



Free Urban Farming Workshop At The Alliance GreenMarket



Local growers at the GreenMarket focus on seasonal crops

Summer is a challenging time in Southwest Florida for the kitchen garden, but that doesn't mean it's not worth trying. The secret lies in choosing what to grow and applying a few simple strategies. Come out to the Alliance for the Arts' GreenMarket on Saturday, June 13 to learn how to harvest a variety of produce, fruits and permaculture crops until the cooler fall weather allows you to go back to more traditional kinds of gardening.

The June workshop will be presented by GreenMarket Manager Santiago De Choch, a farmer and gardener who has lived in Southwest Florida for the past 15 years. His hour-long presentation begins at 10:30 a.m. after the free weekly yoga session, which begins at 9:30 a.m.

These Urban Farming workshops on the second Saturday of every month are free, but small contributions are welcome to help ensure more of these activities in the future. Visit ArtInLee.org or call 939-2787 to learn more.

Now in its fifth year, the Alliance for the Arts GreenMarket works to support local growers, bakers and artisans. It hosts a variety of sustainability oriented activities and



Local nursery owner, K. Alfaro, conducts a workshop at the GreenMarket



An Urban Farming workshop at the Alliance GreenMarket

runs year-round on Saturdays from 9 a.m. to 1 p.m.

The Alliance for the Arts is located at 10091 McGregor Boulevard, just south of Colonial Boulevard in Fort Myers.✪

Granddaughter Of Jacques Cousteau To Headline Local Event

submitted by Leah Biery

At Sanibel Sea School, one of our favorite ways to pass the time is floating in the sea – on boards, boats, or on our backs. That's why we are so excited to take part in an event called Float For Life this summer, where locals and visitors alike will come together to celebrate the ocean while floating in our calm gulf waters.

In 2014, therapists Dr. Shelley Lynch and Roy Desjarlais founded the event as an opportunity to celebrate the ocean for the many ways it enhances our lives, after they realized how effectively ocean floats can help patients release emotional and physical pain while restoring balance. Float For Life participants take turns supporting one another in the water while they enjoy the benefits of floating in the sunshine. Alexandra Cousteau, granddaughter of world-renowned oceanographer Jacques Cousteau, will attend the event and share

continued on page 14



Students at Sanibel Sea School float on a surfboard during a "soul float." Floating in the sea provides many emotional and health benefits.



80s Icon Band

Davis Art Center To Present 80s Icon Band At Music Walk

The Sidney and Berne Davis Art Center will present the award-winning 80s Icon Band during Music Walk on Friday, June 19 from 7 to 10 p.m. This high energy band brings life and excitement to every crowd. This is a free event for all ages. The Sidney and Berne Davis Art Center is located at 2301 First Street, in

continued on page 14

Historic Downtown Fort Myers, Then And Now:

One-Way To Two-Way



by Gerri Reaves, PhD

This postcard image from the 1980s illustrates the significant aesthetic changes at First and Hendry over three decades – and all for the better.

One detail that stands out is that First Street was one-way in the 1980s. And look at that ordinary ugly asphalt right in the heart of downtown, not to mention those huge gas-guzzling cars headed east.

Downtown’s streetscape in the 1980s included brick planters of root-bound seagrape trees dotting the sidewalks. That was a feature that city planner Andre Duany would pointedly criticize when he visited Fort Myers in 2002 in preparation for writing

the New Urbanist redevelopment plan.

Today’s streetscape is the result of the award-winning Fort Myers Utility and Streetscaping Improvements Project, completed more than five years ago.

Massive in scope and encompassing 52 blocks, the project restored much of the classic boom-time look to the business district.

Visible in the “now” photo are some of the more than 500,000 nine-inch bricks salvaged from underneath the asphalt, cleaned by volunteers and returned to the streets.

Vintage-style streetlights and sturdy benches, bicycle racks, and trash- and dog-waste receptacles were aspects of the project.

The project even “straightened” First Street by eliminating that long-existing kink



In the 1980s, traffic was one-way at First and Hendry. At the Bayview Court entrance (left), Nelson’s Quick Stop Sandwich Shoppe’s sign hung on the Leak Building and Heritage Square occupied the historic Heitman-Evans Hardware Building on the northwest corner (center left).

courtesy Southwest Florida Historical Society



Building renovations and the streetscaping project brought back the 1920s look. Note that First Street was straightened, too.

photo by Gerri Reaves

east of Hendry. (It should be noted that some of the most important improvements took place underground: updated utilities and water, sewer and storm-drain systems.)

The buildings in the photos have also seen changes since the 1980s, most of them compatible with the revival of the 1920s look of the business district.

Heritage Square, that windowless white façade at the center-left of the postcard image, is an example of an earlier phase of downtown redevelopment.

That 1914 corner building was originally the Heitman-Evans Hardware Store and had been the Belk-Lindsey Department Store in the late 1940s to mid-1950s. In the early 1970s, it was the School Board Office Annex.

In the mid-1970s, however, it was transformed into Heritage Square, a veritable mini-mall of various businesses and offices, from antiques to insurance to flowers.

Eventually, the windows were uncovered and the red-brick exterior restored so today it resembles the famed hardware store.

The prominent sign on the 1920s Leak Building at Bayview Court marks the location of Nelson’s Quick Stop Sandwich Shoppe. Since the 1980s, that building has been home to banks, offices, and eateries and is now another restaurant.

Today, Salon Nicholas still stands on the east side of the court entrance, bridging the decades.

Down First Street, the Bradford Apartments have traded those metal Bahama shutters of the 1980s for canvas awnings.

Walk down to First and Hendry and appreciate the results of the last 15 years of downtown redevelopment.

Then visit the Southwest Florida Museum of History at 2031 Jackson Street to learn more about the buildings that have endured many renovations and looks.

Call 321-7430 for information, or go to museumofhistory.org. Hours are 10 a.m. to 5 p.m. Tuesday through Saturday.

Continue your history adventure at the Southwest Florida Historical Society’s research center at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts.

The all-volunteer non-profit organization is open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. Call 939-4044 or visit swflhistoricalsociety.org for more information.

Sources: The Archives of the Southwest Florida Historical Society.✱



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Fort Myers Art:

Grant Awarded To Lab Theater



by Tom Hall

In 2014, the Robert Rauschenberg and Southwest Florida Community Foundations forged a partnership that created a vibrant grant program designed to enable and support critical social innova-

tion in the region of Southwest Florida. The partnership furthers the Robert Rauschenberg Foundation's mission of using the arts as a mechanism for affecting social change on both an individual and organizational level.

After an exhaustive educational and vetting process overseen by the Southwest Florida Community Foundation, the Rauschenberg Foundation issued five grants totaling \$250,000 including a \$46,350 grant to the Laboratory Theater of Florida for its Give Youth The Stage program. The other recipients were:

- \$48,800 to the Sanibel-Captiva Conservation Foundation for its Combining Arts and Sciences to Improve Water Quality in Southwest Florida.

- \$46,325 to Goodwill Industries of Southwest Florida, Inc. for its Community-Based Bicycle and Walking Audit program.



The Rauschenberg Foundation grant awarded to the Laboratory Theater furthers its mission of using arts as mechanism for social change

- \$32,000 to the Human Trafficking Awareness Partnerships, Inc. to enhance its ARTREACH program.

- \$26,500 to Jewish Family Community Services for its Music Makes Memories program

The Robert Rauschenberg Foundation fosters the legacy of the artist's life, work and philosophy that art can change the world. It works to increase access to Rauschenberg's art, offer a residency program for artists of all disciplines, and support initiatives at the intersection of arts and issues.

The Laboratory Theater will be developing a live theatrical production which tells the stories of up to 200 local

young people who identify themselves as lesbian, gay, bisexual or transgender.

The theater will work with young people aged 12 to 24, teaching them the following skills which will be used towards the development of the play: journalism, playwriting, set design and construction, acting, wigs/makeup, lighting design, costume design and construction, stage management, musical composition and sound.

The classes will be free for participants and will meet once per week for 10 weeks each, with journalism starting in June. The theater may be contacted for further information at 218-0481 or anonymously through visuality@laboratorytheaterflorida.com.

rytheaterflorida.com.

Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled Art Detective. A former tax attorney, he lives in Estero with his fiancé and their four cats.✱

Teen Talent Contest

The Fort Myers Regional Library will hold a teen talent contest night on Friday, June 19 from 6 to 8 p.m. on the Cornog Plaza, 2450 First Street. Two authors of young adult books, Jamie Ayres and Kyle Prue, will share their writing insights on an author panel. Teens will also have interactive art stations located throughout the plaza.

Teens that sing, write poetry, play an instrument, dance or have a special talent are all welcome to enter the contest. The contest is limited to 20 acts and the prize will be a \$50 gift card. The event is part of Music Walk and will occur rain or shine. Teens ages 12 to 18 years must register at the library's young adult desk or by calling 533-4613. They must register prior to the event. Young adult authors, Ayres and Prue, will judge the talent contest. Their books can be purchased and signed at the event. The event is sponsored by the Friends of the Fort Myers Regional Library. For more information or to register for the contest, call 533-4613.✱

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First Low Gross winners, from left, Chadwick Saunders, Kyle Parsons, Carmen Dellutri, Kyle Petrick and Justin Smith

Rotary Club Sunrise Hosts 26 Pros At Inaugural Pro-Am Golf Classic

The Rotary Club of Fort Myers Sunrise hosted 104 amateur players and 26 professionals during its inaugural Pro-Am Golf Classic on May 22 at the Forest County Club in Fort Myers.

The Rotary Club of Fort Myers Sunrise partnered with The Foundation for Lee County Public Schools, Inc. to create this new golf tournament to raise funds to provide scholarships for local students to continue their education at a technical or trade school, or a college or university.

The inaugural event featured professionals including Grant Burgess, Martina Gavier, Gail Graham, Mike Faulkner, Kelsey Haynie, Felicity Lloyd-Jones, Alex Medinis, Claudia Redinger, Gyles Robin, Justin Smith and more. Players teed off in a two best ball format, and pros competed for a \$1,000 purse.



Arika Bjorkedal and David Gallentine



Mike Faulkner, Mike Soperak, Don Ham and Ron Henry



Tyler Gubbrud, Jennifer Coleman, Robert Stan and Blake Weeks

The winning pro was Gail Graham with a score of 68. Currently living in Naples, Graham is a three-time winner in the Ladies Professional Golf Association (LPGA) and has won nearly \$1.3 million as a pro. She beat a field of 18 men and six other lady pros during the inaugural tournament.

The winning teams were amateurs Carmen Dellutri, Kyle Parsons, Kyle Petrick, Chadwick Saunders and pro Justin Smith, winning first low gross with a score of 129, and amateurs Don Ham, Ron Henry, Mike Soperak, Steve Yahtsko and pro Mike Faulkner, winning first low net with a score of 122.

This year's event sponsors included Arika Bjorkedal of VIP Realty Group, Dellutri Law Group, P.A., Ed Conner, EnSite, EnTech, Freedom Insurance Center, Investors' Security Trust, Iron Ridge Insurance Services, the Lee County Sheriff's Office, Marshall T. Bower, Esq., Millennium Physician Group, Prosperity PEO, Rasmussen College, Republic Technologies, R.L. James General Contractors, Inc., Sanibel Captiva



Jon Romine, Brent Gibson, Brian Smith, Claudia Redinger, Felicity Lloyd-Jones and Kelsey Haynie



Marshall Bower, Greg Blurton, Beverly Burke, Erica Patti and Margo Brewster



First Low Net winners, from left, Ron Henry, Don Ham, Mike Faulkner, Steve Yahtsko and Mike Soperak



Pro golfer Gail Graham with her team



Scanlon Auto Group was an event sponsor

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The Rotary Club of Fort Myers Sunrise includes 37 members who attend weekly meetings and raise money for various efforts including the Lakes Park Enrichment Foundation, the Heights Foundation, Blessings in a Backpack, Junior Achievement, hunger organizations and more.

For more information, call 218-1997 or email jkimbell46@gmail.com.✧



Pheshette Mims, Kimberly Berger, Rebekah Pray and Toya Felston

Local Business Women Meet

The Greater Fort Myers Chamber of Commerce Women in Business Committee (WIB) hosted its June networking meeting from 4 to 6 p.m. on Wednesday, June 3 at Around the Clock Fitness on Boy Scout Drive in Fort Myers. This month's WIB event provided open networking with games and opportunities to learn more about Nutritious Meals for Busy Women on the Go.

The meeting was hosted and sponsored by Around the Clock Fitness, and featured the Lee Memorial Hospital System Foundation as the nonprofit spotlight. The WIB Scholarship Sponsor was Frank Jean LMT Massage Therapy.

All business professionals are invited to attend meetings. Admission is \$10 for Greater Fort Myers Chamber of Commerce (GFMCC) members and \$20 for future GFMCC members. For more information, call 332-3624 or visit www.fortmyers.org.

Genealogical Society To Meet

Back by popular request, The Ancestry Detective, Debra S. Fleming, will present a program on Census Analysis at the Lee County Genealogical Society meeting on Thursday, June 18.

Most people "check out" when they get to the pre-1850 census records. As heads of household are the only listed persons in the census, people often underestimate the information they can glean from early census records. Fleming will use a case study of a Southern Methodist Minister, born in 1771 and passing in 1842, to describe the methodology behind census analysis. She will show you that anyone can decode the wealth of information available in pre-1850 census records.

The meeting will be held at Cypress Lakes Presbyterian Church's Fellowship Hall, 8260 Cypress Lake Drive in Fort Myers. Doors open at 12:30 p.m.



Debra Fleming

Following some networking with society members, the business meeting will start at 1 p.m.

For more information, visit www.LC-GSFL.org or call Carol at 567-2686.

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Rotary Club Conference Held At South Seas Island Resort



Sherry Penfield and Blair Lovejoy were presented with the prestigious Service Above Self Awards

Rotarians from across Southwest Florida and around the world recently took part in the annual conference for Rotary District 6960. Members from nearly 60 Rotary Clubs were in attendance, including members from India and South



Rotary International District 6960 Governor Pete Doragh was recognized for his year of leadership and service



Bo Turbeville of the Rotary Club of Fort Myers South was presented with a Vocational Service Award



District Governor of Rotary International District 6960 Pete Doragh presents a Vocational Service Award to Dr. Albino Bismonte of the Rotary Club of Marco

the past year. They also exchanged ideas and discussed plans and initiatives for the coming year, including the latest project to raise money to purchase shelter boxes for the people of earthquake-ravaged Nepal.

In addition, guest speakers discussed many trending topics of the day including



Speaker Colleen Stouder from Human Trafficking of SWFL with Brad Ault, president of Rotary Club of Englewood



Suzanne Ward and Kerri Goldsmith from Rotary Club of Fort Myers South



John Germ, Susanne Rea and Ross Russo



Steve and Sharon Milligan with John and Judy Germ

Korea. The annual conference took place from May 14 through 17 at South Seas Island Resort on Captiva. Attendees celebrated the success of the district's many activities and initiatives from



District Governor Elect Cyndi Doragh with Rotary Exchange students



Connie Ramos-Williams, Amanda Wirtz and Patricia Bell



Steve Schlueter, Dr. Marimuthu Natarajan and Rick Williams

human trafficking, Alzheimer's disease and Rotary's continued support and leadership in the fight against polio.✱

King Graduates

Jayne King of Mt. Zion, Illinois was among 206 graduates of the St. Louis College of Pharmacy Class of 2015. King is a graduate of Mount Zion High School. She is the daughter of Tamme and Jay King.

During commencement at the Peabody Opera House in downtown St. Louis, the graduates were bestowed a doctor of pharmacy degree. The graduates included 31 students who joined the college at the start of the professional program. Before the class of 2015, the college had never accepted more than 10 new transfer students in any given year.✱

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World-champion a cappella group, Crossroads Quartet, kicks-off this year's Shell Point Summer Concert Series with a performance on Saturday, June 13 at 7:30 p.m.

Along The River

This year's **Shell Point Summer Concert Series** kicks off with a performance by the Crossroads Quartet on Saturday, June 13. Doors open at 6:30 p.m. and the concert begins at 7:30 p.m. Tickets are \$21.

Crossroads is a world-champion a cappella quartet made up of four versatile, award-winning vocalists. Though steeped in the traditional barbershop harmony, the Crossroads Quartet sings a wide variety of musical styles, including vocal jazz, blues, gospel, pop classics, and standards from the Great American Songbook.

Crossroads was formed when four friends from four different states singing with four different international champion quartets came together to make a new sound. Two years later, they were crowned the Barbershop Harmony Society's International Championship Quartet. Since then, they have produced two recordings and have become one of the most sought-after a cappella quartets in the world.

The Shell Point Summer Concert Series takes place at The Village Church Auditorium, 15100 Shell Point Boulevard, Fort Myers. Call 454-2067 or go to www.shellpoint.org.

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shellpoint.org.

On Tuesday, June 16, the **Clinic for the Rehabilitation of Wildlife** presents **Patient Profiles: Sea Turtles, presented by CROW staff.**

CROW is the only licensed sea turtle facility from Sarasota to Miami on the southwest coast of Florida. Come listen as one of CROW's team members describes why they are admitted and how the medical staff treats this species. The presentation is from 11 to 11:45 a.m. in CROW's Visitor Education Center. Cost is \$5.

CROW is located at 3883 Sanibel Captiva Road, Sanibel. For more information, call 472-3644, ext. 228 or go to www.crowclinic.org.

Writers Meeting



Rik Feeney

The Gulf Coast Writers Association will meet Saturday, June 20 from 10 a.m. to 12 p.m. at Zion Lutheran Church, 7401 Winkler Road in Fort Myers. There is no charge for members and first-time visitors. Non-members are \$5.

The guest speaker is Rik Feeney. Feeney is the author of several books including *Writing Books for Fun*, *Fame & Fortune!*, his latest book, *Editing Basics for Authors and Indie-Publishers!*, the soon to be released

Kindle publishing *Success Guide and Workbook*, as well as the upcoming memoir, *What are Little Boys Made of...?* He is a book coach, book cover designer and publishing consultant. He talks at writers conferences and seminars and is the leader of the Orlando Florida Writer's Association Group. His passion is helping authors effectively and successfully publish their books.

His topic for the meeting will be Digital Books: Don't get left behind!

Digital books are the wave of the future. Even if you publish traditionally, the additional markets available through digital books are enormous. Learn the basics so you can get your books published digitally, in most cases within 24 hours (and for free) on popular e-readers like the Kindle and Nook, and online through Barnes and Noble's NookPress, Google Editions, and other digital outlets.

Books are not the only thing you can publish digitally. You can also publish short stories, poems, recipes, white papers, short reports and booklets. It's a great way to support and market your fiction writing.

Participants will learn how to develop content for their books easily and quickly, prepare digital documents from one-page reports to multi-page books, publish digital documents, and market digital documents.

Visit Feeney's website at www.PublishingSuccessOnline.com and www.KindlePublishingSeminar.com.

For more information, visit www.gulf-writers.org or call 247-4515.

ArtFest Poster, T-Shirt Competition

ArtFest Fort Myers, Southwest Florida's premier fine art festival, announced details for the Commemorative Poster/T-shirt Competition for the 2016 festival.

"This competition is open to all professional artists," explained Sharon McAllister, executive director. "Our Commemorative Poster and T-Shirt always feature inspiring original artwork and we encourage any artist, not just those applying to participate in ArtFest Fort Myers 2016, to submit their artwork for poster/T-shirt consideration."

The artist whose work is selected for the poster/T-shirt will be featured in a broad range of print, online and VIP promotions preceding festival weekend, and continuing throughout the year, as well as a free booth space at ArtFest Fort Myers 2016, a complimentary three-night stay at the host hotel, an invitation to participate in ArtFest Fort Myers 2017 and more.

"I was absolutely thrilled when Sharon McAllister told me that I had been chosen as the ArtFest Fort Myers Poster Artist," said Ellen Negley about her 2015 poster artist experience. "The Poster Unveiling Party was a special evening that began a month of great exposure to a Fort Myers community that truly sustains the arts. Between robust coverage in the media, a supportive festival committee and a very busy festival weekend, I feel incredibly lucky to represent ArtFest Fort Myers."

Submissions for this contest must represent original artwork, in a theme that reflects Southwest Florida and is appealing to a broad audience. Entries are being accepted through August 17, and images can be submitted by email. For more information, visit our ArtFestFortMyers.com and click on "Poster Contest" or call 768-3602.

Proceeds from the sales of the poster and T-shirt help to support a variety of ArtFest Fort Myers' art education outreach programs.

ArtFest Fort Myers will take place on February 5, 6 and 7, 2016 in the Fort Myers River District. For more information, visit ArtFestFortMyers.com.

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DOC FORD'S RUM BAR & GRILLE

Doc Ford's Rum Bar & Grille is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels.

It's a well known gathering place with indoor and outdoor patio seating. The combined menu offers all the lunch and dinner items from 11 a.m. until closing. It includes cedar plank salmon topped with a mango chipotle glaze or a marinated grilled chicken sandwich and there's a well provisioned raw bar. Tropical drinks are a specialty, notably the signature rum drink, Island Mojito.

708 Fisherman's Wharf, Fort Myers Beach. Call 765-9660.

ICHIBAN

Ichiban is a downtown favorite for Chinese and Japanese cuisine. The name means "Number One" in Japanese and offers its customers the perfect balance of great quality and affordable prices. Ichiban has been family owned and operated for 10 years and its enduring popularity is a testament to its exceptional, friendly service.

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Grab a seat and enjoy an udderly satisfying meal at Island Cow eating porches.

2163 Periwinkle Way, Sanibel. Call 472-0606.

NERVOUS NELLIE'S

Nervous Nellie's is a casual, family-fun restaurant that boasts a large selection of appetizers, fresh seafood, over-stuffed sandwiches and entrées. Dine in air-conditioned comfort or outside on Nellie's expansive waterfront patio. Happy hour all day. Grab a bite to eat or drink and swing to the beats of live reggae, rock and island music from the area's premier musical talent.

Just upstairs from Nellie's is Ugly's Waterside Bar, the place where everyone gets prettier, and happy hour is all day, every day.

Parking for your car or boat for free for patrons. The GPS coordinates are 26°27'23.41" N • 81°57'15.18" W.

1131 First Street, Fort Myers Beach at the Fort Myers Historic Seaport at Nervous Nellie's Marina. Call 463-8077.

SS HOOKERS

Get hooked on great cuisine and spirits at SS Hookers. The restaurant pays tribute to the rich history of Punta Rassa, the home of big game fishing. It serves American cuisine with a Cajun twist. Waterfront dining is available daily for breakfast, lunch and dinner.

After a triumphant day of fishing, bring your catch to the restaurant: "If you hook it, our chef will cook it." A late night bar features live music nightly. A fresh seafood market, bait shop and gifts are also on site.

17501 Harbour Pointe Drive, Fort Myers. Call 466-4377.

continued on page 24

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ALL SAINTS BYZANTINE RITE CATHOLIC CHURCH

10291 Bayshore Road, North Fort Myers Divine Liturgy Sunday 10:30 a.m.; Rosary begins 10 a.m. Lenten services (Pre-sanctified Liturgy) will be on Wednesday evenings at 6 p.m. starting February. Very Reverend Peter Lickman, 305-651-0991. Church of the Eastern Catholic or Byzantine Rite, 1.5 mi. east of Interstate 75.

ANNUNCIATION GREEK ORTHODOX CHURCH

8210 Cypress Lake Drive, Fort Myers Reverend Fr. Dean Nastos, Proistamemos Orthros Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., www.annunciation.fl.goarch.org, 481-2099

BETH SHILOH

MESSIANIC SYNAGOGUE

15675 McGregor Boulevard. Rabbi Judah Hungerman. Friday Service, 8 p.m., Saturday Service, 11 a.m. Shabbat School Saturday Morning, Adult Hebrew Classes. Call for information 437-3171

BREAD OF LIFE MINISTRIES

CHURCH OF GOD

16581 McGregor Boulevard, 267-3166 Just past the Tanger Outlet Mall. Pastor Barry Lentz, 281-3063. Sunday Worship, 10:30 a.m., Wednesday Bible Study, 7 p.m.

CHABAD LUBAVITCH

OF SW FLORIDA ORTHODOX

5620 Winkler Road, Fort Myers. Rabbi Yitzchok Minkowicz. 433-7708, rabbic@chabadswf.org. www.chabadswf.org. Friday service 6:30 p.m.; Saturday Kabbalah class 9 a.m.; Shacharit 10 a.m.; Kiddush at noon. Minyan Monday and Thursday 7 a.m.

CHAPEL OF CYPRESS COVE

10200 Cypress Cove Circle Fort Myers 850-3943, Located at Cypress Cove Retirement Center on HealthPark Campus An ecumenical non-denominational community of believers. Sunday Worship Service, 10 a.m.; Wednesday Bible Study, 7 p.m. Reverend Ted Althouse, Pastor revtedalthouse@aol.com

CHURCH OF THE CROSS

13500 Freshman Lane; 768-2188. Pastor Bud Stephens; A nondemonimational church emphasizing a personal relationship with Jesus Christ. Sunday Service: 9:15 a.m. Traditional, 10:45 Contemporary. CONGREGATIONAL CHURCH

1619 Llewellyn Drive Fort Myers. Just off McGregor across from the Edison/Ford Winter Estates 334-4978, Pastor Douglas Kelchner, Worship times Sunday's 9 and 10:30 a.m. Website: www.taecc.com

COVENANT PRESBYTERIAN CHURCH

2439 McGregor Boulevard, 334-8937 Reverend Dr. Jeffrey DeYoe, Senior Pastor Reverend David Dietzel, Pastor Emeritus. Traditional Sunday service 10 a.m. Nursery available.

CYPRESS LAKE BAPTIST CHURCH

8400 Cypress Lake Drive, Fort Myers, 481-5442 Randy A. Alston, Reverend. Sunday Services: Bible study, 9:45 a.m. Morning Worship, 11 a.m., Evening Worship, 7 p.m., Wednesday Prayer Meeting, 6:30 p.m.

CYPRESS LAKE

PRESBYTERIAN CHURCH

8260 Cypress Lake Drive, Fort Myers, 481-3233. www.clpc.us. Clint Cottrell, Pastor. Prayer Service 8 a.m., Praise 9 a.m., Children's Church 9 a.m., Traditional 11 a.m. Summer Prayer Service 8 a.m. Combined Traditional/Praise 10 a.m.

CYPRESS LAKE UNITED METHODIST CHURCH

8570 Cypress Lake Drive, Fort Myers, 482-1250, 8 and 11 a.m. Sunday Traditional Service 9:30 a.m. Praise Service Sunday School all times.

FAITH FELLOWSHIP WORLD OUTREACH MINISTRIES

6111 South Pointe Boulevard, Fort Myers, 278-3638. Sunday Worship, 10:30 a.m.; Voice of Faith, WCRN 13.50 AM Radio, Sunday, 1:30 p.m.; Thursday Service, 7:30 p.m.; Friday Youth Service, 7:30 p.m. Nursery care for pre-school children and Children's Church ages 5 to 12 available.

FAITH UNITED METHODIST CHURCH

15690 McGregor Boulevard, Fort Myers, 482-2030. Pastor David Stauffer. 9 a.m. Contemporary Worship. 10:10 a.m. Sunday School. 11:15 a.m. Traditional Service. 5:30 p.m. Youth Group. Go south on McGregor Boulevard. The church is ½ mile past the intersection of Gladiolus and San Carlos Boulevard on the way to Sanibel.

FIRST CHURCH OF CHRIST, SCIENTIST

2390 West First Street, next door to Edison Estates. Sunday Morning Service and Sunday School, 10:30 a.m.; Wednesday Evening Testimony Meeting, 5:30 p.m. Child care provided at all services. Visit our Reading Room for quiet study at: 2281 First Street, River District. www.time4thinkers.com, www.christiansciencefortmyers.com. www.christianscience.com

FIRST CHURCH OF THE NAZARENE

13545 American Colony Boulevard off Daniels Parkway in the Colony, Fort Myers, 936-2511 Pastor Reverend Joey Brummett Sunday School: 9:30 a.m.; Morning Worship, 10:30 a.m.; Sunday Evening, 6 p.m.; Wednesday Family Night, 7 p.m.

FIRST UNITED METHODIST CHURCH

Downtown Fort Myers River District, 2466 First Street, 332-1152. www.fumcftmyers.org. Sunday Services: 9 a.m. Contemporary Worship; 10:10 a.m. Sunday School; 11:15 a.m. Traditional Service; 5:30 p.m. Youth Group.

FORT MYERS CHRISTIAN CHURCH (DISCIPLES OF CHRIST) A STEPHEN MINISTRIES CONGREGATION

5916 Winkler Road, Fort Myers, 437-4330 Pastor Reverend Mark Condrey. Sunday Worship: 10:30 a.m. Church School: 9:15 a.m.

FORT MYERS CONGREGATIONAL

UNITED CHURCH OF CHRIST:

8210 College Parkway, Fort Myers. 482-3133. Philip White, pastor. Morning Worship: 10 a.m., Church School: 10:15 a.m., Adult Forum: 11:30 a.m.

IONA-HOPE EPISCOPAL CONGREGATION

9650 Gladiolus Drive, Fort Myers 454-4778. Reverend Ray Buchanan Rector. Saturday 5 p.m., Eucharist with Healing; Sunday 8 a.m., Holy Eucharist, Rite One; 9:30 a.m., Family Eucharist with Healing and Church School. Tuesday 9:30 a.m., Morning Prayer (in Spanish); Wednesday 9:30 a.m., Eucharist with Healing. Child care available Saturday 5 p.m. and Sunday 9:30 a.m. services.

JESUS THE WORKER

CATHOLIC CHURCH

881 Nuna Avenue, Fort Myers, 481-1143 Masses Friday and Saturday, 7 p.m.; Sunday, 8 and 10 a.m. and 6 p.m.

KINGDOM LIFE CHURCH

2154 McGregor Boulevard, Fort Myers, 218-8343. Pastor Randy and Anita Thurman. 10:30 a.m. Sunday Service.

LAMB OF GOD CHURCH

One of a few federated Lutheran (ELCA) and Episcopal Congregations in the nation. 19691 Cypress View Drive, Fort Myers. 267-3525. www.lambofgodchurch.net. Reverend Dr. James Reho. Sunday 7:45 and 10 a.m. Sunday's Cool for Children 10 a.m. NEW BEGINNINGS CENTER

New Home Church, 8505 Jenny Cae Lane, North Fort Myers, 656-0416. Weekly Friday meeting meet and greet 6:30 p.m. Kingdom Teaching 7 p.m. Fellowship and refreshments. nbcministry@embarkmail.com, www.facebook.com/nbcministry. Alex and Patricia Wiggins, Ministers

NEW COVENANT EYES CHURCH

See Clearly. Meeting monthly at 9 a.m. at the Elks Lodge. 1900 Park Meadows Drive, Fort Myers. 220-8519. Pastor Alan Bondar. www.newcovenanteyes.com. LIFT Kidz program, free coffee and donuts.

NEW HOPE BAPTIST CHURCH

OF FORT MYERS

16120 San Carlos Boulevard, Unit 10. 985-8503. 9:45 a.m. Sunday School for all ages. 11 a.m. Sunday Morning Worship. 7 p.m. Wednesday Evening Bible Study.

NEW HOPE PRESBYTERIAN CHURCH

3825 McGregor Boulevard. Fort Myers. Pastor Eddie Spencer. 8 and 9:30 a.m. Traditional Worship. 11 a.m. Contemporary Worship. 8, 9:30 and 11 a.m. Sunday School. Youth and Children's programming runs concurrent to Sunday services. Nursery care provided at all services. 274-1230. www.newhopefortmyers.org.

PEACE COMMUNITY CHURCH

Meets at Fort Myers Beach Masonic Lodge. 17625 Pine Ridge Road, Fort Myers Beach 267-7400. Pastors Bruce Merton, Gail and RC Fleeman. Adult Discussion Classes 9 to 10 a.m. Countdown to Worship 10:10 a.m. Amazing Grace Worship: 10:30 a.m. 267-7400. peacecommunitychurch.com. peace1265@aol.com.

PEACE LUTHERAN CHURCH

Sunday Worship at 9:30 a.m. Peace a member of ELCA. Weekly communion with traditional liturgy, organ and choir. 15840 McGregor Boulevard, Fort Myers, on the way to Sanibel. 437-2599, www.peaceftmyers.com, peace@peaceftmyers.com.

REDEEMER LUTHERAN CHURCH

3950 Winkler Ext., Fort Myers, 274-0143 8:15 and 10:15 a.m. Sunday Services Daily early learning center/day care.

RIVER OF LIFE ASSEMBLY OF GOD

21580 River Ranch Road, Estero. 495-0400, Senior Pastor Todd Weston. 8 and 9:45 a.m. Services; 11:30 a.m. Legacy Service, multi-generational.

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. Guided meditations, methods to relax body and focus mind on virtuous objects. Bring peace and happiness into daily activity. 567-9739. www.MeditationInFortMyers.org.

SAINT COLUMBKILLE

CATHOLIC CHURCH

12171 Iona Road, Fort Myers, off McGregor and north of Gladiolus. 489-3973 Father Joseph Clifford. Monday through Saturday 8 a.m. Saturday 3 and 5 p.m.; Sunday 7, 9, 11 a.m. and 5:30 p.m. Reconciliation Saturdays 12 noon and by appointment.

ST. FRANCIS XAVIER CATHOLIC CHURCH

2157 Cleveland Avenue, Fort Myers, 334-2161. Masses: Mon.-Thurs. 6:45 a.m.; Fri. 6:45 & 11 a.m.; Sat. 4 p.m.; Sun 6:45, 9:30 & 11 a.m., 12:15, 4 Creole & 6 p.m.

SAINT JOHN THE APOSTLE

METROPOLITAN COMMUNITY CHURCH

3049 McGregor Boulevard, Fort Myers, 344-0012. Pastor Reverend Steve Filizzi. An Affirming and Inclusive Congregation Sunday Services 10 a.m.

SAINT MICHAEL LUTHERAN

CHURCH & SCHOOL (LCMS)

3595 Broadway, Fort Myers, 939-1218, Worship: Saturday 5:30 p.m., Sunday 8 and 10:45 a.m. Bible Study for adults and children Sunday at 9:15 a.m.

SAINT PETER LUTHERAN CHURCH

3751 Estero Boulevard, Fort Myers Beach, 463-4251, www.stpeterfmb.com. Sunday worship service at 9:30 a.m.

SAINT NICHOLAS MONASTERY

Church and Bookstore. 111 Evergreen Road (southwest corner of Evergreen Road and Gail Street.) Liturgical services conducted in English and Church Slavonic; following the Julian (Old) Calendar. Liturgical Services Sundays and Holy Days 9:30 a.m. Holy Liturgy 0 a.m. Call to confirm service schedule: 997-2847; Bookstore 691-1775. www.saintnicholas-monastery.org.

ST. VINCENT DE PAUL

CATHOLIC COMMUNITY

13031 Palm Beach Boulevard (3 miles east of I75) East Fort Myers (across from Fort Myers Shores) 693-0818. 9 a.m. Tuesday through Friday. 4 p.m. Saturday, 9 and 11 a.m. Sunday.

SOUTHWEST BAPTIST CHURCH

16940 McGregor Boulevard, Fort Myers, 454-3336. Robert G. Kasten Pastor. Sunday 11 a.m. Nursery 9:45 a.m. Sunday School all ages. Junior Church grades one to five. Wee Church Pre-K to K. Evening Service 6 p.m. Wednesday Service 6 p.m.

TEMPLE BETHEL SYNAGOGUE

16225 Winkler Road Fort Myers. 433-0018, www.templebethel.com. rabbi. barras@templebethel.com. Rabbi Jeremy Barras, Cantor Victor Geigner, Religious School Director Dale Cohen, Learning Tree Director Jesyca Virnig, Office Manager Inna Vasser. Union For Reform Judaism Shabbat Service Friday 7:30 p.m., Torah Study Saturday 9:30 a.m. Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. Learning Tree Monday through Friday.

TEMPLE JUDEA (CONSERVATIVE)

14486 A&W Bulb Road, Fort Myers, 433-0201, Rabbi: Rabbi Marc Sack Minyan: Monday at 9 a.m. Religious Education: Sunday mornings and Wednesday evenings. Services Friday 6:15 p.m. and Saturday 9 a.m. www.tjswfl.org.

THE NEW CHURCH

The New Church of SWFL, 10811 Sunset Plaza Circle #401, behind Zoomers. Reverend Gabriella Cahaley. Sundays 11 a.m. during the season. Other worship events on Fort Myers Beach. <http://www.newchurchflorida.com>. 481-5535.

UNITARIAN UNIVERSALIST

CHURCH FORT MYERS

13411 Shire Lane (off Daniels Parkway one mile west of I-75). Minister The Reverend Allison Farnum. Sunday services and religious education at 10:30 a.m. 561-2700. www.uucfm.org.

UNITY OF BONITA SPRINGS

28285 Imperial Street, Bonita Springs. 947-3100. Family Service 10 to 11 a.m. Healing Circle 11 a.m. Hospitality and Fellowship, 11 a.m. Inspiring lesson, uplifting and dynamic music, meditation in a loving environment.

UNITY OF FORT MYERS

11120 Ranchette Road, Fort Myers Sunday Services 9:15 and 11 a.m. Children's classes 11 a.m. Reverend Jim Rosemergy. 278-1511, www.unityoffortmyers.org. Our God is Love, Our Race is Human, Our Religion is Oneness

WESTMINSTER PRESBYTERIAN CHURCH

9065 Ligon Court, Fort Myers, across from HealthPark Hospital, 481-2125. Senior Pastor Robert Brunson. Sunday 9:30 a.m. Sunday School for all ages. 11 a.m. Blended Worship. www.westminsterfortmyers.org

WORD OF LIFE CHURCH

2120 Collier Avenue, Fort Myers. 274-8881. Sunday 10 a.m.; Wednesday 7 p.m. Bishop Gaspar and Michele Anastasi

ZION LUTHERAN CHURCH

7401 Winkler Road, Fort Myers. 481-4040. Pastor Curtis Deterding. Sunday 8 a.m. Traditional, 10:45 a.m. Blended, 9:30 a.m. Educational Hour. www.zionfm.org✠

OBITUARY



JOSE SUAREZ JR.

Jose Suarez, Jr., 70, a Lee County resident for the past 28 years, formerly of Tampa, Florida, passed away on Wednesday, June 3, 2015 in Fort Myers. He was born on July 1, 1944 in Tampa, Florida to Jose and Josephine Suarez, Sr., now deceased.

Jose, known to many as Joe, was a member of St. Columbkille Catholic Church in Fort Myers. He fell in love with Sanibel and Captiva and was fortunate to live and work in his "earthly paradise" for 13 years.

He is survived by his beloved wife of 50 years, Gilda Suarez, of Fort Myers; three loving children, Joe Suarez (Rita) of Atlanta, Georgia, Ken Suarez (LeAne) of Fort Myers, Florida, and Christian Suarez (Sarah) of Boca Raton, Florida; a sister, Alice Martinez (Cesar) of Tampa, Florida; 11 grandchildren, Jeri, Ashley, Miranda, Kalli, Elisha, Austin, Alec, Max, Nicolas, Steven, and Tyler; five great grandchildren, Emma, Hunter, Avrie, Rett, and Axel; as well as numerous nieces and nephews.

A memorial mass will be held at 11 a.m. on Saturday, June 13 at St. Columbkille Catholic Church, 1271 Iona Road, Fort Myers, with Father Eric Scanlon officiating.

Memorial contributions in memory of Jose Suarez, Jr. are suggested to Golisano Children's Hospital, 9981 S. Health-Park Drive, Fort Myers, FL 33908.

Friends are invited to send condolences via the online guest book which can be found at www.MullinsMemorial.com.

Mullins Memorial Funeral Home & Cremation Service, Fort Myers, is entrusted with final care.✽

Read us online at
IslandSunNews.com

Back To School Backpack Event

Ebenezer Christian Academy of Fort Myers, Inc. is hosting its annual Enriching the Future – Our Students Back To School Backpack event on Sunday, July 12 for the children in the after school tutoring program, youth from Central Fort Myers, their families, and friends of the Academy. The school is located at 2420 Highland Avenue in Fort Myers.

At the event, which begins at 2 p.m., backpacks filled with school supplies are provided to each child going to school (elementary through high school). In addition, barbeque and refreshments will be served, a bounce house and youth

activities will take place and a ceremony honoring the achievements of students (e.g. each student passing their FCAT or improving at school receives a Certificate of Achievement) will occur. Local government officials and friends of the Academy attend and speak to those in attendance. The fire department provides tours of a truck and the City of Fort Myers police department will provide safety education.

The annual gathering assists the Academy in reaching its mission of encouraging each child and teen to have a positive attitude in life, and to display their achievements to their families and others in the community.

For more information, contact Natacha Gabriel at 440-2669 or gabrielinvtory@netzero.net.✽

Local Church Offers Weekly Food Pantry

On Tuesdays and Fridays from 9 to 11 a.m., St. Vincent de Paul Church operates a food pantry at 2073 Lafayette Avenue on the corner of Grand, one block west of the City of Palms baseball stadium in Fort Myers.

To be eligible for food assistance, you will need a photo ID and meet USDA eligibility requirements. You are eligible to receive food once a week if your household meets the income guidelines available at the food pantry or participates in

any of the following programs:

- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Assistance to Needy Families (TANF)
- Supplemental Security Income (SSI)
- Medicaid

You only need to meet one of these requirements to be eligible to receive USDA foods.

Volunteers and food donations are always welcome. Contact the church at 334-9225 to donate and/or volunteer your time.

For more information about local food pantries, go to www.foodpantries.org/ci/fl-fort_myers.✽

Community Cooperative Seeks Summer Meals On Wheels Drivers

Community Cooperative is in need of volunteer drivers for its Meals On Wheels program to fill summer vacancy schedules from seasonal drivers.

"We are very appreciative of all our volunteers who give their time and support to the Meals On Wheels program so that our homebound seniors don't go hungry," said Tracey Galloway, CEO for Community Cooperative. "It only takes an hour or two of volunteering to help a senior in need. We are hoping our local families with students or teachers on summer break will select a morning or two to fill in some. It's a great opportunity for businesses in the off-season as well."

Community Cooperative serves more than 400 homebound seniors and more than 8,000 meals each month through its Meals On Wheels program. The agency relies solely on volunteer drivers to cover its current routes and transport delivery to drop-off locations across Fort Myers, North Fort Myers, Lehigh Acres, Cape Coral, Estero and Bonita Springs.

Transport drivers are needed to pick up coolers containing hot meals prepared at our MLK location and delivering them to route starting points in South Fort Myers (four stops), Bonita Springs (one stop) and North Fort Myers (four stops). Pick up is at 8:30 a.m. Monday through Friday and takes anywhere from one to two hours. (An SUV, van or truck is recommended due to the amount of coolers needing transport.) Both Transport and Route Drivers must have current drivers' license and insurance.

Route drivers are needed in the following locations:

- Central Fort Myers – Departs from our office at MLK Blvd. between 10 and 10:30 a.m.; makes 12 to 18 stops; takes an average of two hours to complete route. (Five routes need drivers.)
- Bayshore Road Area (North Fort Myers) – Departs from VIP (Visually Impaired Person's Center).
- Lehigh Acres – Departs from Lehigh Community Services (Lehigh United Way House).
- Cape Coral – Depart from the Cape Coral location (1105 Cultural Park Blvd., Cape Coral) – Three routes need drivers.

The Meals On Wheels home delivery program delivers hot, nutritious and well-balanced meals weekday mornings, including extra for the weekend, to Lee County residents who are elderly, ill or disabled and unable to shop or prepare their own food. Drivers provide daily nutrition and contact for homebound residents regardless of their ability to pay.

For more information, visit www.CommunityCooperative.com or call 332-7687.✽



Calendar Girls

Marine Receives Local Support

Local veteran Bo McCormick held a fundraiser for Marine Corporal Brooke Douglas on Sunday, June 7. Douglas is recovering from cancer. The Calendar Girls, along with Pink Heals, were there to celebrate.

The Calendar Girls have been supporting veterans since 2006, and would love to come to your next event. For more information, visit www.calendargirlsflorida.com.✽

Zero To Hero, All In One Bite



by Capt. Matt Mitchell

Most morning trips this week were spent chasing tarpon, and despite a few strikeouts, I did manage some success both on the beaches and in the bay. Beaches from

Cayo Costa south to Blind Pass all had tarpon traveling on them. Being patient and setting up while the fish came to you was the more productive way to fish these often slow-moving fish.

While anchored off the beaches, I have my anglers naturally drift live baits under floats while I keep a shotgun rod loaded and ready to cast if the opportunity at a rolling fish presents its self. The tarpon we hooked on the beach came a little unexpectedly on a pinfish while we were watching a small school of tarpon go by on the other side of the boat. Gotta love those circle hooks!

By mid-morning, the tarpon seem to vanish or just quit showing out on the beaches and I've been moving into the southern sound and area's around Captiva Rocks. These inside tarpon ate on cut bait, although I'm always fishing with a variety of baits out in the spread as you simply never know what they are going to take.

While tarpon fishing in the southern sound with Chelsey, Logan and Jeremy Poteiger of Indiana, we got it done right at the end of a morning trip just when it was looking like it was not going to happen. This high-jumping silver king ate a chunk of mullet in seven feet of water and was that one fish that they will remember for life!

While struggling on a afternoon tarpon trip this week to find any fish at all either in the bay or on the beaches, I made the "Hail Mary" run north to Boca Grande to fish the hill tide. I don't do this very often but with very few tarpon anywhere else, it was at least a place we would get some shots at fish. After dip-netting swimming crabs, we moved out towards the Pan just out from the pass and started pitching our pass crabs through the hundreds of rolling tarpon. After roughly two hours in the pass with lots of shots at fish, we did not see a single boat hook so we called it



Jeremy Poteiger of Indiana with a tarpon he caught and released while fishing Pine Island sound with Capt. Matt Mitchell this week

a day. Basically, it was a tough week of tarpon fishing even though I did manage to get a few clients fish.

Pass fishing for snook around the full moon was totally another story when compared to the slow tarpon bite we have been experiencing with non-stop action on either tide. Shiners and pinfish both caught snook after snook, with most of these fish being the smaller males but a few times per trip, clients would tie into a much bigger female and more often than not get freight trained. Even when the baits got out of the snook strike zone, anglers were often rewarded with a keeper-sized trout. Pass fishing continues to be outstanding and the best action around.

While fishing a few days this week, I had kids on charters or anglers who where looking to take home fillets. While mangrove creek fishing on the incoming tide, we managed a few more snook and some quality mangrove snapper. On these kid trips, I took some live shrimp along with plans of throwing popping corks for trout if we needed to find something fast paced. Free-lining these shrimp in the mangrove creeks had the keeper-sized mangrove snapper coming out of the woodwork. After watching big mangrove snapper chase our shiners around and not take them, they simply

could not refuse a shrimp.

Redfish action got a little better this week, too, with the mangrove keys around Gault Island holding a few slot-sized fish chumming heavy and waiting these fish out while soaking cut baits during the very top of the incoming tide caught one here and there. The redfish bite can only continue to improve as we get further into summer.

Guiding tarpon trips with the bite being as tough as has been the last few weeks can be a real love/hate relationship between the guides who fish for them daily and the tarpon that have been eluding us. When leaving the dock, you know your going to return one of two ways: either a hero or a zero with basically nothing inbetween. Like most things in life, though with great patience and persistence can come great rewards. When tarpon fishing, you are only one bite away from having a great trip.

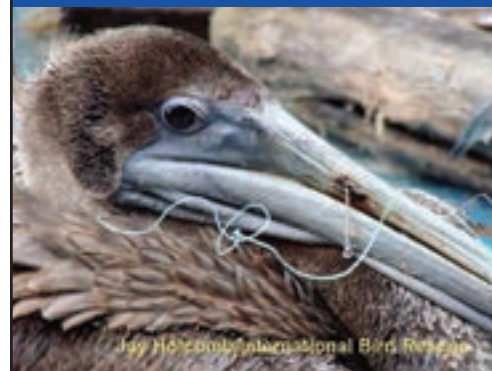
Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmatt-mitchell@aol.com.✱

Send Us Your Fish Tales

The River Weekly would like to hear from anglers about their catches.

Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include photographs with identification. Drop them at the *River Weekly*, 1609 Hendry Street, Suite 15, Fort Myers, Florida 33901, or email to press@riverweekly.com.

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CROW Case Of The Week:

Bobcat Kittens



by Patricia Molloy

On May 29, as the last hot spots were extinguished in a brushfire near the Southwest Florida International Airport in Fort Myers, desperate cries were heard emanating from the charred landscape. Following the sound of the pleas, crew members

– including a panther biologist with the Florida Fish and Wildlife Conservation Commission – discovered a frightened bobcat kitten under a burned bush. The tiny female – no more than four weeks old – was dehydrated and exhausted. And she was completely alone, with no sign whatsoever of her mother or any litter mates.

Realizing that the kitten had suffered burns to each of her paws, FWC delivered her to CROW for treatment. The arrival of the young female bobcat (patient #15-1646) came as a bit of a surprise, as an orphaned male bobcat (patient #15-1536) had been admitted to the wildlife clinic from Bonita Springs mere days before.

Found throughout North America, bobcats (*Lynx rufus*) have adapted well to suburban life in peninsular Florida. Rarely seen by humans, these reclusive wild felines are roughly twice the size of domestic cats, with an adult male weighing between 20 and 30 pounds (females are smaller).

After an adult female gives birth to a litter – which is usually comprised of three kittens – the young bobcats will stay with mom until they are approximately eight months old. Once dispersed, bobcats lead solitary lives, only socializing long enough to complete courtship and mating each season.

When the little male arrived, he was severely dehydrated and malnourished, too weak to even stand. In the ensuing two weeks, he has gained weight and is now strong enough to walk on his own. Most significantly, he has become very

continued on page 14



The female kitten, patient #15-1646, was rescued from a brushfire in Fort Myers during which she sustained burns to all four paws



The young male, patient #15-1536, is an orphan from Bonita Springs and is slightly larger than his roommate

Law And Order Ball Tickets On Sale Now

Tickets are now on sale for the Law and Order Ball, presented by Rotary Club of Fort Myers South, at 6 p.m. on Saturday, September 19 at Harborside Event Center in downtown Fort Myers.

This annual event recognizes local law enforcement and celebrates their dedication and commitment to our community. New this year is the Fund-A-Cop program, an opportunity to help a member of Lee County Law Enforcement to attend by underwriting the cost of a ticket for him or her.

Tickets are \$150 per person and \$1,200 for a table of eight. To purchase tickets for your party or for officers through the Fund-A-Cop opportunity, visit www.lawandorderball.org.

Creighton Construction & Development along with Ada's Natural Market graciously returns as the Title Sponsor for the Law and Order Ball. This gala event honors the law enforcement agencies and officers who go above and beyond the call of duty, and includes cocktails, hors d'oeuvres, a sumptuous dinner, a silent and live auction, entertainment and some very special surprises. All proceeds benefit the Rotary Club of Fort Myers South Foundation and Lee County law enforcement youth programs.

The agencies to be recognized are: Cape Coral Police Department, Florida SouthWestern State College Police Department, Florida Gulf Coast University Police Department, Fort Myers Police Department, Lee County Port Authority Police, Lee County Sheriff's Office and Sanibel Police Department. Nominations from each agency for the Officer of the Year Award, to be presented at the event, will be accepted. One special hero will be awarded and receive a custom designed piece by Rotarian Mark Loren of Mark Loren Designs.

The inaugural Law and Order Ball, held in October of 2014, drew more than 400 local dignitaries, law enforcement representatives, business owners and residents, and raised \$84,000. Many levels of sponsorship opportunities are available, with major sponsors being honored at a special VIP reception.

Aside from Creighton Construction & Development and Ada's Natural Market, the other sponsors who have returned without hesitation to support this successful and important event include LeeSar, Survival Armor, Edison National Bank, which has increased its commitment as a Major Sponsor, CONRIC PR & Marketing and The Eventful Company. Rotary Club of Fort Myers South is also grateful to a new sponsor, CFS Roofing.

For information about in-kind donations and the many different sponsorship opportunities that are still available, visit www.lawandorderball.org or contact Lori Cook North at lori@eventfulinc.com.✧

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- Half Day Shelling Adventure
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Reservations required by calling 239.472.5300



Plant Smart

Myrsine

by Gerri Reaves

Mysine (*Myrsine cubana*) is a long-lived evergreen tree that reaches up to 30 feet tall with a rather narrow form and irregular crown.

Also called colicwood and Florida rapanea, its habitat includes hammocks, pinelands and moist areas.

This hardy and adaptable native species tolerates various light levels and conditions.

Salt tolerance suits it to coastal plantings, but it will not tolerate long-term inundation by salty or brackish water. Once established, it is somewhat drought-tolerant.

It is an excellent species to plant for wildlife, for it provides shelter and plentiful food for birds such as jays, woodpeckers, cardinals and thrashers, as well as small mammals.

The trunk with smooth gray bark reaches up to three inches in diameter. Mature trees tend to spread and become multi-trunked.

The smooth leathery alternate leaves are three to five inches long. Oval or oblong with rounded tips and rolled-under edges, they bunch at the branch ends on older trees.

Flowers and leaves typically appear on the leafless part of the branches.

Clusters of inconspicuous greenish



By summer's end, the fruit ripens to blue-black, remaining on the branches as a food source for wildlife

photos by Gerri Reaves

white flowers have five lobes and purplish stripes. They appear right on the twigs and bloom throughout the year, but more profusely in fall and winter.

The berries of less than a half-inch in diameter ripen from green to blue-black by late summer and remain on the stems most of the year.

The fruit is edible for humans, too, but reportedly is not palatable.



Myrsine's leaves tend to bunch at the branch ends

Fructing requires both a male and female tree in close proximity.

Myrsine works well as a hedge, buffer, or screen, and its verticality makes it useful as an accent plant. Left to spread, it will form thickets of thin branches.

Propagate it with the single seed inside the fruit.

Sources: *Florida, My Eden* by Frederick B. Stresau; *Florida Plants for Wildlife* by Craig N. Huegel; *National*

Audubon Society Field Guide to Florida by Peter Alden et al.; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *The Shrubs and Woody Vines of Florida* by Gil Nelson; *Wild Plants for Survival in South Florida* by Julia F. Morton; floridasnature.com; fnps.org; and regionalconservation.org.

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

From page 13

Bobcat Kittens

feisty and hisses and growls when it's time for his daily weigh-in. For his safety and that of the clinic's staff and students, one wears heavy raptor gloves whenever gathering him for treatments, and immobilizes him by gently wrapping him in a towel for transport to the examination room.

"They're both doing well," explained Dr. Brittany. "The little one's feet are starting to scab over and are looking good." Dr. Heather has stated that two of the female's paws have healed completely and that the other two are 80 percent healed.

Additionally, the female purportedly has a voracious appetite and gobbles her kitten chow with great enthusiasm. "(She) was having some problems getting bloated, which is a little weird since she's not getting any milk now. She's eating so much because she's so excited that she gorges herself!" Dr. Brittany said.

While both kittens are doing well, they will require several more weeks of supportive care. If you would like to support CROW in its efforts to care for these beautiful wild felines, go to www.crowclinic.org and click on the Donate button.

*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 PO Box 150, Sanibel, FL 33957. Call 472-3644 or visit: www.crowclinic.org.**

From page 1

80s Icon Band

the downtown Fort Myers River District.

The 80s Icon Band plays awesome hits of the 1980s and promises to deliver a show that's back to the future. Dance or sing along to Michael Jackson, Prince, Cyndi Lauper, Madonna or rock to the hits of Van Halen, Def Leppard, Bon Jovi and so much more. Don your best 80s look and be featured in the music video which will also be filmed that evening.

Also, don't miss the current juried gallery exhibition *The Art of the Heart*. The People's Choice Award winner will be announced at 8 p.m.

For more information, visit www.sbdac.com.*

Lake Kennedy Senior Center

Clerk Of Courts Records Seminar

Presented by the Lake Kennedy Center, Lee County Clerk of Court Linda Doggett guides you through the information available on the Lee County Clerk of Courts website. Her seminar at the Lake Kennedy Center will take place on Wednesday, June 24 from 10 to 11:15 a.m. Admission is free.

Public records are not only useful to businesses and organizations, but can help you make better informed decisions in your personal day to day life. Attendees will learn how to review the civil and criminal public records of prospective tenants or employees, or when choosing a doctor or selecting a local

contractor; learn how to obtain copies of deeds and mortgages; learn how to pay your traffic ticket online; request postponement or excusal of jury duty; obtain passport and marriage license information; and locate links to other local and state agencies. Preregistration is required.

*Lake Kennedy Senior Center is located at 400 Santa Barbara Boulevard in Cape Coral. For more information, call 574-0575.**

Edible Gardening Exchange Meeting

The Edible Gardening Exchange's June speaker will be Roy Beckford, who will provide two mini lectures: one on fire ants and the other on the product Roundup. Beckford is Lee County Extension director and Lee County Agriculture and Natural Resources agent.

The meeting will be on Thursday, June 18 at 6:30 p.m. inside North Fort Myers Community Center, 2000 North Recreation Park Way in North Fort Myers. Arrive at 5:30 p.m. for an open and informal chat on edible gardening. Consider bringing something to share with other gardeners.

The membership fee for monthly meetings through September is \$10. In addition, a \$10 Lee Parks and Recreation lifetime membership is required. For more information, contact Karen Harty at 610-530-8883.*

From page 1

Cousteau To Headline Local Event

stories about her family's deep connection with the sea.

Float for Life will be held on Sunday, July 12 at the Pink Shell Beach Resort and Marina on Fort Myers Beach. Event fee is \$20 per participant. For more information, visit oceanfloatforlife.com.

All proceeds will benefit Sanibel Sea School's mission to improve the ocean's future, one person at a time.*

Celebrate 4th Of July On The Water

This 4th of July, Pure Fort Myers is hosting its first Independence Day celebration with a one-of-a-kind cruise. Guests will have a chance to escape the holiday traffic and climb aboard the M/V *Edison Explorer* for a breathtaking view of the Fort Myers fireworks from the water. The cruise will depart from The Marina at Edison Ford at 8:15 p.m. and cruise up the Caloosahatchee and anchor for the Fort Myers light show. A return to the marina is estimated for 10 p.m.

Tickets are \$44. The number of seats is limited. Make a reservation by calling 919-2965 or visiting www.purefortmyers.com.*

Fisherman's Paradise:

The Day We Landed 'Old Fighter'



by Cynthia A. Williams

Berry C. Williams (1915 to 1976) was something of a legend as a fisherman in the waters off Fort Myers in the 1950s and early 1960s. Reproduced for you here are

chapters from his unfinished *Fisherman's Paradise*, an account of his fishing adventures that are often hilarious and always instructional. It is presented by Williams' daughter, Cynthia Williams, a freelance writer and editor living in Bokeelia on Pine Island.

Chapter XI Part I

The best fishing trips are not always those that are best planned. So it was with one of the most memorable fishing experiences I ever had.

My guests on this trip were Jack Massey from Brooklyn and Dr. Erlanger, a podiatrist from upper New York. After getting my 14-foot boat ready and loaded with 100 live shrimp, we pushed off from the Punta Rassa dock and motored



Mechanic/carpenter John W. Kennon of Fort Myers is at the front of the car ferry, *Best*, in Punta Rassa, in the 1930s photo courtesy of State Archives of Florida, Florida Memory

slowly past the ferry boats tied up there. With the current barely beginning to run, I didn't figure I could get my boat in good enough position to fish under the *Islander* or *Yankee Clipper*, but when I

got down to the *Best*, the water looked promising. I cut the motor and let the boat drift slowly in toward the stern of the ferry. After cautioning my companions to be quiet, I had Erlanger tie our bow to the

stern of *Best* while I rigged my rod.

The rod was homemade out of eight feet of the toughest Calcutta cane available, to which had been expertly wrapped several guides, and on the tip end, a revolving, circular wheel made for a wire line. Clamps had been placed on it for holding my large Phleuger reel, a narrow reel without any line leveler, capable of handling a wire line without getting any kinks in it. The reel had a fine star drag on it, which turned out to be a blessing. The reel held 100 yards of 10-ply, twisted steel cable.

I rigged it with a big barrel sinker, and put on an 8/0 Phleuger Sobey hook. These hooks are about the best made. Although I've always thought the barb is inset too close to the shaft, it's almost a certainty that no fish will break or bend them. At the end of my line, I used a cast-net swivel, to which I attached my leader wire to make sure no big fish would break it at the swivel. I put on the hunk of Jack Crevalle I'd picked up back on the dock and carefully swung my line out so the flow of the tide would take it under the ferry and toward the cluster of pilings on the other side. Then, I told my companions that we wouldn't stay unless I got a strike fairly soon.

To be continued next week...

Fisherman's Paradise is a true account by Berry C. Williams (1915-1976) of his fishing adventures in the 1950s and early 1960s. It is submitted by his daughter, Cynthia A. Williams.✪

Golf Tournament Raises \$15,664 For Goodwill



Allstate Team, from left, Brian Avery, Robert Glass, Sheldon Reiss and Sean Valley

Goodwill Industries of Southwest Florida's 5th annual golf fundraiser was held on May 16 at Coral Oaks Golf Course in Cape Coral. A total of 116 players put on their golfing shoes for the event, which raised \$15,664 in gross proceeds to benefit the agency's programs and services.

"I look forward to the Goodwill golf event every year to see lots of familiar faces from the community. There's no better way to support the Goodwill mission and the services they provide to Southwest Florida," said golfer Jeremy Fioravanti of C1 Bank. "As an added bonus, Goodwill fully supports you buying as many mulligans as you like."

Contests, raffles and games were all featured during the tournament including a hole-in-one contest that offered a vacation to Hawaii.

Another contest was the Fuzzy Dice Game, which gave players a chance to roll a die in order to move to a closer tee-off point. The Fuzzy Dice Game was run by Florida Sled Hockey Association coach Ron Robichaud and some of the team's players. The team, which is comprised of athletes with physical disabilities and is sponsored by Goodwill, was able to raise over \$490 during the tournament.

Goodwill's Pathways program participants were also on the green hosting the Marshmallow Drive game. For a donation to the program, golfers were given the opportunity to drive a marshmallow down the fairway. The golfers who got the two longest drives received original artwork made by the Pathway participants. Pathways to



Rick and Susan Evanchyk, Ross Lally and Ethan Lazuk



Shane, Gina and Devan Touchstone

Opportunity is an adult skills day training program that is held at the Goodwill Opportunity Center. The program raised \$353 during the tournament.

For more information about Goodwill's programs in Southwest Florida, visit www.goodwillswfl.org.✪

Musical Theatre Summer Camp



Scene from *Aladdin*

The Alliance for the Arts and Broadway Palm Dinner Theatre are partnering to bring teens two special weeks of musical theater intensive camp for students grades six through 12. Broadway Palm director and choreographer Amy McCleary will lead the camps, and she will be assisted by professional actors currently performing in the shows *Footloose* and *Aladdin* at the theater.

Week one, from July 27 to 31, is based on the show *Footloose*. This camp will provide students with classes in dance technique, scene study, stage combat, basic acrobatics, vocal performance and music theory.

The week will kick-off with an audition workshop focusing on how to audition for pop/rock musicals. A mock-audition will allow students to test their skills in front of a panel of professional Broadway Palm actors. The aspiring performers will then work on scenes, songs and dances from *Footloose* which will culminate in a final performance at the end of the week.

During week two, from August 3 to 7, students will travel to the mysterious city of



Scene from *Footloose*

Agrabah with songs and scenes from Disney's *Aladdin*. This week will include classes in jazz, tap, acrobatics, vocal performance, music theory and improv. A special workshop in resume and headshot preparation from current Broadway Palm performers will leave each student feeling ready for professional auditions. Students will work on scenes, songs and dances from *Aladdin* for the final performance at the end of the week.

Both weeks will be held at Broadway Palm's rehearsal space in the Royal Palm Plaza. Attendees will get to see the performance of *Footloose* or *Aladdin*. Camp runs from 9 a.m. to 4 p.m. Monday through Friday. Each week is \$175 for Alliance members or \$220 for non-members. You may become a member in order to receive the discounted price. Space is limited. Visit ArtInLee.org to register online or call 939-2787 with questions.*

Bluegrass, Brew And BBQ Raises \$7,500 For Operation Open Arms

Matanzas on the Bay on Fort Myers Beach raised \$7,500 during its second annual Bluegrass, Brew and BBQ event to benefit Operation Open Arms, a non-profit organization dedicated to providing care and treatment to U.S. military personnel and veterans with Post-Traumatic Stress Disorder (PTSD).

The Memorial Day weekend event more than doubled last year's proceeds for Operation Open Arms and surpassed Matanzas on the Bay's goal of \$5,000.

"We are very grateful to Matanzas and all the folks who came out to support us," said Captain John 'Giddyup' Bunch, founder of Operation Open Arms. "These funds will keep our doors open at least through this time next year."

More than 900 guests attended the event, which featured live music from the Cooter Creek Bluegrass Band and the Bugtussle Ramblers, alligator wrestling from The Gator Crusader, craft draft beer from Fort Myers Brewery and a \$15 BBQ buffet featuring ribs, pork shanks, potato salad and corn on the cob.

"This year's Bluegrass, Brew and BBQ event had an amazing turnout and we are ecstatic to present Operation Open Arms with \$7,500 so that it will be able to continue caring for the members of our military," said Glen Petrarca, general manager of Matanzas on the Bay. "We are in awe of the phenomenal support that we have received from our community and we cannot thank them enough for their commitment to our U.S. soldiers and veterans."*

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Chamber Family Fun Celebration

The Greater Fort Myers Chamber of Commerce will take over the party deck, located at the first baseline on the third floor during the Fort Myers Miracle vs. Bradenton Marauders baseball game at Hammond Stadium on Saturday, June 13. Gates open at 5 p.m. and the game starts at 6:05 p.m.

Cost to attend the 25th anniversary Family Fun Celebration is \$20 per person (children 3 and under free), which includes:

- Entrance to the game
 - Unlimited hot dogs, burgers, baked beans, macaroni salad, popcorn, home-made chips, water, tea and lemonade for the entire family until the end of the 6th inning
 - Unlimited access to the Miracle bounce house for the kids
 - Cash bar for the adults
- Tickets must be purchased by Monday, June 8. (Tickets and event wristbands will be mailed directly to you. No walk-ins will be taken for this event.)
- Businesses may become a sponsor for \$200. Email Nicole Stefanick at Nicole@fortmyers.org to purchase tickets or for more information.*



Ham radios can interface with tablets or Smartphones, and can be set up almost anywhere in minutes

Amateur Radio Field Day

Members of the Fort Myers Amateur Radio Club will be participating in the national Amateur Radio Field Day exercise from 2 p.m. June 27 through 7 p.m. June 28 at the North Fort Myers Community Center, 2021 N. Tamiami Trail. The event is open to the public and people of all ages are welcome.

For over 100 years, Amateur Radio – sometimes called ham radio – has allowed people from all walks of life to experiment with electronics and communications techniques. Ham radio operators also provide a free public service to their communities during a disaster, all without needing a cell phone or Internet. Field Day demonstrates ham radio's ability to work reliably under any conditions from almost any location, and create an independent communications network.

Anyone may become a licensed Amateur Radio operator. There are over 725,000 licensed hams in the United States, as young as 5 years old and as old as 100. And with clubs such as the Fort Myers Amateur Radio Club, it is easy to get involved.

Since 1933, ham radio operators across North America have established temporary ham radio stations in public locations during Field Day to showcase the science and skill of Amateur Radio.

Over 45,000 people from thousands of locations participated in Field Day in 2014.

"It's easy for anyone to pick up a computer or smartphone, connect to the Internet and communicate, with no knowledge of how the devices function or connect to each other," said Sean Kutzko of the American Radio Relay League, the national association for Amateur Radio. "But if there's an interruption of service or you're out of range of a cell tower, you have no way to communicate. Ham radio functions completely independent of the Internet or cell phone infrastructure, can interface with tablets or Smartphones, and can be set up almost anywhere in minutes. In today's electronic do-it-yourself environment, ham radio remains one of the best ways for people to learn about electronics, physics, meteorology and numerous other scientific disciplines, and is a huge asset to any community during disasters if the standard communication infrastructure goes down."

For more information about Field Day, contact Tom Muye 940-1095, muye@comcast.net or visit <https://fmarc.net/event/2015-field-day-2/>.

Firm Delivers For Meals On Wheels



Ayla Zeigler and Paula Barnhart with a Meals On Wheels recipient

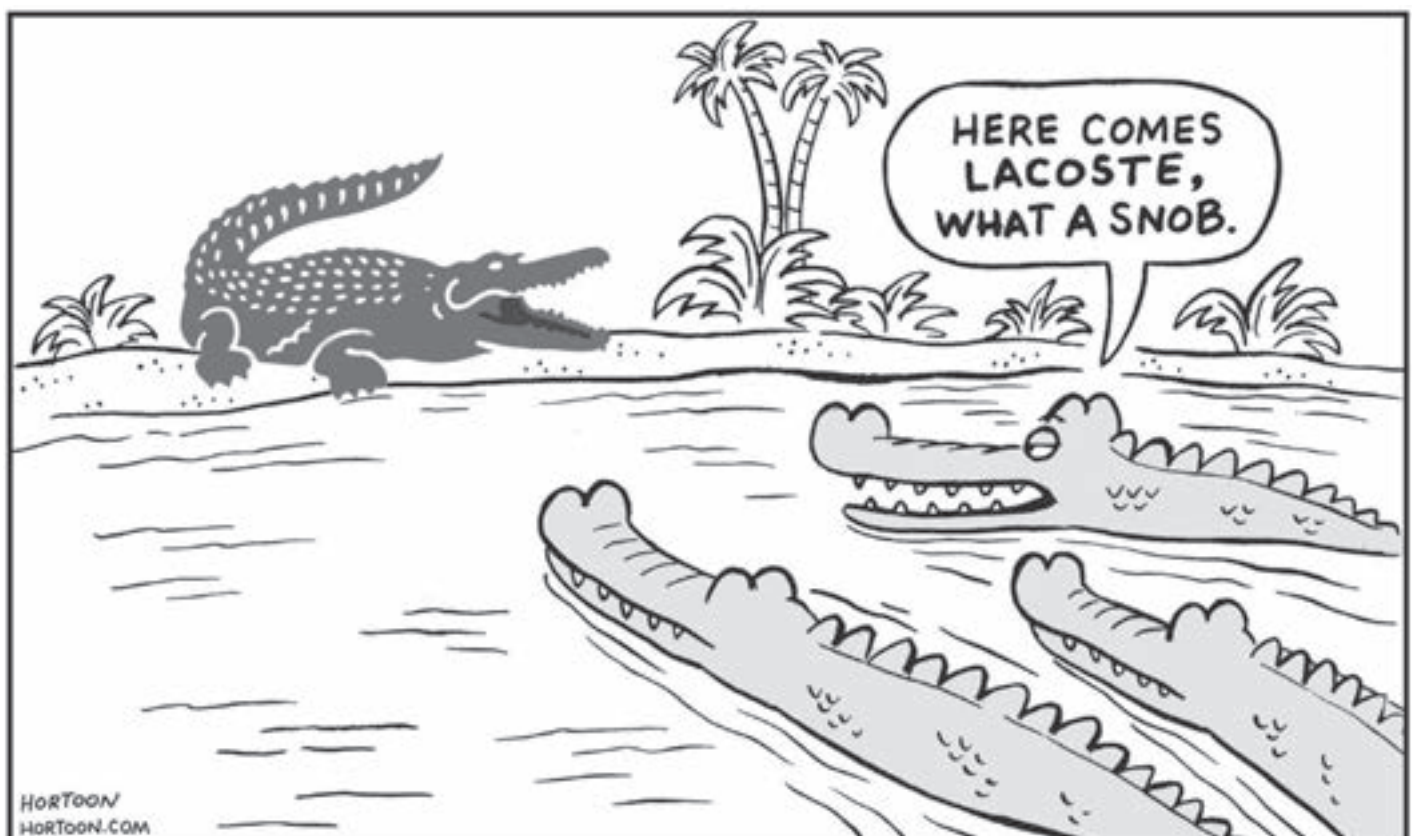
For the sixth consecutive year, the staff of Myers, Brettholtz & Company, PA, Certified Public Accountants & Business Consultants will volunteer as Meals on Wheels drivers for the summer. All 24 employees will partner to deliver meals one day a week throughout the summer and help fill in as needed on other days.

Meals on Wheels is run by Community Cooperative which provides emergency food outreach and resources to communities across Lee County.

Myers Brettholtz is active in giving back to local nonprofits including establishing the UNITE (Uniting Nonprofits In Teaming for Excellence) Award, which, in partnership with the Southwest Florida Community Foundation, the United Way of Lee, Hendry and Glades Counties, the Cape Coral Community Foundation and the Smith Family Foundation, recently presented a \$25,000 cash prize to Guidance Programs for Success (GPS).

For more information on Meals on Wheels, call 332-7687 or visit www.cc-mileecounty.com.

HORTOONS



Book Review

The Erotica Book Club For Nice Ladies



by Di Saggau

The *Erotica Book Club for Nice Ladies* is a book that all nice ladies will enjoy reading for their book club. Connie Spittler has penned a non-traditional mystery about a small town

mystery. This wonderfully imaginative story is an homage to female friendships and to classic writers who penned subtle words of erotica for curious minds. I look forward to my next cup of tea and hope it is as lively as those in the book."



The Quirky Librarian's Anna Tittle said, "With its mysterious and titillating plot, the charming women in this book will leave readers wanting to start their own book club with good friends and tea. For readers left curious about the titles and passages mentioned during book club meetings, there's a helpful and interesting addition at the end: a list of the books." This includes *Pride and Prejudice*, *Candide*, *Mrs. Dalloway*, *Mill on the Floss* and *The Decameron*.

Here's a brief summary. Lily, a librarian with a bookmobile, arrives in the small California town of Nolan to help start a book club. Across the ocean in an Alsatian chateau, an ancient Book of Cures is stolen and surreptitiously travels to a California coast library, then on to

Nolan. Suspicion swirls around the three lonely club members. Unaware of the theft, they secretly pursue their curiosity about classical erotica, while sipping a strange tea infused with herbs grown in a gypsy garden. Mysterious events collide. A crime wave and a murder shape up the town, as the women are entangled deeper and deeper into a baffling puzzle of danger and death. It's a quirky mystery of poison and poetry.

This richly woven tale begins with the Prologue, set in 1500 AD. It reads: "The wrinkled hands of Duchess Jardin trembled as she dipped her quill in the pot of blood-red ink. She scrolled each scarlet letter with care, spelling out herbal names that dripped with poison. Foxglove. Monkshood. Belladonna. Dangerous herbs used by Z, the gypsy healer, in his experimental treatments. Her goose feather pen marked down each remedy, listing the exact ingredients and instructions." Small wonder best-selling author Susan Wittig Albert, calls the book "An intriguing, herb-seasoned page-turner, with engaging characters and plenty of plot strands to untangle."

The Erotica Book Club for Nice Ladies includes a Book Club Discussion Guide to help you talk about the main characters, locations, the healing powers of herbs, rare books and much more. The book is available May 1 through www.ipgbook.com or Amazon. Spittler is available for interviews, book clubs, talks and readings.✧

Fort Myers Miracle Game Going To The Dogs

The third Dog Daze night of the Fort Myers Miracle season will benefit the Gulf Coast Humane Society (GCHS) on Thursday, June 18 at Hammond Stadium in the CenturyLink Sports Complex. "Tail" gating will begin at 6 p.m., with the game against the Daytona Tortugas starting at 7:05 p.m.

The evening will include pre-game activities like the chance to have your photo taken with Miracle mascot Sway as well as Miracle players. A first ever "Dog of Celebrity Walk" parade will begin prior to the game and local celebrities will be walking with their four-legged family member, as well as some of the GCHS adoptable pets.

General admission tickets are only \$6.50 if ordered in advance through the Gulf Coast Humane Society website or Facebook event page. The GCHS will receive \$2 per ticket on advance ticket sales.

Gulf Coast Humane Society, located at 2010 Arcadia Street in Fort Myers, was established as the first non-profit animal welfare organization in southwest Florida in 1947. Their mission is to rescue, provide safe refuge and compassionate care, and find forever homes for abandoned and neglected animals in the area. GCHS only takes in owner surrendered and transfers from other shelters and rescue groups with a high success rate of adoptions. Their veterinary clinic is open to the public and offers a full array of affordable services six days a week.

For more information about the Gulf Coast Humane Society, call 332-0364 or visit www.gulfcoasthumanesociety.org.✧

Member Gallery Book Club To Meet

The Alliance for the Arts' Member Gallery Book Club continues on Tuesday, July 21 at 6:30 p.m. with a discussion of *Empty Mansions: The Mysterious Life of Huguette Clark and the Spending of a Great American Fortune* by Bill Dedham. The book club, which meets the third Tuesday of every month, is one of many benefits of an Alliance membership.

When Pulitzer Prize-winning journalist Bill Dedman noticed in 2009 a grand home for sale, unoccupied for nearly 60 years, he stumbled through a surprising portal into American history. *Empty Mansions* is a rich mystery of wealth and loss, connecting the Gilded Age opulence of the 19th century with a 21st century battle over a \$300 million inheritance.

At its heart is a reclusive heiress named Huguette Clark, a woman so secretive that, at the time of her death at age 104, no new photograph of her had been seen in decades. Though she owned palatial homes in California, New York and Connecticut, why had she lived for 20 years in a simple hospital room, despite being in excellent health? Why were her valuables being sold off? Was she in control of her fortune, or controlled by those managing

her money?

Empty Mansions reveals a complex portrait of the mysterious Huguette and her intimate circle. We meet her extravagant father, her publicity-shy mother, her star-crossed sister, her French boyfriend, her nurse who received more than \$30 million in gifts, and the relatives fighting to inherit Huguette's copper fortune. Richly illustrated with more than 70 photographs, *Empty Mansions* is an enthralling story of an eccentric of the highest order, a last jewel of the Gilded Age who lived life on her own terms.

The Member Gallery Book Club continues on August 18 with *The Porcelain Thief – Searching the Middle Kingdom for Buried China* by Huan Hsu. Individual Alliance memberships are \$50 annually, family memberships are \$75, and college students can become a member for \$15. Members get 20 percent off all classes and camps, free open studio sessions, discounts on concert and theatre tickets, and member only exhibition opportunities. Visit ArtInLee.com.



org or call 939-2787 to learn more or become a member today.

The Alliance for the Arts is located at 10091 McGregor Boulevard, just south of Colonial Boulevard in Fort Myers.✧

Postal Service To Issue Elvis Forever Stamp

Postmaster General Megan Brennan announced that Elvis Presley will be commemorated on a Forever stamp as the sixth inductee into the Postal Service's Music Icon Series. The stamp image will be previewed at a later date.

"Elvis is a natural addition to our Music Icon Series," said Brennan. "His life and talents are an incredible story. Spanning from his humble beginnings in a Tupelo, Mississippi, two-room house to becoming one of the most legendary performance artists of the 20th century, Elvis Presley's works continues to resonate with millions the world over."

The First-Day-of-Issue dedication ceremony will take place on the morning of August 12 at Graceland in Memphis as part of this year's Elvis Week celebration. The public is encouraged to tweet about this news using #ElvisForever.

Launched in 2013, the Music Icons series consists of beloved musicians whose blend of sound and way of life broke musical boundaries. The first inductees included Lydia Mendoza, Johnny Cash and Ray Charles. Last year's inductees were Jimi Hendrix and Janis Joplin.

Elvis Presley is regarded as one of the most significant cultural icons of the 20th century. Known worldwide as "The King of Rock 'n Roll," his music and provocative performance style, combined with a singularly potent mix of influences that made him enormously popular and controversial. "The King's" influence continues to inspire today's artists, musicians, designers and social influencers.

For more information, visit usps.com/news.✧

Our email address is press@riverweekly.com

Ambidextrous Pitcher Makes Major League Debut After Long Journey Through Minor Leagues



by Ed Frank

On August 19, 1951, the colorful Bill Veeck, owner of the St. Louis Browns, inserted a midget named Eddie Gaedel into his lineup who promptly walked on four straight pitches. At three feet, seven inches, he became the shortest player in Major League History. It was Gaedel's first and last baseball appearance.

Veeck's antics 64 years ago came to mind when another highly unusual baseball player by the name of Pat Venditte, who pitches ambidextrously, made his Major League debut last week.

We wrote about Venditte eight years ago when he was first drafted by the New York Yankees out of Creighton University.

And quite honestly, we had forgotten about him until we read that he had been called up last week by the Oakland Athletics and pitched the last two innings in a 4-2 loss to the Boston Red Sox.

He faced six batters, one while pitching left-handed and the last five as a right-hander. He gave up one hit but faced only six batters as a double-play wiped out the one hit.

The 29-year-old Venditte made it to the "big show" after a seven-year journey through the Minor Leagues.

Venditte's entry into professional baseball in 2007 caused controversy and confusion. As a result, baseball instituted the "Venditte Rule" which stipulates that once he steps onto the mound, he's declaring how he is going to pitch by which hand his uni-glove is on. He cannot change hands until that batter is retired or reaches base.

The pitching woes of the last-place Athletics obviously figured into Venditte's opportunity to wear a Major League uniform. He had, however, compiled a sparkling 1.36 ERA with the A's Triple A Nashville team.

You dare not label Venditte a "baseball freak" because his father, a former college

catcher, trained him to pitch with both arms.

The Yankees initial selection of Venditte in 2007 in the 45th round was rejected when he decided to return to college. He was drafted again by the Yankees a year later in the 20th round with the 620th overall pick.

His Minor League meanderings over the next seven years took him to such teams as the Staten Island Yankees, Charleston River Dogs, Tampa Yankees and others.

The Yankees did not invite him to spring training a year ago and in the off-season was signed to a minor league contract by Oakland.

When interviewed after his long-sought Major League debut, Venditte said, "to be honest, the most special thing is just being here. It's been such a long journey."

While Veeck's playing of a midget decades ago was considered just a joke, Venditte's ambidextrous talent is anything but a joke.

Baseball needs more excitement and perhaps even something different. The left-hand, right-hand pitching of Venditte is certainly something different.

Miracle Send Three to the Florida State League All-Star Game

Pitchers Chih-Wei Hu and Brandon Peterson, along with catcher Alex Swim, will represent the Fort Myers Miracle baseball team at the 54th Florida State League All-Star Game on June 20 in St. Lucie.

Hu, 21, had a 4-1 record and a 2.01 ERA as the week began. He was signed by the parent Minnesota Twins as a free agent in 2012.

Peterson, 23, leads the Miracle with 20 appearances out of the bullpen. He had given up only three runs while recording a low 0.88 ERA.

Swim, 24, had the second highest batting average in the FSL at .332 and tops the league with 68 hits. He plays three positions – catcher, right field and first base.

Also named to the All-Star Team was former Miracle pitcher JT Chargois who has since been promoted to Double A Chattanooga.

Miracle Manager Jeff Smith will manage the FSL South Division All-Star Team by virtue of the Miracle's 2014 League Championship.

Miracle Home this Saturday and Four-Game Home Stand Next Week

The Miracle began this week with a 26-30 season record and a fourth-place standing in the FSL South Division. They will be home this Saturday against Bradenton with the first pitch at 6:05 p.m.

Fort Myers faces Daytona at Hammond Stadium next week for four games, Monday through Thursday with 7:05 p.m. starts.✴



Tracey Galloway and Katie Haas with the Boston Red Sox donation

Red Sox Donates \$5,000 Community Cooperative

The Boston Red Sox recently donated \$5,000 to Community Cooperative as a follow-up to its fifth annual week of giving back to communities in Southwest Florida.

In March, members of the Red Sox uniformed personnel and front office staff performed a day of community service that included volunteering at Community Cooperative.

Volunteers prepared nutritious meals for the hungry in Southwest Florida through Community Cooperative's Community Café and Marketplace, and Meals On Wheels programs.

"For many years we have supported various fundraisers in Southwest Florida, and five years ago, we began adding additional activities to highlight the good work of organizations in Lee County that, every day, are serving people here who are most in need," said Katie Haas, senior director of Florida business operations for the Red Sox.

The Red Sox Foundation is a 501(c)(3) organization and the official team charity of the Boston Red Sox. The foundation's primary focus locally is in serving the health, education, recreation and social service needs of children and families across Southwest Florida.✴

Baseball Legend Appearance

On Saturday, June 13, Minnesota Twins legend Tony Oliva will be at Hammond Stadium at the CenturyLink Sports Complex on Latino Heritage Night presented by Mundo FOX, Latino 97.9 FM and Juan AM.

Oliva will sign autographs for fans, pose for pictures and throw out the ceremonial first pitch prior to a 6:05 p.m. game with the Fort Myers Miracle vs. Bradenton Marauders. Gates to Hammond Stadium will open at 5 p.m.

In a 15-year career in the Major Leagues, Oliva was a career Twin and appeared in 1,676 games for the Minnesota organization from 1962 to 1976. After 16 games combined in his first two years in the Twin Cities, Oliva made the Opening Day roster in 1964 and played in 161 games en route to the Rookie of Year Award while leading the American League in runs, hits, doubles, total bases and batting average.

The year 1964 marked the first of eight consecutive seasons as an American League All-Star. Oliva finished second in the Most Valuable Player voting in 1965 and 1970. He won a Gold Glove in right field in 1967.

During his career, Oliva was the American League batting champion three times, in 1964, 1965 and 1971. Oliva finished his career with a .304 batting average, 1,917 hits, 329 doubles, 220 home runs, 947 runs batted in and 870 runs scored.

Born in Cuba, Oliva is considered one of the best Latin American baseball players of all time and was inducted into the Minnesota Twins Hall of Fame in 2000.

Saturday is also a Sink or Swim night with all you can drink domestic draft beers. For \$16, fans can get an all you can drink wristband and a general admission ticket.

For tickets, call 768-4210 or order online at www.miraclebaseball.com.✴

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RED Day Provided Makeover For Local ACT Safe Shelter

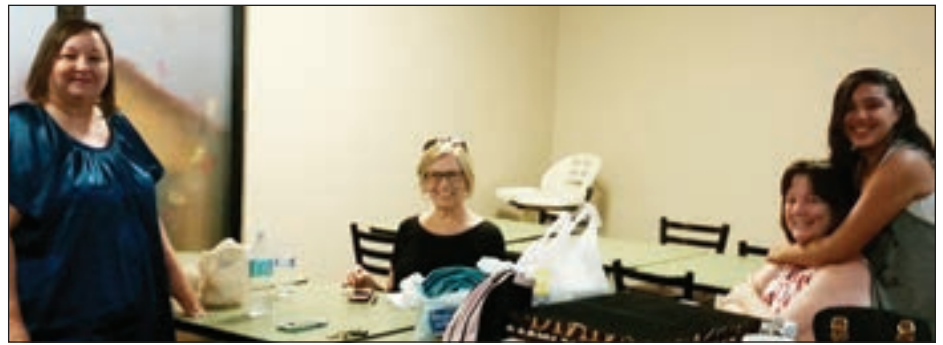


Keller Williams Realty associates Genesis Burroughs, CJ Henderson and Denise Richards pause to take a picture at the ACT Safe Shelter on RED Day

The 7th annual RED Day, coordinated by the Keller Williams Realty Fort Myers & The Islands real estate associates, brought a complete makeover for the Fort Myers Abuse Counseling and Treatment, Inc. (ACT) common living area on May 14. With a gleaming coat of paint, wall décor and planned activities for the women and children at the safe shelter, the team freshened up the living area for these residents, while creating a grounded and inviting space for future residents at the shelter.

In this Give Where They Live program, as part of RED Day, the company's annual day of service was dedicated to renewing, energizing and donating to their chosen local community organization. ACT was chosen by Keller Williams Realty's team due to their longstanding reputation of providing a circle of support for victims. In the last year alone, ACT has provided more than 700 victims of domestic violence, sexual assault, and human trafficking with safe shelter and over 15,000 callers with support through the 24-hour crisis hotline. Nearly half of all shelter victims are children.

With a mission to protect, support, and educate victims of domestic violence, sexual assault as well as human trafficking in Lee, Hendry and Glades counties, ACT



Volunteers Debbie Griffin, Linda Joiner, Peg Timpone and Moriah Villar prepare to hang wall art at the ACT Safe Shelter on RED Day

was founded in 1978 to address critical community needs. Services include 24-hour hotline, emergency safe shelters, individual and group counseling, specialized children's programs, medical and legal advocacy, a rape crisis center, batterers' intervention program, and more.

"RED Day is built on the belief that people can and should come together to achieve extraordinary things to help others," said Genesis Burroughs, real estate associate with Keller Williams Realty. "Our RED Day took about seven weeks to plan and organize. We had very generous sponsors who truly helped us putting this all together for such a worthy group."

RED Day sponsors and volunteers included Douglas Milano and Michael Elliott with Couch Construction, LLC, who painted the common room in the shelter. The Waffle House in Fort Myers provided the clients at ACT with catered waffles. In addition, Lelulos Pizzeria in Cape Coral shared garlic knots, Anthony's on the Boulevard from Cape Coral provided spaghetti and meatballs, and Chili's generously donated chips and salsa. Furthermore, The Home Depot provided creative crafts for the children's activities, as well as the paint supplies needed for this makeover project.

The project itself was accomplished in three days. For Keller Williams Realty associates, RED Day just happens to be the one-day expression of the constant state of the Keller Williams culture. The team saw a need, discovered who could meet it and got the job done.

For more information, visit www.actabuse.com.✱

AppleJuice

Blocking Calls And Messages Using iOS7



by Carol Rooksby Weidlich, President, SWACKS

Tired of getting telephone calls, FaceTime calls and Messages from salespeople or companies? Then here's how to block those unwanted calls and

text messages.

Not everyone has moved to iOS8. For those of you using iOS7 on your iPad and iPhone, here's how to block those annoying FaceTime calls, Voice calls and Messages using any of the following methods.

For FaceTime and/or your Phone app, go to Favorites or Recents:

- Tap the Info button next to the name or number you wish to block.
- Scroll to the bottom of the card and tap "Block This Caller."
- Tap Block Contact.

In the FaceTime and/or Phone app, you can also tap the Contacts button:

- Tap the contact you wish to block.
- Scroll to the bottom of the card and tap "Block This Caller."
- Tap Block Contact.

In the Messages app:

- Tap the message from the individual you wish to block.

- Tap Contact in the upper right.
- Tap the Info button, directly under the Done button. If it is a group message, select the appropriate button for the individual you wish to block.

- Scroll to the bottom of the card and tap "Block This Caller."
- Tap Block Contact.

Workshops are held the second Tuesday of each month from 1 to 3 p.m., and meetings on the fourth Tuesday of each month from 7 to 9 p.m. (with the exception of July and August) at Zion Lutheran Church, 7401 Winkler Road in Fort Myers.

For more information on the South West Florida Apple Computer Knowledge Society (SWACKS), visit www.swacks.org.✱

Financial Focus

Risk Tolerance And Investment Decisions



by Jennifer Basey

As an investor, how much risk can you tolerate? It's an important question because the answer can help you make the right investment choices.

Before you know your risk tolerance, you'll want to make sure you first understand the nature of investment risk – the risk of losing principal. This risk is espe-

cially prevalent when you invest in stocks, because stock prices will always fluctuate, and there are never any guarantees about performance. Of course, a decline in value does not mean you need to sell; you can always hold on to the stock with the hope that its value will bounce back. And this can certainly happen, but again, no guarantees.

How you respond to this type of investment risk will tell you a great deal about your own risk tolerance. Of course, no one, whether he or she has a high tolerance for risk or a low one, particularly likes to see declines. But people do react differently. If you're the sort of person who can retain your confidence in your investment mix and can focus on the long term and the potential for a recovery, you may well have a higher tolerance for risk. But if you find yourself losing sleep over your losses (even if, at this point, they're just "paper" losses), becoming despondent about reaching your goals, and questioning whether you should be investing at all, then you may have a low tolerance for risk.

This self-knowledge of your own risk tolerance should help inform your investment decisions – to a point.

Even if you determine you have a high tolerance for risk, you almost certainly should not load up your portfolio exclusively with stocks. If the stock market enters a prolonged slump, you could face heavy losses that may take many years to overcome, causing you to lose significant ground in the pursuit of your financial goals. Conversely, even if you discover you don't have much tolerance for risk, you won't want to invest only in supposedly "safe" vehicles, such as certificates of deposit (CDs). During those periods when

rates on CDs and similar instruments are low, as has been the case in recent years, your interest payments from these investments may not even keep up with inflation – meaning that, over time, you could end up losing purchasing power, which, over the long term, can be just as big a risk as market declines.

Ultimately, then, you'll probably want to let your risk tolerance guide your investment choices – but not dictate them with an "iron hand." So, if you believe you are highly tolerant of risk, you might have a somewhat higher percentage of stocks in your portfolio than if you felt yourself to be highly risk-averse – but in any case, you'll likely benefit from building a diversified portfolio containing stocks, bonds, government securities, CDs and other investments. While this type of diversification can't guarantee profits or protect against loss, it can help reduce the effects of volatility on your portfolio.

By knowing your own risk tolerance, and the role it can play in your choices, you can help yourself create an effective, suitable investment strategy – one that you can live with for a long time and that can help you avoid the biggest risk of all: not reaching your long-term goals.

Jennifer Basey is a financial advisor in Fort Myers. She can be reached at jennifer.basey@edwardjones.com.✱

Our email address is
press@riverweekly.com

School Smart



by Shelley M. Greggs, NCSP

Dear Readers,

We are continuing the topic of School Readiness with some information on both fine and gross motor skills. These motor skills, while not

discussed nearly as much as academic ones, are also important to the academic success and happiness for a Kindergarten student.

When discussing fine motor skills, we know that by ages 4 to 5, most children can cut across a piece of paper with child-sized scissors, draw or copy a vertical line and a complete circle, and use a fork/spoon correctly. Fine motor skills, which are used in holding and using writing and eating utensils properly may develop a bit later in some children. These are the fine motor skills that are generally expected from a school ready child:

- Child is able to copy simple shapes and designs
- Able to cut with scissors
- Child has hand preference established

- Child is able to dress self with little assistance
- Child is able to feed self with a fork and spoon
- Child displays an appropriate pencil grasp or is capable of learning

There are stages of development for a correct pencil grasp. We see toddlers using a fist grasp when they first attempt to write with a crayon. If you look carefully at them, you will see that they are actually moving from the shoulder to move the crayon across the paper. The next stage is a palmar grasp where you see the pencil lies across the palm of the hand and your child's elbow is held out to the side a bit. Children then move to a five-fingered grasp to hold a writing utensil and then finally, typically at age 5 to 6, they will be able to utilize a standard three-fingered or tripod grasp. Their body movement at this point goes from the shoulders and arms to the wrist and finally the fingers which, at ages 5 to 6, are strong enough to hold the writing utensil correctly and without tiring easily.

You may see your child switching between pencil grasps. As the shoulder and arm muscles become stronger and steadier, your child should switch less and less.

Good control of the pencil for handwriting will only come as the finger muscles

continued on page 24

The Canterbury School Names New Head Of School



Richard Kirschner

The Canterbury School officially welcomed Richard (Rick) Kirschner as their new Head of School. After conducting an extensive national search, the Board of Trustees selected Kirschner for the position in December 2014. He will begin at Canterbury on June 15.

Board of Trustees co-chairs Charles Idelson and Richard Lewis thanked the search committee, led by Board of Trustees Vice Chair Chauncey Goss. The Committee included Michael Hornung, Li-Su Javedan, Lea Pascotto ('95), Connie Rosellini, Monique Ward ('91), Trae Zipperer and faculty representative Cara Summit.

"The search committee did their due diligence by listening to the Canterbury community and identifying five great candidates in its nationwide search for our next Head. I am grateful to them

for the seriousness with which they approached their task and the long hours they spent searching for our next Head of School," said Idelson. "Rick Kirschner is exactly what Canterbury needs to lead us into our next 50 years," said Lewis.

Goss, in explaining the process, said the goal for the search was transparency and inclusivity.

"With the help of consultants Linda Gibbs and Tom Olverson, of Resource Group 175, we asked the community for its input – from crafting a job description to providing feedback on each of the candidates," said Goss. "We listened and read each word of every comment provided. As a result of the community's feedback and in conjunction with our own assessment, Rick Kirschner was the search committee's enthusiastic and unanimous choice."

Kirschner grew up in the suburbs of Washington, DC, where he attended and graduated from the Landon School. He earned a BA in history from Princeton University while playing on their Division I Men's Lacrosse Team. He then earned a Juris Doctor degree from the J. Reuben Clark Law School in Provo, Utah. He worked briefly as a lawyer before realizing his true passion: education. He has worked as a teacher, coach and administrator in many well-known independent schools in the Mid-Atlantic area. He has been Head of Upper School at Oak Hall in Gainesville since 2009 and has helped increase enrollment while reducing student attrition. Married for 24 years, he and his wife, Wendy, have three sons: Jake (18), Alek (16) and Cade (12).

"We want to thank current Head of School Tony Paulus for his hard work and commitment to Canterbury over the last seven years. Tony has helped us finish the last 50 years with a strong foundation and I know Rick is prepared to propel us into our next 50 years," added Idelson.

As Canterbury concludes its 50th year in the Southwest Florida community, community members are eager to welcome Kirschner and his family.✱

Scholarship Program Honors Students



RMHC Scholarship winners attended a reception in their honor at the Ronald McDonald House. Pictured from left is Lindsay Dessources, Valerie Segebre, Antonella Valencia, Nga Huynh, Brianna Spieldenner, Tyler Fisher and Romina Gimenez Rosano.

Thirteen high school seniors from Lee, Charlotte, Collier and Hendry counties received a scholarship from Ronald McDonald House Charities (RMHC) of Southwest Florida.

Lee County students Luis Silva and Antonella Valencia will each receive a \$1,000 scholarship. Collier County students Lindsay Dessources, Romina Gimenez Rosano, Yanet Gomez, Nga Huynh, Claudia Lopez and Nedgie Paul will each receive a \$1,000 scholarship. Therlking Dervil of Collier County will receive a \$1,000 scholarship each year for four years. Charlotte County student Tyler Fisher, Valerie Segebre and Brianna Spieldenner will receive a \$1,000 scholarship and Pengzhao Zhu of Hendry County will receive a \$1,000 scholarship.

Students and their families were invited to a special reception held in their honor on May 16 at the Ronald McDonald House in Fort Myers.

"The RMHC U.S. Scholarship Program provides high school seniors who wish to continue their education the opportunity to apply for a scholarship and receive financial assistance to attend college," said David Schiering, RMHC scholarship committee chair. "It is our goal to help make the dream of a college education a reality for students who may not otherwise attend college."

Ronald McDonald House Charities of Southwest Florida creates, finds and supports programs that directly improve the health and well being of children in Lee, Charlotte, Collier, Glades and Hendry counties.✱



Angelie Batista

Voices Of Naples Scholarship Winners

Two graduating seniors from North Fort Myers High School for Performing Arts have received the annual scholarships given by Voices of Naples community chorus.

At a recent awards ceremony, the group's president, Mariellen Lemasters, awarded Angelie Batista and Jayden Cluff prizes given to encourage them in their studies of vocal music at the college level.



Jayden Cluff

Angelie Batista, the daughter of Quiteria and Juan Batista of Cape Coral, plans to attend Ave Maria University in the fall where she will major in music education. While in high school, she has been active in several music groups and has won numerous awards at the county and state levels. She is fluent in Spanish and English, but also sings in Italian, Latin, German and French. Inspired by her teachers to pursue a career in music, her goal is to become a high school chorus teacher.

Jayden Cluff, the daughter of James and Sarah Cluff of Cape Coral, will attend

continued on page 24

Lee Clerk Of Court Show They Care

Lee County Clerk of Court Linda Doggett, along with 22 department employees and family members, bagged and sealed 10,000 pounds of potatoes for the United Way Day of Caring campaign at the Harry Chapin Food Bank of Southwest Florida on May 30. The office also donated 39 pounds of food from the May food drive.

Vanessa Sowers from the Clerk's office chose to support the food bank because of the critical role it plays in the community, partnering with more than 150 agencies to provide nutritious meals for 30,000 residents-in-need each month in Lee, Collier, Charlotte, Glades and Hendry counties.

"I am so impressed with the giving and generous spirit of our Clerk employees and proud of Vanessa for organizing this team event" said Doggett. "Our office works hard every day to provide quality services to the public and this is another way our employees show they care for the community. Our team had so much fun that they are thinking of making it a quarterly event."✱✱



Lee County's Clerk of Court group at the Harry Chapin Food Bank

Doctor and Dietitian

The Health And Happiness Connection



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

People like being happy... it just feels good. Besides feeling good, being happy does our body good. Happiness has been linked to a stronger immune system, stress relief, decreased risk of heart disease, lower blood pressure and a decrease in chronic disease. Now that's a pretty important link! A positive, happy mood can actually alter our risk for disease.

Don't fall for the belief that you're hardwired to be naturally happy or unhappy, and powerless to change. True, we do have our individual personalities which cause some to be more outgoing than others, but we can all improve our happiness level.

How can we bump up our happiness thermometer?

- Express gratitude. Gratitude can boost our sense of happiness when we

put it into action and make it something we practice regularly.

- Laugh! Watch funny shows, or attend a live comedy performance. Laughter also boosts infection-fighting antibodies.
- Engage in frequent acts of kindness. For instance, compliment people on things you like or appreciate about them, and adopt a "pay it forward" mentality.
- Listen to uplifting music. The brain releases dopamine, a feel good chemical, when you listen to music or even think about listening to music.
- Savor joyful events. Doing this helps reduce stress-induced inflammation and maintains a happier mental state.
- Practice being optimistic. The brain can change and adapt. For example, instead of being stressed out and anxious, actively choose a calm demeanor. Sure, it'll take some time, but those neural pathways of anxiety can be pruned away by not using them. The more you practice, the more the skill takes root, ultimately promoting happiness and overall health.

Happiness, optimism, life satisfaction and other positive psychological attributes may sound a little "pie in the sky," but what great goals to move towards to enhance our quality of our life. We can all use some peace and happiness along the way.

This information is not intended to treat, cure or diagnose your condition. Caring Medical and Rehabilitation Services 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@carimgmedical.com.✱

June Is Men's Health Month

June is Men's Health Month and the Florida Department of Health is encouraging men to take charge of their health. By making the daily choice to eat smarter and move more, men statewide can lower their risk of disease and improve life expectancy.

"Men's Health Month is an opportunity for every man to step on a scale and do a gut check on his weight," said State Surgeon General and Secretary of Health Dr. John Armstrong. "By building healthy choices into everyday life, men can achieve and stay at healthy weight."

Currently, 71.7 percent of men in Florida are at an unhealthy weight. According to the Harvard Men's Health Watch, unhealthy weight in men can lower testosterone levels, reduce reproductive function and increase the likelihood of kidney stones and some cancers. On average, men also have shorter life expectancies than women, and this can be partially attributed to poor diet and lack of exercise.

By making a commitment and following through with a diet and exercise plan, men are guaranteed to lead healthier lives. Throughout the state, Healthiest Weight Florida is working to assist all residents in making informed healthy choices every day. In order to make it easier to eat smart, move more and be "in the know," Healthiest Weight launched Small Steps to Living Healthy. This email-based program allows Floridians to sign up for weekly tips and useful information delivered directly to their inbox. To take the first small steps to living healthy, register on Healthiest Weight Florida's website at www.healthiestweightflorida.com.

Here are some quick tips from the MyPlate Nutrition Education Series to help men reach that next level of health:

1. Magic foods do not exist. There's no magic food or way to eat. Focus on

getting a variety of vegetables, fruits, whole grains, protein-rich foods (like beans, eggs or lean meats) and low-fat dairy. You'll get nutrients you need for overall good health including magnesium, potassium, calcium, vitamin D, fiber and protein.

2. If it's there, you'll eat it. Keep healthy foods in your kitchen that need little preparation. Find healthier heat-and-eat options to replace frozen pizza.

3. Whole grains help you feel full. Make sure half your grains are whole grains. Choose whole wheat breads, pasta and crackers; brown rice; and oatmeal instead of white bread, rice or other refined-grain products.

4. Build habits that don't add pounds. Cut calories by skipping foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon and hot dogs. Cakes, cookies, candies and ice cream should only be occasional treats. Use smaller plates to adjust the amount of food you eat.

5. Water is your friend. Water is a better choice than other sugary drink choices. Beverages can add about 400 calories a day to men's diets.

6. Wise up about what's in food. Use both Nutrition Facts and ingredient labels to discover what nutrients foods and beverages contain. Cut back on foods that have sugar or fat as the first ingredient.

7. Sweat is good. Be active whenever you can. Have friends or family join you when you go for a long walk, bike or jog. Vary activities to stay motivated. Set a goal of 2½ hours or more of moderate physical activity a week. Include strengthening your arms, legs and core muscles at least two days a week.

8. Men's energy needs differ from women's needs. Find exactly how much and what foods you need based on your height, weight, age and physical activity level on the USDA website.

For more information on Healthiest Weight Florida's other programs, visit the Activities page.✱✱

dearPharmacist

Nutritional Consequences Of Gastric Bypass

by Suzy Cohen, RPh



Dear Pharmacist:

Shrink your stomach and you will lose weight. The idea is perpetuated in our country and complications such as hypertension, diabetes, high cholesterol and bladder

concerns making it feel dire to undergo a drastic procedure such as gastric bypass. I've watched 12 episodes of *My 600 Pound Life* on TLC channel, and I've empathized with every person. It's a great show that I highly recommend you watch.

Gastric bypass may end up being your solution, but you may not fully grasp the long term nutritional consequences of gastric bypass surgery. While some physicians require mandatory nutritional counseling the first year, after that it's optional. The extent of their recommendations stops after a multivitamin or multi mineral, probably the basic "A to Z" once daily sort.

I'm worried you might have fallen off someone's radar of care. I'm worried you have symptoms of nutrient depletion and will now go on to get heavily medicated. We know anemia is a big problem due to

B vitamin deficiencies, and it's fixable.

Researchers show that deficiencies in macronutrients – proteins, fats and carbohydrates, and micronutrients – vitamins, minerals and phytonutrients are common. A 2014 scientific review team looked at studies published on many different types of obesity surgeries conducted between January 1980 through March 2014. Major deficits were common especially the finding of low albumin, a critical protein used to transport hormones including thyroid, electrolytes, fatty acids and more. Deficiencies of vitamin B1 (thiamine), vitamin B12, D, iron, zinc and others were common.

These very nutrients are critical for glucose use and management, energy production and management, gene signaling and detoxification. Often the first symptoms without these nutrients are fatigue, anemia, memory loss, cognitive changes and loss of vitality that many chalk up to stress or aging. When left to progress, you can end up with severe damage leading to gait disturbances (trouble walking), Alzheimer's and general loss of health and function.

Now, consider the added layer of complexity when medications are prescribed. The drug mugging effect will necessitate more nutritional supplements. For example, metformin given for blood sugar can deplete B12 and CoQ10. Certain antidepressants can reduce iodine, antimicrobials will further damage your probiotic stores.

The literature consistently shows bariatric surgery patients tend to run out of B12, B1, folate, C, A, D and K, along with the trace minerals iron, selenium,

zinc and copper. Over-the-counter multivitamin and mineral formulas cannot provide adequate amounts of some of these micronutrients. Women need preconception care and it's critical they receive iron, B12, vitamin A, K and natural methylfolate before becoming pregnant or there could be fetal complications.

It's easy to get mistaken for having dementia or some other psychiatric disorder when it's just a nutrient deficiency related to bariatric surgery. What if you had a gut infection, or had Celiac and didn't even know it?

In summary, make sure this surgery is absolutely necessary before doing it, and also find a nutritionist who can advise which protein supplements, medical foods, greens or vitamins you need.

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.✧

LCEC Honored As Fit-Friendly Worksite

For the third year in a row, LCEC was honored through the American Heart Association Fit-Friendly Worksite program. In those three years, LCEC has progressed from gold to platinum-level.

"Physical activity and employee wellness are important priorities at LCEC.

We are honored and excited to be recognized by the American Heart Association as a Platinum-Level Fit-Friendly Worksite," said LCEC CEO and 2015 Lee County Heart Walk chair Dennie Hamilton. "We're committed to providing the best workplace environment possible. This will benefit our employees' health and produce even more positive results for our worksite overall."

As a platinum-level Fit-Friendly Worksite, LCEC:

- Offers employees physical activity options in the workplace.
- Offers healthy eating options at the worksite.
- Promotes a wellness culture in the workplace.
- Demonstrates measurable outcomes related to workplace wellness.

The Fit-Friendly Worksites program is a catalyst for positive change in the American workforce by helping worksites make their employees' health and well-being a priority.✧

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Mom And Me



by Lizzie and Pryce

Lizzie and Pryce answer your questions and give advice about aging concerns from a two-generational perspective. A mother and daughter team, Lizzie is a retired RN and health educator, and Pryce is a licensed psychotherapist in private practice who specializes in the care of elders and people with chronic illnesses.

Dear Mom & Me,

My husband and I both have multiple health problems and must see many doctors.

We always go together for these visits. When the doctor asks me questions, I always answer to the best of my ability. My husband doesn't answer the doctor's questions directly and becomes furious with me if I answer for him and then we have big arguments for days after.

"Don't you tell him I have headaches and fainting spells when he asks," is his

favorite response.

I can't see the point of going to doctors if you will not answer their questions – what is your opinion?

Shirley

Dear Shirley,

I agree: why ask advice if you are unwilling to consider the advice. Why go to a physician if you are unwilling to be honest with the history. But your husband has the right to have his own opinion and behavior. He has to assume the consequences of his choices as well.

Pryce

Dear Shirley,

Your husband probably in his professional life was accustomed to asking the questions, not having to answer them.

I once heard of a woman who was so fed up answering her doctor's questions (irrelevant, so she thought) that she finally said, "I am not going to answer all of your questions. When people take their animals to the vet, the vet doesn't need to ask the animal questions, so why should you?"

If he doesn't want to cooperate with his doctors, I would also ask, "Why go?" Does he not realize the possible consequences; financial, social and other major family problems as the result of his actions, and his possible suffering and pain and the burden of his decision on the family?

Lizzie

Lizzie and Pryce's email address is momandmeaging@hotmail.com.✧

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Cypress Cove Reaches \$3.5 Million Fundraising Goal



Cypress Cove at HealthPark Florida Executive Director Michele Wasserlauf, left, and Lee Healthcare Resource, Inc. (LHR) President Doug Dodson are all smiles after a recent \$700,000 donation by LHR helped the south Fort Myers retirement community reach its \$3.5 million fund raising goal for its Memory Care Residences

photo provided by Cypress Cove

Cypress Cove at HealthPark Florida (CCHPF) Executive Director Michele Wasserlauf announced last week that its \$3.5 million Memory Care Residences capital campaign fund drive goal has been achieved nearly one year prior to the opening of the community's newest addition.

A recent gift of \$700,000 from Lee Healthcare Resources, Inc. (LHR) lifted the 15-month-old campaign drive above its goal.

"We are extremely grateful and pleased with the generosity of LHR, as well as the outstanding resident and community support of this fundraising effort," said CCHPF Board of Directors Chairman Carl Barraco.

Florida Hospitals Take Steps To Enhance Breastfeeding Practices

Florida Department of Health's Healthiest Weight Florida Initiative is supporting hospitals that are taking steps to enhance maternity care practices in support of breastfeeding statewide. This project promotes hospital recognition through the Baby-Friendly Hospital Initiative and the Florida Breastfeeding Coalition's Quest for Quality Maternity Care Award.

"Hospitals play an important role in ensuring mothers have the information, support and skills to make an informed decision when it comes to breastfeeding," said State Surgeon General and Secretary of Health Dr. John Armstrong. "With the dedicated leadership of our hospitals and birthing facilities, Florida will continue to make progress on this important health choice."

The Baby-Friendly Hospital Initiative is a global program launched by the World Health Organization and the United Nations Children's Fund to encourage and recognize hospitals and birthing facilities that offer the finest care for infant feeding and mother/baby bonding. The Baby-Friendly Hospital Initiative and the Quest for Quality Maternity Care Award recognizes birthing facilities that successfully implement the Ten Steps to Successful Breastfeeding.

With support from the department, 27 hospitals in 15 Florida counties received \$10,000 mini-grants to obtain the training and technical assistance needed to implement the Ten Steps to Successful Breastfeeding Program. The counties participating in this project include Lee, Collier, Alachua, Bay, Broward, Clay, Columbia, Duval, Escambia, Highlands, Jackson, Lake, Leon, Palm Beach and Putnam.

According to the Centers for Disease Control and Prevention, mothers who breast-feed their children are at a healthier weight on average than those who do not. They also have a lower risk of developing Type 2 diabetes, breast and ovarian cancer. Children who are breastfed have a lower risk for developing respiratory and gastrointestinal infections, asthma, obesity, Type 2 diabetes and SIDS (sudden infant death syndrome).

To learn more about the department's efforts to support the Baby-Friendly Hospital Initiative visit www.healthiestweightflorida.com/activities/baby-steps.html.

For more information on the Baby-Friendly Hospital Initiative, visit www.babyfriendlyusa.org/about-us.

For more information on the Florida Breastfeeding Coalition's Quality Maternity Care Initiative, visit www.flbreastfeeding.org/hospital.htm.

Work on the 40,000-square-foot, two-story building started in November and is expected to be completed by April 2016. When finished, the Memory Care Residences will provide a unique home with fresh programming ideas for Southwest Florida residents afflicted with Alzheimer's or other forms of dementia.

The \$18.5 million building will offer four distinct households, each with 11 well-appointed, private resident suites. Each household, explained Wasserlauf, will offer indoor homelike surroundings (kitchen, dining, living room areas) and an outdoor courtyard – all designed to provide more personalized settings for resident comfort.

LHR President Doug Dodson praised the new project saying that the organization's board of directors was unanimous in its gifting support to the Cypress Cove project.

"The community's residents and their campaign steering committee are to be commended for their fund raising efforts," said Dodson. "The gift from LHR is this organization's way of expressing its support for this important memory care project."

Funds raised, noted Wasserlauf, contribute not only to construction of the facility, but "ensure funding for the continual upgrading and enhancement of programming" planned at this state-of-the-art Memory Care Residences. Construction of this facility, she added, underscores Cypress Cove's continued commitment to provide current residents and the general community with a full complement of retirement services.

Cypress Cove is a continuing care retirement community providing multiple levels of care to approximately 550 residents. The beautiful 48-acre campus is located within south Lee County's expansive HealthPark Florida complex.

"I cannot thank enough the members of the capital campaign committee for their tireless work to make certain that we reached our goal," said Wasserlauf. "Cypress Cove board members, community residents and staff have contributed greatly in this funding effort." ❄

From page 21

School Smart

become more skilled. Some children will need more activity to develop their shoulder, core and finger muscles.

Some activities to help develop the shoulder muscles include climbing, pulling up and pushing movements. A jungle gym or climbing structure is a great place for kids to exercise their muscles.

To develop the fine motor and finger strength to grasp and write correctly include working with play dough by rolling it, pinching it, pounding it to make a variety of shaped items and all the while giving the hands and fingers a great workout. Other activities to help develop hand and finger strength are using a hole punch and stapler, cooking projects, especially with batter or dough, playing with construction tools (hammer, saw, etc. at child's developmental level), playing with pop beads, clothespins, large tongs, stress balls and squeeze toys, buttoning and snapping.

Even though these activities look like play, they will benefit your child immensely. Play is actually how children work and learn and is the best way for them to develop.

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 21

Scholarship Winners

the University of Utah to pursue her dream of studying performance and choral music education. While in high school, she has been part of the ensemble for several high school productions. She has earned straight "Superiors" for ensemble

and solo and has taken part in many music festivals and honors choirs.

Voices of Naples awards scholarships each year to graduating seniors in Collier and Lee counties, with awards totaling \$3,000. Since their inception in 2001, they have given approximately \$30,000 toward students who wish to study some form of vocal music at the college level. Future contestants can obtain audition information from their teachers, choir directors and private instructors.

For more information, visit www.voicesofnaples.org. ❄

From page 9

Fort Myers Fare

SUNSHINE GRILLE

Formerly known as the Sunshine Seafood Cafe and Lounge, Sunshine Grille serves all of your favorite dishes for lunch and dinner. In addition to its previous menu, the restaurant is also serving gourmet flat breads prepared in a wood fire stove with fresh oak. Wood-fired steaks fill out the menu, including a ribeye and a porterhouse, to go along with our famous wood-fired filet mignon. Happy hour and live music are featured daily.

8700 Gladiolus Drive, Fort Myers. Call 489-2233. ❄

Dean's List

Springfield College has named Emily Gins of Fort Myers to the Dean's List for academic excellence for the spring 2015 term. Gins is studying recreation management.

To be selected to the Dean's List, the student must have completed a minimum of 12 credit hours of graded coursework for the semester, exclusive of "P" grades; the student must not have any incompletes, missing grades or "CPs" in the designated semester; the student must have a minimum semester grade point average of 3.5 for the semester; and the student must not have been barred from the Dean's List due to a disciplinary action. ❄

DID YOU KNOW

TRIVIA TEST

- 1. GEOGRAPHY: What two nations does the 38th parallel divide?
- 2. BUSINESS: What beer company is headquartered in Golden, Colorado?
- 3. HISTORY: The Jacobins were a radical group of which movement?
- 4. MOVIES: When was “The Muppet Movie” released?
- 5. MUSIC: What rock group had a hit with the single “Message in a Bottle”?
- 6. SPORTS: When was the last year the Dodgers played in Brooklyn?
- 7. COMICS: In the “Archie” comics, which of Archie’s girlfriends had blond hair?
- 8. U.S. PRESIDENTS: Which presidents’ faces are on Mount Rushmore?
- 9. MYTHOLOGY: In Greek mythology, what was the name of the hunter who was killed by his own hounds?
- 10.ASTRONOMY: How often does Mercury orbit the Sun?

ANSWERS

- 1. North and South Korea 2. Coors 3. French Revolution 4. 1979 5. The Police 6. 1957 7. Betty 8. George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt 9. Actaeon 10. About 88 Earth days.

SPORTS QUIZ

- 1. Who was the first player to hit 100 or more home runs for three different major-league teams?
- 2. Four different pitchers won at least 20 games in a season for the Los Angeles Dodgers during the 1960s. Name three of them.
- 3. When was the last time before 2013 that Clemson beat Georgia in a college football game?
- 4. Name the four Golden State coaches who led the Warriors to at least one 50-win season.
- 5. Who was the first hockey player to be on the cover of Sports Illustrated?
- 6. In 2014, goalkeeper Faryd Mondragon became the oldest soccer player (43) in World Cup history. For which country did he play?
- 7. When was the last time before 2015 (Deontay Wilder, WBC title) that an American won a major heavyweight boxing championship?

ANSWERS

- 1. Reggie Jackson, with the A’s (269 homers), Yankees (144) and Angels (123). 2. Don Drysdale (1962, 1956, ’66), Sandy Koufax (’63, ’65, ’66), Bill Singer (’69) and Claude Osteen (’69). 3. It was 1990. 4. Al Arles in 1956. 5. Jean Beliveau of the Montreal Canadiens, in 1956. 6. Colombia. 7. Shannon Briggs won the WBO heavyweight title in 2006.

My Stars★★★★

FOR WEEK OF JUNE 15, 2015

ARIES (March 21 to April 19) Choosing to work with someone you once thought might have been disloyal is a courageous move. The logical next step is to talk things out so there’ll be no reason for raising suspicions again.

TAURUS (April 20 to May 20) Take your time making a decision about a personal or work-related relationship. New facts are still coming in, and you’ll want to know the full story before you take a definitive step.

GEMINI (May 21 to June 20) Expect to learn something new about an old problem. This could provide some insight into how the problem began, and why it still defies efforts to find a resolution. Good luck.

CANCER (June 21 to July 22) An uneasy work-related relationship can be eased with compromises by both sides. The parties might consider putting the agreed-upon changes in writing in case of a future misunderstanding.

LEO (July 23 to August 22) Oh, you lucky Felines: Your romantic aspects are in absolutely purrrfect form. Don’t be surprised at how especially attentive the ladies and gentlemen in your life are going to be this week.

VIRGO (August 23 to September 22) Looking to prove yourself in a difficult situation is laudable. But try paying more attention to advice from experienced contacts. It could help you avoid time-wasting missteps.

LIBRA (September 23 to October 22) A business decision seems easy enough to make based on what you know. But this week could bring new facts to light, and you might have to do some heavy rethinking.

SCORPIO (October 23 to November 21) Feeling sure about the steps you expect to take is great. But you may need to share a few dollops of that confidence with those who have some doubts about your plans.

SAGITTARIUS (November 22 to December 21) A sense of well-being dominates much of the week. A slightly depressed mood could set in on the week-end. But being with family and friends helps shoo it away.

CAPRICORN (December 22 to January 19) You appear to be walking your

life’s path like the sure-footed Goat you are. But someone might feel you could do better. Listen to the advice, but make up your own mind.

AQUARIUS (January 20 to February 18) With positive signs growing stronger, Aquarians could find themselves facing choices that are each too good to turn down. Best advice: Go for the one you feel most comfortable with.

PISCES (February 19 to March 20) Someone you know might need your comfort and wisdom during a particularly difficult period. Your encouraging words help restore self-confidence and rebuild strength.

BORN THIS WEEK: Your kindness to all who need you is always appreciated and sets a fine example for others to follow.

THIS WEEK IN HISTORY

- On June 15, 1215, following a revolt by the English nobility, King John puts his royal seal on the Magna Carta, or “Great Charter.” The document guaranteed that the king would respect feudal rights and privileges, uphold the freedom of the church and maintain the nation’s laws.

- On June 16, 1738, patriot printer, publisher and postmistress, Mary Katharine Goddard, is born. She would later publish the first version of the Declaration of Independence to include all of the Congressional signatures. The document appeared “printed by Mary Katherine Goddard.”

- On June 18, 1812, the War of 1812 against Great Britain begins. The American war declaration had been called in response to the British economic sanctions against the U.S. and the impressment of American seaman into the British Royal Navy.

- On June 19, 1905, in Pittsburgh, some 450 people attend the opening of the world’s first nickelodeon. The storefront theater boasted 96 seats and charged each patron 5 cents to view a 15-minute motion picture show.

- On June 20, 1975, director Steven Spielberg’s thriller “Jaws” debuts in U.S. theaters. Jaws starred Roy Scheider as police chief Martin Brody and Richard Dreyfuss as a marine biologist. The film’s mechanical shark was named Bruce.

- On June 21, 1982, John W. Hinckley, Jr., who on March 30, 1981, shot President

Ronald Reagan outside a Washington, D.C., hotel, is found not guilty of attempted murder by reason of insanity.

- On June 17, 1994, after a dramatic “low-speed chase” on I-405 witnessed by millions on live television, former football star and actor O.J. Simpson surrenders to Los Angeles police. He was charged in the double-murder of his ex-wife and her friend.

STRANGE BUT TRUE

- It was Sigmund Freud, the founder of psychoanalysis, who made the following sage observation: “The first human who hurled an insult instead of a stone was the founder of civilization.”

- Many people make provisions in their wills for their pets; it’s the compassionate thing to do. Singer Dusty Springfield went a bit further than most, though; she specified that her cat was to be fed only imported baby food.

- For a nation based on a foundation of democracy, the U.S. certainly has a lot of states (that were originally colonies, of course) named for British royalty. The state of Virginia, for instance, was named for Queen Elizabeth I, known as the “Virgin Queen”; and Georgia was named in honor of King George II. King Charles II got both North and South Carolina, while the Duke of York and Albany -- later King James II -- was honored when the state of New York was named. Even France got in on the action: When explorer Robert de la Salle claimed a large chunk of territory for France in 1682, he named it Louisiana, after King Louis XIV.

- Sissy Spacek was originally considered for the role of Princess Leia in the iconic 1977 film “Star Wars,” but she turned it down, paving the way for Carrie Fisher to play Luke Skywalker’s twin. Interestingly, the year before, Carrie Fisher had been offered the title role in the horror flick “Carrie”; when she declined, Sissy Spacek stepped in.

- If you’re planning a trip to California this summer, you might want to keep in mind that in that state, it’s illegal for a woman to drive while wearing a housecoat.

THOUGHT FOR THE DAY

“Hell is paved with good Samaritans.” -- William M. Holden

PUZZLE ANSWERS

1. BRAHMS 2. DOST 3. BRFS 4. STCW
5. MANUA 6. INTERALIA 7. EINE
8. WHAID 9. PEOPLE 10. CALL 11. APEN
12. ATIT 13. GAIL 14. SCOTT
15. ANORTH 16. CENTRAL 17. REGION 18. OF
19. LOBE 20. RESELLS 21. OSWEGO
22. SOBAR 23. CON 24. ART 25. SCR
26. HEUNIT 27. DISTAT 28. FACH
29. TYPIFY 30. LAVA 31. OAHU
32. EUU 33. WO 34. HAWOKE 35. WYNIEH
36. ON 37. AUTUMN 38. WENTHE 39. IAG
40. AJIDY 41. SON 42. ABA 43. IORE
44. SOI 45. DEJA 46. PESILE
47. LEAVE 48. SONALLY 49. THE 50. IHEES
51. OCT 52. RTE 53. P 54. ANOINTS
55. CREATE 56. STRA 57. TS 58. KITT
59. TURN 60. INTOVAR 61. OUSSIA 62. RFS
63. ADAGE 64. LEARS 65. NOAH
66. VIBE 67. DAKOTA 68. MANY 69. COLORS
70. IL 71. EMU 72. AI 73. VEL 74. CUE 75. UP
76. AYES 77. NOPE 78. EXED 79. ORTEGA

1. LEGAL 2. VIALS
3. TODATE 4. ERRATA
5. RAGTOP 6. TOPDOG
7. UTE 8. MELON 9. DNA
10. SHIV 11. WII 12. SEEP
13. TENET 14. ENGARDE
15. LAD 16. GEL
17. GUMDROP 18. ETHOS
19. ONIT 20. WEB 21. SIFT
22. URN 23. KAPUT 24. ALA
25. DOGTAG 26. RAGTAG
27. ALLELE 28. SCOUTS
29. LEADER 30. THOSE

TABLE

1. G 2. N 3. DNR 4. GE
5. DRAILLIB 6. AIEP
7. ES 8. ITAE 9. P
10. N 11. S 12. RFKREA
13. THGINPEAAFIERT
14. K 15. DO 16. IURAOFS
17. RORTOSOFD
18. ALLOCATION
19. AW 20. CCS



Quinoa and Arugula Pilaf

- 1 tablespoon olive oil
 - 1/2 yellow onion, chopped
 - 1 clove garlic, minced
 - 1 cup quinoa, well rinsed
 - 2 1/4 cups vegetable broth
 - 2 cups chopped arugula
 - 1 small carrot, peeled and finely shredded
 - 1/2 cup thinly sliced mushrooms (your favorite kind)
 - 1/4 cup grated Romano cheese
 - kosher salt to taste
 - fresh ground pepper to taste
- In a large saute pan, heat the olive oil over medium heat.

Carefully add the onion and sauté until soft and almost translucent, around 3 minutes.

Add the garlic and quinoa and cook for about 1 minute, stirring occasionally, being careful not to let the garlic brown too much because it can turn bitter.

Add the broth and bring to a boil.

Reduce the heat to low and simmer until the quinoa becomes almost tender to the bite but slightly hard in the center, around 12 minutes. The mixture will be loose.

Stir in the arugula, carrot and mushrooms and simmer until the quinoa grains have turned from white to translucent, around 2 minutes longer.

Stir in the cheese and season with the salt and pepper.

Serve family style.✱



Quinoa and Arugula Pilaf

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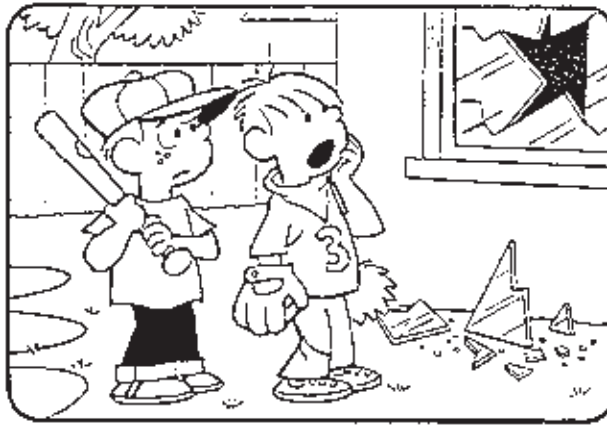
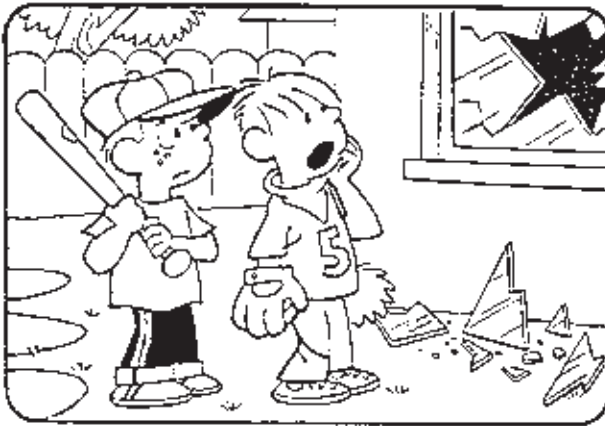
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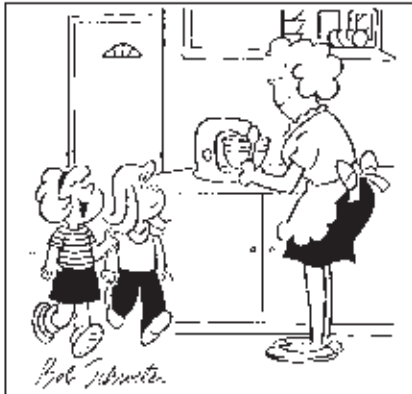
HOCUS-FOCUSBY
HENRY BOLTINOFF

FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS

Differences: 1. Fence is different; 2. Bat's shadow is missing; 3. Boy's shadow is missing; 4. Number 3 is different; 5. Glass break is different; 6. Place of glass is missing; 7. Papers are missing; 8. Sailboat is missing.

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!



"While my mom's in the hospital,
grandma's gonna be our
' _____ '!"

Lean

REDLENS

Dense

LIDOS

Field

TRAINER

Beyond

TEDIOUS

TODAY'S WORD

answer on page 27

PUZZLE ANSWERS**SUDOKU**

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

SCRAMBLERS*solution*

1. Slender; 2. Solid;
3. Terrain; 4. Outside

Today's Word
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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 just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

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*NS 11/28 CC TFN

MOBILE DOG GROOMING

Self-Contained Trailer
Up to 40 Lbs.,
Total Grooming, Package,
Please call.
239-313-7140.
*RS 3/6 CC TFN

ARTIST AVAILABLE

Murals, Mosaics, Portraits, Paintings
Professional Artist - 20 Years Experience
Eye-Catching Attention-Getting Work
See Portfolio @ BonnieLeeTurner.com
Call Bonnie (401) 862-7363
*NS 6/12 CC 6/12

HELP WANTED

HAIR STYLIST BOOTH RENTAL AVAILABLE

Join our Professionals at the New
McGregor Salon. Increase your income,
be your own Boss. Positive, friendly,
comfortable atmosphere. Close to FMB &
Sanibel. Located in the busy, McGregor
Pointe Shopping Center near K-mart.
For Info call Anita 239-233-9882
*RS 3/13 CC TFN

MAINE COON KITTENS

Registered Maine coon kittens
(CFA and TICA.) Vet checked, all shots,
parasite free. Big, sweet lovable. Long time
registered breeder on Sanibel. \$950.
Amy (c) 239-699-8741.
*NS 4/3 CC TFN

40 GALLON FISH TANK



Includes wooden stand for storage
hood light, pump, filter, heater and other
accessories, good condition,
54" high x 30" wide x 12" deep. \$200.
Call 239-851-3506.
*NS 5/8 CC TFN

BOATS - CANOES - KAYAKS

DOCKAGE

Hourly, Daily, Weekly
and Monthly.
Captiva Island 472-5800
*RS 1/4 NC TFN

VEHICLES FOR SALE

2006 CHRYSLER SEBRING TOURING CONVERTIBLE

Less than 46,000 miles.
Good Condition.
\$6,500.
Call 239-443-0110.
*NS 6/5 CC TFN

GOLF CART FOR SALE



Street legal, "gas" powered.
\$6,500. 239-209-6500
*NS 6/5 BM TFN

LOST & FOUND

BRACELET FOUND

Bracelet found by
Dixie Beach Shared Bike Path
Call 239-395-9432
*NS 6/12 CC 6/12

TO PLACE A CLASSIFIED
LOG ONTO:

IslandSunNews.com

CLICK ON **PLACE CLASSIFIED**

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a week's worth of meals for a family of four...

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connect to
the Food
Bank!

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Call (239) 334-7007
Or donate online at:
www.harrychapinfoodbank.org



THE RIVER
News for Southwest Florida
P.O. Box 1000, Fort Myers, FL 33901

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 just recently changed the regulations on
fishing from shore. Florida residents as well as out of
state visitors need a fishing license to fish from shore.

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

SUDOKU

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

answer on page 27

Pets Of The Week

Hello, my name is Avenger. I'm an 11-month-old male Catahoula leopard hound mix. Despite my name, I'm not a superhero. I'm just a nice, gentle, affectionate guy in need of a forever home. I'm part Catahoula leopard, but without the breed's high energy level. I do have the Catahoula blue eyes and merle coat, which is a beautiful blend of colors. So while this Avenger can't really save the universe, you could save me!

My adoption fee is \$75.

Hello, my name is Frankie. I'm a 2-month-old female black and white domestic shorthair. I am very timid but I've been learning a lot from my cage-mate, Lucky, like how nice it is to sit in someone's lap and purr until you fall asleep. Also, toys are lots of fun if you play with a friend. Why not adopt us both, since we are two-for-one adoption fee?

My adoption fee is \$30 (regularly \$75) during Animal Services' Adopt-A-Shelter-Cat promotion.

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 11:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food.

The adoption package is valued at \$500.*



Avenger ID# 621875



Frankie ID# 620208



Emergency.....	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center.....	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce.....	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce.....	931-0931
Post Office.....	1-800-275-8777
Visitor & Convention Bureau	338-3500

ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio.....	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall.....	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre.....	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards.....	574-9321

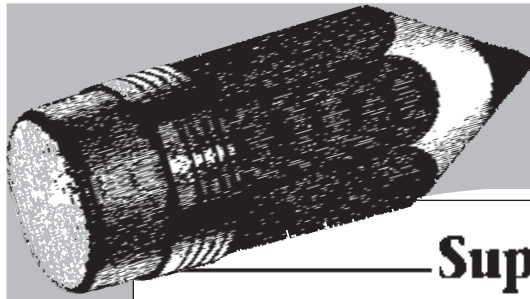
CLUBS & ORGANIZATIONS	
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR.....	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus.....	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists.....	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE(National Active & Retired Federal Employees	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy.....	939-1338
Southwest Florida Music Association	561-2118

Kiwanis Clubs:	
Fort Myers Beach.....	765-4254 or 454-8090
Fort Myers Edison	694-1056
Fort Myers South	691-1405
Gateway to the Islands.....	218-5768
Iona-McGregor	482-0869

Lions Clubs:	
Fort Myers Beach.....	463-9738
Fort Myers High Noon	466-4228
Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society.....	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour).....	211 or 433-3900

AREA ATTRACTIONS	
Bailey-Matthews Shell Museum.....	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium.....	275-3435
Edison & Ford Winter Estates	334-3614
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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



BEACH CHAIR PASTIME

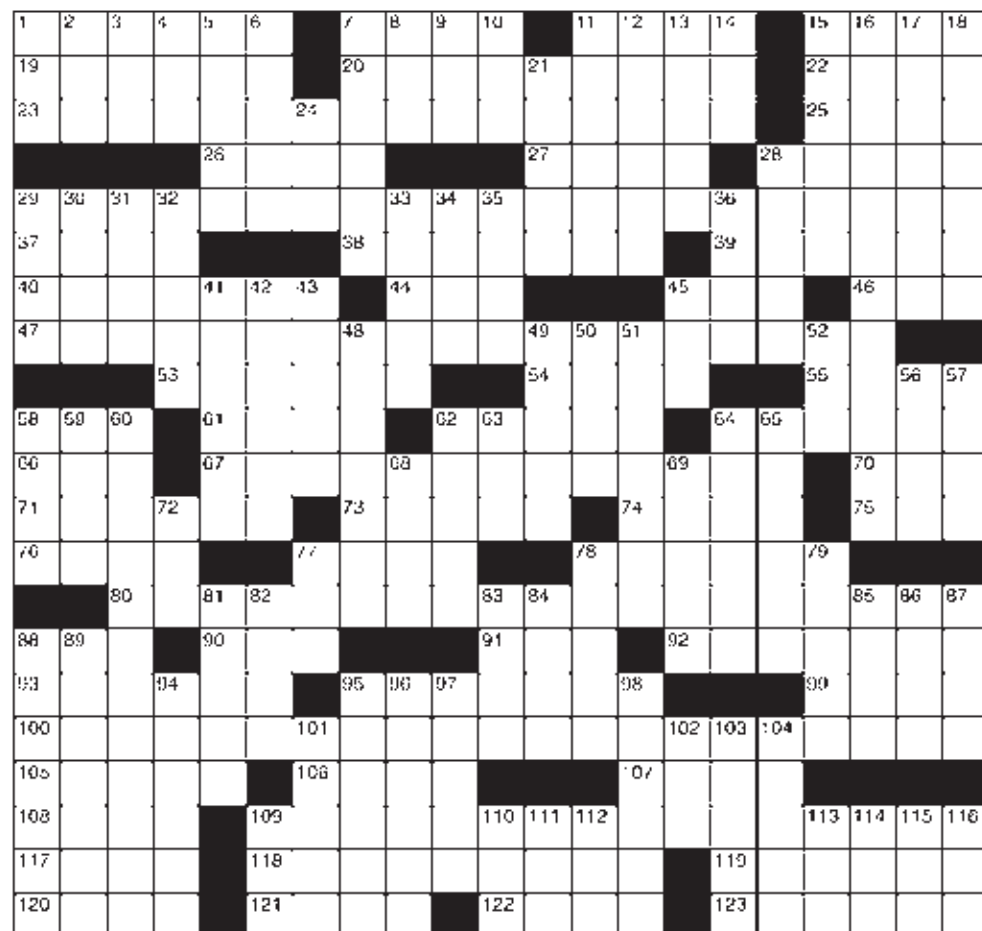
answers on page 25

Super Crossword

FALL
NICKNAME

ACROSS

- 1 "Alto" Rhapsody" composer
7 Amount of medication
11 Very close pals, briefly
15 Lay away
19 Handbook
20 Among other things, in Latin
22 A, in Austria
23 Start of a riddle
25 With the stroke of —
26 Busily engaged
27 Actress O'Grady
28 Actor Basie
29 Ride e, part 2
37 Brain part
38 Verbs ago n
39 New York port on Lake Ontario
40 Some weather lines
44 Unfold millennia
45 Gallery works
46 Frat's counterpart
47 Hide e, part 3
53 Epitomize
- 54 Volcano outflow
55 Waikiki whereabouts
58 Coll e-mail ending
61 Coyote kin
62 Stopped sleeping
64 Actress Dana
66 Truckload
67 Riddle, part 4
70 Kid's "I" game
71 Four-time Indy 500 winner
73 Supreme Court justice
74 Get-out-of-jail fee
75 Metal-bearing rock
76 Lamish
77 VJ
78 Mortar and —
80 Riddle, part 5
88 Mo. no. 10
90 I-10 e.g.
91 — malar (brain cover)
92 Sneers with holy oil
93 Engender
95 In dire —
99 Songstress Eartha
- 100 End of the riddle
105 Wise words
106 Mr. Spock's pony pair
107 Flood figure
108 Feeling, informally
109 Riddle's answer
117 "— do n a pinch"
- 118 Das rous of equaling someone else
119 Advanced to the starting point, as a tape
120 Floor votes
121 "Fat chance"
- 122 Deleted with "out"
- 123 Salsa brand
- 9 Big ints. in "Le additves"
10 Elver, e.g.
11 Lauren of "Key Largo"
12 Natural talents
13 Daughter in Dijon
14 Paradise of "On the Road"
15 Manated or dugong
16 Praise with a cap motion
17 "Just the last item is left"
- 18 Tried to get
21 Kingly
24 Snapshot, for short
28 Blues singer — Monica Parker
29 Stopped off
30 Little snack
31 Wind instrument
32 Prove false
33 noigont
34 General — chicken
35 Monopoly card statistic
36 Spear
41 Nonetheless
42 Defect, as a book page
- 43 Clown prop
45 Flat board
48 Radiates
49 Hawaii "Hi"
50 To-arele
51 50-50 gamble
52 Cheat
56 Use one's
106 Across
57 Impulse
58 Guesses at JFK
59 Judo hall
60 Too large to be strained, maybe
62 Former UN leader Kofi
63 Doughboys' conflict: Abbr.
64 Breach
65 Shout at
68 Magic hex
69 Actress Smith of Tyor Perry films
72 Bully's holler
77 Passing grade, bare y
78 Grock
79 Stezak or Etoniak
81 Shaw playing a channel
82 Powerful car engine
83 Or (of equal value)
84 Nero's 53
85 Faithful wife of Garpin;
86 Suffix with bachelor
87 Booming jels of old
88 Nero's wife
89 Crassness
94 Winged ones in heaven
95 Absorb
96 Part on a drama series, say
97 Dreadlocks wearer, often
98 Basked
101 "I love you," in Spain
102 Sush sauce
103 Varzetti's partner n anarchy
104 D-day time specification
109 Forest lair
110 Ingested
111 Mingle
112 Hd.'s cousin
113 Authorize to
114 Lofy work
115 Floor cover
116 Relaxing site



King Crossword

ACROSS

- 1 Constitutional
6 Lab contain-ers
11 So far
12 Proof reader's worries
14 Convertible
15 Honcho
16 Sulf Lake athlete
17 Crenshaw for one
19 "CSI" evidence
20 Inmate's weapon
22 2006 Nintendo debut
23 Leak slowly
24 Doctrine
26 Dueler's warring
28 Young bloke
30 Solid fy
31 Dome-shaped candy
35 Community character
39 Taking care of business
40 Symbol of intrigue
42 Window
43 Grecian vessel
44 Destroyed
46 Chicken-
- king link
47 GI ID
49 Motley
51 Cause of hereditary variation
52 Does recon
53 Material for hosen
54 Yon individu-als
- king link
6 Nixon's nixing?
7 Unyielding
8 Dadaist
9 House painter's need
10 Severely polio
11 Have la lla in
13 Queen-mothed
18 Whopper
21 African grassland
23 Epsom —
25 Pich
27 "Wow!"
29 Grande
- 31 Dutch cheese
32 Open out
33 Rub elbows
34 Energy
36 Gap
37 Recently
38 Companion less follows
41 Pop
44 Hardy cabbage
45 Dashboard d a. br of y
48 Kennedy or Koppel
50 Moo — gai pan

DOWN

- 1 Abhor
2 Enter cautiously
3 Roscoe
4 Fern's bit
5 Cancon skunk Pope

MAGIC MAZE ● — TABLE

XXUROLJGDAXVSPN
KGIFCAXVSQOLJGB
HGNITAREPEOELNRC
DRAILLIBAXAIEPV
TREP SNLJHITAEFP
DBYNXSVTRFKREAR
THGINPEAAFIERTP
OKMDOIURAOFSKIG
EDRORTDSDFOBZXW
A L L O C A T I O N U T R O O
N L J A W I C C S G F D C A Y

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

Actuarial	Card	Dressing	Pool
Allocation	Coffee	Night	Tea
Billiard	Dinner	Parsons	Work
Breakfast	Drafting	Periodic	



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