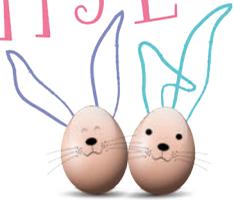


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VOL. 27, NO. 41

SANIBEL & CAPTIVA ISLANDS, FLORIDA

APRIL 10, 2020

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FISH Providing Vital Services

While FISH of SanCap is monitoring the health crisis situation and following guidance as set forth by the CDC and Florida Department of Health, it is still in operation and ready to support the community through services such as the food pantry, meal delivery, children's food backpack and emergency financial assistance programs.

"In order to protect our clients, volunteers and staff, we are temporarily distributing pre-packed bags of groceries for our food pantry clients," said Maria Espinoza, food program director. In accordance with the social distancing six-foot rule, FISH has marked off where people should stand while waiting for food. For those who live on Sanibel or Captiva, particularly seniors, who are unable to visit the pantry, FISH can arrange for delivery.

"Many of our neighbors are in need of additional assistance during this time, as their hours are being drastically cut or they are losing employment entirely," said Espinoza. "With children out of school, there's an additional strain on families. We've not only seen an increase in food



Abby Deloache stocking shelves

photo provided

pantry usage, but also in our children's backpack program that provides healthy food and snacks for children K to 12."

In order to serve the island community, FISH is adapting operations and taking precautions during the COVID crisis by minimizing contact in all of its critical

continued on page 28

Unique Opportunity To Enjoy Bike Paths

by Wendy McMullen

COVID-19 has introduced many dreadful things to our island, but it has created one beautiful opportunity. That is the ability to enjoy our island's shared use paths in the most perfect weather unimpeded by tourists.

Social distancing remains in place, of course. Sanibel Bike Club has mandated no riding in groups due to COVID-19 and has canceled all their weekly rides on and off the island for the next month. But the state governor specifically exempted biking from the stay-at-home rule. And of all the activities to do alone, what could be better than riding a bike with the wind in your hair on a lovely April afternoon?

And there is no better place to ride a bike than on Sanibel Island. The terrain is flat, there is great weather most of the time, and most of the paths are tree lined and safely separated from traffic.

"Sanibel has more path miles connecting more important community



Mary Miller wearing all the proper biking gear

photo provided

resources than any other small town in the country," the Sanibel Bike Club website proudly proclaims.

We didn't examine the whole country but found that of the 159 Florida bike paths listed on www.trailink.com, only 10 are more than 20 miles long and

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A sign made of shells on Captiva sends an inspirational message

photos by Kathy Kurtz Ferrari

Island Officials Watch Data As Virus Progresses

by Kathy Kurtz Ferrari

With the number of diagnosed COVID-19 cases on the islands inching toward double digits this week, officials from Sanibel and Captiva

are keeping in close contact with each other, as well as with their counterparts from Lee County.

As of April 6, there were five diagnosed cases on Sanibel and one on Captiva, with 74 patients hospitalized in Lee County.

Although those numbers remain low, some data indicates Florida could be the next national hotspot, with the apex of cases predicted around May 3. Should the healthcare system throughout Lee



A souvenir store on Captiva selling toilet paper and cleaning products remains open

County become overstressed in the coming weeks, officials may need to step up efforts to protect the islands.

Various locations on Sanibel and Captiva have been designated as emergency centers, which could be used for medical facilities if needed. While discussions have been held regarding Sanibel Causeway closure, many variables stand in the way of taking such

drastic measures.

With the cashless toll system put in place during the crisis, officials are looking at data regarding numbers of vehicles as well as information gleaned from license plates to potentially manage flow. The causeway has only been closed during hurricanes when the islands were evacuated. Of the utmost

continued on page 9



Rutland House kitchen

photos provided

A Little History On The Beloved Cracker House

There is a place on Sanibel where visitors can step back in time and see a real cracker house built in 1913.

"The Rutland House is a favorite among our visitors," said Emilie Alfino, executive director of the Sanibel Historical Museum and Village. "I think

it's because it shows what life was really like for Sanibel residents in those days. Our exhibits are not behind glass or roped off – a person can really get the feel of stepping back in time, wandering freely through the home."

In Florida, the term "cracker" is not an insult. Florida cowboys, as opposed to the more well-known Western cowboy, used cow whips, leading to the term "Florida Cracker" – from the cracking sound their whips would make while cowboys were herding their cattle. It is a term now used informally by



Exterior of the front of the Rutland House

some Floridians to indicate that their families have lived in the state for many generations.

In its simplest form, a cracker house is a wooden shelter built by the early Florida and Georgia settlers. Lured to Florida by cheap and plentiful land, these pioneers arrived with few provisions and needed to erect shelter quickly and cheaply. Houses of this style are characterized by metal hip roofs to reflect heat, deflect windstorms, and collect rainwater; raised floors in case of flood and critters; and straight

central hallways from the front to the back of the home, sometimes called "shotgun" hallways. This provides cross-ventilation to keep the house cool.

The cracker house that resides in the Sanibel Historical Village was built in 1913 and was originally located on Periwinkle Way, just to the west of Periwinkle Park. It is constructed of slash pine, which hardens and becomes very heavy. The resin in the wood protects it from insects and water – but makes it more susceptible to fire.

Clarence Rutland, who purchased

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the home in 1928 and lived there until his death in 1982, was the son of Irene Rutland and Henry Shanahan, whom Irene married after her first husband's death. Shanahan was the Sanibel lighthouse keeper in the early 1900s, earning \$640 a year. Shanahan and his wife had 13 children between them, one of whom was Clarence.

Rutland and his wife, Ruth, had no children, but everyone referred to him as Uncle Clarence. In the 1920s, Clarence was a "jack of all trades." He earned seven cents per crate packing tomatoes and peppers. He made deliveries, did road work and farmed, among other jobs. He packed up to 80 crates or more per day.

Ruth was ill and died 30 years before Clarence. After Clarence Rutland's death, the building was brought to the historical village in 1982 and for a number of years housed the entire museum, which opened in 1984.

As recently as 2014, village docents welcomed visitors at the front door of the Rutland House. Docents would explain that Ruth invented a system for the many visitors coming to the Rutland home. A little piece of wood near the front door served as a signal to visitors: if it was vertical, that meant "Come on in!" but if it was horizontal, that meant "Not now!"

In the kitchen are many items to perform chores without electrical service, including a crockpot-like device with a stone that would be heated, and there is a pump vacuum cleaner that



Bedroom

didn't work very well.

The bedroom reminds people that, until the 1950s, Sanibel was the mosquito capital of the world, although the type of netting displayed in the bedroom was not normally used by the pioneers. When people could afford them, screens were put in windows. When someone awoke, they couldn't tell if it was day or night, as mosquitoes completely covered the screens.

Clarence called the population of Sanibel, which was about 350 people in 1900, was more accurately "mosquitoes, cockroaches, and fleas."

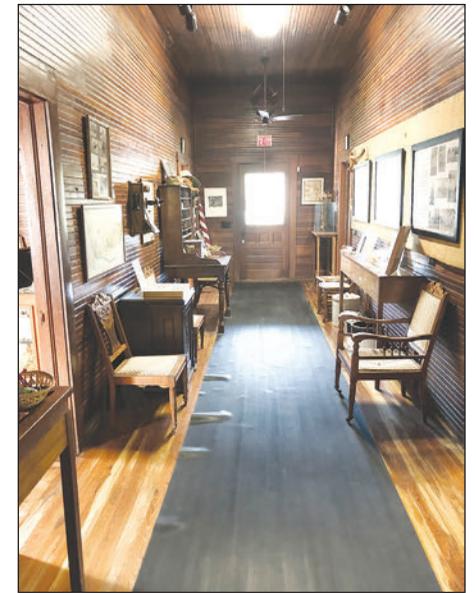
The house also includes a room



Front porch

dedicated to the Calusa, Sanibel's original inhabitants before the arrival of Ponce de Leon.

The historical village has nine authentically restored buildings that have been moved to the village from their original island locations. Each represents a different aspect of pioneer life. In addition to the Rutland House, there is Miss Charlotta's Tea Room, the old Bailey General Store, Morning Glories cottage, the old one-room Schoolhouse for White Children, the Caretakers' Cottage, the 1927 Post Office and the Burnap fishing cottage. There is also a garage featuring the 1927 Ford truck



"Shotgun" hallway

used by the Bailey family, an old surrey and a reproduction of a packing house with loading dock.

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

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With Spring Brings Change

submitted by Kerra Pike, CECI Executive Director

In spring, the natural world begins its shift in growing and blooming. Birds are migrating and seeds are sprouting. With spring comes the idea of new beginnings and hope. Hope for change and something new. For the Children's Education Center of the Islands (CECI, this mindset holds true.

In the last few months, the center has had many opportunities for change and regrowth. With the support of many local business, political and family members, CECI has flourished and grown. Yet, with its internal involvement, like everyone else during this time; CECI was faced with a hard decision.

After much deliberation, the Children's Education Center of the Islands has canceled their 46th annual Spring Festival, which was to be held on April 11 at Sanibel Community Park. The Spring Festival has been an island tradition for over 45 years. This event would raise funds for CECI's scholarship funds and summer camp. The school was hoping to raise at least \$20,000 this year.

A big thank you to Adventures in Paradise, Barefoot Charley's Painting, Tim M. Verwest, DMD, and The Sanibel Captiva Trust Company for their generous sponsorships.



A preschooler gets to hold a baby chick photo provided

Just as we trudged through the last few months, we will do the same in this situation as well. As a school, one of the topics that we assess our children on is "grit." I have to say, our CECI community has fostered our sense of "grit" and the feelings of being comfortable in uneasy situations. We are courageous. We are resilient. We persevere. We are optimistic. And we will once again, rejoice back together better than before."*

Captiva Island Historical Society

Looking Back: The Singleton Brothers

The Singletons were owners/operators of the mailboat *Santiva* from 1936 to 1952.



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. Call 533-4890 for information.

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



Cleon and Ray Singleton photo courtesy Captiva Island Historical Society Archives

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BAT YAM-TEMPLE OF THE ISLANDS

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

HISTORIC CAPTIVA CHAPEL BY THE SEA

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

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SANIBEL COMMUNITY CHURCH

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

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

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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.*



Many of the teens had their eyes closed as Pastor Kevin Schafer prayed over the group photo provided

Youth Group Meets Virtually

submitted by Jamie Senkeleski

Zoom, Zoom Zooma Zoom were the buzz words on March 25 for H2O Youth Ministry. Due to the coronavirus, all teen activities at Sanibel Community Church have been postponed until further notice. The students really do look forward to spending time together on Wednesday evenings.

Thinking outside the box on what a typical youth group meeting would look like, Pastor Kevin Schafer investigated all resources available to him. With the help of Brent Patton-Roark (sophomore at Fort Myers High), an H2O Youth Group meeting for teens in sixth through 12th grades evolved using Zoom technology.

Over 40 students and leaders participated in the initial meeting. At the start of the meeting, Pastor Kevin played a game where he would say, "First person to show this item, gets a point." All you heard from your

computer screen was, "I got it!" The teen with the most points at the end won a free pizza delivered to their home. Summer Santoro was the ultimate winner of this game. She and her family were thrilled with the prize and eagerly waited for their pizza to arrive.

After the game, the meeting took on a more serious note. Pastor Kevin reminded the teens that God is in control and they had choices. They could choose faith over fear, prayer over panic and service over selfishness.

At the end of the meeting, the groups were broken into smaller groups and would enter private video chat rooms with a youth leader. The students had a chance to ask questions and pray for each other.

All teens on the island or the surrounding area are invited to join the next Zoom meeting, held on Wednesday evenings at 6 p.m. Until further notice, H2O Youth Group will be meeting through Zoom. For more information about joining the Zoom meeting or the youth ministry, contact Pastor Kevin Schafer at 472-2684 or by email at kevin@sanibelchurch.com.

Under normal circumstances, Grades six through eight meet every Wednesday from 5 to 7 p.m. High school teens meet every Wednesday from 6 to 8 p.m.

Sanibel Community Church is located at 1740 Periwinkle Way, next to Jerry's Market. We look forward to the day, when we can meet as a group together in the church youth room.✪

Shell Found



Jeanne and Doug Mallon photo provided

Jeanne and Doug Mallon, after 14-plus years, found a junonia on April Fool's Day in the surf along the East Gulf beach.✪

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Fun And Games For Youth Ministry

submitted by
Jamie Senkeleski

The LOGOS youth ministry at Sanibel Community Church held a game night recently, pre-social distancing. The students had some Bible time, recreation, crafts and music.

During the family-style dinner of sliders, tator-tots and Jell-O jigglers, the group waited with anticipation for the games to begin. Each table was equipped with a different type of board game and the children rotated to get the chance to play each one with their table parents.

Various games were set up in Fellowship Hall. Activities included archery competitions, knee hockey, arcade-type games, football and basketball toss, and noodle tag. By the end of the night, the children were gamed out.

Due to the coronavirus, the LOGOS program has been suspended until further notice. Once activities resume, the group will meet on Wednesday nights from 3:30 to 7 p.m. at Sanibel Community Church, located at 1740 Periwinkle Way. This mid-week program is offered for children in preschool through fifth grade. For more information about the program, contact Holly Patton-Roark at 472-2684.✪



Teagan Clark assists Annabelle Williams, while Landon Reason waits his turn photos provided



Nathan Ames trying to beat his competitor's score in the football throw game



Henry Chase taking aim at the bullseye with his bow and arrow



Table parent Matt Kirchner setting the football for Wes Kerscher



Dawson Liebetrau defends his goal as he plays knee hockey with Brooks Selby

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Public Comment Continues On Closing Island

by Wendy McMullen

Public comment continued during the April 7 city council meeting with demands that the city close the Sanibel Causeway or restrict it to people who have hurricane passes.

City council, however, declined to take action.

"We are bleeding cash at the moment," said Mayor Kevin Ruane, pointing out that the causeway was operating at the moment without operators. "The time and cost of manning a closed causeway would be astronomical."

Most residents and people who work on the island have a transponder which automatically debits credit cards for crossings. The cash pay option works by reading the number plate of the car and billing the owner of the car automatically.

"Hurricane passes are more for protection of property when the island is empty because residents are sheltering elsewhere," said Councilwoman Holly Smith, saying she could not support restricting the island to those with hurricane passes. "Are we going to stop people leaving the island? With the ghost town that we're living in now, I simply could not support that."

Currently, there are only 500 or so cars crossing the Sanibel Causeway without a transponder, and Ruane suggested that many of these would be people who are doing some form of business on the island.*

Golf Courses Need Restrictions

by Wendy McMullen

Sanibel golf courses remain open while many in the area have closed and city council wants to ensure that people displaced from other courses are not coming to Sanibel to golf. This is the part of the policy of cutting off the supply of attractions to the island that the city

has adopted in the last few weeks.

"I think they're being very responsive," said City Councilman and avid golfer Mick Denham, reporting that golf clubs are mostly enforcing the one cart per person rule and taking other measures to make the sport safer.

"It's customary to shake hands at the end of the game, now they offer their clubs instead," said Denham.

Councilwoman Holly Smith was a little sterner. "I've seen two people on a cart. One of the clubs has a pro shop operating without gloves, and they're allowing online booking and reciprocal memberships," she said.

Smith asked that the club consider limiting tee times to members only and to comply with rules like not handling credit cards and practicing safe social distancing.

"I'd like to see them in compliance today," she said.

Council agreed that the managers of the two golf courses would be contacted to discuss the restrictions.

The Sanctuary Golf Club had leased out its carts to members in order to protect them.*

Some Residents Overreacting

by Wendy McMullen

"It sounds like we have a perception problem," said Councilman Richard Johnson, speaking about residents reporting supposed infractions of the city's rental rules to the Sanibel Police.

Mayor Kevin Ruane was reporting on calls to the police about people with New York license plates renting in their neighborhoods and couples sitting too close together on the beach.

"You live together, you sleep in the same bed," said Police Chief Bill Dalton, defending the right of couples to sit together on the beach. "There's a segment of society that are not obeying the rules, but mostly people are paying more attention and actively trying to keep a distance."

"Reality is on the record, not perception," observed Ruane speaking of the over interpretation of the maxim, "If you see something, say something."

"City police can't follow up on every

complaint," said Councilman Jason Maughan, suggesting that the police tell callers to let the city council know about possible infractions.

Dalton reported that the police had followed up on three complaints of short-term rentals or rentals by people with New York or New Jersey license plates on their cars.*

Concern Over Attracting Visitors

by Wendy McMullen

The question of the JN "Ding" Darling National Wildlife Refuge remaining open was introduced by Mayor Kevin Ruane, who said that it was counter to what the city was trying to do in cutting off the supply of things that might encourage visitors to the island.

"It's an attractive nuisance," agreed Councilman Jason Maughan, who suggested that the city have informal discussions with the directors of the wildlife refuge about having it closed.

However, the city council was unsure whether the city had actual control over the refuge, which is owned by the federal government. Tarpon Bay Explorers, which has a shop and kayak rentals and is also owned by the federal government, has closed down.

Councilwoman Holly Smith defended the refuge staying open. "It's a recreational activity, and if you can stay in your car and drive through safely, then that's a pretty nice thing," she said.

City Manager Judy Zimomra told city council that the parking lot at the Bailey Tract had been closed because of the ability for the public to park and walk to the beach access at the end of Tarpon Bay Road.*

Police Try To Educate Boaters

by Wendy McMullen

Some residents seem to be very upset that large groups of boaters are congregating on Sanibel's beaches contrary to city restrictions on large gatherings.

Council members Holly Smith and Jason Maughan reported that there may be an issue of people anchoring on the beach and coming ashore but it was generally in the areas around Sanibel and it tended to be a weekend problem.

"There's a whole different traffic flow on Saturday and Sunday," said Maughan.

"We can only cover what we are allowed to do," said Smith, calling for restraint in the attempts of some residents to ban boating altogether. "If you've been laid off and boating is your recreation and people are doing what they're supposed to do, we shouldn't stop them."

"Sanibel has zero problem regarding boating," said Maughan, comparing Sanibel to north of Redfish Pass on North Captiva, where "Yahoos had created a fiasco" on the beach. He also noted that airplanes were parked wingtip to wingtip on North Captiva's small airport runway.

"Education, warning, citation" is the mantra Sanibel Police Chief Bill Dalton is teaching his staff in relation to boating and beach gatherings.

"Police officers have used a bullhorn to say you need to be further away, but we have authority to stop them. Let us work on it," he added. The Sanibel police have jurisdiction 26,400 feet out into the Gulf of Mexico, Maughan told his colleagues.*

Sanibel Police Need Equipment

by Wendy McMullen

The Sanibel Police Department, as with many other organizations in the nation, is in need of COVID-19 equipment.

"We have plenty of gloves and wipes," reported Chief Bill Dalton. "But masks can only be used once, so we need about 25 masks a day, a total of about two or three thousand masks."

He added that Sanibel citizens had made masks but they still needed more. He said they do have respirators and that they felt their standard operating procedures to keep a distance and explain the reasons for the procedures were sufficient. "People are very compliant," he said.*

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Wendy Childers of Captiva models a mask she made photo by Kathy Kurtz Ferraro

From page 1

Island Officials

concern during this crisis would be access to healthcare, food and other services.

As long as the number of diagnosed cases remains low, those scenarios are unlikely. However, officials do recommend residents have a hurricane pass for causeway reentry, regardless of the virus. Information is available at www.mysanibel.com and clicking on the City Forms link.

For the most part, islanders seem to be heeding Gov. Ron DeSantis' "Safer at Home" mandate of limiting activity to essential travel during the pandemic. Senior citizens and those with underlying medical conditions were also ordered to stay at home during the crisis.

Bailey's and Jerry's grocery stores, as well as the two pharmacies, saw nearly the only activity this week, with many shoppers wearing improvised masks. Residents on both islands also took advantage of grocery delivery services.

Farmers markets continue to be held, with vendors restricted from selling non-food items on Sanibel. The Captiva market, ordinarily held at the temporarily closed South Seas Island Resort, was moved to McCarthy's Marina.

While Sanibel has restricted lodging reservations through April 24, Captiva followed Lee County's 14-day closure guidelines that were set to expire this weekend. Officials expect that date to be extended.

On Captiva, Lee County sheriffs found near 100 percent compliance with the order for the closure of all non-essential businesses. Beach Stuff, a store near the village carrying souvenirs and beach equipment, stayed open due to a supply of toilet paper, paper towels and sanitizing products. However, Captiva Provision Company (at South Seas), the island's only grocery store this season, closed along with its resort owner. The Island Store, owned by Bailey's, has been closed for months during renovation.

"I know that some residents do worry, are things going OK out here, are they safe in their home, are they

safe to take their daily walk?" said Lee County Deputy Sheriff Chris Lusk while on duty on Captiva on April 6. "We are out and about, every day and night. We are patrolling everything. We haven't had any issues."

Deputies have been given personal protective equipment, but with the island being so quiet, Lusk said he does not routinely wear a mask.

"I'm sorry it seems very boring, but everybody out here is complying so well. We really haven't had too much of an issue," Lusk explained.

Meanwhile, heeding the CDC's recent advice, some crafty island residents were making masks to protect themselves and their neighbors. Wendy

Childers of Captiva experimented with various fabrics to create a suitable design. She felt she had the best luck with a layer of bonded interfacing that could be ironed on to other fabrics to make an impermeable layer. While she didn't think they would be suitable for healthcare workers, she hoped to give some to the social service agency FISH of SanCap, as well as neighbors in her tight-knit community.

"There's so much controversy over these, but I think they give you a little more protection," Childers said. "Maybe they will help a little."

It seems to be a common sentiment, as many islanders search for signs of hope during this stressful time.✪

Rotary Club Scholarships Available

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



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John Nader, owner of The Great White Grill, donates food for the Food Pantry

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Plant Smart

Square Stems

by Gerri Reaves

Stems or stalks are seldom the showiest part of a plant. Flowers or ornamental leaves usually command more attention, but stems have interesting variations of their own.

They can be as slender as a thread or thick and woody, delicate and easily broken, or so tenacious they yield only to garden clippers.

Some are smooth, some covered with barely discernible hairs and some with stiff bristles.

Then there are spines, thorns, and spikes, not to mention the color differences among stems.

As for shape, most look like super-skinny cylinders or pipettes. But stems can also be three- or four-angled, for instance, as well as round.

The three native wildflowers pictured here are examples of the latter group, square stems.

Each is easy to grow and suitable for a natural or wildflower garden. They'll attract butterflies, birds and other pollinators to your yard.

Salt-and-pepper (*Melanthera nivea*) is obviously named for the unusual characteristic of being only black and white. *Melanthera* means "black anther" and *nivea* comes from the Latin meaning "white" or "snowy."

A member of the aster family, it has only disk, not ray, flowers. The rounded heads are packed with tubular flowers



These square-stemmed native wildflowers are easy to grow, and they attract butterflies, birds and various pollinators to the garden. Pictured, from left, are salt-and-pepper, spotted beebalm and tropical sage

that bloom all year and attract butterflies like the Florida white, for which it is the larval plant, as well as other butterflies, skippers, bees and wasps.

This perennial is erect or sprawling with coarse, arrowhead-shaped leaves. It will self-sow, or you can propagate it with seeds, cutting, or by division.

Give it full sun to partial shade. It is drought tolerant but not salt tolerant.

Spotted beebalm's (*Monarda*



punctata) stunning flowers are comprised of a dome-shaped center surrounded by five pink- or purple-spotted petals with downward-curving pale lavender, rose, or cream-colored bracts below.

The aromatic leaves, which are used for medicinal tea, are hairy with toothed edges.

A member of the mint family, this woody perennial is salt tolerant, so it's suitable for coastal gardens. Give it well-drained soil and full to partial shade.

Propagate it with seeds or cuttings, or just let it self-sow.

Tropical sage (*Salvia coccinea*) is one of South Florida's most common and prolific wildflowers.

The bright red tubular two-lipped flowers bloom throughout the year, and the plant continually reseeds.

Aromatic triangular or heart-shaped serrated leaves appear on hairy stems.

Also a member of the mint family,



it requires essentially no maintenance. Give it well-drained soil and full sun. It is moderately drought tolerant and not very salt tolerant.

Let it self-sow or propagate it with seeds or cuttings.

Sources: *Florida Plants for Wildlife* by Craig N. Huegel, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Gardening for Florida's Butterflies* by Pamela F. Traas, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Right Plants for Dry Places* by Suncoast Native Plant Society, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, <http://www.efloras.org>, www.fnps.org, and www.regionalconservation.org.

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

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Lots Of Choices



by Capt. Matt Mitchell

With so many choices of what to fish for, it's been hard to decide. A brief cool down for a few days along with strong winds did slow down the

Moving back into the four tide days has done wonders for the snook and redfish bite. I've been catching these fish on middle mangrove islands during the incoming tide. When pitching live shiners, it does not take long to see if you picked the right shoreline. If you're there more than 10 minutes without getting a bite, it's time to move. The shorelines and points with faster current have been the hot spots. Though we did not catch a ton of fish, all of the fish caught have been quality on any given day.

Trout fishing has really rebounded over the past few months. On any trip we have targeted them, we are catching a few around 20 inches along with lots of 14- to 16-inch fish. Water as clear as drinking water in the middle sound has made the perfect place to catch these trout. I like to fish the sand holes and grass along the many long sandbars and shoals on the eastern side of the sound. Making long casts with a live shrimp on a quarter-ounce jig head is a sure way to catch a trout. Ladyfish, jacks and mackerel are all part of the mix.

Getting out on the water has been the only escape from the chaos on land. Once you return to the dock, it's back to the reality of spraying the boat down daily with sanitizer. This has become our new normal.

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. ✨

tarpon bite. Snook, redfish and trout did not seem effected by the slight change of weather.

After the passing of a mild cold front last week, it took a couple of days for tarpon to reappear in the sound. With so many fish around before the drop in temperature, these fish simply vanished and, I suspect, moved back offshore. Once water temperatures in the sound warmed back up, they gradually began to reappear. Early season deeper water spots from the causeway to the power lines are the first places they move back into. Once our morning temperatures are feeling warm and tropical again, these fish will be spread out throughout the sound.

The most successful tarpon hook-ups for me this week have come while soaking fresh-cut silver mullet. We have hooked a few on live bait, but often the bait gets dropped before the line ever comes tight. Having an assortment of baits is very important as you never know what a tarpon will want to eat from day to day.



Pam Murray with a snook caught this week with Capt. Matt Mitchell

photo provided

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Ms. Sanibel on Siesta Key

photo provided

Plover From Sanibel Nesting On Siesta Key

Sanibel-Captiva Conservation Foundation (SCCF) shared a report about the only snowy plover fledgling from Sanibel in 2017.

After learning to fly, she went missing for a few weeks, until she appeared at Caladesi Island State Park, about 120 miles away. She survived Hurricane Irma and moved to Siesta Key, where she has been ever since.

The photo, taken on March 27, shows her on her nest on Siesta Key, where she has three eggs. Volunteers and biologists in the bird monitoring and stewardship program with Audubon Florida call her

“Ms. Sanibel.”

As of April 1 on Sanibel, the four pairs of snowy plovers at the east end are established and territorial fights are occurring among these small, but mighty birds. Nesting is expected soon.

SCCF Shorebird Biologist Audrey Albrecht is monitoring the site every morning to make sure they have a safe space to nest.

Sanibel is home to 20 percent of Southwest Florida’s nesting snowy plover population, making it an important nesting site.

SCCF’s Snowy Plover project began in 2002. Staff and volunteers monitor the beaches daily, marking and protecting nests. Once the chicks hatch, they are monitored until they can fly. Visit www.donorbox.org/scf-adopt-a-shorebird to adopt a snowy plover.✧

Islanders To Gather In Spirit For Earth Day

submitted by Brielle Ruiz

April 22, 2020 is the historic 50th anniversary of the first Earth Day in 1970, an occasion remembered as the birth of the modern environmental movement. Together – A Way Forward, an interfaith environmental initiative on Sanibel and Captiva islands, wishes to mark this momentous holiday with fellow islanders. While it certainly may not be a time for celebration, it is an appropriate time for reflection, contemplation, and honoring the natural systems upon which we depend to sustain our lives and feed our souls.

Given these uncertain and isolating times, the group believes it is important to gather symbolically and spiritually as stewards of Earth and in support of the community of life. At 6 p.m. on Wednesday, April 22, all are invited to congregate in spirit and in unison to honor creation. The group encourages islanders, regardless of spiritual or religious belief, to join them from wherever they are on this special holiday.

For this “event,” members of Together have compiled a collection of inspirations, blessings, poems, quotes and prayers from various faith traditions. Individuals can use them in any way they wish. They might be read on a contemplative walk, read aloud to birds in the backyard, or shared

with a loved one – they are meant to facilitate a reflective, meditative activity in nature, if possible. The group invites your creativity as to how and when you use the inspirations – whether on Earth Day or at any time you wish to take respite in the beauty of the natural world. Email togetherawayforward@gmail.com if you would like a copy. The collection will also be posted on the Together – A Way Forward Facebook page.

Together – A Way Forward includes representatives from Bat Yam Temple of the Islands; Captiva Chapel by the Sea; First Church of Christ, Scientist; Saint Michael and All Angels Episcopal Church; Sanibel Congregational United Church of Christ; and the Unitarian Universalists of the Islands. As part of their joint statement, “Care for Creation: A Call for Reflection and Action,” they state, “We represent a variety of religious faiths, yet we share common beliefs, that we, as people of faith, have an obligation to safeguard and steward the natural environment. We acknowledge that Earth’s stewardship is a portion of our spiritual practices.” As part of their mission, they seek to inspire appreciation and action for our shared planetary home.

At challenging times like these, we can turn to the great outdoors, even through the window if necessary, to find peace and solace. As John Muir said, “One touch of nature makes the whole world kin...” (*Our National Parks*, 1917). Together – A Way Forward is sending strength, healing and best wishes to the community: “We stand together – if only in spirit for now.”✧



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Shell Of The Week

'Hollow' Alphabet Cones



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

The photo shows two shells of Alphabet Cone, *Conus spurius* Gmelin, 1791,

that have been clipped by predators, most likely stone or flame crabs. The resulting gashes reveal that the earlier whorls, located inside the shell, have disappeared. Some cone snails, as other gastropods do, are known to dissolve their internal shell structures. One of the ensuing benefits, in particular to cones snails that feed on fish or mollusks, is that the new, roomier internal space enables the animal to swallow larger prey. In addition, some cone species are known to recycle the dissolved shell material to reinforce and thicken the outer shell wall.

The shells in the photos were found by Lorin Buckner at the Blind Pass area of Sanibel, in December 2018. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The museum needs your help. The



Two Alphabet Cone shells with self-dissolved shell insides

photo by José H. Leal

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

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

And yet, our animals still need to be fed and cared for. We have the best group of employees I've ever had the

pleasure to work with in my 25-plus years here at the museum. We need to keep them. Even closed, it costs about \$100,000 to run the museum each month. If you've already contributed, thank you. If not, your gift can help close the gap.

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

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

Shell Found



Annika Bjorklund

photo provided

Annika Bjorklund found an alphabet cone on March 29 on a sand bar just west of Sundial Beach Resort & Spa. It was early morning and low tide.

Bjorklund and her family were staying at King's Crown Condominiums. They were excited to be on the island again.*

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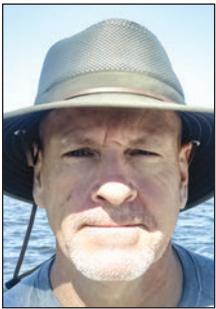
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CROW Case Of The Week:

White-Tailed Deer Fawn

by Bob Petcher



A white-tailed deer (*Odocoileus virginianus*) is the smallest member of the North American deer family. This species is so-called due to the white underside of the deer's tail, which it reportedly shows when it is alarmed.

The white-tailed deer is a mammal found in parts of Canada and as far south as South America. It is an herbivore that is termed a "keystone species" because its feeding activity can directly and indirectly affect many plants and animals.

Adult males are called bucks, while adult females are referred to as does and young deer fawns.

Fawns fortunately have speed and agility to outmaneuver their predators, such as bobcats and coyotes. Their reddish-brown coat features white spots that blends in with the forest.

At CROW, a white-tailed deer fawn was admitted from Alva. The mother deer was reportedly killed and the fawn had been brought to the finder who provided food and cared for it for two weeks. When admitted to CROW's



Patient #20-1075 takes a drink from a water bottle

photo by Yvette Carrasco

wildlife hospital, veterinarians noticed the fawn had an abscess on the right side of its neck. A sample of the fluid in the abscess was sent for a culture to help determine what was causing it. Preliminary results of the abscess culture were received a few days later and indicated the cause of the infection was *pasteurella multocida*, which is commonly the cause of infection by bites or scratches from dogs or cats.

"*Pasteurella multocida* is a type of

bacteria that is often part of the normal flora in animal mouths," said Dr. Megan Cabot, CROW veterinary intern. "This bacteria is spread through bites or nasal secretions and causes abscesses to form, though sometimes worse systemic infections can develop."

Dr. Cabot further stated the infection does develop over time if left untreated, and that it could spread to humans in the same manner it does to animals.

Since the strain is resistant to some

antibiotics, veterinarians plan to continue with monitoring the abscess.

"The patient shows no signs of systemic infection needing antibiotic treatment, and abscesses often resolve with routine cleaning and care," said Dr. Cabot. "Flushing is performed with dilute betadine solution or sterile saline."

For now, CROW medical staff will continue regular flushing and cleaning as needed.

"Abscesses can take weeks to months to clear depending on the severity and treatment received," said Dr. Cabot. "As the fawn's other abscess sites are already healing or healed, we hope the major one on the neck will clear up enough within a week or two to allow for transfer to her long-term care facility."

CROW officials said the fawn will be transferred to a facility that can provide long-term care until it is ready for release.

"We are sending the fawn to another permitted wildlife rehabilitator in the state of Florida who is already raising other fawns of similar age," said Dr. Robin Bast, CROW staff veterinarian.

"We network with several local rehabilitators so we can all provide the best care possible for that species."

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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First Week Of Nature Program A Success

by Nicole Finnicum

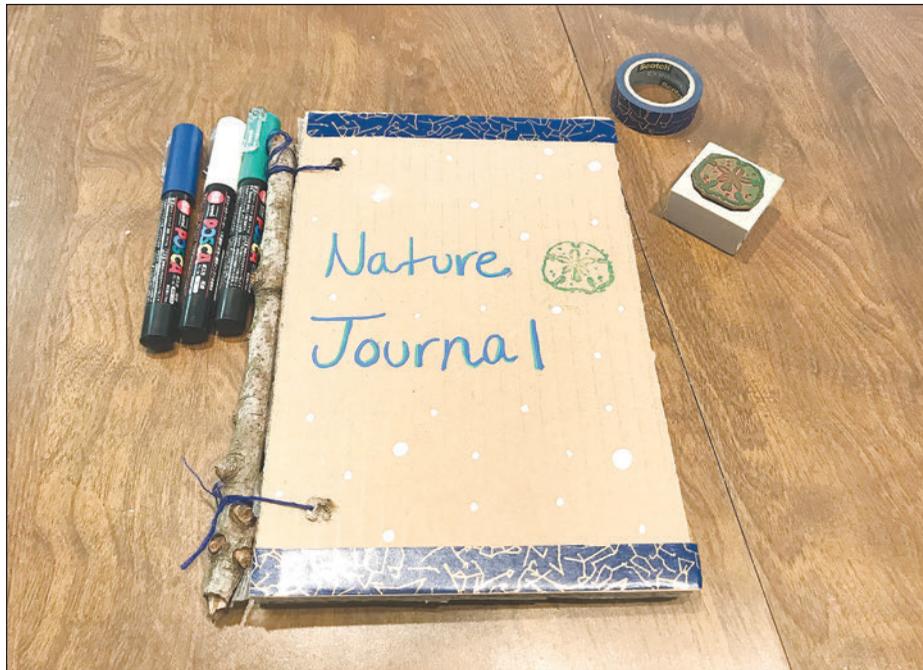
The education team at Sanibel Sea School has been busy with the launch of Nature Near You – an e-newsletter designed to help engage youth in nature-based learning during the COVID-19 outbreak. The first week of Nature Near You, which launched on March 23, featured three backyard lessons.

Nature Near You participants learned about biodiversity, nature journaling and completed three nature-themed crafts.

The first issue of Nature Near You kicked off the week with information on how to do a backyard bioblitz, which is a way to assess the overall biodiversity in an area while creating a species list of the plants, animals, insects and fungi found. Participants sent photos in of their backyard bioblitzes that were conducted right here on Sanibel, in Naples and even all the way from Minnesota.

On Wednesday, our educators introduced nature journaling and shared how this is a very engaging way to get creative in nature. Nature journaling is a great way to record fun findings (like a bioblitz), note observations, and create sketches of plants and animals.

The week concluded with three nature-inspired art projects participants



Nature Near You featured tips on making nature journals at home photo provided

could create with items found in their backyards or around the house. For each craft, the education team had fun creating 'How-to' videos that are hosted on Sanibel Sea School's YouTube channel. Projects like leaf printing and making homemade binoculars were examples of simple crafts that can be completed by children of all ages.

Nature Near You will continue throughout the school closures and be delivered via email. If you are interested in joining the mailing list, please info@

sanibelseaschool.org If you missed out on an issue of Nature Near You, all of the content can be accessed at <https://www.sanibelseaschool.org/nature-near-you>.

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

Part of the SCCF (Sanibel-Captiva Conservation Foundation) family,

Sanibel Sea School's mission is to improve the ocean's future, one person at a time.*

Donations Needed For Island Families

submitted by Stephen Brown, MD, CHR Board President

We all know that shelter is one of the requirements for survival. And in the words of the Florida Housing Coalition, Housing is Healthcare. For our 150 neighbors here on Sanibel who live in Community Housing and Resources (CHR) affordable housing, these difficult times mean that their income has been reduced and, in many instances, eliminated. To date, 16 households have asked CHR for additional assistance. We are aware of other of our families who are struggling during this time. No one will be evicted from their CHR home, but we need your help.

From all of us at CHR, and our extended CHR family, we ask that if you are able to make donations to help your neighbors at this time, please contact Melissa Rice at Melissa.Rice@sanibelchr.org or donations can be mailed directly to CHR, 2401 Library Way, Sanibel FL 33957. Anything you can do to help those in need during this period is greatly appreciated and needed.*

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The Community House

Yuca Or Yucca?



by Resident Chef Jarred Harris

The yuca root is widely used in the culinary world and the yucca plant is widely used in the landscaping world. Over the years, the terms “yuca” and “yucca” have been used interchangeably, when in fact, they are two totally different plants.

The yuca (pronounced yoo-KAH) is the tapered root of the cassava plant. It is similar in shape and size to a sweet potato and is also known as cassava, manioc and tapioca. Yuca root is native to South America and is widely used in African, Latin, Caribbean and Southeast Asian cuisines. It’s the third largest source of carbohydrates in the world, behind rice and wheat. Yuca root is gluten-free and the starch made from it is easily digested by people with digestive sensitivities.

The yucca (pronounced YUCK-ah) is the name given to 40 different types of desert cactus, grown primarily for decorative purposes. Some of these plants produce fruit, seeds and leaves which are

edible. These drought resistant plants are usually found in subtropical climates and the roots are rarely harvested for food.

The yuca root is very low in cholesterol, saturated fats and sodium. It contains high amounts of calcium, manganese, folate, potassium, vitamins C and B6, and fiber. Yuca root has anti-inflammatory and analgesic properties, which makes it a good natural treatment for arthritis.

Yuca root can be found fresh or frozen in most supermarkets. It is very simple to prepare and is an excellent substitute for potatoes.

Here is a simple to try;
Garlic and Yuca Root Mash
Ingredients

- 1.5 lbs. yuca root (peeled and roughly cubed)
 - 2 cloves garlic (crushed)
 - 2 cups chicken or vegetable broth
 - 3 tbsp. milk
 - 1 tbsp. butter (melted)
 - 2 tbsp. sour cream
 - Salt and pepper (to taste)
 - Bunch chives (fine diced)
- Method

Place the diced yuca and crushed garlic cloves into a saucepan. Add enough broth to cover the yuca.

Place the saucepan over high heat and bring to a boil. Reduce the heat to medium high and continue to boil until the yuca is soft and can be easily mashed with a fork (about 20 minutes).

Drain the liquid and return the yuca and garlic to the pot. Add the melted butter and sour cream to the pot. Using a hand mixer or potato masher, beat or mash until the consistency is smooth and the yuca mash is light in color and fluffy in texture. Season with salt and pepper to taste

and top with chives. Serve warm.

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.*

Nature Course Offers Creative Outlet

by Nicole Finnicum

The second week of Nature Near You, Sanibel Sea School’s weekly e-newsletter, featured a week-long lesson in plant biology.

Nature Near You participants learned about floral structures, the basics of water and nutrient transport within plants, and created DIY plant presses.

Monday’s e-newsletter highlighted a fun experiment that kids can do right on their kitchen counters with celery and food coloring.

The “celery rainbow” is a great visual activity to show how plants transport water within internal vascular structures. We discussed some basic plant anatomy, capillary action and learned about the properties of water.

On Wednesday, Education Programs Manager Shannon Stainken created an instructional video on how to do a flower dissection. She discussed how different parts of a flower play a role in plant reproduction. The YouTube video shared step-by-step instructions on this activity that can easily and safely be done by kids at home with flowers that you can find in your backyard.

On Friday, Nature Near You participants learned how to make their very own plant presses at home. Pressing plants is a great way to neatly press specimens for archival and educational purposes, or to use pressed flowers for beautiful and unique crafts. Marine Science Educator Sam Galindo shared her tips on how to make a DIY plant press at home with just a few basic materials.

Our team loves teaching about the ocean, but diving into plant biology was a fun way to explore science with “close to home” biology in your backyard.

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

Nature Near You is Sanibel Sea School’s offering to the community. If you would like to support our efforts, visit (<https://www.sanibelseaschool.org/support-the-cause>) or email for more information.*



Participants pressed plants with homemade plant presses photo provided

Jesus Hernandez



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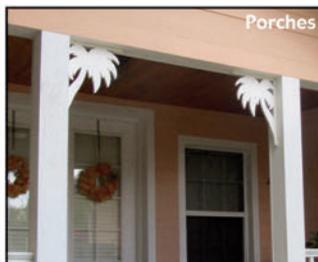
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Rotary Establishes Community Fund

submitted by Cindy Carter DeCosta

Even though all service clubs have suspended meetings until further notice, that doesn’t mean that Rotarians are home sitting still. This past week, Sanibel-Captiva Rotary Club members Chet Sadler and Mike Raab initiated a Rotary in Action support program, working with the Rotary trust fund board and other club members, to raise funds for the Sanibel-Captiva community most affected by the effects of COVID-19.

The Sanibel-Captiva Rotary Club was extremely fortunate to be able to hold its major fundraiser, the arts and crafts festival, before the COVID-19 pandemic started to impact the local community.



Therefore, the club has funds available through its trust fund to make an initial gift of \$10,000 to the newly created Sanibel-Captiva Community COVID Fund. The fund will be administered by FISH of SanCap to assist Sanibel and Captiva workers and residents who are unemployed or not able to work full time due to the COVID-19 pandemic. “We are thankful that FISH has the mechanism in place to efficiently get funds for rent, utilities and other expenses, in addition to helping with food, so there is a way for Rotary to help the San-Cap workers impacted,” said Mike Raab.

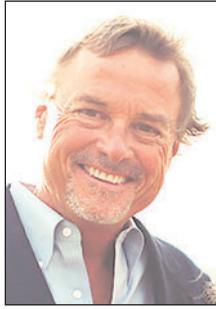
This is another great example of Rotary making a difference in the lives of others. To donate, make check payable to Sanibel-Captiva Rotary Trust Fund or FISH of SanCap with “Sanibel-Captiva Community COVID Fund” in the memo line.

The Sanibel-Captiva Rotary Club Friday morning meetings at The Dunes Golf & Tennis Club are on hold.*

How Do We Combat A Virus?

submitted by J. Bruce Neill, PhD

Let me start with a small moment of reflective joy in a trying time. Life is miraculous. We are so very fortunate in so many ways. That we have the luxury to write, read and ponder this musing is a gift we should all be grateful for, and spread with kindness.



(nearly) every other individual.

This is relevant to our discussion of viruses because almost all creatures have a system dedicated to detecting and destroying foreign cells or objects inside our bodies. The advantage of such a system is protection: most foreign cells or objects (think a splinter) that don't belong to us are likely neither friendly nor healthy.

But, in order to detect foreign cells, our bodies must first differentiate foreign cells from "self" cells. The network of cells that accomplishes this is called the immune system, which constantly monitors every cell in our body. When the immune system discovers non-self-cells, it musters a defensive counter attack to rid our body from the invading hoards. This counter attack is called an immune response, and in immunological terms, the foreign cell or body is known as an antigen.

The average human body is composed of 35 trillion cells, all constantly monitored by the immune system to assure they belong. There are approximately 7.5 billion people on Earth, so the cellular population of our body is about 4,500 times larger than the human population, monitored constantly. That's a whole lot going on every second of every day in our bodies.

When foreign cells or bodies are identified, a generalized immune response is usually initiated. The goal of such a response is to make our entire body, or any localized part thereof (again, think of a splinter) less hospitable to foreign cells.

The human body is a highly complex set of systems that carry out many amazing functions. The physical building blocks of living things are cells, and most cells have a fairly similar design that is somewhat consistent among different species of animals. However, each individual's cells have a unique signature created by combinations of proteins embedded in the external cellular membrane.

I suspect we're all aware that individual cells can be identified by DNA analysis, but that's not what I am referring to here. The personal cellular fingerprint I am describing is on the outside surface of the cell. So, all of the cells in Bruce's body have a similar (and nearly unique) external chemical composition, which differs from that of

One of the physical aspects of an immune response is a cascade of reactions that ultimately increases body temperature – either locally, near the site of a foreign object, or globally, throughout the whole body. An increased overall body temperature is known as a fever.

Another facet of an immune response is to help flush particles out of our body. Our capillaries (the tiniest of tubes that carry blood) expand and become leakier; the blood cells don't leak out, but plasma (the water content of blood) does. The leaked fluid manifests either as a runny nose, watery eyes, or localized swelling.

The first written description of human immune response characteristics is attributed to the Roman scientist Aulus Cornelius Celsus around 30 BCE. We are only a small part of history – folks have pondered how the human body works for a long, long time.

So, breathe fresh air, get some exercise and let the wonders of our natural world ease your tension and anxieties. This will pass, and we will have a better future because of what we share (excluding the coronavirus).

Spread joy and love in every way, in every moment that you can.

Wash your hands and face: right now. Get up and do it, then smile.

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

Monitoring Water Quality From A Distance

Despite Sanibel-Captiva Conservation Foundation (SCCF) facilities being closed due to the coronavirus threat, the SCCF Marine Lab still has a number of tools available to provide important water quality data to researchers as they work from home.

The River, Estuary and Coastal Observing Network (RECON) provides real-time updates from throughout the Caloosahatchee estuary and helps scientists monitor the health of waterways even when they can't get into the field to take samples in person. This data is available to the public at www.recon.sccf.org and includes several weather stations as well as wave, current and water temperature data that boaters and anglers may find useful.

Through a partnership with JN Darling National Wildlife Refuge, the marine lab also maintains three water quality sondes deployed in the backwaters of the refuge. These sondes are like compact versions of the larger and more robust RECON sensors, and the data they collect helps refuge personnel make important management decisions.

Finally, two rain gauges and flow sensors along the Sanibel River keep SCCF researchers and City of Sanibel natural resources staff informed on

continued on page 24

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Grouper with Citrus Salad

- 4 (6 ounce) grouper fillets
- 3 oranges, peeled, seeded and segmented
- 2 grapefruit, peeled, seeded and segmented
- 1 tablespoon rice wine vinegar
- 1/4 cup fresh flat leaf parsley, chopped
- 1 bulb fennel, thinly sliced
- 1/2 cup jicama, peeled and julienned
- Olive oil for cooking
- Sea salt and fresh ground pepper, to taste

Combine the fennel, jicama, citrus segments, olive oil, vinegar and parsley in a large bowl. Season with salt and pepper and mix thoroughly. Store in the refrigerator until ready to serve.

Heat 3 tablespoons of oil in a large skillet over medium-high heat. Lightly season grouper fillets with salt and pepper. Carefully place the fillets into preheated pan. Sear for two to three minutes on each side or until completely done. Serve over chilled citrus salad.✱



Grouper with Citrus Salad

photo courtesy Fresh From Florida

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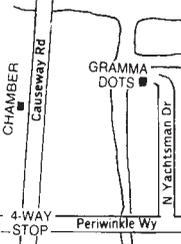
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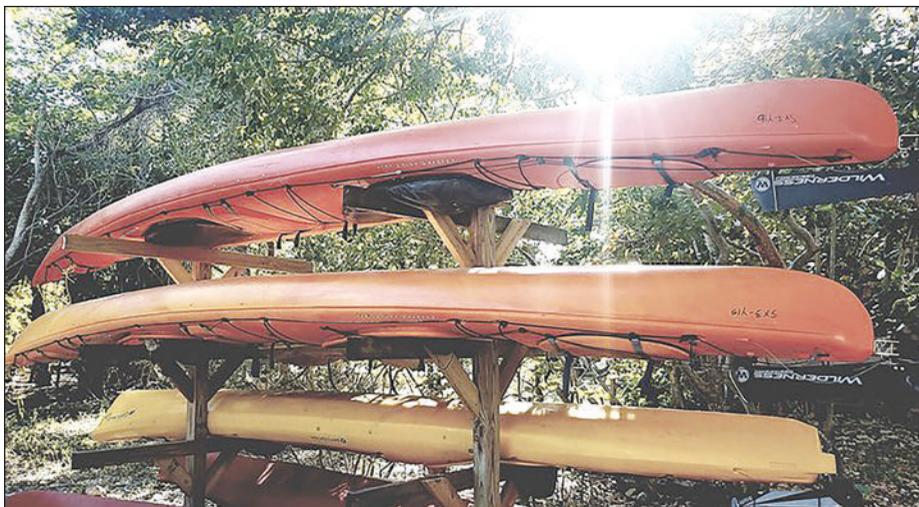
by Kealy McNeal

A lot of us are now confined to our homes, which may mean we have to hang up our paddles for a few weeks until we can safely emerge back into the community. While your vessels

are not in use, make sure you are storing them properly. Kayaks are big and bulky, which can make storage a challenge. Regardless of when we are allowed to get back on the water, proper storage will keep your vessel in top condition and ready for your next kayak adventure. Just be sure to consider a few key factors.

First, store your boat out of direct sunlight. Ultraviolet rays can degrade just about any kayak hull material, from fiberglass to plastic to coated fabric. Also consider moisture. Consistent exposure to moisture from rain and humidity can cause hull materials to break down over time.

Extreme heat is another factor that can lead to warping of hull materials, so it's important to keep your boat away from direct heat sources. Choose an area or room that is well shaded and does not get too hot. On the other hand, for our northern friends, repetitive freezing and



A rack is the best place to store a kayak or stand-up paddleboard photo provided

thawing may also potentially damage your boat. This is especially true if you have a fiberglass vessel that has been exposed to moisture during storage.

It is recommended that you do not store your boat directly on the ground, because warping may occur and it is more susceptible to dirt and moisture there. Most paddlers will use either a rack or suspension system to support their kayak. Just make sure the weight of your kayak is distributed evenly to prevent deformities. Your kayak should be free of any salt, dirt, or sand before you store it for long periods of time. Don't forget to take care of your kayak accessories as well.

Ocean Tribe Outfitters is a branch of Sanibel Sea School that helps the local paddling community better explore,

*enjoy and understand the ocean. Visit www.oceantribeoutfitters.org, or follow us on Facebook and Instagram.**

Captiva Panel Virtual Meeting

The next meeting of the Captiva Community Panel will be held as a Zoom webinar on Tuesday, April 14 beginning at 9 a.m. Eastern Time (U.S. and Canada). Log in information follows, and the public will be able to hear and see all the discussion and ask questions in writing via the Q&A feature, but you will be muted unless unmuted by the chair or host.

Among the items for discussion:

- LCSO/public safety update from Lt. Mike Sawicki;
- COVID-19 (Coronavirus) reports and discussion;
- Update on the Septic-to-Sewer straw poll response from Jay Brown, plus discussion;

Update on grants and other action by the Sea Level Rise Committee from Linda Laird;

Other items as necessary.

This meeting is open to all interested islanders and the public. Information and background documents are available at www.captivacommunitypanel.com.

How to log in:

Online: Zoom webinar name: Captiva Community Panel April 2020 meeting
Please visit the link below to join the webinar:

<https://zoom.us/j/922441719?pwd=dUhrZDJHJVZlFhZGZGM0tFVGJhWGNYQT09>

Password: 806830

If you are logging in online, it is recommended that you go to www.Zoom.us to test your audio beforehand and see how the platform works.

You can also call in to listen to the meeting, using the numbers below:

US: +1 929 436 2866 or +1 312 626 6799 or +1 301 715 8592 or +1 346 248 7799 or +1 669 900 6833 or +1 253 215 8782

Webinar ID: 922 441 719

Due to the COVID-19 crisis, the Monday After The Masters golf tournament was put on hold. The Captiva Community Panel is hoping to reschedule it later in the year, and will let the community when a new date is set.*

Wisdom.

Board Members Emeritus, Ginny Fleming and Steve Brown have been serving with The Trust Company team since the firm's beginning. We're grateful for their continued counsel as members of our Advisory Board.

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Book Review

Shell Shocked

by Di Saggau



Shell Shocked is the fifth book in Jennifer Schiff's Sanibel Island Mystery Series. I read it in one day, because reading is mostly what I do these days. I truly enjoyed the

book. *Shell Shocked* again features local reporter Guinivere Jones, who everyone calls Guin. The 81st annual Sanibel Shell Festival is about to begin, and Guin is interested in an interview with Sam (Samantha) Hutchins, a shell artist who has been commissioned to design a sculpture for the city. She hops in her purple Mini Cooper and heads for East Rocks where Sam has rented a house to work on her sculpture. She has a crew on hand to assist.

Everyone has to sign non-disclosure agreements (NDA) to keep the sculpture a secret until it is unveiled. This includes Guin; Rita, sister of Sam's boyfriend Denny; Cici, a young woman who does most of the cooking for the group; and Marta, a shell artist in her own right. This tight knit group is a combination of interesting personalities.

One of the fun things about Schiff's books is the way she works in so many businesses on the island and some off

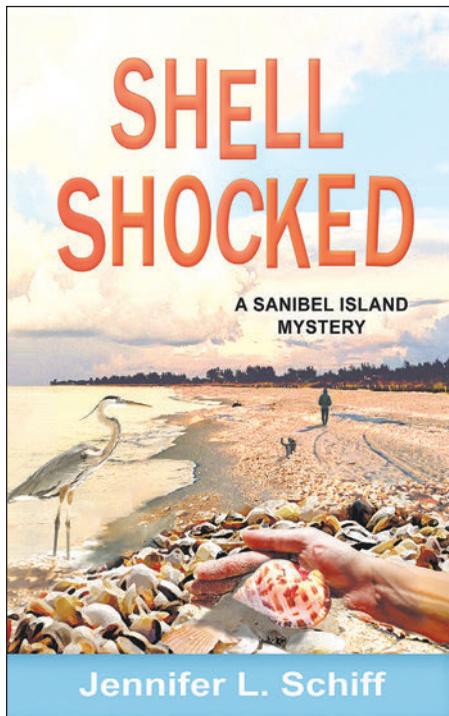


image provided

island. The familiarity allows those of us who live here to know exactly where she is as she covers her stories and meets up with many friends and foes. Her conversations with Flora and Fauna, her two cats, are also amusing.

The sculpture is a beautiful, large fountain with a dolphin in the center surrounded by images of sea turtles, manatees and sea shells. The dolphin shoots water into the air. One member of the crew decides a Scotch bonnet

shell is needed to complete the work and knows just where to find one. She finds it, but also ends up dead, clutching the shell in her hand. Guin is the one who finds her body. She and her detective friend, William O'Loughlin, start putting the pieces together to find out who is the murderer.

Guin's boyfriend Ris, a college professor known as Dr. Heartthrob, is involved in the plot, and there is a real twist to things as the book draws to a close. Schiff's characters are all believable and well-developed. *Shell Shocked* held my interest throughout and kept me guessing who did it until the end. All of Schiff's books are

available online, in paperback and Kindle.

Schiff will be doing a Facebook Live session from the Sanibel Island Mysteries Facebook page (www.facebook.com/SanibelIslandMysteries) from noon to 12:30 p.m. on Monday, April 13, answering questions from readers, which they should send via Facebook message to Sanibel Island Mysteries before the Live Chat.

Signed copies of *Shell Shocked* and Schiff's other books are available from MacIntosh Books on Sanibel, which MacIntosh will deliver on island or ship to customers. For more information, call the store at 472-1447.*

School Smart

by Shelley M. Greggs, NCSP



Dear Readers,

Here are a few more suggestions for some fun ways to teach important skills to your children without a textbook or

a computer screen while they are learning at home during this crisis. Kids love to play games, and board games are an excellent way to improve skills, from math to critical thinking. Playing board games will capture your child's attention, sense of humor and imagination while furthering learning. Here are some suggestions for board games for middle school and high school kids that may increase their critical thinking abilities.

Time's Up – This game is played in teams of two and is similar to charades. Each team has a deck of 40 cards that name famous people. One player gives clues to get his teammate to guess the person on the card.

Here's where critical thinking comes in: In each round of play, there are increasingly tougher restrictions on the clues players can give. In Round 1, players can say anything. In Round 2, players are only allowed to use one word to describe each person. In Round 3, players can only act out clues.

The Settlers of Catan – This award-winning game teaches your child to plan and strategize. Players are settlers in a new land and need to build the most successful society. Each player begins with two roads and two settlements.

They roll dice to gain resources, including lumber, stone, wool and brick, that can be used to build roads and homes and other things needed for the settlement. Those resources can also be traded with other players. Kids have to keep track of their resources, settlements and what other players are doing.

Fact or Crap – You may not like the name, but this game is a great way for your child to learn how to figure out what's true and what's not. (If you want, you can always call it "Fact or Fiction.")

Once the reader picks a card and reads the statement, each player has to decide as quickly as possible whether the answer is real or not. The questions open up discussion and provide ways to research new things.

Scattergories – In this game, your child's team must come up with as many appropriate words as they can for a certain category. The catch is that the words have to start with the letter rolled on the die. There's also a time limit.

For example, your child picks the category "vegetables" and rolls a "S." His team now has to come up with as many appropriate words as possible before the timer runs out. Multi-word answers get more points. So "summer squash" is worth more than "spinach."

Moods – This is a great game for tweens and teens who aren't always confident in their ability to figure out tone of voice and emotions. On the surface, it's simple. Each player chooses a card with a phrase and then rolls a die to get a "mood."

Then the player has to say the phrase in that mood. (For example, "I love chips" in a bossy way.) Other players have to guess the mood. They aren't all easy to show and guess. The die includes tough emotions, such as "sneaky" and "dazed."

Adapted from Six Great Board Games by Amanda Morin

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.*

From page 19

Water Quality

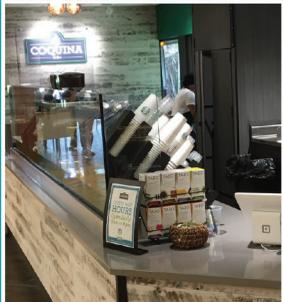
water levels in the island's central slough. By managing these levels through water control structures, city officials can both prevent flooding and preserve the island's important freshwater wetlands.

Having these remote instruments in place will allow marine lab staff to continue their work from a distance until it is safe for them to return to the lab.*



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From page 1

Bike Paths

paved, and most of these have some serious downsides. Many have to cross busy roads, have bumpy trails, little shade and intermittent signage. Some involve stopping frequently for traffic lights. Some are interrupted by construction.

And there are none in the immediate area to equal Sanibel's bike path, known as the shared use path since it's shared by pedestrians... and maybe a few gopher tortoises if the signs on West Gulf Drive are to be believed. The Cape Haze Pioneer Trail northeast of Port Charlotte gets good reviews but it is just eight miles long. The Pine Island bike path, the longest trail in the area at 13.7 miles, was described on Traillink as "a bumpy sidewalk." The Boca Grande Bike path is well maintained and has beautiful views but it's just six miles long. All the other trails close to Sanibel are less than three miles.

Compare that to Sanibel where we have 26 miles of paved path, much of it shaded by trees and all of it separated from the road by grassy medians. It runs the whole length of the island and links all the island's main attractions. Although many of the trails parallel the island's main streets, they are separated from traffic. In addition, there are no traffic lights of any kind on Sanibel. Police direct traffic at the busy intersections in peak tourist season and vehicular traffic yields to cyclists on crosswalks, just as pedestrians do.

Reviewers on www.trailink.com describe it as one of the best paved trails in the country and lauded the city organizations which provide water fountains, restrooms and beauty.

"The people of Sanibel deserve credit for a wonderful path network that is well-maintained. Crossings are well marked for both bikes and cars. The island is 12 miles long, so round trip is 24 to 30 miles depending on your route," one reviewer wrote.

It is no wonder that the city was awarded the gold Bicycle Friendly Community award in 2018 by the League of American Bicyclists. It was one of only two Florida cities to achieve the award. (The other is The Villages, a community northwest of Orlando in Central Florida.)

Some reviewers on trailink.com did fault the island for attracting "amateurs." "Rented bikes, no helmets, flip-flops, no knowledge of biking courtesies," one reviewer noted.

But now, in our current time of great stress with our island largely emptied of tourists, there is no better way to clear your mind and ease tension than getting out and about on a bike.

"Biking is great for your health, especially these days with everything that's happening," said island physician Dr. Edward Lamotta. "Not only is it good exercise but it's good for the mind and soul."

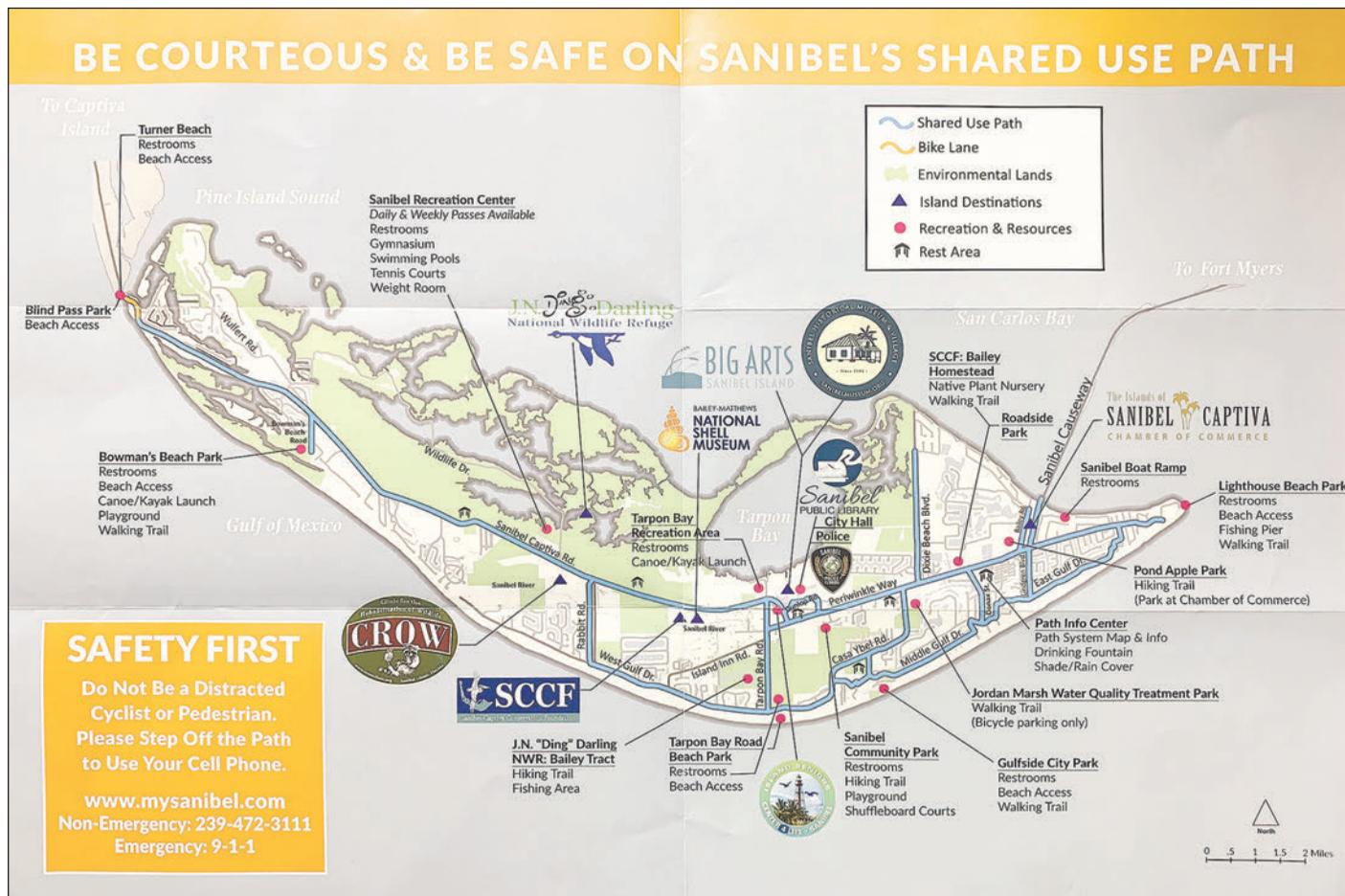


image provided

Other health experts agree that healthy stress-free bodies of whatever age are much better equipped to fight COVID-19 than bodies sheltering in place on the couch. Staying at home might not expose you to coronavirus, but it doesn't do much to get your circulation going and give you a good cardio workout.

"I've always known that the paths were useful for my physical well-being; but after two weeks of 'self-isolating,' I realize they are necessary for my mental health," said Sanibel Bike Club member Mike Miller. "We all need to get outdoors, to experience Sanibel's natural beauty and weather, to feel the sun and the wind, and the paths allow us to do that."

Bikers have four women to thank for the origination of the Sanibel bike path just prior to the incorporation of the city in the early 1970s. These four women, tired of the non-stop traffic and heavy construction vehicles that proliferated after the opening of the Sanibel Causeway in 1963, united to form the Sanibel Bike Path Committee. Three of them, Mariel Goss, Sherry Vartdal and Starr Thomas, were young mothers fearing for their children's safety as they biked along Periwinkle Way. Grace Whitehead, who did not have a car and did not drive, biked everywhere and joined the trio.

"Preserve, Protect and Pedal" was their slogan. But such sentiments were largely unappreciated by Lee County commissioners and officials of the state

of Florida which governed Sanibel prior to incorporation.

"I went to talk to Lee County and the state several times but they pretty much dismissed me as a yankee stupid enough to pay to cross a bridge to live on an island," said Mariel Goss who spearheaded the effort.

County commissioners were generally not very respectful of Sanibellians prior to incorporation of the city.

So the team turned to local fundraising activities such as dinners, T-shirts and the sale of sand dollar necklaces. They even had a bike protest in which 15 bicyclists rode the length of Periwinkle Way in the center of the traffic lanes during rush hour to demonstrate that a safer alternative was needed for cyclists and pedestrians.

The city's incorporation in 1974 hastened the process. (Two of the Sanibel Bike Path Committee members were married to city founders, Porter Goss and Don Whitehead.) The bike path was an essential part of Sanibel's Comprehensive Land Use Plan.

Later, Lee County developed a plan for a county-wide network of paths and the Florida Department of Transportation set aside \$2 million in federal funds for bike path construction. Now, Sanibel's path system is known as the shared use path and has been expanded many times to cover over 25 miles of off-road pathways.

In the past 10 years, Sanibel's path system has been extended to new

parts of the island, widened in heavily traveled areas, and separated from the roadway with a grassy median. Recent focus has been updating crosswalks and adding safe interconnectivity of the path with major destination locations.

Funding for maintaining the bike path is now part of the city's budget but the Sanibel Bicycle Club established the Sanibel Trails In Motion fund in 2005 to pay for path enhancement. Sanibel Trails in Motion is a 501(c)3 organization dedicated to raising money through donations. To date, Sanibel Trails In Motion has collected over \$57,000. The fund helped pay for preparation of Sanibel's 2009 Shared Use Path Master Plan. It has also been used to pay for path-side gazebos and the Path User Information Center opened in 2012 on the south side of Periwinkle Way near Matzaluna restaurant.

A project due to be completed in the next two years is the widening of the shared use path on Middle Gulf Drive, which will total \$475,000. A project for the north side of Periwinkle Way is due to be completed in the next three years at a cost of \$250,000, and widening the path on East Gulf Drive will cost \$500,000.

Funds for repairs and path widening partly come from the City Enterprise Beach Parking Fund and this fund is eligible for reimbursement from the Lee County Tourist Development Council which receives the bed tax from tourism in the county.✱

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Message From The Sanibel Postmaster

The City of Sanibel has received the following COVID-19 related message from the Sanibel Postmaster Tirzah Fulkerson:

Sanibel Post Office appreciates the efforts the residents of Sanibel are undertaking so that we can continue to maintain normal operations at our local post office during this trying time due to COVID-19. We take pride in servicing all your postal needs and will continue to do so.

We would like to offer some helpful information to assist everyone to practice social distancing as set forth by the CDC in regard to your mail service and mailing needs.

Please refrain from personally engaging your mail carrier unless absolutely necessary. If you need to speak to them, we encourage you to leave a message in your mailbox or call the Sanibel Post Office directly at 472-1573.

Please refrain from coming in to the post office if you are experiencing any cold or flu-like symptoms. Many mail related tasks such as changing your address, extending mail forwards and hold mail requests can be performed from your home online using your home computer or smartphone. Did you know that you can purchase stamps or mail packages from your home?

Did you know that you can request redelivery of items that we previously attempted to deliver? Did you know that we can answer your questions regarding your address changes, hold mail issues and package tracking online or by phone? Feel free to contact our office or visit www.USPS.com for more information.

We do understand that there may be a need to come in to the office. The Sanibel Post Office has installed windows at our retail counter for the protection of our customers and clerks. If you feel that you need to visit the office for mailing needs, please observe the social distancing guidelines we have in place. We ask that no more than five customers enter our inner lobby at one time. Please consider wearing a surgical or cloth mask. Maintain a six-foot separation between yourself, your postal clerk, and any other customers that may be in the inner or outer lobby. If you are purchasing stamps or postal products, please plan on purchasing a sufficient amount to serve your needs for the foreseeable future. We also ask that you refrain from socializing outside our office at this time.

While we do miss interacting with the wonderful Sanibel community, we will continue to observe any and all CDC safety regulations for the protection of the community and our USPS employees.

Please feel free to contact us with any questions. We are open Monday through Friday from 9 a.m. to 5 p.m. and Saturday from 10 a.m. to noon.✪



Anna Woodall greets food pantry clients photos provided



David Baker donates money raised from a lemonade stand

From page 1

Vital Services

programs. The organization, which relies heavily on volunteers to help provide services and programs, has cut out nearly all volunteer service within the walk-in center to reduce exposure. Volunteers are still assisting with many programs in the community such as meal delivery, grocery pick up and daily reassurance calls.

Additionally, the Meals-by-FISH program is now a 'deliver and go' scenario, leaving meals outside clients' doors in coolers, followed up with a phone call to the recipient. Finally, emergency financial assistance requests are handled over the phone with documentation transferred electronically.

"As an essential service provider, we have every intention of maintaining critical services, particularly those that involve food and shelter, and that means making adjustments for everyone's safety," said Alicia Tighe, executive director. "We're humbled and moved by the way our community has jumped into action to support FISH and those we serve in this time of unprecedented need. Our islands exemplify our motto - Neighbors Helping Neighbors."



Fernando Espinoza delivering meals

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

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ABWA Speaker Series Update



Melanie Holliday



Laura DeBruce

The Women in Leadership Speaker Series, run by the American Business Women's Association (ABWA), is scheduled to resume in June at Sundial Beach Resort & Spa. "Our relaunch target is June 23, with inspiring speaker Melanie Holliday, crisis survivor and project manager at Rapid Response Team," said Gloria Garrett, local chapter president. "Melanie's message, Find a Way to be Your Own Superhero, is even more relevant now than when we planned it months ago. Although she lives and works on Sanibel, many of us are not aware of her story of courage in the face of



Alison Charney Hussey

daunting odds. "This year started with great promise, including two fabulous speakers and plans to commemorate the hundredth-year anniversary of women's right to vote with Sanibel League of Women Voters during Women's History Month in March," said Garrett. "But we'll be back with gusto, including a shout out to women's history this fall."

The 2020 speaker series began in January with Laura DeBruce, attorney and owner of Sanibel Carts, delighting attendees with Lessons Learned from Poker: Know When to Hold 'Em, Fold 'Em or Go All In. DeBruce recapped stories that punctuate her background as an entrepreneur and led her to Sanibel.

In February, Alison Charney Hussey, executive director for Clinic for the Rehabilitation of Wildlife (CROW) presented Soaring... Flying... Thrilled! The Love of Philanthropy. Hussey explained the irresistible allure of conserving wildlife and her journey from a more traditional career in the legal profession.

"Every speaker shares mentoring wisdom and captures the interest of participants with stories from their own career path, often including twists and turns in their personal lives," said Garrett. "We've welcomed close to 300 participants since the speaker series started 18 months ago and hope to pick up where we left off when conditions allow. Meanwhile, our thoughts and prayers go to everyone."

The Sanibel Captiva Charter Chapter of the ABWA supports professional growth through leadership, networking support, education and recognition. Meetings

are held on the fourth Tuesday with networking starting at 11:30 a.m. followed by lunch and the speaker from noon until 1 p.m. For more information, visit www.ABWASanibelCaptiva.org.

Real Estate Firm Hires Manager

Kingfisher Real Estate has appointed Julia Cacioppo as the new office manager.



Julia Cacioppo

Cacioppo's grandparents built their first home on Sanibel in 1977. Her parents moved to Sanibel in 1985. Cacioppo grew up on islands and attended The Sanibel School. She is a graduate of Florida State University and holds a degree in international affairs.

Cacioppo traveled a good portion of the world and gained great cultural experiences in Australia, South America and England. When she returned to the states, she worked for FineMark National Bank and Trust. She recently obtained her real estate sales associate license.

ISLAND SUN BUSINESS NEWSMAKERS

Kingfisher Real Estate

The top producer for March at Kingfisher Real Estate was Brooke Brownyard, top listing and top selling agent.



Brooke Brownyard

Portal And Hotline Offer Help For Businesses

Lee County businesses seeking information about recovery assistance can access a newly launched Business Assistance Portal at www.leegov.com/covid-19/business or by calling the Business Assistance Hotline at 533-2273 from 8 a.m. to 5 p.m. weekdays.

The Business Assistance Portal is an online tool meant to provide information to businesses and not-for-profit organizations. The portal and hotline, which the county activated recently, are designed to help people understand how the different programs align to help various aspects of a business' situation in the midst of the COVID-19 pandemic.

The goal is to address specific business-related questions, such as how to apply for a Florida Small Business Bridge Loan or a Small Business Administration loan. The portal offers help on obtaining information on the federal stimulus package, which is commonly called the CARES (Coronavirus Aid, Relief, and Economic Security) Act. Help also is available on how to direct employees to unemployment benefits.

The portal and hotline are a collaborative effort of Lee County departments, including human and veteran services, economic development, visitor and convention bureau, GIS, innovation & technology, libraries, parks and recreation, and sports development. Two dozen county employees have been trained to handle hotline calls.

The Business Assistance Hotline does not replace the United Way 211 Helpline, which continues to be available for community assistance questions by dialing 2-1-1 or 433-3900 daily from 8 a.m. to 6 p.m.

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The Sanibel Captiva Trust Company

Wise Use Of A Volatile Portfolio



by Timothy P. Vick,
Executive Vice
President, Director
of Research

The intense volatility we've experienced in the market certainly raises, for many of you, near-term issues of asset allocation, budgeting

and maintaining proper levels of income. The price declines also bring to the fore several tax and estate planning issues. For example, is it the right time to harvest capital gains? What do you do now with stocks that have appreciated for 20 years? Are there tactical advantages to taking losses? Can you exploit the market's decline to assist your estate planning? For many clients, we've already found viable options for repositioning their portfolios for future growth while enhancing their tax and estate situations.

Certainly, this is a time to review your overall tax situation and the unrealized gains and losses that may exist within your portfolio. Before the market's decline, most investors held assets that had appreciated substantially since 2009, and the unrealized gains may have seemed too large to deal with. Quickly, however, some gains have turned to unrealized losses. Likely, there are now

opportunities to upgrade the quality of your portfolio and finally harvest gains on long-held assets, while offsetting those gains by selling lower-quality assets for losses.

You may also need to "bank" capital losses outright in anticipation of selling an appreciated asset later. If so, use the market's decline to generate the desired amount of losses. Finally, investors can consider selling assets now to intentionally generate tax losses, then buying those assets back after 31 days to reestablish the position at a lower price.

For those investors looking to shelter a portion of their portfolio from income taxes, a declining market offers an opportunity to fund a ROTH IRA with lower tax consequences. Currently, you may be holding substantial assets in an IRA and taking required minimum distributions (RMDs) that are taxed as ordinary income. With stock prices down, consider converting some of the IRA assets into a ROTH. Converting assets in a down market reduces the upfront taxes on the conversion, and lets those assets compound permanently tax free for you and heirs.

Charitable Trusts are yet another way to deal with an appreciated asset that has lost its appeal and no longer serves your needs. Say you have owned highly appreciated stocks for 30 years that you are loath to sell for a gain. In such cases, you can place the stocks in a Charitable Trust to benefit your favorite nonprofits. By doing so, you can quickly sell the stocks – tax free – within the trust and diversify the account more to your liking. The trust will distribute income to you

(a minimum of 5 percent per year) until your death. At death, the remaining assets are donated directly to chosen charities. You get an up-front deduction for the value of the donated stocks (based on a complicated IRS formula), and the opportunity to enjoy income from a new portfolio created for your current living needs.

Investors who may need to cap the value of their estate, and yet believe their investments can rebound in the coming years, often create a Grantor Retained Annuity Trust, or GRAT. With a GRAT, the investor essentially places low-cost basis securities into an Irrevocable Trust for a fixed period (usually two to 10 years). Over that time, the grantor gets a stream of income from the trust. When the trust terminates, the assets transfer to beneficiaries. If the assets rose in value while the trust was in effect, the appreciation gets pushed

to the beneficiaries and excluded from the grantor's estate. GRATs are most effective when a long-held asset may have temporarily fallen in value and the owner believes there is still significant appreciation potential. Gift taxes are paid based on the value of the asset when the GRAT was created. The chief caveat is that the grantor must outlive the term of the GRAT to get the estate tax benefit.

We encourage you to sit down with your investment, tax and estate advisors to see if these strategies can make a difference for you now.

*This information is not intended to be and should not be treated as legal advice, investment advice or tax advice. Readers, including professionals, should under no circumstances rely upon this information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.**

Superior Interiors

Create A Foyer That Says Welcome To All



by Marcia Feeney

No pressure, but when you invite guests over for the first time, your foyer is your home's first impression. It's your immediate chance to show off your personality through aesthetics and make

your home say "welcome." This spring, it's the perfect time to refresh and create a beautiful foyer and make your visitors feel right at home.

It's all about the lighting. Do you want your guests to feel like they're entering a creepy haunted house? Of course not! But they will feel that way if you have a dingy entryway. Lighting is one of the first things your visitors will notice, so be sure you pick out the perfect lighting fixtures. Guide your eye through plenty of selections from modern ceiling light designs to classic chandeliers, anything to accent your personal taste.

Take a moment to organize the clutter. Naturally, your own family members aid to that clutter when they run in and immediately drop off book bags, briefcases, keys or piles of mail. In the end, it all starts to add up, so look for solutions to help you manage the could-be mess.

Create a "drop zone." This is an area where you can store all the things you take off or put down when you enter your

home. Pick from a vast selection of chic entryway consoles or chests that double as a place for you to drop keys and store shoes and backpacks. This way, your guests never have to see your family's clutter. Or consider an armoire so your foyer has a stylish place to conceal coats. If your foyer already has a closet, custom organization can help you maximize that space as well.

Manage incoming and outgoing debris. Next, you must consider the fact that your foyer has the potential to be one of the dirtiest places in the house. Think about it, your guests are arriving and depending on weather, might be tracking in some dirt or debris. They'll take their jackets and shoes off, but if you don't have a place to store them, it could lead to a big mess. Style with a luxurious, plush rug to minimize the appearance of dirt. A rug is one of your foyer's must have items that will make your home more welcoming and add a bit of style.

No detail is too small when it comes to a welcoming foyer. Use mirrors to make your entryway appear bigger and to give your guests a chance to check their appearance when they walk in. However, you don't want to go overboard with your accessories, just add the right amount to customize your foyer with a few final touches. Add bright pieces of artwork with pleasing colors that evoke the feeling of happiness and can dually act as a lighthearted conversation piece.

Finally, don't forget to give your guests a fresh scent when they walk in. Arrange a bouquet of seasonal flowers like lilies or place a scented candle to give your home a nice clean smell that will make anyone who enters feel right at home.

*Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindceden.com.**

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Library Is Closed But eShelf Is Open

Florida Gov. Ron DeSantis issued a statewide stay-at-home order on April 1 in response to the coronavirus pandemic. Due to the order, the Sanibel Public Library will remain closed. Book drops are closed. Do not return any library books, DVDs, audiobooks, kits etc., at this time.

The library facility is physically closed for now, but open for digital borrowing. New or recently-expanded services on www.sanlib.org include:

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

Many new eBooks and audiobooks have recently been added to the eShelf.

This month, Hoopla digital has made a collection of eBooks, movies, TV shows, music and comics available for unlimited borrows.

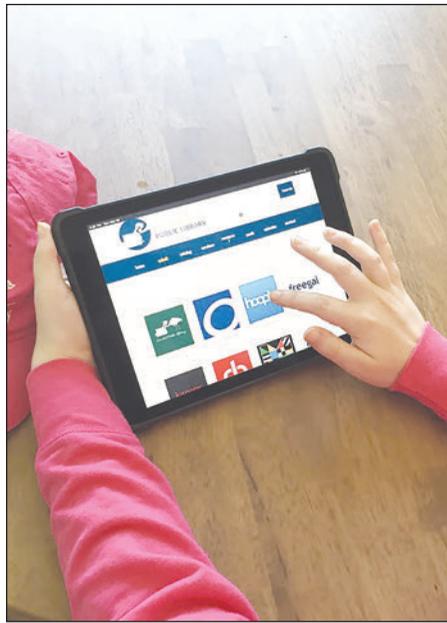
Ancestry.com is now available to patrons from home.

Sanibel Public 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."

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

Operationally, the library notes:

All overdue fines and user fees are waived during the closure;



Patrons can access eBooks and other materials from home photo provided

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

Sanibel Public Library card holders can borrow eBooks and audiobooks via the OverDrive Libby app. To add more choices of eBooks to borrow, you can add additional library collections, i.e., SWFLN (Southwest Florida Library Network). 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 Sanibel Public Library card number.

The Hoopla Digital app also allows users to stream movies, TV shows, comics and music. With Hoopla, all material can be accessed simultaneously (no holds).

The library 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 *Newsweek*, *Prevention*, *National Geographic*, *Town & Country*, *OK*, *Star*,

Reader's Digest, *Vanity Fair*, and *Bon Appétit*, 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 Freegal 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 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 public's support and patience shown as we work through this situation. Our concern is for the health and safety of all library users, staff and volunteers, and islanders," said Mohundro.

All programs and meetings are postponed or canceled.

The library is providing further information and frequent updates on its 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.*

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Will Power

Living Will Particulars



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

In this scary time of “stay in place” orders issued by Gov. DeSantis, I’ve received several questions about living wills. Living wills are not documents that leave assets and property to your loved ones. Those are “Last Will and Testaments,” or “Revocable Living Trusts.”

In Florida, a living will is an end of life directive document that describes the medical procedures that you would want performed as well as those you wouldn’t want performed if you satisfied the statutory precondition.

You may recall, for example, the Terri Schiavo case.

Terri Schiavo was a 26-year-old woman who went into an irreversible persistent vegetative state as a result of a 1990 heart attack. She lay unresponsive in a hospital bed for years.

In 1998, her husband petitioned a Florida court to remove her feeding tube. Her parents fought the lawsuit, arguing that Terri was responsive and would not have wanted feeding tubes removed.

The feeding tubes were removed after state and federal court appeals processes at the end of March, 2005. She died shortly thereafter.

Terri Schiavo did not have a living will. A major controversy during her case was whether food and water tubes should be considered life-prolonging measures that can be discontinued once two physicians certified that she was trapped in a persistent vegetative state with no reasonable medical probability of recovering.

A major component of that question lies in what Terri’s intent would have been had she signed a living will. The majority of her case centered on what she would have wanted had she been able to direct.

The living will document, therefore, allows you to direct your medical treatment if you should be dying, and the artificial means would only prolong death rather than save you from dying. The actual language states that you can direct life prolonging procedures to be withheld and withdrawn if you are dying and incapacitated, and are in a “terminal condition,” and/or “end-stage condition,” and/or “persistent vegetative state.”

The threshold is high. It’s not as if someone has cancer, which is a terminal condition, and will die at some point in the future. Under the living will, the patient is usually incapacitated, so can’t speak for him or herself, and death would occur but for life prolonging procedures that are only artificially prolonging the process of dying.

If you are a Florida resident, you should have a Florida compliant living will. You do not need a living will in other states where you have residences if Florida is your primary residence. If anything, having other living wills whose language may conflict with the living will of another state could only cause problems.

Because of comity of law between the states, your Florida living will is valid in all of the states, as well as U.S. territories.

In the Florida living will document, you designate someone to carry out the provisions of the declaration. Typically, this is also the person that you designate in your health care surrogate. I’ll review that document in detail in next week’s column. If the health care surrogate disagrees with the two physicians who declare the patient to have met the living will preconditions, then there could be additional determinations.

The major choice you have in Florida’s document is whether you want food and water withheld and withdrawn. This is usually referring to the feeding tubes. The language in Florida’s living will statute states that the patient (you) should always receive medical procedures or medication to provide comfort, care and to alleviate pain.

Some people don’t want to direct that food and water should be withheld and withdrawn. For those people, I remind them that food and water tubes kept Terri Schiavo in a hospital bed for over 16 years.

You should discuss your intent with those close to you, as well as with your primary physician. The surrogate you name in the document should have similar end of life attitudes that you do, or in the alternative provide you comfort that he or she will follow your wishes.

If you don’t have an up-to-date, Florida compliant Living Will and Designation of Health Care Surrogate, my firm offers free versions online. Simply log onto www.floridaestateplanning.com/healthcare. During this scary time of “stay in place” we wanted to do our part for the community. If you are a client of my firm and have signed your estate plan within the last few years, there is no need for you to download these forms as your documents are likely up to date.

Stay safe everyone.

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Lee County Clerk Of Courts Service Updates

Lee County Clerk of Court officials have announced more changes following Florida Gov. Ron DeSantis’ statewide stay-at-home order, which expires on April 30, unless extended.

The clerk’s office works in support of

essential county government and court functions and therefore will continue providing services, but without face-to-face interactions. All but 25 clerk team members are working from home. Those remaining 25 reporting to the office are checking mail, drop boxes, attending court, scanning, printing, etc. as necessary.

The following are essential services provided by your clerk’s office and where to find those services:

Court-related services – Court records and court dates can be found

online at www.leeclerk.org.

Court payment due dates have been extended 60 days.

Documents and payments can be mailed, submitted online, e-filed or left in the drop-box in the lobby of the Justice Center.

Mail to Clerk of Court’s Office, P.O. Box 2507, Fort Myers, FL 33902.

The drop-off location is Justice Center at 2075 Dr. MLK Boulevard in Fort Myers.

For online services and e-filing, go to www.leeclerk.org.

All jury duty is canceled through April 30.

Self help center is closed and legal aid appointments are suspended until further notice.

Tax deed sales are suspended through April 30.

For court questions, call 533-5000 or email leeclerk_info@leeclerk.org

Official records services and recording documents – Recording transactions can be eRecorded, mailed or dropped off with payment and a self-addressed stamped envelope.

Mail to Tourist Development Tax Collections, P.O. Box 2257, Fort Myers, FL 33902-2257. The drop-off location is City/County Annex Building at 1852 Hendry Street, 1st Floor, in Fort Myers.

If you do not know the amount of your transaction, you may:

Call 533-5007 for an estimate and then mail or drop off your documents with a self-addressed stamped envelope for processing.

Drop off your documents in a sealed envelope with your name, address and phone number on the outside of

the envelope. You will be called with an amount (including postage if not including a self-addressed stamped envelope).

For online services and e-Recording, go to www.leeclerk.org. Select one of the eRecording third party vendors to eRecord.

Marriage licenses were suspended as of April 3. This service will resume once a video signature verification process has been established for applicants to access from their home. Check the website for updates on this service.

Wedding ceremonies have been suspended until future notice.

Passport services have been suspended until future notice. Call 1-877-487-2778 for other passport serving locations.

For questions regarding the recording office, call 533.5007 or email to leeclerk_info@leeclerk.org

Tourist development tax payments – Payments can be submitted online, mailed, or dropped off. For online payments, go to www.leeclerk.org.

Mail to Tourist Development Tax Collections, P.O. 2257, Fort Myers, FL 33902-2257. The drop-off location is City/County Annex Building at 1825 Hendry Street, 1st Floor, in Fort Myers.

For questions regarding inspector general or tourist tax, call 533-2190 or email touristtax@leeclerk.org.

Lee County Clerk of Court branch offices in Cape Coral and Bonita Springs are closed until further notice.

For questions, email leeclerk_info@leeclerk.org. For updates on services, visit www.leeclerk.org.✱

How’s The Market? Ask Ann

Sanibel Real Estate Market April 2020

Warm beautiful weather, very little rain, very light traffic on Periwinkle and the Causeway... our Real Estate market is quiet. We are all practicing social distancing, washing our hands and staying in touch with our family and friends. Here’s a brief update about the current state of things here on Sanibel.

Sanibel Real Estate

Buyers and sellers have some interesting choices, don’t they? Going back a year, 375 total sales have closed through our MLS system; 143 condos and 232 homes (a little over one a day!) We will be keeping you posted on closed sales, comparing future closings to the same period in 2019.

Current Market Buyers

We currently have fewer active buyers. We have personally experienced three recent sales on Sanibel. All three have a strong connection to the benefits of living on Sanibel, and all want to move forward. All three properties are attractive offerings and priced to the market. The buyer who is looking for an investment will need to work with a highly motivated seller – one who is willing to discount the sale price to move the purchase forward. Currently, there are 317 condos and homes for sale on Sanibel. In our opinion, motivated sellers are more open to negotiations now, depending on their circumstances.

Sanibel Sellers

Sellers should be reviewing their asking prices with their listing realtors and getting their price opinion. They then should be acting on their recommendation if it is backed up by current data “recent sales.” Generally speaking, marketing times on Sanibel are longer than normal up North markets.

What’s in the Future?

Tough call, isn’t it? In our opinion, we will survive the virus. Sanibel has a history of rebuilding from natural disasters like Hurricane Charley, The Great Recession and the water quality issues of 2018. The uniqueness of Sanibel will continue to attract buyers to Sanibel.

I hope you find our update beneficial. We will continue to keep you updated on future sales results. Any questions or contrasting opinions? We welcome comments from you – they are greatly appreciated!



Ann Gee
Broker

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Wildlife Society Appoints New Board Members

At a recent teleconference meeting, the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) Board of Directors appointed two Sanibel residents as new members: William (Bill) H. Harkey and Robin E. Kirk.

Harkey, a fifth-generation California “farm boy,” grew up on a peach and prune ranch in northern California. After graduating from Oregon State University in 1971, he began a 30-year career in the U.S. Army, finishing as the director of public affairs at the United States Military Academy, West Point, New York, before he retired.

With his wife, Laurie, Harkey began visiting Sanibel in 2002 and by 2019, they became permanent residents. He participates actively in the Rotary Club of Sanibel-Captiva and is an avid golfer.

“Laurie and I have always been fans of the outdoors and wildlife,” said Harkey, adding that they have witnessed the great impact the JN “Ding” Darling National Wildlife Refuge has had on wildlife populations since they first started visiting.

“The refuge’s mission of public education and environmental and wildlife protection is vitally important, but with the cutbacks in federal staffing and resource support, the role of the



Robin E. Kirk photos provided

society is even more crucial. I consider my serving on the society board an opportunity to give back and to help continue the vital work it does. It’s a great calling, and I welcome it.”

Kirk grew up in the Ozark foothills of Arkansas with a love for nature and education, which led to an elementary education degree from Harding University in Searcy, Arkansas. Her deep passion for nature and getting children to read resulted in volunteering for the Cuyahoga Valley National Park in Ohio, where she worked with school groups. Later, Kirk served as a seasonal park ranger and self-published children’s



Bill and Laurie Harkey

nature books that would encourage children to read and get outside.

“Upon visiting Sanibel in 2005, I fell in love with the conservation ethic and wanted to be a part of it,” she said. “Ding’ Darling provides the very opportunity to continue to learn about

the natural world from the ground up to the top of the tallest mangrove trees. Now, as a full-time Sanibel resident, I love being a part of this organization and supporting ‘Ding’ in the many ways available, including the education of young explorers.”✽



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Frankly Speaking

by Howard Prager



First, a correction from an earlier column. I mistakenly called hockey great Ray Bourque from the Boston Bruins and Colorado Avalanche, Pat Bourque. Pat Bourque was a journeyman player in the 1970s who played for the Cubs, the A's on their '73 World Series team and elsewhere. They are not to be confused except in my mind. Apologies to all Bruins, Avalanche and hockey fans.

For today's column, let's look at what needs to happen for athletes to prepare for a season and share a free resource for you for the next few months. Let's start there because who doesn't like something for free? Here's what *Baseball Digest* says on their website. "As fans await the return of baseball on the field, *Baseball Digest* has unlocked its archive and made its complete inventory of more than 800 issues from 1942 through 2019 available to baseball fans at no cost online. We hope during these unprecedented times this may, in some small way, help fill the void until we can all return to the ballpark." This generous offer is good through July 15. All you have to do is register at www.baseballdigest.com/free. So now you can relive stories about the players and teams you most enjoyed watching. Great deal – enjoy!

Many superstar athletes have their own weight rooms and training facilities at their homes. Even if they have to contact their athletic trainer or personal trainer online, they are good to go for staying strong. Practicing the game is a different story. Unless they have a court, diamond or hockey rink, they can't practice their sport, especially on their own. As reported by the Associated Press on this, "Atlanta Hawks rookie Cam Reddish and so many others live in apartments, and can't use the apartment's fitness center or weight room (if they have one), so they're stuck right now and try to get creative into how to stay in shape." It is just like the rest of us are doing, but we're not professional athletes who need to stay in top shape.

Marshall Kellner, media director of the Fort Myers Mighty Mussels in a recent interview with me said that, "Most of the minor leaguers are home – some are at the complex but the complex is closed." When asked what the teams are doing to stay in touch with their players, he said, "Coaches are definitely in touch with their players including the strength and conditioning coaches. Wes Johnson, pitching coach of the Twins, gave all the pitchers a throwing program before they left." Marshall agreed with me that the more time players are away from the game, the more time they'll need to ramp up before starting back up.

When I was researching this article, several pieces from FIFPRO (professional soccer) popped up talking about the same things we are all being recommended to do during this pandemic to stay healthy: get plenty of sleep, eat nutritionally, follow a routine and stay distant and socially connected. The International Olympic

Committee has even gotten into the act with a free app, Get Set-Train Smarter, for elite professional athletes.

What might be more intriguing for you and I is what the LA Dodgers are offering. "The Los Angeles Dodgers announced last Thursday that they will be offering free, live-stream workouts to fans twice a week. Dodgers director of strength and conditioning Brandon McDaniel will walk fans through a 30-minute workout where he'll teach viewers through a warmup, a strength training routine, a conditioning routine as well as a recovery portion, all while using minimal equipment. The Dodgers will be live-streaming the workouts every Monday and Friday at 11 a.m. ET, beginning Friday. The workouts will be available to stream on the Dodgers Twitter, YouTube or Facebook pages".

I wouldn't be surprised if your favorite teams started doing this. It could be a fun way to stay in shape with a baseball-themed workout. Or at least smile and say to yourself, "maybe I don't want to be a pro ballplayer at this point in time – but at least I can train like one!"

Let me conclude with some fun predictions from *USA Today* writer Eddie Timanus on what may happen when sports resume. The NBA tournament to be held, without fans, in a college-style single elimination tournament in Vegas. The Stanley Cup would be played with 24 teams (raise your hand if you're not in the tournament) and have shortened best of three series. Major League Baseball after a compressed schedule will have a neutral site World Series in either a domed

stadium or warm weather city. Finally, what about NCAA football? They predict a delayed start or shortened schedule. *Sports Business Journal* has a different idea – move the schedule up to the summer with games in July through September (because the coronavirus may be back next fall). Or that it would be delayed until next spring. Ponder that while keeping healthy and fit.

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.✪

Dunes Nifty Niners Championship

The Dunes Nifty Niners Club 2020 Championship was held on April 2. This event was an individual stroke play event of four 9 hole rounds. Players had the option to play in each round and the best two 9 hole scores would count for the overall event.

Gross Score Winners:

First place – 47/49, Marikay Trimble

Second place – 51/48, Janis White

Third place – 50/50, Shannon

Foster

Net Score Winners:

First place – 30/31, Donna Conaway

Second place – 30/36, Nancy Risch

Third place – 31/36, Ann Levinsohn

The most improved player of the championship was Deborah Flint.✪

Real Estate Group Joins Firm



LeAne Suarez



Ken Suarez



Alec Suarez



Austin Suarez

John R. Wood Island Palm Region announced that the LeAne Suarez group has joined its team of professional real estate agents. The LeAne Suarez Group consists of LeAne, Ken, Alec and Austin Suarez.✪

SPORTS QUIZ

1. Gary Player, who in 1961 became the first non-American golfer to win the Masters, hailed from what country?
2. What organization, founded in 2017, is the global governing body for the sport of urban axe throwing?
3. What NCAA Division I men's hockey team holds the record for consecutive Frozen Four appearances with 10 from 1948-57?
4. In August 2019, Golden State Warriors executive Jonnie West – son of NBA legend Jerry West – married what LPGA Tour golfer?
5. Beginning in the fall of 1946, Major League Baseball great Jackie Robinson played for what short-lived professional basketball team?
6. Film and TV production company SpringHill Entertainment – whose credits include "Survivor's Remorse" and "Cleveland Hustles" – was founded by Maverick Carter and what NBA star?
7. What Chicago Bears player ran for a 1-yard touchdown in the 3rd quarter of the Bears' 46-10 win over the New England Patriots in Super Bowl XX?

ANSWERS

1. South Africa. 2. The World Axe Throwing League (WATL). 3. The University of Michigan "The Wolverine". 4. Michelle Wie. 5. The Los Angeles Red Devils. 6. LeBron James. 7. William "The Refrigerator" Perry.

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Beautifulife:

New Normal

by Kay Casperson



There has recently been some talk about the fact that the way we are doing certain things right now just might be the new normal. What does that mean? What does that look like? Let's

first take a look at what some of those things are that are up for discussion. Is it the social distance regulations calling for staying six feet away from everyone? Is it wearing a mask over your face or gloves on your hands when you go outside to shop for groceries? Is it virtual meetings, virtual learning and virtual medical appointments?

The bigger question is, how do we actually get back to what is normal by our own definitions, and who are we going to follow as an example? Of course, we are going to listen to our leaders and the individuals who are placed in the forefront of this crisis, and follow their instructions. I believe that there are a few important lessons to be learned and kept close to our hearts because of what we are going through right now.

I do know in my heart that we will recover physically, mentally and

economically from all of this, but it may take some time. We have lost lives and we have seen heroes step up to put themselves at the forefront of this current health crisis, only to get sick themselves. For that, we will all remember them as heroes. As a country, we have collectively come together to stay in our homes and away from others to stop the spread and for that, we are all heroes.

Here are the things that I hope to see as our new normal:

I hope we will continue to sacrifice our wants and needs to help people we love stay healthy, happy and thrive.

I hope people will take their health seriously and do everything in their power to learn how to build their immune systems to overcome sickness or disease.

I hope that people will understand the importance of taking the time to get well when sickness knocks. To stay home, and to nurture your body.

I hope people will appreciate their jobs, their employers, their customers, the manufacturers, the small businesses and all those that keep our economy flourishing.

I hope we will continue to take the time to nurture our gifts, our talents and our creativity as a very important aspect of our lives.

I hope we keep appreciating our quiet times, our alone times and the art of just being still, and knowing that this too shall pass and everything else can wait.

I hope we understand the importance

of faith over fear, prayer over panic and that love will always be the answer to everything.

This list could continue as my hopes are big and wide. I will not be a fan of what some are calling the new normal. I do not want to wear a mask or gloves at my local grocery store. I love to hug others and have much joy in gathering with friends and family. I love having my kids at home but understand their need for social interaction, not just social media. So, let's see where we go with this, where you go with this. But for now, let's just get through it and

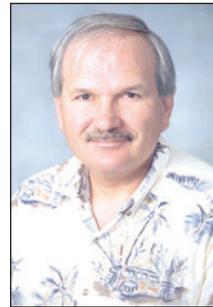
over to the other side to keep living our beautiful life.

My affirmation for you this week is: "I am holding on to the important lessons I have learned to create my own new normal."

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.*

ISLAND SUN BUSINESS NEWSMAKERS

VIP Realty Group



Charles Sobczak



Bell Team



Deb Smith

The top producers for March at VIP Realty Group were: Charles Sobczak, top sales; Karen Bell and the Bell Team, top listings; and Deb Smith, top producer.*



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	FRIDAY Mostly Sunny High: 81 Low: 77		SATURDAY Sunny High: 84 Low: 79		SUNDAY Sunny High: 82 Low: 78		MONDAY Partly Cloudy High: 84 Low: 80		TUESDAY Sunny High: 83 Low: 79		WEDNESDAY Sunny High: 82 Low: 78		THURSDAY Mostly Cloudy High: 81 Low: 77
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	4:09 am	8:31 am	2:48 pm	10:04 pm
Sat	5:18 am	8:46 am	3:20 pm	11:03 pm
Sun	6:58 am	8:46 am	3:56 pm	None
Mon	4:39 pm	12:10 am	None	None
Tue	5:36 pm	1:25 am	None	None
Wed	7:08 pm	2:41 am	None	None
Thu	12:19 pm	3:46 am	9:08 pm	3:23 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	3:14 am	8:33 am	1:53 pm	10:06 pm
Sat	4:23 am	8:48 am	2:25 pm	11:05 pm
Sun	6:03 am	8:48 am	3:01 pm	None
Mon	3:44 pm	12:12 am	None	None
Tue	4:41 pm	1:27 am	None	None
Wed	6:13 pm	2:43 am	None	None
Thu	11:24 am	3:48 am	8:13 pm	3:25 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	3:40 am	9:14 am	2:30 pm	10:13 pm
Sat	4:41 am	9:47 am	3:02 pm	11:02 pm
Sun	5:41 am	10:19 am	3:44 pm	11:59 pm
Mon	6:48 am	10:46 am	4:40 pm	None
Tue	8:08 am	1:14 am	6:20 pm	10:56 am
Wed	11:59 am	2:36 am	8:10 pm	2:33 pm
Thu	12:09 pm	3:39 am	9:24 pm	3:46 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	6:19 am	12:26 am	4:58 pm	11:47 am
Sat	7:28 am	1:20 am	5:30 pm	12:02 pm
Sun	9:08 am	2:19 am	6:06 pm	12:02 pm
Mon	6:49 pm	3:26 am	None	None
Tue	7:46 pm	4:41 am	None	None
Wed	9:18 pm	5:57 am	None	None
Thu	2:29 pm	7:02 am	11:18 pm	6:39 pm

My Stars ★★★★★

FOR WEEK OF APRIL 13, 2020

Aries (March 21 to April 19) You might be upset about having to deal with problems that are no fault of your own. But you can turn the annoyance into an asset by showing how quickly and how well you can resolve them.

Taurus (April 20 to May 20) The Bovine's fondness for tidiness pays off when you untangle a situation that seems hopelessly snarled. You might later be surprised to learn who will be expressing his or her gratitude.

Gemini (May 21 to June 20) Although you can tackle your assignment the way you prefer, it might be a good idea to at least ask for suggestions. Who knows? One or two might even turn out to be helpful.

Cancer (June 21 to July 22) Make all the changes in your plans or proposals that you feel are necessary before – repeat, before – you submit them to your colleagues. You'll come off looking more decisive that way.

Leo (July 23 to August 22) You might feel a mite intimidated in a new environment, be it a job, a classroom or meeting the future in-laws. But enter with a big smile, and everyone will see you as a real take-charge Cat.

Virgo (August 23 to September 22) This could be a romantic time for you if you can set aside your cynicism and let yourself believe that someone really cares. If you're already in a relationship, expect your partner to be extra-loving.

Libra (September 23 to October 22) It's a good time to shed any doubts about your abilities. You've proved yourself in the past, so why not accept that you'll do just as well, or better, in dealing with the new challenge ahead?

Scorpio (October 23 to November 21) Your suspicions might be on the mark, but unless you can prove what you assume, you need to exercise that Scorpion discretion and

let events unfold without your assistance.

Sagittarius (November 22 to December 21) Be careful not to go over the top this week. Avoid overeating (especially of the wrong foods), or drinking too much, or working too hard. You can do it all, but in moderation.

Capricorn (December 22 to January 19) A family matter is given to you to resolve because you have the gift for bringing quarrelsome kinfolk together. But while you're playing Dr. Phil, don't neglect your career obligations.

Aquarius (January 20 to February 18) Someone of importance shares your goals but disagrees with your plan to achieve them. Never mind. Defending your methods with logic and facts earns you admiration and respect.

Pisces (February 19 to March 20) Consider getting away, perhaps for the weekend, despite all the demands made on your time and energies. You'll return refreshed and ready to tackle it all with your usual finesse.

Born This Week: You have a sense of honesty that makes people believe and trust in you.

MOMENTS IN TIME

- On April 14, 1818, Noah Webster, a Yale-educated lawyer with an avid interest in language and education, publishes his American Dictionary of the English Language. Webster's dictionary was one of the first to include distinctly American words, introducing more than 10,000 "Americanisms."

- On April 13, 1870, the Metropolitan Museum of Art is officially incorporated in New York City. The city stipulated that the collection be kept open to the public year-round and free of charge. The first object the Met acquired was a Roman sarcophagus.

- On April 16, 1881, on the streets of Dodge City, famous Western lawman and gunfighter Bat Masterson fights his last gun battle. He would live another 40 years.

Masterson had his first shootout in 1876 in Texas over the affections of a dance hall girl named Molly Brennan.

- On April 19, 1897, John J. McDermott of New York wins the first Boston Marathon, a measured distance of 24.5 miles from the Irvington Oval in Boston to Metcalf's Mill in Ashland. The marathon's distance was changed in 1908 to its current length of 26 miles 385 yards.

- On April 17, 1945, U.S. Lt. Col. Boris T. Pash commandeers over half a ton of uranium at Strassfurt, Germany, in an effort to prevent the Soviets from developing an A-bomb. Pash headed a group searching for German scientists to prevent the Soviets from capturing them.

- On April 15, 1959, new Cuban leader Fidel Castro visits the United States. President Dwight Eisenhower, however, had no intention of meeting with the communist revolutionary and instead went to the golf course.

- On April 18, 1983, the U.S. embassy in Beirut, Lebanon, is almost completely destroyed by a suicide car-bomb explosion that kills 63 people, including 17 Americans. The terrorist attack was carried out in protest of the U.S. military presence in Lebanon.

NOW HERE'S A TIP

- If you're able to, fold and hang clothing straight from the dryer. The warmth of a cycle can set wrinkles that occur from being stuffed into a laundry basket.

- "I really abhor bar soap, but my husband prefers it. After cleaning the soap dish, I smear it with petroleum jelly. I do the underside too. There's a little lip that will keep the soap from sliding off, but the petroleum jelly keeps the inevitable sludge from sticking to the soap dish, making my cleaning routine much easier!" AD in Idaho

- For maximum effectiveness, spray, then wait, then wipe. Spray cleaners need contact time to both cut through grime and to kill germs. Give surfaces a light mist, then wait up to 10 minutes before wiping clean.

- To make an avocado rose as a garnish, place half an avocado cut side down and slice. Fan the slices out into a long line, then wrap around into a spiral shape.

- Chef's secret: If you sprinkle salt from 12-14 inches above the food you're seasoning, it's called "raining," and it helps the salt crystals to distribute evenly across the food's surface. Plus it will make you look cool.

- "If your pup has an upset stomach, you can try giving him kefir. It's packed with probiotics and is especially good if Fido is on antibiotics or has a yeast problem. Not too much. Just a tablespoon as a treat once a day." BT in Texas

STRANGE BUT TRUE

- A World War I homing pigeon saved 194 men by delivering a message despite losing a leg and an eye, and having been shot through the chest.

- Before settling on the Seven Dwarfs we know today, Walt Disney also considered the names Chesty, Tubby, Burpy, Deafy, Hickey, Wheezy and Awful.

- A study showed that customers in a bookstore were 3.48 times more likely to peruse romantic books if the store smelled of chocolate, and 5.93 times more likely to buy them!

- Gaius Julius Caesar arrived in the world on July 13, 100 BC, but contrary to popular belief, it's unlikely that the future Roman emperor was born by caesarean section. Although the procedure existed at the time, it was usually fatal to the mother and therefore only performed when a pregnant woman was dead or dying, in an effort to save the child. Caesar's mother, Aurelia, lived until 54 BC – nearly half a century after her son's birth.

- While the technique of flattening fabrics with hot pieces of metal was introduced in ancient China, the first actual ironing board (then called an ironing table) was not invented until 1858, in New York.

continued on page 47



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dearRPharmacist

We Are Resilient Like Tulips



by Suzy Cohen, RPh

Dear Readers:

Last week, I received more than a dozen requests to write about stress and anxiety. One woman emailed me with, "I am having horrible anxiety right now."

Another person wrote

me and said, "I work in mental health care, and the rise in depression and anxiety is just overwhelming. Can you speak to this please?"

All of us are in this together. We need to shelter in place to minimize our exposure. I have many articles about natural remedies for anxiety, those are posted on my website. I want you to know that what you're feeling is completely natural. Feeling nervous and stressed is the normal response that occurs when the world is in this much upheaval. There is an invisible attack that has unleashed itself upon us, and our sympathetic nervous system is kicking in. That's what it's supposed to do. What you're feeling is normal and to be expected. But it will subside in time.

To help deal with the anxiety, I suggest we tune out the news for longer periods of time. I notice that on days when I'm connected for more than three hours, I'm more stressed out than on days that I tune in for a few minutes.

Let's face it, the news is never good. And the way the curve is going, it's going to rise some more over the next month, so we will all become even more nervous. But try to become aware of your feelings, and try not to project the worst case scenario if, in fact, your life is okay. Perhaps your 'now' is good, and if it is, and everyone is safe and well, then try to disconnect from the 'what if' scenario.

I think we are resilient like tulips. I know, that's a little random. Let me explain. I live in Colorado, and we just had a cold snap with snow all night long. My lawn got covered in a blanket of white! Still, I dressed up and went outside to breathe in the crisp air this morning, and I saw that my tulips were still growing. In fact, they are even taller than the day before. These fragile bulbs

had weathered the storms. They survived freezing temperatures from last October when I planted them, all the way to now. And here they are so lovely, strong and thriving.

Tulips are honestly amazing! Nothing can stop them from popping up through the ground to bloom and get a kiss from the sun. I want you to be reminded of their resilience. We can draw so much strength and peace from this analogy. Always remember: You are resilient like tulips.

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.✽

Girl Scouts Launch Virtual Program

In partnership with Girl Scouts of the USA, the local council is offering Girl Scouts from Home, a new online collection of self-guided, free activities to keep girls and their families engaged. Girl Scout members and the public can experience a variety of activities that cover STEM, entrepreneurship, life skills and the outdoors.

The age-specific activities for girls of all grade levels are delivered through guided videos, text-based instructions, downloadable information and live virtual events, making it seamless for families to incorporate into their daily lives.

More program-based options will be added in the coming weeks. The program also provides tools to help troop leaders host remote meetings that will meet girls' needs during this challenging time – including giving them their own space to connect, explore, problem-solve and have fun.

"In keeping with the Girl Scout tradition of serving the community, we've also launched a virtual service project, Across the Generations," said Girl Scouts of Gulfcoast Florida CEO Mary Anne Servian. Local Girl Scouts are encouraged to write a letter, make a card, or draw a picture and mail it to the nursing home, assisted living facility or hospital of their choosing. "We want the seniors in our community to know that they are appreciated and that they are not alone," said Servian.

Visit www.gsgcf.org and click on "Girl Scouts from Home." To learn more about volunteering and membership, visit www.gsgcf.org or call 800-232-4475.✽

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Is there a difference between aging and feeling old?

A: A part of being here in this lifetime is the aging process. There is chronological aging, which is your age in

numbers. Then there is emotional aging, the wisdom you learn over the course of your life. Emotional aging has a lot to do with how you perceive your aging process. On the positive side, you go with the flow of the process of aging. By remaining in the present and embracing each day and loving life, the aging process will be gracious, with inner peace and contentment.

The negative side of the aging process while natural can have its complications. Emotional aging can bring on a decline in physicality, looks, mental agility and overall negative thoughts. If these negative thoughts persist, then you will feel older and see the worst in yourself as opposed to the positive that aging can bring.

To help the aging process remain a positive experience, it's all about shifting any negative thoughts into positive ones. Look for the good. Focus on all the things you can do as opposed to what you can no longer do. Aging

comes with acceptance. Accepting that developmentally, you continue to go through life's stages and change is inevitable.

Our culture doesn't embrace aging, therefore, many people begin to feel old even though they are of sound mind and can do most things they did years ago. While we have our own emotional triggers that make us feel older, it's important to surrender cultural bias, and embrace a healthy attitude and the wisdom that aging brings.

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.✽

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.✽

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!

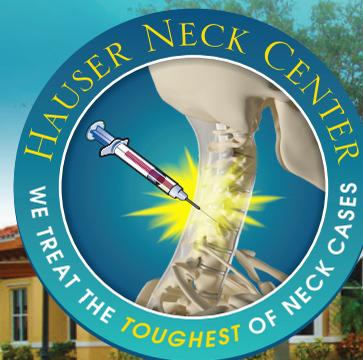
The Hauser Neck Center at Caring Medical Florida specializes in unique, dynamic diagnostic tests that find what traditional MRI scans can miss, and Comprehensive H3 Prolotherapy to treat the underlying structural cause of chronic neck pain, migraines, and neurological symptoms.

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Doctor and Dietician

Are You Suffering From Locomotive Syndrome?



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

Do you suffer with moderate to severe knee and/or back pain and are losing your mobility and ability to work or function? Your adult children may be talking to you about considering assisted living one day in the future. Why? Because you are having difficulty moving and you may be on the verge of “Locomotive Syndrome.”

Locomotive Syndrome is a condition that results in the inability to move pain-free, without frailty and instability due to impairment of “locomotive components” such as bones, joints, discs, muscles and nerves, which may result in pain, limitations in movement, malalignment, balance issues and difficulty walking.

Degenerative changes in our locomotive components begin at middle age. One study stated that approximately 40 percent of people younger than age 30 and 90 percent of people older than 55 show signs of

intervertebral disc degeneration of the lumbar spine.

Some obvious causes of “Locomotive Syndrome” are degenerative joint disease, joint osteoarthritis and osteoporosis – which can make it difficult to walk. A January 2019 article from *Modern Rheumatology* found that aging, osteoporosis and low back pain significantly increased the risk of “Locomotive Syndrome” followed by knee osteoarthritis and lumbar spinal stenosis.

If this is not addressed, what may follow is immobility, depression, hypertension and other metabolic disorders, inability to perform activities of daily living and the eventual heading to a skilled care facility or nursing home.

In a study published in the *Journal of General Internal Medicine* in 2011, the authors reported that the ability to walk a quarter mile had a direct correlation with mortality, functional decline and health care utilization during the subsequent year. This demonstrates the critical importance of maintaining the ability to walk.

It starts with taking the first steps. Start moving! Start with walking more throughout your daily activities, then, get outside and take an actual walk. What a great place to walk around – Southwest Florida! If you are unable to walk, come in and see us at Caring Medical in Fort Myers and we’ll help you get back out there.

*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.**

LCEC To Return \$12 Million In Member Equity

The decisions of the LCEC Board of Trustees to retire up to \$12 million in member equity and return it to past and current customers could not have come at a better time amidst the COVID-19 financial impact on customers.

Equity is the ownership interest of LCEC members in the total assets of the electric cooperative. As a not-for-profit electric cooperative, assets are funded by margins and debt. Net margins are allocated to members annually in the form of a credit to their equity account.

“Net margins are not profit and do not benefit anyone other than members – they do not benefit LCEC management, employees, or trustees in their management and oversight of the cooperative,” said LCEC Chief Executive Officer Denise Vidal. When possible, a portion of equity can be converted to cash, retired and returned to members.

The retirement will provide some relief for customers feeling the economic strain

of COVID-19 and unable to pay their electric bills. In April and May, inactive customers will receive a check for their portion of the equity return and active customers will receive a credit on their May bill, or a check if the amount is more than \$250. The amounts will vary based on members’ contributions to revenues.

In addition to the \$12 million equity return, LCEC continues to encourage customers having difficulty making a payment to call for assistance. If already past due, customers are able to request an extension through the LCEC SmartHub app or online at www.lcec.net.

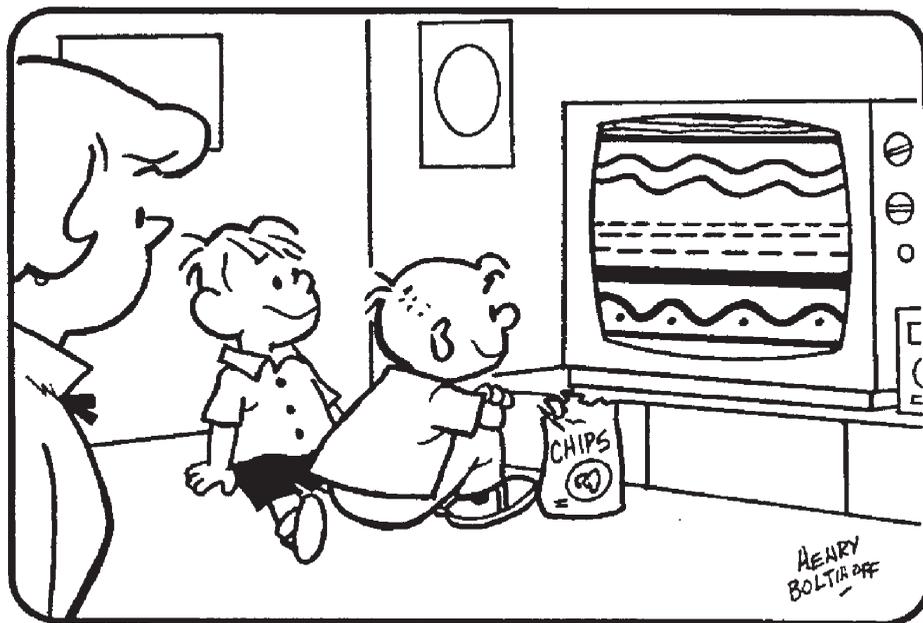
“We remain committed to delivering reliable power and quality service at the lowest rate possible and will maneuver through these uncertain times with all of our customers’ best interest in mind,” said Vidal. As a not-for-profit cooperative, LCEC relies on revenue to maintain the grid, purchase power, repay lenders, pay taxes and hire skilled workers. Revenue is earned strictly by billing and collecting for the electricity already used by customers.

LCEC also contributes funds to a short-term energy assistance fund, the LCEC Power to Share program, in partnership with the United Way. Employees and customers help fund the program that provides bill payment

PUZZLES

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



1. Picture is missing. 2. Wave is added on screen. 3. Pants are different. 4. Chips on the floor. 5. Blouse is different. 6. Buttons are missing.

for customers experiencing hardship. Donations to the fund can be made at www.unitedwaylee.org/donate.*

Virtual Learning Support Needed

The Foundation for Lee County Public Schools has partnered with the School District of Lee County during this challenging time to provide resources to educators, students and their families. Distance Learning has now been put into place and the FLCPS wants to ensure that everyone is well equipped with proper tools to prosper while the education community teaches and learns virtually.

Due to the circumstances of the current pandemic, educators are playing an even more integral role in the community.

“The foundation has set up a COVID-19 relief fund, where business and community partners can donate to help continue to enhance and excel education within the School District of Lee County. Now, more than ever, the community needs to support and value our educators and the community’s most important asset, our students,” said President and CEO Marshall T. Bower, Esq.

For more information on what you can do to assist with relief efforts, visit www.leechoolfoundation.org.*

PUZZLES

Answers on page 47



"I sometimes wonder if my husband ever gets this tired _____ the money."

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!

Attest
WARES

Correct
UNSHIP

Keen
TRADEN

Deduce
ANGEL

TODAY'S WORD

SUDOKU

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

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



CALLING CARD 239-395-1213

Emergency	911
Sanibel Police	472-3111
Lee County Sheriff's Office	477-1200
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

To be listed in calling card email your information to:
press@islandnews.com

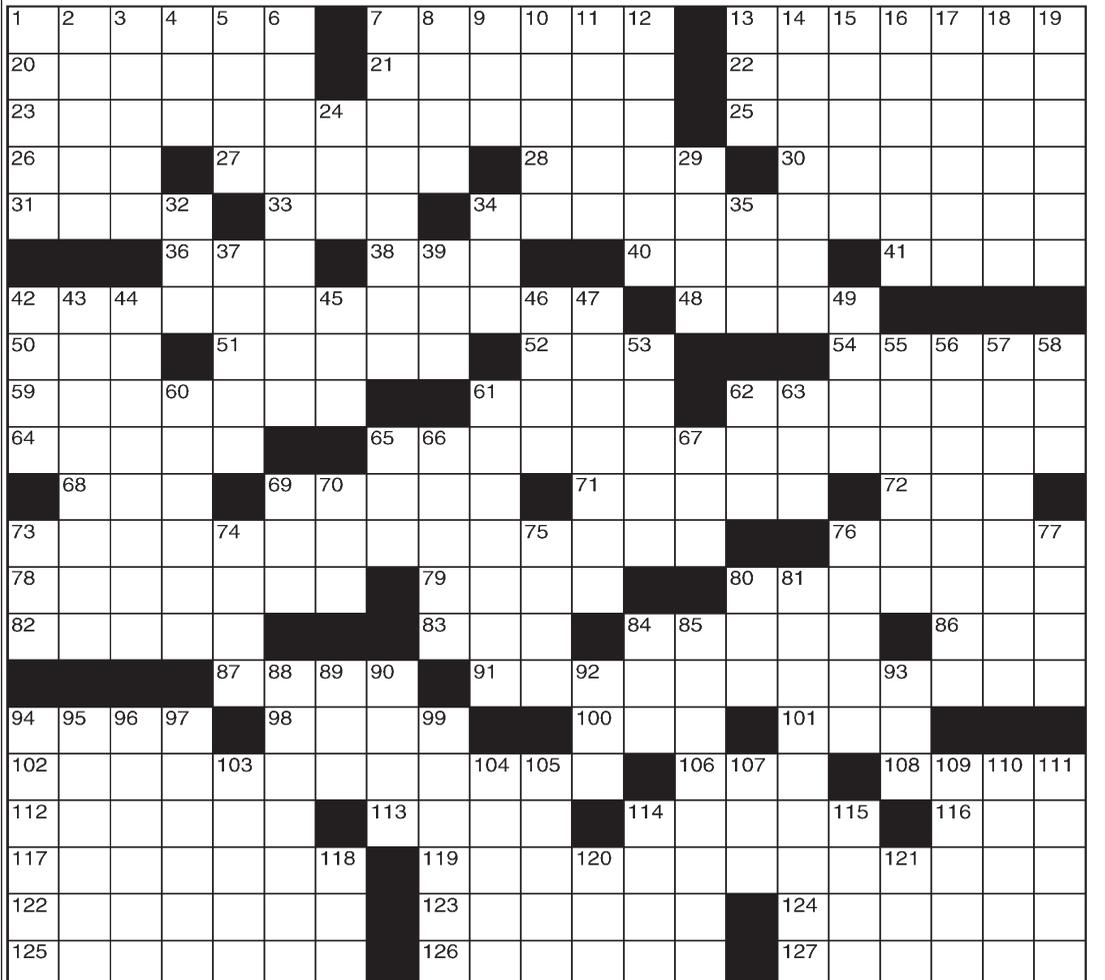
PUZZLES

Answers on page 47

Super Crossword

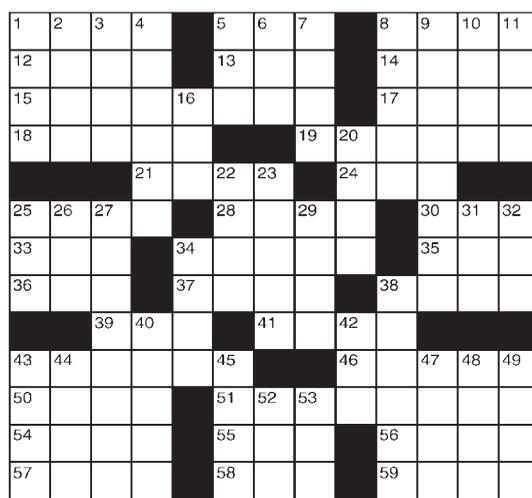
THE THIN, THE FLAT, AND THE ROUND

- ACROSS**
- 1 Reddish-brown pigment
 - 7 Nitpicky know-it-all
 - 13 Fleet leader
 - 20 Instead (of)
 - 21 Win over
 - 22 Bishop's district
 - 23 User's storage component
 - 25 Gives approval
 - 26 Rock's Brian
 - 27 "My true love — see" ("Oh! Susanna" lyric)
 - 28 Without, to Jean-Luc
 - 30 Shrubby expanses
 - 31 Disorder
 - 33 NBAer — Gasol
 - 34 Occasion to say "King me"
 - 36 Pasty luau food
 - 38 Baseball card stat
 - 40 — flight (go by jet)
 - 41 Zing
 - 42 Ship-deck diversion
 - 48 Sauce giant
 - 50 Brew source
 - 51 Hotsy- —
 - 52 Crown
 - 54 Diver's gear
 - 59 "The Girl With the Dragon Tattoo"
 - 61 Prefix with dose or ton
 - 62 Less lenient
 - 64 "Entertaining Mr. Sloane" dramatist
 - 65 Participant in the sport
 - 68 Yellow transport
 - 69 Draw — on (take careful aim at)
 - 71 — Brothers ("It's Your Thing" group)
 - 72 Hanoi's home, briefly
 - 73 It enables a motorist to stop
 - 76 Bog bird
 - 78 Naive
 - 79 Brazilian soccer star
 - 80 Tending to wear away
 - 82 "Hmm, let — ..."
 - 83 Former NBA star Ming
 - 84 Spiro who served with Nixon
 - 86 False tale
 - 87 K-P hookup
 - 91 45's place
 - 94 "Mickey" singer Basil
 - 98 Gives help
 - 100 In the style of
 - 101 "Try — might ..."
 - 102 It includes the sacrum
 - 106 Nellie of social reform
 - 108 Film-rating org.
 - 112 Paris' mother
 - 113 Author Jaffe
 - 114 He defeated Romney
 - 116 Put- — (deceptions)
 - 117 Like space debris
 - 119 Commonality of seven answers in this puzzle
 - 122 Turn loose
 - 123 Gathering, as bees
 - 124 Lie
 - 125 Fair- — (blond)
 - 126 Dictation-taking pros
 - 127 Mad Hatter's party pieces
 - 39 Tarzan's son
 - 42 French battle site of '44
 - 43 Clairol's area
 - 44 Newly rich people
 - 45 Ordinal suffix
 - 46 GPS options: Abbr.
 - 47 Wound from a mutt
 - 49 With 65- Down, charge to log on
 - 53 Bel — cheese
 - 55 Witches
 - 56 In a careless manner
 - 57 Animated film featuring Seinfeld's voice
 - 58 JFK landing: Abbr.
 - 60 Fumble
 - 61 Around June or July
 - 62 Sault — Marie
 - 63 Your, once
 - 65 See 17- or 49-Down
 - 66 Grating
 - 67 Elegant tree
 - 69 Smallish batteries
 - 70 Bibliophile's love: Abbr.
 - 73 It takes vids
 - 74 Film holder
 - 75 Wild plum
 - 76 Wolf cries
 - 77 — -do-well
 - 80 Goal
 - 81 Lender's expectation
 - 84 Co. that owns
 - 85 Moviefone
 - 88 Discomfort
 - 89 Cage of film, informally
 - 90 Smell
 - 92 Fire
 - 93 Goal
 - 94 Simple top
 - 95 First act
 - 96 Kidman of Hollywood
 - 97 Accustoms
 - 99 Sluggish tree-dwellers
 - 103 PLO head
 - 104 Missed, as a bull's-eye
 - 105 Writer
 - 107 Loo, briefly
 - 109 Mile markers
 - 110 Body part below a shin
 - 111 Useful thing
 - 114 "This is bad!"
 - 115 "Zip- — -Doo-Dah"
 - 118 Knight of TV
 - 120 Yang go-with
 - 121 "That — lie!"



King Crossword

- ACROSS**
- 1 Uncategor-ized (Abbr.)
 - 5 Web address
 - 8 Portent
 - 12 Maleficence
 - 13 Menagerie
 - 14 Scruff
 - 15 Reading material
 - 17 Matures
 - 18 World-weariness
 - 19 Salty solu-tions
 - 21 Fix, in a way
 - 24 Raw rock
 - 25 Knighted woman
 - 28 Nuisance
 - 30 Kennedy or Koppel
 - 33 Carte lead-in
 - 34 Newton or Stern
 - 35 Anger
 - 36 Gasoline stat
 - 37 Dilbert's workplace
 - 38 Check bar codes
 - 39 Born
 - 41 Fourth dimen-sion
 - 43 Marketplaces of old
 - 46 Got up
 - 50 Story
 - 51 Belgian surre-alist Rene
 - 54 Ear-related
 - 55 Individual
 - 56 List-ending abbr.
 - 57 — moss
 - 58 Workout venue
 - 59 Sources for sauces
 - 60 Fumble
 - 61 Around June or July
 - 62 Sault — Marie
 - 63 Your, once
 - 65 See 17- or 49-Down
 - 66 Grating
 - 67 Elegant tree
 - 69 Smallish batteries
 - 70 Bibliophile's love: Abbr.
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 - 90 Smell
 - 92 Fire
 - 93 Goal
 - 94 Simple top
 - 95 First act
 - 96 Kidman of Hollywood
 - 97 Accustoms
 - 99 Sluggish tree-dwellers
 - 103 PLO head
 - 104 Missed, as a bull's-eye
 - 105 Writer
 - 107 Loo, briefly
 - 109 Mile markers
 - 110 Body part below a shin
 - 111 Useful thing
 - 114 "This is bad!"
 - 115 "Zip- — -Doo-Dah"
 - 118 Knight of TV
 - 120 Yang go-with
 - 121 "That — lie!"
 - 8 Broad-casting
 - 9 Attractive
 - 10 Duel tool
 - 11 Loch —
 - 16 Speed along
 - 20 Campus mil. org.
 - 22 Church sec-tion
 - 23 Leavening agent
 - 25 Water barrier
 - 26 Jungfrau, for one
 - 27 Mississippi bloom
 - 29 Munro pseud-onym
 - 31 Historic peri-od
 - 32 Hideaway
 - 34 Concept
 - 38 Episodic TV show
 - 40 Put up
 - 42 Scratch
 - 43 On
 - 44 Fence open-ing
 - 45 Urban pall
 - 47 Maestro
 - 48 Go no farther
 - 49 Congers, e.g.
 - 52 Whatever number
 - 53 Jewel



MAGIC MAZE ● KEEPSAKES



Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: OLYMPIC GOLD —

- Antique
- Jewelry
- Photos
- Souvenir
- Autograph
- Locket
- Postcards
- Token
- Diary
- Necklace
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Florida Chicken Turtle Makes Rare Appearance

Florida Chicken turtles (*Deirochelys reticularia chrysea*) were considered somewhat common during the 1970s and early '80s according to reports, but for some reason, no specimens were documented from the late 1980s until a shell (carapace) was found on a Sanibel-Captiva Conservation Foundation (SCCF) preserve in 2009. Since that time, only four more examples, including this one, have been documented.

In January, SCCF Native Landscape & Garden Center intern Haley Gladitsch was walking back from lunch and noticed a Florida chicken turtle laying eggs in the grass. She immediately notified the wildlife and habitat management biologists, who conduct terrestrial and freshwater turtle research on the island, and they came out to verify and document the occurrence.

The chicken turtle is a very odd and rare turtle on the island, with females averaging about eight to nine inches and males about five to six-and-a-half inches in carapace length. They were named chicken turtles because they were



Florida chicken turtle

thought to taste like chicken and have a very long neck.

Of the 10 non-marine turtles found on Sanibel, only two of them are considered rare, or at least rare to encounter. The chicken turtle, at least in this area, is an ephemeral species, meaning that it is only active when wetlands fill up during the wet season. When the dry down occurs, they dig

underground and enter an aestivation (a dormancy) until water levels rise again.

SCCF biologist verified the nest, containing 10 eggs. They also fastened a radio transmitter to the turtle's carapace so they can follow its movements to learn about its life history on the island.

Currently, as expected, as the water began to dry down over the last month, the chicken turtle dug down and has not

moved since. Movement is not expected until the summer rains have filled in these wetlands.✪

Overcome Addiction, Get Your Life Back

In this time, everyone should encourage their loved ones, or maybe even themselves, to take the step to becoming healthy again without the use of alcohol or drugs.

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

To learn more about how addiction and this pandemic go hand in hand, visit www.narconon-suncoast.org/drug-abuse/soma-effects.html.

Narconon can help you take steps to overcome addiction in your family. Call 877-841-5509 for free screenings or referrals.✪

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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.

From page 38

Strange But True

- The Christmas song *Silver Bells* was originally called *Tinkle Bells* until co-composer Jay Livingston's wife informed him that "tinkle" had another meaning.
- Future president Herbert Hoover was Stanford's football team manager – a decision the school might have questioned when, at the first Stanford-Cal game in 1892, he forgot to bring the ball.
- Martial arts legend Bruce Lee was a cha-cha dance champion, winning a competition in Hong Kong in 1958.
- The lifespan of a taste bud is just 10 days.

THOUGHT FOR THE DAY

"Just living is not enough. One must have sunshine, freedom, and a little flower." – Hans Christian Anderson

SCRAMBLERS

1. Swear; 2. Punish;
3. Ardent; 4. Glean

Today's Word
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HORTOONS



PUZZLE ANSWERS

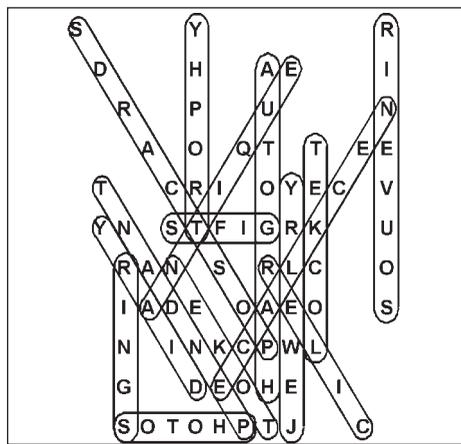
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I	N	L	I	E	U	E	N	A	M	O	R	D	I	O	C	E	S	E
C	O	M	P	U	T	E	R	D	R	I	V	E	A	S	S	E	N	T
E	N	O	F	O	R	T	O	S	A	N	S	H	E	A	T	H	S	
M	E	S	S	P	A	U	C	H	E	C	K	E	R	S	G	A	M	E
				P	O	I	R	B	I	H	O	P	A	E	L	A	N	
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T	A	P	T	O	T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

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E	V	I	L		Z	O	O		N	A	P	E	
M	A	G	A	Z	I	N	E		A	G	E	S	
E	N	N	U	I		B	R	I	N	E	S		
			S	P	A	Y		O	R	E			
D	A	M	E		P	E	S	T		T	E	D	
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P	E	A	T		G	Y	M		S	O	Y	S	

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Sanibel	1976	2,947	\$5,100,000	\$4,550,000	57
Esplanade Lake Club	Fort Myers	2021	3,299	\$2,156,700	\$2,156,700	0
Tuscany Isle	Bonita Springs	2013	4,616	\$2,099,000	\$1,950,000	244
River Forest Island	Fort Myers	2007	4,499	\$1,795,000	\$1,562,500	357
Devonwood	Fort Myers	2018	4,334	\$1,699,000	\$1,570,000	41
Carolands	Bonita Springs	1985	4,200	\$1,550,000	\$1,375,000	354
Navona	Miromar Lakes	2014	2,959	\$1,480,000	\$1,445,000	78
Coral Park	Fort Myers	1910	3,728	\$1,399,900	\$1,050,000	90
Ridge	Bonita Springs	2000	4,877	\$1,300,000	\$1,235,000	33
Tidewater Island	Fort Myers	2005	4,615	\$1,175,000	\$1,125,000	13

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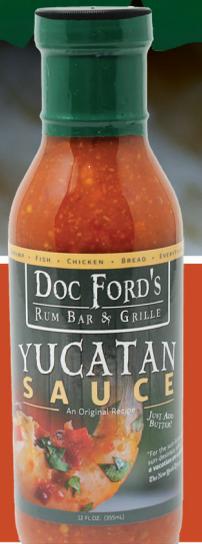


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