway is easier than you think. Following a few key design steps can bring this aesthetic into your own master bedroom.

Most importantly, invest in your comfort. A pleasing sleeping arrangement should be the top priority of your space, after all, it is your bedroom and that means maximizing on luxurious comfort. Don't only invest in a cozy comforter set with matching pillow shams. Cover your bed in high thread count sheets and decorative throw pillows; it's one of the easiest way to transform your room from everyday drab to hotel-luxury fab.

Use multiple lighting fixtures throughout the space. Relying on your overhead light fixture may provide necessary lighting for the room, but it won't add the elegance you're trying to achieve. Investing in multiple sources of

light to illuminate the space will provide the soothing environment you're going for. Fill the room with a variety of table and floor lamps and invest in a new, serene chandelier, preferably one with a dimmer to make intimate adjustments.

Decorate with a scheme of calming hues. Think about the last spa you visited. The walls and décor in serene environments, such as a resort or health club, generally stray away from bright, loud colors. To channel the same peaceful feel in your bedroom, stick to decorating with a calm color palette. Hues found in nature, such as soft greens, pale blues and sandy tans, can help you achieve the calm and collected aura you crave in a luxurious setting.

Find space to create a seating area. Most hotel rooms offer more than just a bed for furniture, and your room deserves the same treatment. Creating a seating area in your bedroom is equally comfortable and luxurious, and provides the perfect spot to curl up with a book before you lay down for bed. A lush chaise would make the ideal piece of furniture in an elegant retreat.

Reorganize your surfaces. For most, the open space on top of a nightstand, vanity and chest means one thing... easy-access storage. Unfortunately, that will only make your bedroom look messy and cluttered. Clear these surfaces and move your belongings to a stylish shelving unit or stow it away in the closet. Remember, a clean and serene bedroom will be nothing short of satisfying.

Once you're ready to turn your bedroom into the sanctuary of your dreams, contact an interior design professional. He or she will assess the space and help you come up with an appropriate design agenda.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindceden.com.*

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Frankly Speaking

by Howard Prager



Thank you, dear readers and editor.

Last week, the *Chicago Tribune* condensed its sports section – it's now in the business section after business news and obituaries.

Are sports gone – say it isn't so, Joe! As Mark Twain reportedly said, "The reports of my death have been greatly exaggerated." Sports is too much a part of our culture, like the arts, theater and celebrations, to go away. What it does mean is we're going to have to stay creative for now. After the NBA showed the "professional" HORSE competition, ESPN is now airing a 10-part series called *The Last Dance* – the Chicago Bulls and Michael Jordan's quest for their sixth (and final) championship in 1997-98.

Another day, another baseball proposal – this one having teams playing in their own ballparks for only TV cameras and a realignment for this year keeping all games regional – northeast, midwest, south and western divisions – with no distinction between leagues. Players would be able to stay home instead of the Arizona proposal that had them quarantined for four months, and there is talk about

weeklong homestands against one team at a time to minimize travel. We haven't seen the last of the creative reimagining of baseball, not to mention other leagues and games. And more series and creative ways to try and fill the sports void we are all feeling.

Let me share what I think is a good news football story to coincide with the NFL draft this week. It involves an interview I had with Jillian Walsh, one of the first girl high school football players in Illinois. Jillian is a senior at Carmel Catholic, a suburban Chicago High School, and was a soccer player. She heard that the football team needed another kicker during her freshman year and "had a crazy idea to ask the coach and go out for it." Jillian is the youngest of seven, none of whom played football. So, this is all Jillian's idea. I wondered how she was treated and accepted by her teammates. She said "no problem, they fully accepted me and I go through the same drills and exercises they all do." Jillian felt the closeness and camaraderie of the team. "In football, we spend a lot more time together than soccer – team dinners, team bonding, mass together, during summer we spent a lot of time with each other and got to know each other well. I'm talking with my teammates all the time on the sidelines in football. There's just less down time in soccer to do that." She thought her private school atmosphere helped too, and wondered whether she would have felt the same bonding and support at a public high school.

What about logistical things like

uniform, locker room, etc. "I have a uniform that was the smallest size they had. I get dressed in the girl's locker room myself with the cheerleaders and poms – everyone was super nice and supportive, even helping me get my gear on. Other girls and students throughout the school were all very supportive – no one in the school thinks I shouldn't be playing football."

I asked her how it compared to the feeling of playing varsity soccer. She said in soccer there's just not as much celebration and scoring, and certainly not the same number of fans in the stands.

What was her most exciting moment? "My sophomore year I won a game against one of our biggest rivals and got the game-winning points. All my teammates ran on the field, picked me up, and everyone was going crazy." This year, she kicked extra points, and was perfect.

Do you feel like a pioneer? "Kind of, not really. Now a girl who's a freshman came into Carmel and wants to play football and feels she's motivated to do it. It's great to hear that I could

be setting things up for other girls that want to play." When I asked her what positions girls could play, she replied she doesn't think positions matter – "whatever your strengths are, that's where your position should be – if you're good at catching, be a wide receiver, etc."

I asked her that now with her football success, is she thinking about playing in college? No, she said she's decided to hang up her cleats, but not her insights and knowledge of the game. "I watch every football game I can – guys think girls don't understand but most girls do. Now that I've played it, I see what went wrong in the play, how they missed a tackle, what went good in the play."

What's good is having Jillian on your team, because I have a feeling that whatever Jillian sets her mind to, she is going to succeed.

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@islandnews.com.

SPORTS QUIZ

1. What 1987 inductee into the Pro Football Hall of Fame served as executive director of the National Football League Players' Association from 1983-2008?
2. A bronze statue of what Kentucky Derby-winning racehorse was unveiled in front of a Churchill Downs entrance in April 2009?
3. What 1990 book by author/journalist Buzz Bissinger documented a high-school football team in Odessa, Texas, and was the inspiration for two TV series and a feature film?
4. Kyle Orton, who played quarterback for five NFL teams from 2005-14, played football at what Big Ten university?
5. Born in Vienna in 1913, what pioneering athletic coach and trainer helped Roger Bannister run the first recorded sub-4-minute mile in May 1954?
6. What former Major League Baseball pitcher inspired the nickname for ulnar collateral ligament reconstruction surgery?
7. The city of Beaumont, Texas, is home to a museum and visitor center dedicated to what legendary female multisport athlete?

ANSWERS

1. Gene Upshaw. 2. Barbaro. After winning the 2006 Derby, he suffered a fractured leg at the Preakness Stakes and was euthanized in January 2007. 3. *Friday Night Lights: A Town, a Team, and a Dream*. 4. Purdue. 5. Franz Stampfl. 6. Tommy John, who played with seven MLB teams from 1963-89. 7. Babe Didrikson Zaharias.

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From left, Jeff MacDonald, Joe and Nancy Cahaly, Steve Schulz and Bill Sartoris photo provided

New Members Inducted At Lions Club Meeting

At the last meeting, prior to social distancing due to the COVID-19 pandemic, the Sanibel Captiva Lions Club inducted two new members: Joe and Nancy Cahaly. They are both retired dentists who hail from New York State and spend the winters on Sanibel. They look forward to working with the Lions to provide service to the community, particularly with the free vision, hearing, diabetes and blood pressure screenings that the Lions provide during season.

At the meeting, members heard from Lt. Grace Towler of the Sanibel Police Department (SPD). Towler's focus in the department is on identity theft. She presented a list of 12 ways to minimize your security risk. They focused on preventing someone from stealing your name and other personal information. Tips include: put passwords on credit card, bank and phone accounts; do not give out any personal information unless you initiated the contact; keep items with personal information in a safe place; do not carry your social security card with you; and order a copy of your credit reports from the three major agencies once a year.

If you suspect your information has been taken to commit a crime, you should contact the three credit agencies

and request that a "fraud alert" be placed on your account; contact the creditors of any accounts that may have been compromised; and file a report with the local law enforcement agency. Towler handed out a brochure printed by the SPD, which outlines the issues and the steps that should be taken including phone numbers to contact. This brochure is available from the SPD or you can go online to: www.mysanibel.com.

The Sanibel Captiva Lions Club holds dinner meetings on the first and third Wednesday of the month throughout the year. Visiting Lions or other interested parties are welcome to attend. For more information, contact Steven Schulz at P.O. Box 391, Sanibel, FL 33957, call 233-6261 or visit www.sanibelcaptivalionsclub.org.

Rotary Club Scholarships

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

Trust Company Adds Advisory Board Member

The Sanibel Captiva Trust Company appointed Sanibel resident Christopher Peterson to its advisory board. Peterson joins six other members as an ambassador of the company and a sounding board for ideas and strategy that help to grow new business, as well as maintain a quality experience for the benefit of clients and shareholders.

Peterson is a second-generation business owner, along with his brother who owned and operated Peterson Dental Supply of Somersworth, New Hampshire. They successfully grew the company and sold to the third largest supplier of dental products in the country, Benco Dental, Inc. Peterson was recruited from Benco to serve as a field sales consultant at Henry Schein for several years, the largest supplier of dental products worldwide until he retired in 2017. He and his wife Judy relocated to Sanibel that same year, having enjoyed vacationing here for more than 30 years.

"Chris is a valuable addition to our advisory board," said S. Albert D. Hanser, founder and chairman of the trust company. "He knows our community well, and his



Christopher Peterson photo provided

entrepreneurship and personal understanding of a multi-generational business brings a perspective that is helpful to the team, as we serve so many clients who have built businesses of their own."

Advisory board members include Jim Doss, Ginny Fleming, Jim Pigott, Ginny Stringer, Hank Humphrey and Stephen Brown, who provide feedback and insight from the Sanibel-Captiva community to the trust company team.✪

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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	3:18 am	7:33 am	1:53 pm	9:03 pm
Sat	4:01 am	7:48 am	2:18 pm	9:43 pm
Sun	4:52 am	8:04 am	2:49 pm	10:30 pm
Mon	6:00 am	8:17 am	3:25 pm	11:25 pm
Tue	4:09 pm	None	None	None
Wed	5:05 pm	12:31 am	None	None
Thu	6:21 pm	1:42 am	None	None

Point Ybel Tides				
Day	High	Low	High	Low
Fri	2:23 am	7:35 am	12:58 pm	9:05 pm
Sat	3:06 am	7:50 am	1:23 pm	9:45 pm
Sun	3:57 am	8:06 am	1:54 pm	10:32 pm
Mon	5:05 am	8:19 am	2:30 pm	11:27 pm
Tue	3:14 pm	None	None	None
Wed	4:10 pm	12:33 am	None	None
Thu	5:26 pm	1:44 am	None	None

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	2:32 am	8:14 am	1:44 pm	9:20 pm
Sat	3:15 am	8:30 am	1:57 pm	9:57 pm
Sun	4:08 am	8:51 am	2:24 pm	10:38 pm
Mon	5:06 am	9:17 am	3:02 pm	11:24 pm
Tue	6:10 am	9:48 am	3:51 pm	None
Wed	7:23 am	12:26 am	4:50 pm	10:23 am
Thu	8:32 am	1:51 am	6:02 pm	11:07 am

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	5:28 am	10:49 am	4:03 pm	None
Sat	6:11 am	12:19 am	4:28 pm	11:04 am
Sun	7:02 am	12:59 am	4:59 pm	11:20 am
Mon	8:10 am	1:46 am	5:35 pm	11:33 am
Tue	6:19 pm	2:41 am	None	None
Wed	7:15 pm	3:47 am	None	None
Thu	8:31 pm	4:58 am	None	None

My Stars ★★★★★

FOR WEEK OF APRIL 20, 2020

Aries (March 21 to April 19) Don't be put off by a seemingly too-tangled situation. Sometimes a simple procedure will unsnarl all the knots and get you in the clear fast and easy, just the way the Lamb likes it.

Taurus (April 20 to May 20) It's a good time to go through your work space – wherever it is – and see what needs to be replaced and what can be tossed (or at least given away) without a second thought.

Gemini (May 21 to June 20) Someone who disagrees with your position might try to intimidate you. But continue to present a fair argument, regardless of how petty someone else might be while trying to make a point.

Cancer (June 21 to July 22) You might find yourself exceptionally sensitive to family matters this week. An issue could come to light that you had overlooked. Ask other kinfolk to discuss it with you.

Leo (July 23 to August 22) You might have more questions about a project (or perhaps someone you're dealing with on some level) than you feel comfortable with. If so, see which can be answered, which cannot, and why.

Virgo (August 23 to September 22) It's a good time to clean up and clear out what you don't need before your tidy self is overwhelmed by "stuff." Then go celebrate the Virgo victory over clutter with someone special.

Libra (September 23 to October 22) You might feel a mite confused about why something you were sure couldn't go wrong didn't go all right either. Be patient. Things soon move into balance, exactly as you like it.

Scorpio (October 23 to November

21) At this decision point, you could be moving from side to side, just to say you're in motion. Or you could be considering making a move straight up. What you choose is up to you.

Sagittarius (November 22 to December 21) Although your finances should be in an improved situation at this time, thrift is still the savvy Sagittarian's smart move. Advice from a spouse or partner could be worth heeding.

Capricorn (December 22 to January 19) Taking on a new challenge brings out the Goat's skills in maneuvering over and around difficult spots. Best of all, the Goat does it one careful step after another. (Got the idea, Kid?)

Aquarius (January 20 to February 18) Your well-known patience might be wearing thin because of a disturbing (and seemingly unending) problem with someone close to you. This could be a time to ask for help. Good luck.

Pisces (February 19 to March 20) Be careful about a new venture that lures you into a "just look and see" mode. Be sure that what you're being given to see isn't hiding what you should be seeing instead.

Born This Week: Aries and Taurus give you the gift of leadership and the blessings of care and concern for all creatures.

MOMENTS IN TIME

- On May 3, 1469, the Italian philosopher and writer Niccolo Machiavelli is born. Machiavelli became one of the fathers of modern political theory. The term "Machiavellian" is used to describe an action undertaken for gain without regard for right or wrong.

- On May 1, 1931, President Herbert Hoover officially dedicates New York City's Empire State Building. The building went up in just over a year,

under budget and well ahead of schedule.

- On April 30, 1948, the Land Rover, a British-made all-terrain vehicle, debuts at an auto show in Amsterdam. The first Land Rover was made from an old American-made Willys-Overland Jeep and had a boxy, utilitarian design, four-wheel drive and a canvas roof.

- On April 28, 1967, boxing champion Muhammad Ali refuses to be inducted into the U.S. Army, citing religious reasons, and is stripped of his heavyweight title. Ali was convicted of draft evasion, but never served any of his five-year prison sentence.

- On May 2, 1972, after nearly five decades as director of the FBI, J. Edgar Hoover dies. By 1969 the media, the public and Congress had grown suspicious that the FBI might be abusing its authority. Congress passed laws requiring Senate confirmation of future FBI directors and limiting their tenure to 10 years.

- On April 29, 1992, a jury in the Los Angeles suburb of Simi Valley acquits four police officers who had been charged with using excessive force in arresting black motorist Rodney King. The verdict prompted the L.A. riots. The arson and looting finally ended three days later.

- On April 27, 2009, the American auto giant General Motors announced plans to discontinue its 80-year-old Pontiac brand. Initially known for making sedans, Pontiac gained acclaim in the 1960s for its fast, sporty "muscle cars," including the GTO, Firebird and Trans Am.

NOW HERE'S A TIP

- Earth Day Tip: When choosing personal care products, apply the same eco standards as you do with food. Check the ingredients list to find safe

products. Go for products that are free of dyes and perfumes. When possible, choose products that use the least packaging.

- Have a bright flashlight handy in the laundry room. It's much easier to identify stains with the right lighting. Sending a still-stained garment to the dryer can set the stain, making it much harder or impossible to remove.

- Three easy steps to sear your meat: Preheat the skillet, wait 30 seconds before you add oil and pat your meat dry before placing in the skillet.

- "I use a paperclip covered by tissue to clean the cracks on my keyboard." IP in South Carolina

- If you leave a load of laundry too long in the washer, you can re-run it and add a cup of white vinegar to the load to kill the musty smell of potential mildew.

- "I make my own little good-behavior coupons for my three children. I print them on different colors of paper for each child. They can cash in coupons for activities or rewards, and if they go in together to get something, I will give them bonus coupons for working together. I think this has made goal-setting a priority for them, and it has helped them learn the lesson of shared goals – an important one for a large family." RVF in Arizona

STRANGE BUT TRUE

- Humans are the only primates without pigment in the palms of their hands.

- American alligator blood contains a serum that is so effective at combating bacteria and viruses, even alligators that lose limbs in mucky swamps often avoid infection.

- Irish author James Joyce was a great fan of Norwegian dramatist Henrik

continued on page 38

"There's nothing better than living in shorts!"






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dearRPharmacist

Snatiation And Seven Facts About Sneezing

by Suzy Cohen, RPh



Dear Readers: If you are out somewhere, getting groceries for example, don't sneeze. If you do, you might be taking your life into your hands. That happened to me last

month when I sneezed (into my arm) in the parking lot at Safeway, and then heard myself explaining to the stranger eyeing me like she wanted to strangle me, "Hey don't worry, I'm not sick! I have snatiation!"

She rolled her eyes. I realized she had no idea what I was talking about and probably thought I was being sarcastic to her.

I just learned about snatiation a few years ago, but I've had it all my life. When my kids were teens, they would tease me and count out loud how many times I sneezed uncontrollably during a fit! I think my record was 22 in a row. Ah-choo! Over and over.

If in public, I'd feel a sneeze coming on and race to the bathroom to sneeze in private, in a tissue of course. And wash my hands. For years, I didn't know what to call this problem. I thought I was allergic to something in my food. Then one day, I read an article about a genetic polymorphism that described a condition called "snatiation." It's a play on the words "satiating" and "sneeze." Holy moly, it described me to a T.

Snatiation is totally controllable, at least for me. If I don't stuff myself, I hardly ever sneeze. Do you have snatiation too?

Perhaps in years past for me as a young girl, snatiation was just a funny quirk I had to deal with. But today, if that were to happen to me (in public), I'd probably get shot.

Sneezing is triggered by many situations including epileptic disorders, a response to bright lights, spicy foods or dust and pollen. It often goes hand

in hand with a runny nose. Aside from a cough, sneezing is the most apparent symptom of a cold, flu and, as of late, COVID-19.

Facts About Sneezing:

1. Most people need to close their eyes when sneezing.
2. Sneezes travel far, much farther than we thought, around 90 miles per hour.
3. The sound of your sneeze is based upon your anatomy.
4. Once a sneeze starts, it's impossible to stop.
5. The medical term for sneezing is sternutation.

7. The phrase "God bless you" has something to do with bubonic plague. Let's vow to sneeze politely from now on, especially because of the circumstances with the coronavirus. If you are mindful and polite, you could literally spare someone from catching a life-threatening disease.

So sneeze into the crook of your elbow, or down into your scarf or shirt, or into a tissue. Wear your masks. Don't blow your germs all over the place, it's not only dangerous, it's rude. If infectious (and please be mindful that you might be asymptomatic), your sneeze could be expelling a virus or bacteria up to 25 or 30 feet away from you. The mucus and saliva that you spew could hurt someone these days in a very serious way.

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. ✨

Mental Healthcare Providers Needed

submitted by Arlene Dillion and Patricia DeVost

Due to the coronavirus pandemic, and businesses closing because of it, the physical and economic impact will likely cause an increase in mental health issues.

We are looking for local Sanibel/Captiva healthcare providers who would volunteer their time and join our Island Mental Health Task Force to help foster some creative solutions. We'd want to

identify those of you who are perhaps recently retired healthcare professionals or currently not working full time, and who might have some time to volunteer your services for our community.

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

help, contact:

Arlene Dillon at arlenedillon@icloud.com or 472-4932;

Patricia DeVost, licensed clinical social worker, at pattysplaceswf@outlook.com or 518-331-5191;

On Facebook, [pattysplacementalhealthsupport](https://www.facebook.com/pattysplacementalhealthsupport).

Together, we can make a difference. ✨

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: My spouse and I have been arguing more lately, and I have asked him to go to counseling with me. He doesn't say much, and the problem seems to be communication.

Can you give me advice on what to do as I want to save the marriage?

A: It sounds as though if your spouse isn't saying much, there is a lack of communication. Was he always this way or has he become less communicative recently? Even though he is not comfortable with counseling now, I would advise you to talk with someone and perhaps, if you share with your spouse that you are seeing a counselor and you would like for him to try it because you are invested in the marriage, maybe he will

choose to get professional help. If he does not attend, you can work with someone and get some tools to help yourself.

You may also let your spouse know that you value the commitment you both made and you are seeking the help of a professional. It takes two to dance the dance, and he will either choose to invest in making the marriage work or he won't. Meanwhile, you will be better prepared to make the decision that will ultimately be in your highest good.

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. ✨

Send your editorial copy to:
press@islandsunnews.com

YOUR NEUROLOGICAL SYMPTOMS MAY HAVE A STRUCTURAL CAUSE!

- Balance problems
- Blurred vision
- Dizziness / vertigo
- Fainting / drop attacks
- Swallowing or speaking difficulties
- Tinnitus or hearing problems
- Torticollis / cervical dystonia
- And many more!

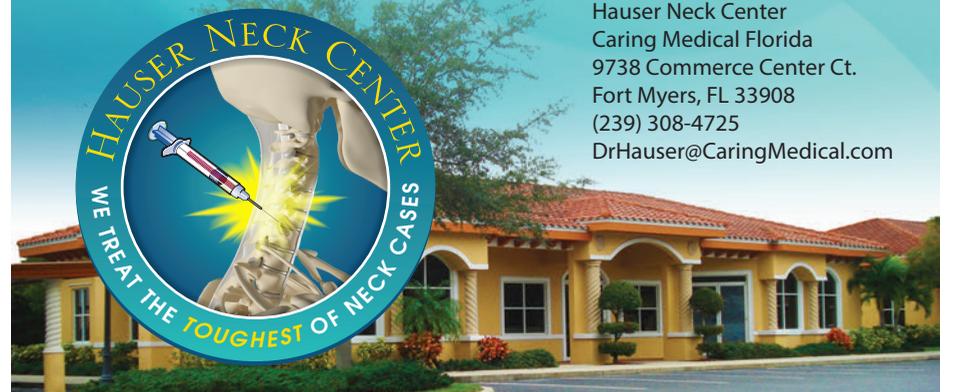
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Doctor and Dietician

Five Natural Ways To Boost Your Mood



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

Working to stay positive amidst difficult times can be challenging. Heck, it can be challenging even during the best of times. Here are a few tips to help you boost your mood naturally:

1. Keep moving – especially if you can get outside! Many studies confirm that exercise produces happy hormones called endorphins. Have you ever rolled out of bed, felt kind of down, but once you started exercising felt your mood dramatically improve? We have! People who exercise regularly are far less prone to anxiety, panic and depression. If you struggle with staying on track, set a reminder on your calendar. Find an accountability workout buddy. Walking, running, biking, swimming, pickleball, tennis, golf, water fitness classes, gym workouts, Pilates, yoga, weight training – the options are endless.

2. Connect with people – Being together creates a sense of purpose, connectedness and bonding. Most of us long to have great relationships. Video chat with those you cannot connect

with in person. Be the initiator and plan something. Join one of the many groups or clubs available.

3. Eat foods that nourish the body – We all know the saying, “junk in, junk out!” Avoid processed poor-quality, so-called food and eat a diet high in fresh foods – especially vegetables and healthy fats such as green leafy vegetables, cruciferous vegetables, wild caught fish, avocado, olive oil, nuts and seeds such as flax and chia. Add probiotics to your daily routine, including natural plain yogurt, sauerkraut, kimchi, miso and pickled vegetables. Choose whole grains such as quinoa, brown rice, millet and wild rice. These foods are rich in B vitamins needed to produce neurotransmitters such as serotonin and dopamine that help regulate mood.

4. Work on your spiritual health – Whether it’s yoga, prayer, meditation, or whatever you find fills your spirit, add this regularly to your life. Studies show that deep breathing, meditation, yoga, faith in God, prayer, all enhance quality of life, decrease depression, calm, restore and revive.

5. Read – Studies show that reading, especially fiction, promotes empathy and a better ability to read others’ feelings. Reading fiction puts us into the minds of others. We can learn a different perspective and understand how and why other people feel the way they do, thus taking our minds off ourselves.

Life can be tough out there. Let’s do all we can to stay positive!

*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.**

Beautifulife:

Reset



by Kay Casperson

This word has been on my heart as we are coming closer to slowly reopening our country, and individuals everywhere are looking forward to moving around again. Companies

and businesses will start to reopen, families will start to reunite and friends will be able to get together.

It’s almost as if we will have to hit the reset button, like when there is a technical issue and our electronics go down such as a TV, cell phone or computer. Obviously, this reset has been far more impactful than anything we have ever experienced as it affected lives everywhere, but the fact is that we will still need to reset and start again, fresh and with a possible new process

of thinking.

Businesses will need to reset how they communicate with their customers and how they keep their staff and visitors safe and well. Individuals will have to pay closer attention to how they interact with others, especially when they have been sick. And, families, individuals and companies will need to stay better prepared for when a crisis hits so they can withstand the test of time without cash flow.

I envision it as pushing the reset button and starting fresh with eyes wide open to a new positive outlook for a bright future – with the knowledge that it will take some time for things to be refreshed completely. Confidence, trust and habits will indeed take time to take hold but I know for sure that most people are ready and willing to give it a good try.

The need to reset anything rarely, if ever, happens and we are all hoping that we never have to experience something like this again in our lifetime. How will you reset things in your own life? What are the things that impacted you the most during this time, and what

are the lessons you want to take with you for the future?

The deep respect that individuals all over the world have shown for each other in terms of staying home to keep people safe is astounding. The sacrifices made by the healthcare teams are over and beyond words. The dedication that comes from the staff at grocery stores, banks, post offices, restaurants that stayed open for take-out and all other essential businesses is our saving grace. And, let’s not forget to mention those dedicated truck drivers that keep virtually everything flowing in the right direction.

Today is a new day and I am hoping

that we are all ready to push that reset button together to continue to have our most balanced and beautiful life ever.

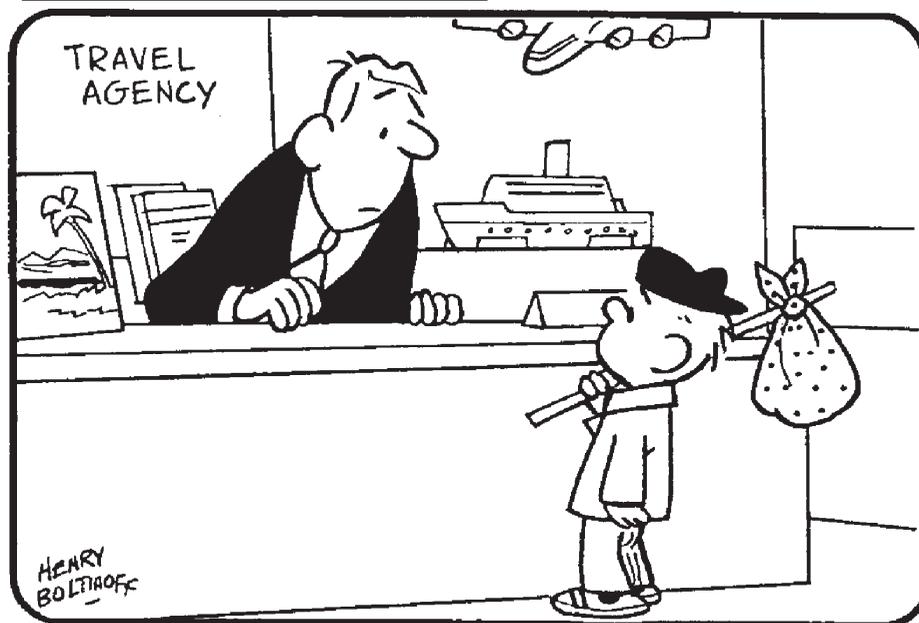
My affirmation for you this week is: “I am in complete control of the reset button for my life and will look forward to the beautiful days ahead.”

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.*

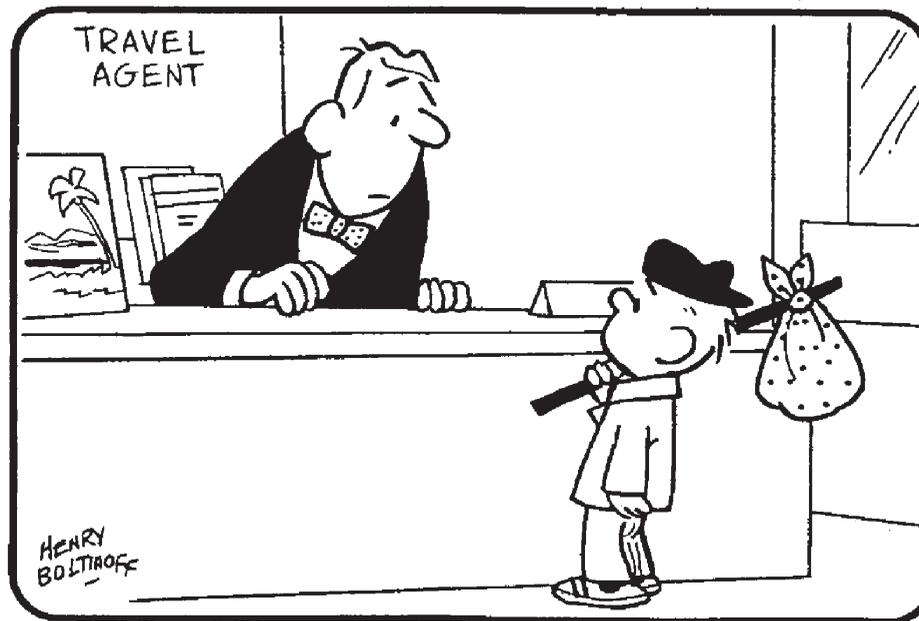
PUZZLES

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tie is different. 2. Plane is missing. 3. Ship is missing. 4. Window is added. 5. Hobo stick is different. 6. Word changed to “agent”.

PUZZLES

Answers on pages 38 and 39



"That's right, ma'm, you got ants...
_____ of them."

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!

Melodic
TILLING

Annoyance
ARCHING

Blowing
ZEYBRE

Blinking
SORBET

TODAY'S WORD

SUDOKU

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

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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On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743

ARTS

Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.org
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695

CLUBS & ORGANIZATIONS

ABWA - American Business Women's Assoc . . .	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon of SWFL	https://www.audubonswfl.org/
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS - Protection of Animal Welfare Society	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
Shell Islands Garden Club	246-8875
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971

ISLAND ATTRACTIONS

Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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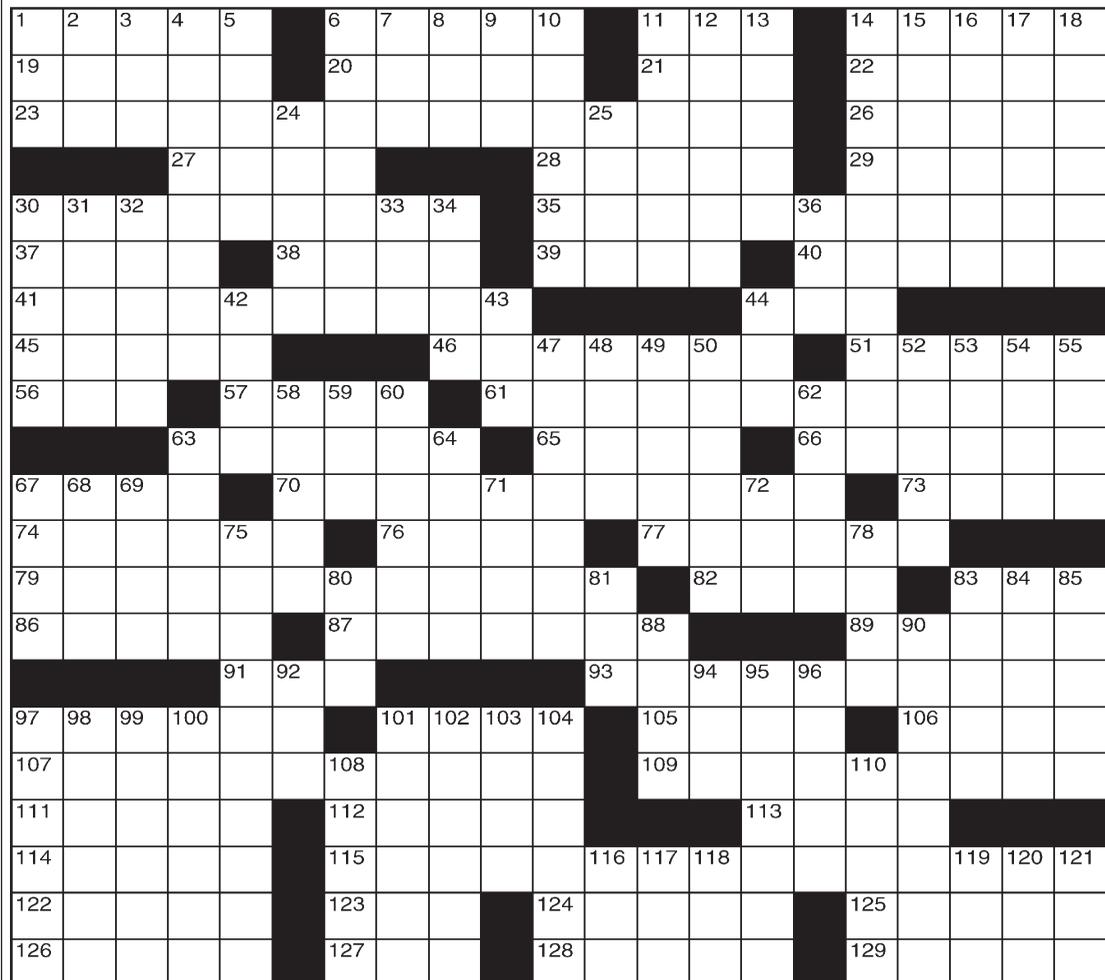
PUZZLES

Answers on page 39

Super Crossword

TAKING OUT THE MIDDLE

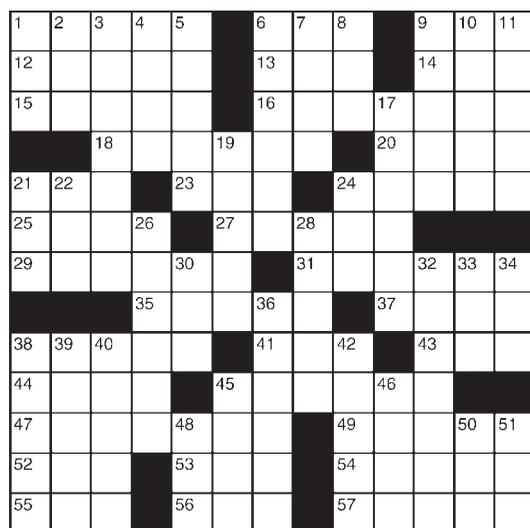
- ACROSS**
- 1 Musical pace
 - 6 — you note
 - 11 Looker's leg
 - 14 LaBelle with a Grammy
 - 19 Oak seed
 - 20 Perfume queen
 - 21 Pal, to Gigi
 - 22 One of the Three Musketeers
 - 23 LOUIS
 - 26 Painter Dufy
 - 27 Co. heads
 - 28 Zero in (on)
 - 29 What a white flag signifies
 - 30 Speed
 - 35 LLOYD
 - 37 Make — out of (toughen up)
 - 38 Jogger's gait
 - 39 Pre- — (bump, so to speak)
 - 40 Candle blowers' secrets
 - 41 CAROL
 - 44 Caesar of old comedy
 - 45 Severe
 - 46 Hides from view
 - 51 Swan's kin
 - 56 Copy a bunny
 - 57 "Nuts" director
 - 61 CHRISTIAN
 - 63 Pep rally cry
 - 65 Tarot card reader, e.g.
 - 66 Singer Donny
 - 67 Folk knowledge
 - 70 JESSICA
 - 73 In the matter of
 - 74 Assembly with all members present
 - 76 Language of Bangkok
 - 77 Pastor's talk
 - 79 WASHINGTON
 - 82 Wren's home
 - 83 "Mike & Molly" ailer
 - 86 Adams of photography
 - 87 Small carpet
 - 89 "Ulysses" star Milo
 - 91 Cumulative pay abbr.
 - 93 JEAN
 - 97 Cuba's Fidel
 - 101 Some jeans, familiarly
 - 105 "No, mein Herr"
 - 106 Peruvian of long ago
 - 107 CONAN
 - 109 Tropical grassy plains
 - 111 Kettle output
 - 112 Brand of fat replacer
 - 113 University in North Carolina
 - 114 1836 siege setting
 - 115 CARLOS
 - 122 Justice Ruth — Ginsburg
 - 123 Highway with a no.
 - 124 Leek relative
 - 125 With 59-Down, crude oil, in slang
 - 126 Deep pit
 - 127 Sun — sen
 - 128 "— Hope" (old ABC soap)
 - 129 Build, as a building
 - DOWN**
 - 1 Paving gunk
 - 2 Prefix with car or warrior
 - 3 Unruly throng
 - 4 District police station
 - 5 How right turns are often allowed
 - 6 Mosaic tile
 - 7 DDE's forerunner
 - 8 Lunched, e.g.
 - 9 It's east of Calif.
 - 10 Painter Georgia O'—
 - 11 It's removed for a fill-up
 - 12 Total number
 - 13 Capital of Belarus
 - 14 Pheasants' cousins
 - 15 1980s video game consoles
 - 16 Despite the fact that
 - 17 "Clever comeback!"
 - 18 Florida keys, e.g.
 - 24 The Lone Ranger's companion
 - 25 Par for the course
 - 30 Hindu prince
 - 31 Mobil rival
 - 32 Settle the tab
 - 33 Boozing sort
 - 34 Fr. ladies with haloes
 - 36 Early 20th-cen. conflict
 - 42 Architect
 - 43 "Stop talking!"
 - 44 IRS ID
 - 47 More like a hoarse voice
 - 48 High on the draft list
 - 49 Online folks
 - 50 Grow dim
 - 52 Financial tipster Suze
 - 53 Bears, in Buenos Aires
 - 54 Faxed, say
 - 55 Prefix with spore
 - 58 Response to "Who's there?"
 - 59 See 125-Across
 - 60 Dentists scrape it off
 - 62 Houses for students
 - 63 Music style
 - 64 Skier Phil
 - 67 Women's links org.
 - 68 Steinhauer who wrote the 2009 bestseller "The Tourist"
 - 69 Antique cars
 - 71 "— Nagila"
 - 72 Sooner than
 - 75 Nasty bits of dirt
 - 78 Nebraska
 - 80 Ill-bred guy
 - 81 Barbecue spice mix
 - 83 Beijing's land
 - 84 Judge's seat
 - 85 Epic tales
 - 88 Cotton deseeders
 - 90 Less chubby
 - 92 Ontario's capital, on scoreboards
 - 94 Grassland
 - 95 Resident maids
 - 96 Wholly
 - 97 Melon type
 - 98 Place to sculpt in school, say
 - 99 Dependable
 - 100 English river
 - 101 "Blaze" actress
 - 102 Tennis shoe hole
 - 103 Israel's flag carrier
 - 104 12th grader
 - 108 Bride's property
 - 110 Nick of "Cape Fear"
 - 116 — old way
 - 117 Actress
 - 118 Gained
 - 119 Firefighter's tool
 - 120 Freddie —
 - 121 Onetime jet-set jet



King Crossword

ACROSS

- 1 Pythias' pal
- 6 Try the tea
- 9 Cleveland cager
- 12 Memorable mission
- 13 "— Little Teapot"
- 14 Blackbird
- 15 Make obscure
- 16 "Material Girl" singer
- 18 Bold alternative
- 20 Check
- 21 Dogtag wearers
- 23 — good deed
- 24 Founded (on)
- 25 Love god
- 27 Ill-suited
- 29 Praying bug
- 31 Tiny
- 35 Vote for
- 37 Prego rival
- 38 Start a rally
- 41 Moon vehicle acronym
- 43 — Perignon
- 44 Shaving cream additive
- 45 Cut aid
- 47 Insanity
- 49 Free of frost
- 52 Inseparable
- 53 Bullring bravo
- 54 Beetle
- 55 Commotion
- 56 Trawler need
- 57 Hiker's route
- 11 Food item
- 17 Speaker
- 19 Grown-up nit
- 21 Prized possession
- 22 A Gershwin brother
- 24 Morsel
- 26 Spielberg or Soderbergh
- 28 In the cards
- 30 — -de-France
- 32 Fortified Portuguese wine
- 33 "But — on forever":
- 34 Summa — laude
- 36 Storage area
- 38 Pago Pago's place
- 39 Savanna grazer
- 40 Wild West show
- 42 Interior
- 45 Capri, e.g.
- 46 Approach
- 48 A billion years
- 50 Movie trickery (Abbr.)
- 51 Wet wriggler



- DOWN**
- 1 Slight touch
 - 2 Hearty quaff
 - 3 Wisconsin's capital
 - 4 Leave out
 - 5 Wanderer
 - 6 Ape
 - 7 Apple product
 - 8 Cushion
 - 9 Christmas candies
 - 10 Warbucks'

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: **College of William and —**

- | | | | |
|----------|----------|------------|-----------|
| Author | France | Legislator | Slaves |
| Designer | Gardener | Martha | Statesman |
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| Founder | Lawyer | President | |

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Reduce, Reuse And Recycle

submitted by Sam Lucas

At Coastal Watch, one of our goals is to help conserve our oceans and beaches by reducing the amount of single-use plastics in our community.

This year, in the spirit of Earth Day, we encourage you to reduce the amount of single-use plastics in your life. Refuse single-use plastics when possible and opt for reusable, environmentally friendly alternatives. For items that are not as easily swapped out, please adhere to proper recycling guidelines to ensure that your efforts do not go to waste. Recyclables can also be repurposed or "upcycled" to create useful products or fun, creative art projects.

There are five categories of items that are recyclable in Lee County:

Paper – Any kind except shredded, waxed, metallic or soiled;

Metal – Aluminum, steel cans;

Cardboard – Boxes without a wax coating;

Plastic – Numbers 1 to 7, but no Styrofoam or plastic bags;

Glass – Clear, brown or green bottles and jars.

Only recycle items that fall within these categories. A large interference to the recycling process is known as "wishcycling." This occurs when items are

tossed into a recycling bin with the hope that they are recyclable. It is done with good intentions in mind, but unfortunately disrupts the recycling process. A common example of this is plastic bags. Plastic bags cannot be recycled and are not accepted in the system. When recyclables are placed into plastic bags, they must be sorted out as trash despite what they contain.

The negative impacts of plastics stretch far and wide, threatening the health of oceans, coastal areas and waterways. Please join us in reducing the amount of single-use plastics in our community.

For more information about Coastal Watch, visit www.sancapcoastalwatch.org or contact coastalwatch@sanibelseaschool.org.

Short-Term Detox Not The Answer

An addict and alcoholic will be quick to jump into a short-term detox program. Short-term programs can get you through the physical withdrawal as comfortably as possible, but that's all.

With space and a clean and sober mind, addicts and alcoholics can realize things they never had with the use of drugs and alcohol. With time, this will happen in an inpatient treatment center. It is then that they can have a successful recovery.

For more information, visit www.narconon-suncoast.org/blog/detox-is-not-treatment.html or call 1-877-841-5509.

From page 30

Strange But True

Ibsen's plays. How great? He learned basic Norwegian just to send Ibsen a fan letter.

- There's a Facebook group called "Best Day of My Life: When I Realized the Old Brewers Logo Was a Ball & Glove AND the Letters M & B."

- China has the largest population of smokers in the world – 316 million people – accounting for nearly one-third of the world's smokers and 40 percent of tobacco consumption worldwide. But just more than two percent of Chinese women smoke, compared with more than half of all Chinese men.

- The term "deadline" dates to the American Civil War. Lines in the dirt would be drawn around prisoners. If they crossed one, they would be executed by their guards. Not surprisingly, both prisoners and guards soon took to calling such a line the "deadline."

- Philematology is the scientific study of kissing.

- Research has shown that men who kiss their wives goodbye live about five years longer, make up to 30 percent more money and are involved in fewer car accidents than those who don't.

- As if that weren't enough, kissing even helps keep your teeth healthy, by

causing an increase in saliva, which helps wash away plaque.

THOUGHT FOR THE DAY

"Love takes off masks that we fear we cannot live without and know we cannot live within." – James Arthur Baldwin

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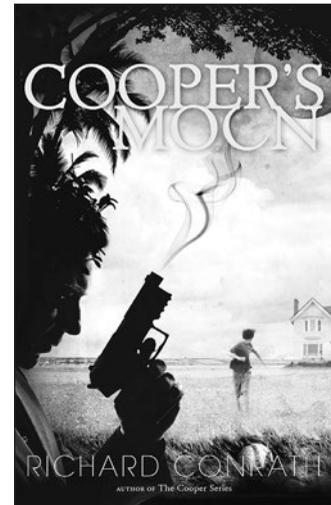
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Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

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

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

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

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

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

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

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