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Vol. 14, No. 27

From the Beaches to the River District downtown Fort Myers

JULY 10, 2015



The new Merritt Pump Station began delivering water in June

New Merritt Pump Station Delivers First Gallons Of Water For Restoration

Rising out of the flat Everglades landscape in Southwest Florida, a massive new pump station has begun sending the first gallons of water to help restore 55,000 acres in the Picayune Strand. Restoration of this area is a joint effort between the South Florida Water Management District (SFWMD) and the U.S. Army Corps of Engineers (USACE).

"Sending water into an area that was left dry and unnatural by long-gone development is another sign of our restoration progress," said SFWMD Executive Director Blake Guillory. "Work in the Picayune Strand has been an ongoing partnership that is producing visible results."

The Merritt Pump Station, officially designated as S-488, is the first of three pump stations to be completed for restoring Picayune wetlands and wildlife habitat and also to improve the health of downstream estuaries in the Ten Thousand Islands National Wildlife Refuge.

The pump station, located in Collier County's Big Cypress Basin, was completed by the Army Corps of Engineers in September. It can pump 810 cubic feet of water per second to provide both flood control for communities north of Picayune and sheetflow south needed for environmental restoration.

Work to allow this sheetflow of water to move south across a broad expanse of the landscape was completed in 2006, when numerous culverts were constructed under U.S. 41 to allow water movement.

"The Picayune Strand Restoration Project continues to serve as an example of what can be accomplished when we work together," said Col. Alan Dodd, U.S. Army Corps of Engineers Jacksonville District commander. "In October, the corps and our partners at the South Florida Water Management District celebrated the completion of the Merritt Pump Station. Now, we are seeing restoration in action."

Additionally, work to plug 10 miles of the Merritt Canal was completed this month, spreading water across the landscape, rehydrating the area south of Interstate 75 and north of U.S. 41, between the Belle Meade area and the Fakahatchee Strand Preserve State Park.

Scientists expect to see beneficial changes in local vegetation and wildlife habitat begin to emerge as early as this year.

Manatee Protection

Approximately 300 manatees currently use the Port of the Islands Basin as a warm water refuge during the colder months of the year. Scientists believe this refuge was created by freshwater discharged from the current canal system in Picayune Strand.

Unfortunately, restoration efforts that will enhance wildlife habitat in the region will

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Restoration efforts will include a new refuge for manatees

photo courtesy of the Florida Fish and Wildlife Conservation Commission

Girl Scout Troop Makes Donation To Support Area Children In Need

The Guardian ad Litem Foundation - 20th Judicial Circuit has received a \$1,000 donation and 30 "bed bundles" from members of The Girl Scouts of Gulfcoast Florida Troop #292.

Thirty Daisies and Brownies - ages 5 to 9 - along with leaders Jodi Rienzo, Jennifer Fischer and Jodi Barras, dedicated their time, talents and treasures to better the lives of 30 less fortunate Southwest Florida children.

This past March, Troop #292 partnered with the Guardian ad Litem - 20th Judicial Circuit's Beds For Kids program after the girls were inspired by the film *Annie*. They decided to dedicate their annual troop service project to helping local orphans. Soon after, the troop began fundraising to donate 30 new bedding sets, pillows, storybooks and stuffed animals to children in need. In addition, the girls decorated pillowcases with heartfelt messages and created a personalized card expressing their love for the recipient.

The Beds For Kids program provides a cozy bed and bedding for children who have been removed from their parents' care as a result of abuse or neglect. These children are then placed in the care of a relative or foster home and assigned a Guardian ad Litem volunteer advocate.

The Guardian ad Litem Foundation - 20th Judicial Circuit Board President Kathleen Davey told the girls, "You share a great deal in common with the GAL Foundation. We are all committed to the well being of children and to looking out for their best interests, no matter their particular circumstance."

Davey said to the leaders, "Thank you for making this wonderful project happen and for making the nights a little brighter for children less fortunate than our own."

Because of Troop #292's dedication and generosity, 30 children across Southwest Florida will go to bed warm, comfortable and safe during a time that can be scary and confusing.

For more information, visit www.voicesforkids.org.



Beds For Kids volunteer Cynthia Shafer and members of Troop #292

Clean Water Rally July 12

A rally supporting clean water unity among Southwest Florida residents concerned over the progressive decline in the health of local beaches, estuaries and waterways within Southwest Florida's ecosystem will take place on Fort Myers Beach behind Crescent Park on Sunday, July 12 at noon. Attendees will form a human chain reaching southward representing Southwest Florida solidarity in support of ending Lake Okeechobee (Lake O) fresh water releases, as residents who believe clean water is a necessity for everyone.

As the initial planning meeting for this event took place, local Fort Myers Beach resident Jo Finney was a creative and integral part of the process. A tragic house fire in the home where the idea became reality claimed her life only several days later. A brief, special memorial will be held in remembrance and as a celebration of Finney and the Fort Myers Beach clean water activist's life.

Immediately following the beach gathering, all supporters of clean water are encouraged to return to the Fort Myers Beach Pub to hear speakers in support of clean water in Southwest Florida. Local musicians Renee Massie Hose and Bethanne DVS will perform in support of clean water and ending Lake O discharges.

During the clean water rally:

- Residents will stand in support of ending the pollution from Lake O.

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Historic Downtown Fort Myers, Then And Now:

A Downtown Tradition



by Gerri Reaves, PhD

Since 1994, in the shady parking lot underneath the U.S. 41 Caloosahatchee Bridge in Centennial Park, the Downtown Farmers' Market has been offering up its bounty.

Every Thursday morning, vendors sell local fruits and vegetables, seafood, gourmet breads, ready-to-eat lunches, local honey, nuts, cheese, flowers, plants, homemade soaps and more.

But this year-round open-air market is not downtown's first. Through the decades, particularly during the Great Depression of the 1930s, citizens could count on high-quality locally grown farm products that were brought to town and sold on the streets for the public's convenience.

In January 1922, the *Fort Myers Press* noted the newly-established curbside farmers' market to be held weekly on Monroe Street, just west of the Lee County Courthouse and on the east side of the railroad tracks that ran down the street's center.

The Saturday morning event was only three weeks old. Held during the height of the winter produce season, it was proving to be a big success. Products included fresh vegetables, eggs, poultry, and stall-fed beef.

The first week, only three wagons had set up shop at the Monroe Street curb. The second week, nearly a dozen producers participated, and the number of customers was notably increasing.

The local press touted the economic advantages of such markets, whose purpose was "to bring the producer and consumer into direct contact," thus offering fresh products to housewives "at rock-bottom prices."

By the 1930s, consumers couldn't have been more price-conscious. The market



Chris Nelson, Sr., right, mans his curbside produce stand at the Monroe Street farmers' market, circa 1936. Also in the photo are his wife, Martha (in a white dress and hat) and children Den, Charles and Robert Nelson. The other woman is unidentified.

photo courtesy of the Southwest Florida Museum of History



The farmers' market no longer takes place on this block of Monroe Street, where the railroad once ran center-street and produce was shipped out. Today, the block is best described as Justice Center Alley.

photo by Gerri Reaves

allowed shoppers to save money and struggling farmers to survive.

In this circa 1936 photo, we see one farmer who brought his farm produce to market. Chris Nelson, Sr., on the right, stands curbside. His wife, Martha, in a white dress and hat, stands amidst the children, Den, Charles and Robert Nelson. The other woman is unidentified.

In the background on the west side of Monroe Street are warehouses or loading docks.

That part of town now has an atmosphere of a high-rise government corridor, but until the 1960s, it had an industrial feel. Trains came and went, and the west side of the street was lined with the ACL freight station, warehouses, and vegetable- and citrus-packing facilities.

In their delightful book, *Early Fort Myers: Tales Of Two Sisters*, Alberta Colcord Barnes and Nell Colcord Weidenbach vividly describe the "at-dawn" Saturday market that thrived during the 1920s and 1930s.

Farmers arrived in "rattly old trucks" or mule-drawn wagons loaded not only with the items familiar at today's markets, but also with "squawking chickens."

The sisters' Uncle Henry, they write, brought vegetables from his dirt farm near Six Mile Cypress, as well as butter, eggs, buttermilk and cottage cheese. Their Aunt Ellie, who sold fresh-cut flowers, specialized in "little nosegays of pansies."

Items for sale included cucumbers, onions and other vegetables, as well as jars of what is likely honey or molasses.

As for today's downtown farmers' market, in recent years there has been discussion about integrating it into the street beautification project, perhaps in the center of Hendry Street between Edwards Drive and Bay Street. We'll see... but it is clear that downtown markets have historically occupied an important niche in the economy. Long may they continue.

Next Thursday, walk down Monroe Street to the former site of a busy farmers'

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Fort Myers Art:

Albert Paley's *Naiad*



by Tom Hall

N*aiad* is a colorful freestanding sculpture that stretches three stories into the Florida sky. Designed by Albert Paley, it is formed and fabricated from polychromed steel. But unless you live in or have visited someone at the Riviera and St. Tropez Condominium Complex or

adjoining Beau Rivage, you've probably never seen it. That's because *Naiad* is only visible for a matter of seconds as you're driving west on First Street heading toward the downtown Fort Myers River District.

The metal sculpture stands on a raised circular stuccoed pedestal set in the center of a bricked turnaround at the front entrance of the Riviera and St. Tropez, with a color scheme that matches and complements the yellow-and-white over salmon of the condominiums that tower high above it. And you're no doubt wondering why a public art installation is stationed at the portal to what is essentially a private condominium development. The answer takes a second to set up.

Many Florida towns and cities recognize the role public art plays in driving economic development and uplifting the cultural status of a community when it comes to competing for tourists and retirees. There are a number of different ways to fund the selection, acquisition, installation, insurance and maintenance of public art displays. Sarasota, for example, allocates a portion of its bed tax to its public art program. Tampa and Clearwater dedicate a per-



Naiad by Albert Paley is formed and fabricated from polychromed steel

centage of their capital improvement projects toward the purchase of on-site public artworks. Other communities encourage public-private partnerships, pursue grant and

foundation support, or offer developers incentive programs.

The City of Fort Myers falls in the latter category. Several years ago, the city adopted an ordinance (118.7.7) that encourages developers to either install public art on site or donate an amount not to exceed \$150,000 to a public art fund. When St. Tropez Homes For America Holdings, Inc. put together its planned unit development for the Riviera – St. Tropez condominium project, it chose to commission and install its own piece, becoming the first ever public art project funded by a private developer in association with the city's public art fund initiative.

The Fort Myers City Council approved the PUD on March 8, 2005, and in accordance with section 6(n) of the enabling ordinance (3260), the developer commissioned internationally-renowned Rochester metal sculptor Albert Paley to craft and install a public artwork for its entrance and turnaround. When the project was completed in 2010, the developer applied for approval from the City Council to transfer ownership of *Naiad* to the condominiums' homeowners association, Riviera-Fort Myers Master Association, Inc. This approval was given on September 7, 2010 "subject to the rights of the City as set forth in the PUD and Public Art Article of the Land Development Code."

Why it is named *Naiad*? In Greek mythology, Naiads are a type of nymph associated with fresh water, like that found in springs, streams, brooks, wells, fountains and rivers. Which makes sense, since the St. Tropez and Riviera are built on the banks of the scenic Caloosahatchee.

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.✱

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Public Information Workshop July 14

The City of Fort Myers Community Redevelopment Agency (CRA) will host a public information workshop to kick-off the Midtown Area Redevelopment Plan (formerly known as Central Fort Myers) at 4 p.m. on Tuesday, July 14 in Room B of the Fort Myers Regional Library, located at 2450 First Street in Fort Myers.

The "Midtown" area, bordered by Cleveland Avenue (U.S. 41), Dr. Martin

Luther King, Jr. Blvd (S.R. 82), Evans Avenue and Edison Avenue, is home to many vacant or underused commercial and residential properties. The neighborhood also contains familiar landmarks such as the City of Palms Baseball Park, the Fort Myers Skatium & Recreation Center, the Brotherhood Skate Park & Shop, Fort Myers Police Station, Rosa Parks Transportation Center and the Museum of History.

The public is invited to join the effort to transform the Central Fort Myers area into a vibrant business/commercial/residential district by sharing their ideas and vision of the future for this area at the

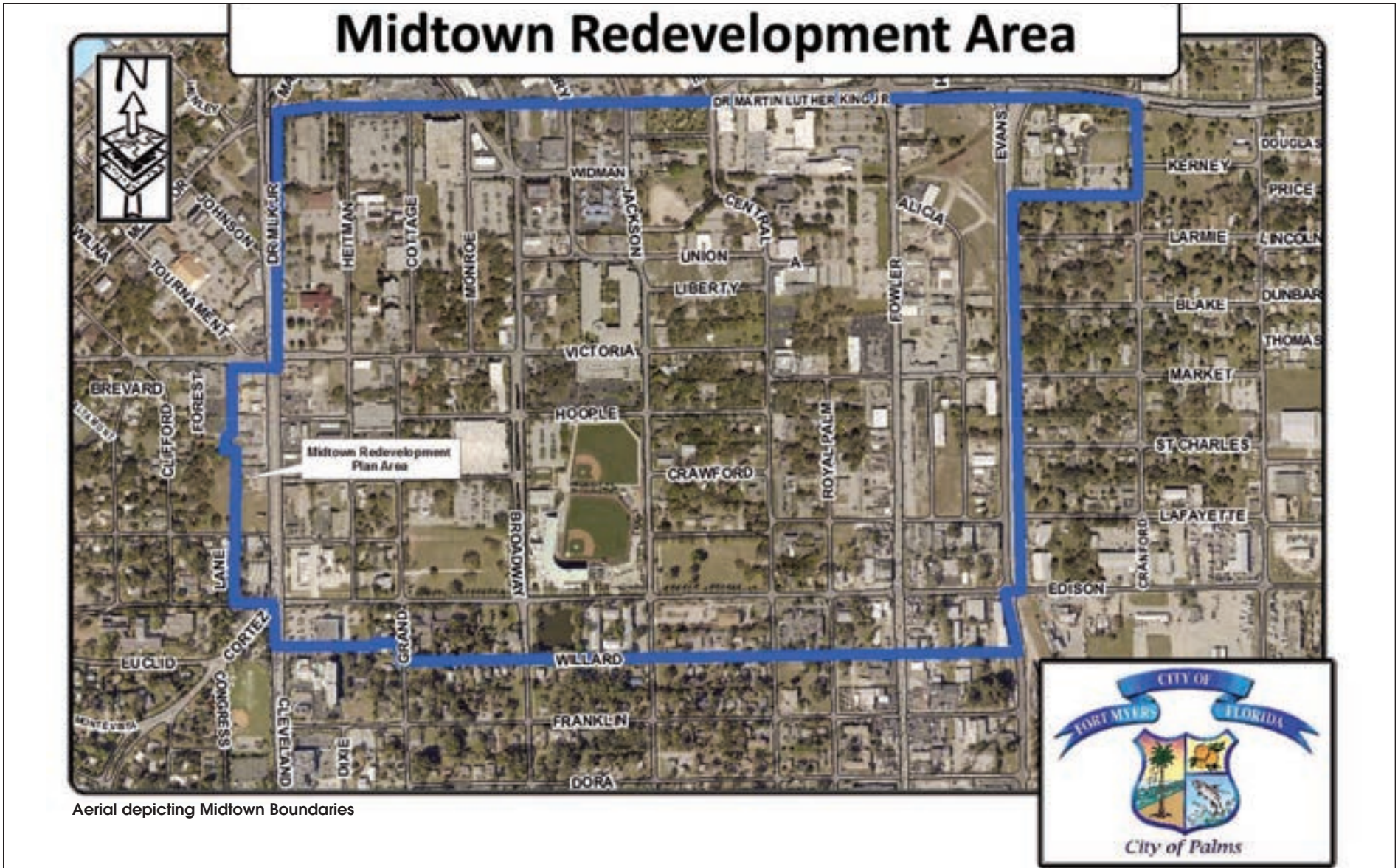
meeting. Ideas from the meeting will be used in the formation of a redevelopment plan for this area. Part of the planning process will include creating a new identity which can be used to market the area. One such possibility being considered is the "Midtown" area.

The redevelopment plan will provide a vision for the future along with an implementation strategy for redeveloping existing structures and underutilized properties. The plan will serve as a guideline for new development and infrastructure, all the while promoting the unique character of the "Midtown" as an independent neighborhood just south of the Fort

Myers River District.

Under one of the city's continuing services contract, the city and CRA engaged the planningengineering firm of EnSite, Inc., as a consultant for the project, providing professional services to analyze, define and write the "Midtown" Area Redevelopment Plan based on area research and insight gained from public workshops, such as this one scheduled for July 14.

Funding for the redevelopment efforts (\$97,875) will come from the CRA's Downtown and Central Fort Myers redevelopment districts. ✧



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From page 1

New Merritt Pump Station

reduce freshwater flow into this specific area. In April, the SFWMD approved a contract to construct a new manatee refuge that is compatible with restoration efforts. Work will include creation of three deep pools, 100 feet in diameter and about 20 feet deep.

Construction of the refuge began on June 25 with clearing of the site, and work is scheduled to be complete in April 2016.

Picayune Strand Background And Restoration Goals

Southern Golden Gate Estates was originally designed and marketed as the largest suburban development in the country in the late 1960's. The developer dredged 48 miles of canals, built approximately 270 miles of shell-rock roads and sold thousands of lots before going bankrupt.

Florida and its federal partners set out to restore the region to a more natural state. The objective is to restore and enhance wetlands in Picayune Strand and adjacent public lands by reducing over-drainage, and to improve the water quality of coastal estuaries by moderating the large salinity fluctuations caused by point discharge of freshwater from the Faka Union Canal.

Authorized by Congress in 2007, the Picayune Strand Restoration Project became the first Comprehensive Everglades Restoration Plan project to begin construction.

Restoration will help connect publically owned and protected lands in the area, including:

- Fakahatchee Strand State Preserve – 75,000 acres
- Florida Panther National Wildlife Refuge – 26,000 acres
- Collier-Seminole State Park – 6,500 acres
- Big Cypress National Preserve – 730,000 acres
- Ten Thousand Islands National Wildlife Refuge – 35,000 acres

Hope Hospice Receives \$25,000 From Golfer McNeill's Hole-In-One

Fort Myers resident and PGA golfer George McNeill aced the par-three 18th in the first round at The Greenbrier Classic, winning \$25,000 to donate to his charity of choice. McNeill didn't hesitate: his choice was Hope Hospice.

McNeill's sister, Michelle, passed away in the Cape Hope Hospice House almost exactly a year ago, while her little brother shot his lowest score ever – a 61 – at The Greenbrier in White Sulphur Springs, West Virginia.

On July 2, McNeill scored his second hole-in-one The Greenbrier in the space of one year. McNeill's mother, Dottie, called Hope to share the news.

"We are truly grateful for George's most generous acknowledgement of the care we provided for his sister," said Samira K. Beckwith, president and CEO of Hope HealthCare Services. "It is our privilege to provide comfort and care when it is needed most."

For more information, visit www.HopeHCS.org.

Completed Restoration Work

To date, the Picayune Strand Restoration Project has reached several milestones, including:

- Prairie Canal Plugging and Road Removal (SFWMD): This included back-filling and plugging seven miles of the Prairie Canal using fill from spoil along the canal and removing 65 miles of roads to restore the natural historical grade.
- Tamiami Trail Culvert Construction (SFWMD): Work included installation of nine culverts under the Tamiami Trail to help restore overland flows in the Picayune Strand.
- Merritt Pump Station and Road Removal (USACE): Pump Station construction started in February 2010 and was completed in September 2014. Work included plugging 10 miles of the Merritt Canal.

From page 2

Farmers' Market

market that helped sustain Lee County residents through the cycles of boom and bust.

Stroll a couple more blocks to the farmers' market in Centennial Park, where shoppers prove that good prices and fresh local produce never lose their appeal.

Then, visit the the Southwest Florida Museum of History at 2031 Jackson Street to learn more about the varied business activities of historic downtown.

Be sure to see the new exhibits, Darwin and the Dinosaurs.

For information, call 321-7430 or go to swflmuseumofhistory.com. Museum hours are 10 a.m. to 5 p.m., Tuesday through Saturday.

Then visit another valuable historic resource, the Southwest Florida Historical Society, an all-volunteer non-profit organization at 10091 McGregor Boulevard. Research family or local history and peruse fascinating archives.

Call 939-4044 or drop by on Wednesday or Saturday, 9 a.m. to noon.

Sources: The archives of the Southwest Florida Historical Society and the Fort Myers News-Press.

Fort Myers Native Serving With A U.S. Navy Construction Battalion

submitted by Navy Office of Community Outreach, Public Affairs

A Fort Myers native and 2014 North Fort Meyers High School graduate is building bridges and roads around the world as a member of the U.S. Navy's Naval Mobile Construction Battalion 11, based in Gulfport, Mississippi.

Constructionman Apprentice Samuel Lamaritata is a construction electrician with NMCB 11, a unit specializing in building structures in areas of conflict. Sailors attached to NMCB 11 and other similar units – nicknamed "Seabees" – are a unique group in the Navy whose motto is "We build, we fight."

"I've been here for two weeks, so right now I'm trying to get into the swing of things," said Lamaritata.

Seabees are trained as builders and fighters. They not only build bridges, roads, runways and other structures in war zones; they also defend those structures after they've built them.

Lamaritata and the rest of the sailors assigned to NMCB 11 are part of the Navy's construction force that has been around for more than 70 years. Seabees have built entire bases and bridges and bulldozed and paved thousands of miles of roadway and airstrips for the U.S. military all over the world, playing a vital role in every major conflict the U.S. has been involved with since World War II.

"This battalion seems like a very friendly environment," said Lamaritata.

With nearly 600 personnel assigned to the battalion, jobs are highly varied and

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Samuel Lamaritata

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EVENTS

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SATURDAY, AUGUST 1
Discover Downtown Fort Myers
 Historical walking tour, lunch and River Cruise.
 10:00 PM - 2:00 PM
 Depart from City Pier

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CROW Visits Continental Women's Club



Gina Wheeler with Rachel Rainbolt and Lola the falcon

by Di Saggau

Members of the Continental Women's Club of Greater Fort Myers enjoyed hearing from Rachel Rainbolt, education coordinator for the Clinic for the Rehabilitation of Wildlife (CROW), located on Sanibel. She talked about how they care for some 3,500 animals a year in their wild life hospital. While 20 to 25 percent of the animals they receive do not survive, they manage to save a lot of

critters who have been hit by cars or met other mishaps. Rainbolt brought along an American Kestrel falcon named Lola. She is also called a sparrow hawk because of her small size. Lola had an injured wing and will stay with CROW for her lifetime because she is unable to forage for herself. It was a fascinating program.

Coming up on Thursday, August 6, the program will feature a fashion show by Chico's. Members are encouraged to bring guests to join the fun in seeing the latest fashions.

Continental Women's Club meets on the first Thursday of every month. Membership is open to women living in the area who are interested in both social and philanthropic endeavors. Yearly membership is \$20 and provides members with interesting programs throughout the year.

The meeting starts at 11:30 a.m. The cost of lunch is \$19 and reservations are necessary. Meetings are held at Colonial Country Club, located at 9181 Independence Way in Fort Myers. If you enjoy meeting with active women who enjoy raising money to award scholarships to young women, provide food and clothing for those in need as well as taking part in numerous social events, think about becoming a member. Activities include bridge, bunco, book club, lunch bunch and dining out groups. Various trips are also offered for members. For more information, call Margie Connor at 561-8973.✴

Calendar Girls Perform For Honorable Veterans



The Calendar Girls visited the State Veterans Home last weekend

The Calendar Girls created their own fireworks as they performed for the honorable veterans at the Douglas T. Jacobson State Veterans Home in Port Charlotte over the Fourth of July weekend. Along with The Calendar Girls, the Paws For Patriots puppy-in-training attended.

For more information, visit www.calendargirlsflorida.com.✴

Bicycle Rides In Punta Gorda

The 6th annual Wheels & Wings Ride returns to Punta Gorda on Sunday, July 12 with an invitation to bicyclists of every skill level to participate in one of five rides ranging from 15 to 62 miles. Rides include a 15-mile Mystery Ride, the 40-mile Gravel Grinder, and Gentleman's Race for those who want to test their legs at the beginning of the 50-mile route. For those with a need for speed, Speed Trap Alley

will be hosted by the Punta Gorda Police Department and "Speed Warning Tickets" worthy of framing will be issued to those who successfully and legally break the posted speed limit.

Rides begin and finish at Beef O'Brady's (1105 Taylor Road, Punta Gorda). Now in its sixth year, the Peace River Riders Bicycle Club began the event with 82 participants in 2010 and saw 333 riders take part in 2014. They hope to continue the upward trend in 2015.

Pre-registration for Wheels and Wings VI is \$35; day of registration is \$45. Participants can register at www.peaceriver-ridersbicycleclub.com and the first 400 registrants are guaranteed to receive an event T-shirt and 16-ounce pint glass. Onsite registration and check-in for pre-registrants begins at 7:30 a.m. on Sunday, July 12 at Beef O'Brady's and the rides begin at 8 a.m. For more information, visit the Facebook page at www.facebook.com/wheelsandwingsflorida or www.peaceriver-ridersbicycleclub.com.✴

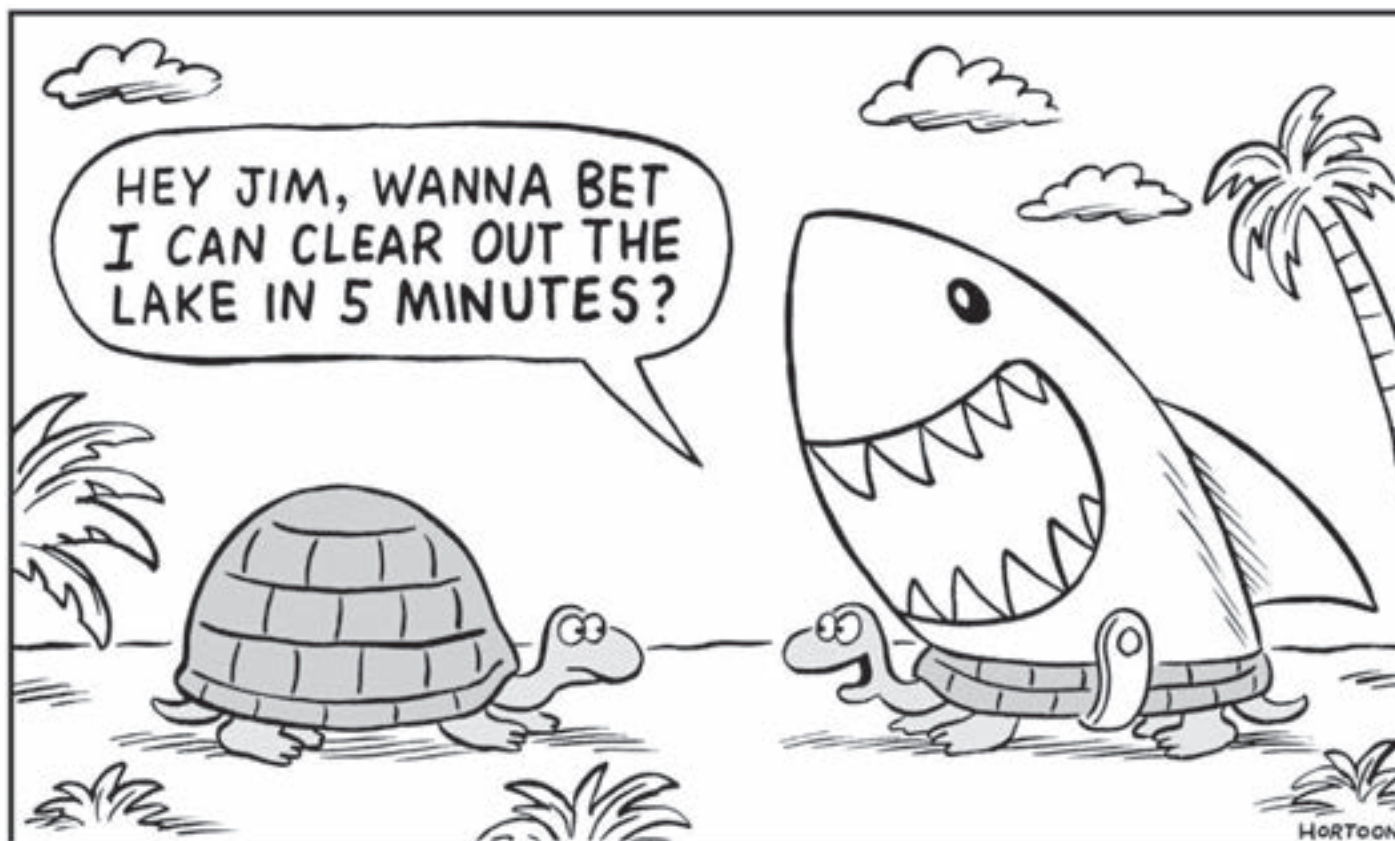
Miracle Hosts Dog Daze Of Summer

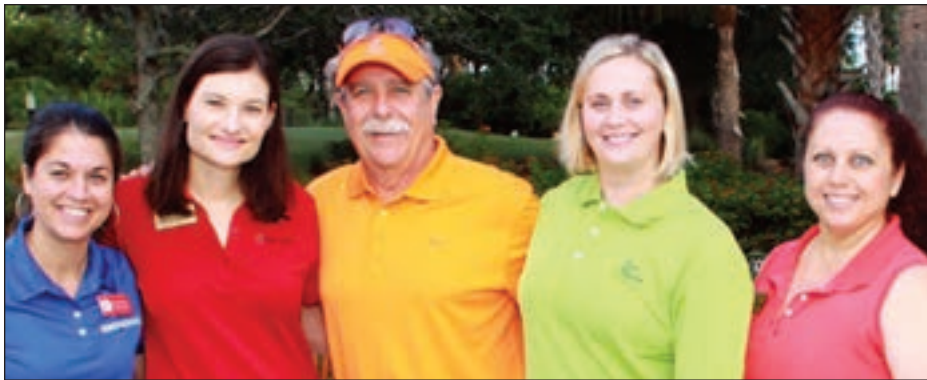
Join your island friends and neighbors on Friday, July 24 for the next Dog Daze Of Summer celebration with the Fort Myers Miracle at Hammond Stadium. Game time versus the Tampa Yankees is at 7:05 p.m.

Bring your dog to the game for a night of baseball and visit with vendors on the concourse with doggie treats to celebrate the Dog Daze Of Summer. Dogs get in free while tickets are only \$9.75 for adults or children. Tickets are for general admission seats in the grandstand. Purchase your tickets at the Sanibel Recreation Center by Wednesday, July 22.

For more information, call the Sanibel Recreation Center at 472-0345 or visit www.mysanibel.com.✴

HORTOONS





Lydia Black, executive director of the Alliance for the Arts, at the Lee County Bar Association's Charity Golf Tournament to benefit her organization's youth arts education scholarships, pictured with LCBA members Kim Bocelli, Ken Jones, tournament chair Amanda Bartley and Theresa Daniels

photo by Jim Jeff Photography

Lee County Bar Association Investing In Kids

As the Lee County Bar Association (LCBA) celebrates 66 years of service, it has reaffirmed its commitment to the younger members of the community by offering scholarships, hands-on learning activities, team building, civics education, recognition of educational excellence, career shadowing experience, mentorship and fundraising on behalf of young people throughout the year.

The enhanced emphasis on leadership development and education for Lee County's youth is a natural fit with LCBA President Anne Dalton's focus on professionalism and ethics.

"Young people represent our next generation of leaders, lawyers and voters," said Dalton. "The LCBA feels a strong sense of responsibility for providing as many opportunities as possible for the youth in our community to access the resources and education they need to be the most productive citizens they can be."

Opportunities for kids through the non-profit organization and its members include the LCBA Scholarship, administered through the Uncommon Friends Foundation; Law Shadow Day, hosted in association with Junior Achievement of Southwest Florida; Speakers in the Schools as part of Constitution Week; observation of oral arguments with the Second District Court of Appeal; and Mock Trial competition with member attorneys serving as coaches and members of the judiciary serving as judges.

Several LCBA office interns have gone on to pursue their own careers in the legal profession. An outstanding educator is recognized every year as part of the LCBA's Law Week activities with the Dr. James A. Adams Lee County Teacher of the Year Award for Law-Related Education. The LCBA's Young Lawyers Division's (YLD) has been working all



LCBA President and arts supporter Anne Dalton, Esquire

photo by Regina Samone Photography



LCBA Member-at-Large Beverly Grady presents the Dr. James A. Adams Lee County Teacher of the Year for Law-Related Education Award to Heather Bishop of Island Coast High School

photo by Jim Jeff Photography

year to raise funds for the Guardian ad Litem Foundation, and secured a grant to help fund its Beds For Kids program. The



The Young Lawyers Division (YLD) of the LCBA raises funds on behalf of the Guardian ad Litem Foundation (GAL). From left, YLD President Kimberly Bocelli, Terry Brennen of GAL, Past President Shannon Puopolo, VP Tom Coleman and Treasurer Noel Davies.

photo by Jim Jeff Photography



LCBA Member at Large Aaron Haak presents an award for Fort Myers High School's first place win in the 2015 Lee County Mock Trial Competition to, from left, Kaitlyn Salyer, Matthew DiBiase, Payal Majmudar, Amanda Duffy (captain), Mallory McGovern and Joshua Rivera, while Assistant Principal Matt Brendenkamp and attorney-coach ASA Cameron Siggs look on. Not pictured are team members Sydney Eskin (captain), Casey Wexler, Jordan Pilant and Sarah McMullen.

photo by Jim Jeff Photography



Students at the Inaugural Law Shadow Day in 2014 with, from left, LCBA member attorney Christina Schwinn, then-President John Agnew, Cecilia St. Arnold (formerly of Junior Achievement) and Clerk of Court Linda Doggett

photo courtesy of Clerk of Court's Office

YLD also hosts a Holidays In January program, providing a holiday experience with presents and a visit from Santa for children in the foster care system. Recently, the LCBA raised \$20,500 for the Alliance for the Arts, which will increase the number of arts education opportunities for young people.

Looking ahead to 2016, President-

Elect Scott Atwood has committed to further expanding the LCBA's youth focus, while scheduling social and fundraising events that will encourage the participation of members and their children.

For more information, visit www.leebar.org or contact President Anne Dalton, Esq. at 337-7900 or Executive Director Sharon Brotherton at 334-0047.*

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Along The River




Popular local band High Tide plays on Friday night at Times Square on Fort Myers Beach

What better place to enjoy live music than on the beach? Every Friday and Saturday night, music lovers gather at Times Square on Fort Myers Beach for the free **Sunset Celebration** series of concerts. Sunset Celebration provides a great opportunity to hear local bands in a spectacular setting. It is held every Friday and Saturday from 5 to 10 p.m., weather permitting.

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Ostego Bay Foundation Marine Science Center still has openings for summer camp. Children K to 16 years old will explore the barrier islands and the waters of Estero Bay. The concerts are free to the public.

Friday, July 10 features music by popular local band High Tide, which plays an unusual but refreshing collection of popular music covers: reggae, classic rock, alternative rock, R&B and funk. On Saturday, it's Rock Solid. For more information about Sunset Celebration, call 463-5900. There's still time to register your kids and teens for summer camp. The **Ostego Bay Foundation Marine Science Center** offers seasonal summer camps in July and early August, designed for children K to 16 years of age. Come explore the beautiful barrier islands and the waters of Estero Bay. Field and beach trips will introduce campers to sea grass communities, plankton populations, mangrove tangles and bird nesting areas. The staff of state-certified teachers offers a wide diversity of expertise providing highly personalized instruction.

The upcoming schedule includes:
July 13 to 17: Sea Stars (ages finished K to 8)
July 20 to 24: Loggerheads (ages 9 to 11)
July 27 to 31: Tiger Sharks (ages 12 years and up)
August 3 to 7: Sea Stars/Loggerheads
The camps runs from 9 a.m. to 4 p.m. Monday through Friday, with all instructional materials provided. Transportation must be provided to and from camp and bring lunch and plenty to drink. A graduation luncheon will be provided by the Center on the last day. The Ostego Bay Foundation is located at the Marine Science Center, 718 Fisherman's Wharf, San Carlos Island, under the beach bridge. For further information, call 765-8101 or go to www.ostegobay.org for an application.

Join the **Laboratory Theater of Florida** and its education professionals for a fabulous camp this summer. All camps are for kids 9 to 16 years of age. Summer camps will be held at Harborside Event Center, 1375 Monroe Street in downtown Fort Myers. A limited number of roles are available, so reserve your space today.

Glee Club:
Monday to Friday, July 27 to 31 with performance on Friday, July 31 at 2 p.m.
Monday to Friday, August 3 to 7 with performance on Friday, August 7 at 2 p.m.
Performers will learn song and dance routines to some of their favorite hits, as well as create their own scenes, led by a professional dancer, choreographer and actor. Price is \$150 per week or \$125 for each sibling. Light snacks are provided, but bring a packed lunch. Campers should wear comfortable clothing in which they can easily move and dance. Tennis shoes are recommended.

Register for camps online at www.laboratorytheaterflorida.com/Education or call 218-0481.

Shell Point Golf Club welcomes young golfers between the ages of seven and 15 to participate in weekly Junior Golf Camps scheduled Monday through Thursday from 9 to 11 a.m. Dates for the two remaining summer sessions are July 20 to 23 and July 27 to 30.

The players will receive golf instruction from PGA Professional Gary Keating and Teaching Professional Nick Macenas. Each week, players will have an opportunity to improve upon their technique through the use of a video program that will capture their personal performance.

The camp will also include information about the rules and etiquette of the game. Light snacks will be provided.

For more information about the program, or to sign up, contact the pro shop at 433-9790.

Shell Point Retirement Community is located in Fort Myers, just off Summerlin Road, two miles before the Sanibel Causeway. For more information, call 433-9790 or visit www.shellpointgolf.com.✧

FORT MYERS FARE

Dining From Downtown's Historic River District To The Beaches
For more information, check out our advertisers in this week's *River Weekly*

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.

1520 Broadway #106, Fort Myers. Call 334-6991.

ISLAND COW



Tuna roll from Ichiban. The downtown hotspot serves Chinese and Japanese cuisine

Where can you go when you're in the mooood for some great cook'in, local fun and prices that won't make you lose the farm? Try Island Cow on Sanibel.

Island Cow is an airy bistro with french doors leading out to the front and back patios. It is open daily for breakfast, lunch and dinner. Dine under the stars while you listen to live music on one of

Sanibel's only al fresco 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.

Get hooked on great cuisine and spir-its 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."

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

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Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION (UUA)

Where diversity is treasured, 2756 McGregor Blvd, Fort Myers. Sunday Services 9 and 11 a.m., Adult Education Workshop at 10 a.m., Reverend Margaret L. Beard, Minister. 226-0900. www.allfaiths-uc.org

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 (Presanctified 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, Proistamenos 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, rabbi@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: 9:30 a.m. Sunday School; 10:30 a.m. Blended Church 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

A few federated Lutheran (ELCA) and Episcopal Congregation. 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

Fort Myers Beach Masonic Lodge. 17671 Pine Ridge Road. 267-7400 Pastors, Gail and RC Fleeman. Adult Discussion Classes 8:45 a.m. Countdown to Worship 10:10 a.m. Amazing Grace Worship: 10:30 a.m. www.peacecommunitychurch.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.saintrnicholas-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 6:30 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✠

Children's Charities Donates To FSW's School Of Health Professions



SWFL Children's Charities presented \$100,000 to FSW's School of Health Professions. Pictured from left is FSW President Dr. Jeff Allbritten; Dr. Marie Collins, Dean of the School of Health Professions; Elaine Hawkins, President, SWFL Children's Charities; Dorothy Fitzgerald, Vice President SWFL Children's Charities; and FSW Vice President of Institutional Advancement Dr. Louis J. Traina.

SWFL Children's Charities Inc., organizer of the Southwest Florida Wine & Food Fest, presented a generous gift of \$100,000 to the School of Health Professions at Florida SouthWestern State College (FSW) on June 22.

SWFL Children's Charities President Elaine Hawkins and Vice President Dorothy Fitzgerald presented the check – a portion of the wine fest's 2015 proceeds – to FSW President Jeff Allbritten and Vice President of Institutional Advancement Lou Traina.

Hawkins and Fitzgerald later toured FSW's Respiratory Care Lab and Dental Hygiene Clinic to see the impact last year's gift had on students and the two high-tech programs.

"Florida SouthWestern State College is a most deserving beneficiary of the efforts of our trustees and all the people who support the Wine Fest. The college has outstanding nursing and pediatric dental programs with phenomenal success rates," said Hawkins.

"Our board and trustees believe in our community-education system, and this investment serves the entire community. Helping FSW enhance its training and the ability of its students to fill positions in our healthcare system is a win-win for everyone," said Fitzgerald.



FSW Dental Hygiene students demonstrate how to use the new panograph X-Ray machine.

Besides providing \$25,000 in student scholarships the last academic year, FSW also invested in a V60 pediatric respirator and a panograph X-Ray machine to diagnose dental disease in children. The Dental Hygiene Clinic provides preventive dental care to 2,000 local children and adults each year.

"Thank you to SWFL Children's Charities for providing our hardworking students with the funds to complete their degrees without the burden of debt and for equipping the School of Health Professions with state-of-the-art technology," said Traina. "Our graduates receive superb training at FSW and enter the Southwest Florida workforce ready to improve the lives of children."

"Our healthcare programs are outperforming others across the country," said Allbritten. "For example, our dental hygiene program has boasted a 100 percent pass rate on the National Dental Hygiene Board Exam for 20 years. We are happy to provide our students with the means to achieve greatness."

The FSW School of Health Professions offers two bachelor's degrees, 11 associate's degrees, and six certificate programs, preparing local students with the credentials to work in nearly every health-related field.

SWFL Children's Charities raised \$3.4 million in 2015, funds that benefitted The Golisano Children's Hospital of Southwest Florida, Music Therapy Program at Florida Gulf Coast University, and Pediatric Nursing Program at Florida SouthWestern State College.✱

Guardian Ad Litem Receives Grant From Local Non-Profit

The Guardian ad Litem Foundation - 20th Judicial Circuit has received a \$5,000 grant from the West Bay Community Charitable Foundation to support the Kids Being Kids/Beds For Kids program.

At a grant presentation held on June 9, the newly formed West Bay Community Charitable Foundation awarded \$44,894.00 in grants to 10 local non-profit agencies with very specific requests ranging from emergency backpacks for children being removed from neglect and/or abuse to a music program for underserved students in Immokalee.

"We are grateful to our community for supporting the successful charitable golf tournament and silent auction held in February," said Anne Haley, president of West Bay. "Working together as a community gives us the opportunity to really make a difference in the lives of so many others... it feels so good to give!"

Jerry Beaubien, grant committee chair, added, "In our first year of existence, we are pleased to award grants to 10 non-profit agencies that work to strengthen our community and raise the quality of life for many residents in Lee and Collier counties. We are confident our grants will make a difference."

The Beds For Kids program provides a cozy bed and bedding for children who have been removed from their parents' care as a result of abuse or neglect. These children



Kathleen Davey (Guardian ad Litem - 20) and Jerry Beaubien (West Bay Community Charitable Foundation)



West Bay Community Foundation grant recipients, first row from left, Matt Visaggio and Susan Acuna (Literacy Council Gulf Coast), Jeanne Nealon (Laces of Love), Nancy Martin (Interfaith Charities of South Lee) and Gordon Hammes (Naples Music Club); second row, Jan Billings (Friends of Foster Children), Susan Mitchell (Lee Health - Golisano) and Nancy Roberts (Nurse Compassionate Blankets); third row, Ed Atkinson (St. Vincent de Paul at Our Lady of Light), Debra Haley (New Horizons) JoDee Hansen (St. Matthew's House), Ellen Nichols (New Horizons), Fawn Volkert (St. Matthew's House) and Dr. Kathleen Davey (Guardian ad Litem - 20th Judicial Circuit).

are then placed in the care of a relative or foster home and assigned a Guardian ad Litem volunteer advocate.

If you are interested in becoming a volunteer, or would like more information regarding The Guardian ad Litem organization, contact The Guardian ad Litem Foundation's Fort Myers office by calling 533-1435, emailing program@GALFoundation20.org or visiting www.voicesforkids.org.✱

Mangrove Snapper Time



by Capt. Matt Mitchell

Catch-and-release snook fishing continues to be great action for anglers looking to just bend a rod, but with many of my anglers wanting fillets to take home

at the end of a charter, one species that is both tasty and plentiful this time of year is the mangrove snapper. This species can not only be targeted offshore but also anywhere from the passes right through bay. During our summer months, we catch some of the largest ones of the year for the bay.

Mangrove snapper have good eyesight so the lighter and less terminal tackle you can get away with, the more bites you get. My go-to rig for shallow water inshore snapper is a free lined shiner on



A catch-and-release snook triple header

a 4-foot piece of 20# fluorocarbon leader with a light wire 1/0 J or circle hook. When in the pass or deeper water, use just enough weight – either a jig head or a small sliding sinker – to get the bait close to the bottom. When mangrove or dock fishing, I like to go really light using

a 2000 series spinning reel and light spinning rod. On this light tackle, these fish put on a great fight.

The bite on these snapper is a little different than most of our fish; they often hit a bait a few times really hard before swimming off with it. When chummed up, they will explode on a bait right on the surface. With a generous five per person daily limit and a 10-inch minimum size on mangrove snapper, with the right bait and rig, dinner does not come much easier this time of year. To target the bigger mangrove snapper, nothing beats a small to medium size shiner and having extra to live chum never hurts either.

If you plan on taking your snapper home for dinner, one slick trick is to bleed them out before icing them down.

Keep them alive in your livewell until you're ready to call it a day, then remove them making a small cut from side to side across the throat with a sharp knife before dropping them back into the livewell. After a few minutes, they will swim until all of the blood pumps out of them, leaving the meat snowy white. Next right before heading to the fillet table, take a bucket or cooler with half ice and half saltwater. You're basically making a brine to drop them into. Clean your boat or give them at least 10 minutes or longer before filleting or scaling. This not only firms up the meat but makes cleaning them a breeze. When handled like this, the meat is totally blood free and milder tasting.

Snapper are far from one of our most glamorous gamefish species to catch but are definitely one of my favorite fish to eat. Not only do I grill the fillets but I also like to scale, gut and remove the gills before cooking them whole. When cooked whole – either grilled, fried, steamed or baked – it really keeps the meat moist and gives you the opportunity to pick every last little bit of flavorful meat from the bones. When dredged in rice flour and deep fried whole, the crispy fins and little bits of cheek meat are the best parts.

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

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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Dave Doane

CROW Case Of The Week:

Gray Fox



by Patricia Molloy

One of the most beautiful and intelligent creatures on the planet is the fox. These shy animals are found throughout North America, with the exception of the Rockies, the Great Plains and eastern central America. There are four species of foxes: the red, the gray, the arctic and the kit, of which the gray fox (*Urocyon cinereoargenteus*) is the largest. Both the red fox and the gray fox are found in Florida and are listed as protected by the U.S. Fish and Wildlife Service.

Gray foxes are crepuscular animals meaning that they are active at twilight. While they often forage for nuts and berries during the day, these solitary omnivores hunt primarily at night. Weighing seven to 13 pounds in adulthood, the size of a small dog, the gray fox is the only member of the dog family that climbs trees.

Last week, an injured gray fox was rescued in LaBelle and delivered to CROW. "He was found in a golf cart shed at a golf course, in the corner, hunkered down," Dr. Brittany explained. "They trapped him and put him in a box, but we think they held him in the box a little too long, because by the time he got here, he was in shock. His heart rate was 350 and had no pulse quality. His gums were white."

Once the fox's condition was stabilized and he was resting comfortably, a thorough exam was conducted. The male pup, patient #15-1961, was determined to be approximately 16 weeks old, based on his teeth. He had lacerations on his front right leg, a small scab on the hind right leg, a puncture wound and soft tissue swelling.

After receiving stitches and a penicillin injection, the youngster was moved to an outdoor enclosure. "He's doing well. He was chewing on his stitches and licking them, just being like a dog. It's kind of tough keeping (the bandage) on him, so we've got some elastic on the bottom and top, and even with that, he was trying to tear it which caused some abrasions around the top part of the bandage," said Dr. Brittany.

When treating domesticated canines, veterinarians often utilize the Elizabethan collar – better known as the Cone of Shame – to prevent animals from chewing on stitches. Evidently, this is not an option for the shy, wild fox. "He would not appreciate (that)!" Dr. Brittany exclaimed emphatically, but with a good-natured laugh.

Before the young fox can be released back into the wild, Dr. Heather Barron, hospital director, must be confident that he has the necessary skills to survive on his own. Thanks to a tight-knit group of wildlife rehabilitation facilities in Florida, Dr. Heather has developed relationships with a large number of wildlife veterinarians who are willing to share their knowledge and experiences.

"We are researching success rates with 'soft release' techniques with this species and it looks like this (patient) may be a good candidate. We don't get foxes here that often to be able to say how likely they are to survive if

continued on page 14



The patient watches eagerly as its breakfast is delivered. Since gray foxes have a lot of rusty-colored fur – and are often confused with the red fox as a result – they are commonly referred to as "red-sided gray."

Southern CREW Restoration Project Clears Another Hurdle

The Florida Department of Environmental Protection has authorized the South Florida Water Management District (SFWMD) to continue the next phase of the Southern Corkscrew Regional Ecosystem Watershed (CREW) Restoration Project. When completed, the project will provide significant benefits to the ecosystem including restoring wetlands and the natural sheetflow of water, improving regional flood protection drainage, increasing water storage and aquifer recharge capability, and reducing the amount of nutrient-rich stormwater reaching the Imperial River and Estero Bay.

"This project exemplifies the commitment of the state of Florida to protecting and restoring the larger south Florida ecosystem," said DEP Deputy Secretary for Ecosystem Restoration Drew Bartlett. "The department will continue to work closely with our partners to ensure that restoration continues."

The authorization issued today is for Phase II of the Southern CREW Restoration Project which encompasses 4,150 acres of multiple native plant communities, including hydric pine flatwoods, strand swamps, wet prairies and marshes that have been fragmented by past construction of ditches and roads. These alterations have resulted in restriction of historic sheetflow, artificial water impoundments and flooding, increased pollutant loading to the Imperial River, an Outstanding Florida Water, and disruption of natural wetland functions.

"The project will restore the southwest corner of the larger CREW project," said SFWMD Governing Boardmember Rick Barber. "The restoration in this particular location creates a vital buffer area between the CREW project and the eastern urban boundary."

Phase II of the project consists of ditch backfilling, ditch plugging, road degradation and the construction of low water crossings to allow for the re-establishment of hydrologic conditions similar to those present prior to development attempts of the area in the 1960s. The project is expected to restore approximately 437 acres of wetlands. The project's enhancements are anticipated to encourage the growth and sustainability of native wetland plant species, providing both food and habitat for wildlife.

The Southern CREW Restoration Project is located in Lee County between the Kehl Canal, which is located adjacent to the northern boundary, east of Interstate 75 and north of Bonita Beach Road.

For more information, visit www.dep.state.fl.us. ✨

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Plant Smart

Mahoe



Mahoe's large flowers resemble those of the popular ornamental hibiscus shrub



Mahoe's round or heart-shaped leaves span up to eight inches across

by Gerri Reaves

Over the last few decades, mahoe's (*Talipariti tiliaceum* or *Hibiscus tiliaceus*) native status was a topic of debate. After all, who would want to believe that this fast-growing, salt-tolerant evergreen with year-round flowers is an invading pest?

Alas, today plant experts generally agree that mahoe is naturalized. Native to tropical Asia, in fact, it was reported to be in coastal hammocks in the Florida Keys as early as 1913.

The term naturalized refers to an imported plant that persists in the wild without human cultivation. That ability to survive independently is a trait shared

by many imported landscape plants, and such species can threaten natural ecosystems.

Mahoe, also called sea hibiscus, became a popular landscape tree in South Florida during the 1960s and 1970s. Salt-tolerance made it a popular ornamental, especially in coastal areas.

Now mahoe is currently listed as a category II invasive by the Florida Exotic Pest Plant Council.

The council defines a category II invasive as having "the potential to be invasive and to disrupt native plant communities by displacing native species," as opposed to a category I invasive, which is "known" to be invasive.

Mahoe threatens native mangroves,

in particular. Via water-born seed capsules, the invader establishes thick stands at the upland edges of mangroves and subsequently shades them out.

Plants can be single- or multi-trunked, usually reaching 20 to 30 feet high and spreading as wide as they are tall.

The round or heart-shaped leaves are up to eight inches across with long leaf stems and pointed tips

Five-petaled, funnel-shaped flowers resemble those of the popular hibiscus shrub. They are yellow during the day but turn red by evening.

A prominent column bearing the stamens and pistil arises from the maroon center.

One species of similar appearance, *Hibiscus pernamhucensis*, lacks the maroon center. Some experts theorize that it is native to some South Florida counties.

Mahoe does best in full sun with plenty of water. However, its category II status proves that gardeners don't need advice on cultivating it.

While its sale is not prohibited in Florida, experts advise against planting it in the landscape.

If you already have this tree in your yard, consider replacing it with native vegetation. At least control its spreading



Fast-growing mahoe can be single- or multi-trunked

photos by Gerri Reaves

to other areas.

Local native-plant expert Dick Workman points out that removal provides an opportunity to endear oneself to woodworking and fiber-arts organizations, for the wood and bark can be used to make anything from hand tools to clothing, fishing nets to rope.

Mahoe's flowers and young leaves are edible.

Sources: regionalconservation.org, floridata.com, se-eppc.org/wildland-weeds, and *Native Florida Plants* by Robert G. Haehle and Joan Brookwell.

Plant Smart explores the diverse flora of South Florida.*

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 V

Berry has hooked the "granddaddy of all Black Sea Bass." The giant grouper has pulled the boat – with three men aboard – several miles, but is finally brought to heel. However, the attempt to drag the fish aboard is sinking the boat.

I yelled for them to slide the fish back over the side until we could think what to



L-R: Berry Williams (kneeling), Dr. Erlanger, Old Fighter and Massey at Punta Rassa, 1957

do. They did, leaving the gaff hook hanging from his mouth. Luckily, I was able to hold the fish with my rod and reel after one last, determined effort to get away, and then I hit on the happy thought of having the three men in the boat who had brought us the gaff hook come back

over and help us.

I explained that I wanted the three of them to push down on the port side of the boat while we hoisted the fish in on the starboard side. They did this and this time, when Massey and Erlanger started tugging at the fish, our boat didn't take on water.

After much heaving and straining, Massey and Erlanger got enough of the fish up onto the side of the boat that he began to slide in. This was mistake #3. I knew I'd hit pay dirt, but I really didn't realize how much dirt was there until, inch-by-inch and foot-by-foot, that big sea monster began to slide into our boat.

To begin with, Erlanger and Massey were finicky about close proximity to the fish under any conditions, and when it became obvious to them that there wasn't enough room in that boat for both them and the fish, they instinctively solved the problem by jumping head-on into the boat of the three men who were holding down the port side. It was a sight to behold – a Goliath grouper coming into one side of the boat, while my two companions were making a hasty exit by jumping out the other side.

I must admit, I didn't feel too easy about it myself. However, I've caught so many Goliath Grouper that I wasn't scared of him and knew he wouldn't cut up much once he was aboard. Sure enough, he didn't flop around at all. The only problem was that one of us had to move over so I could operate the boat.

*To be continued next week...**

From page 13

Gray Fox

they haven't learned (survival skills) in captivity, with no parents to show them what to do."

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.*

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Tournament Reels In \$83,000



Offshore Rodeo Committee check presentation

The 3rd annual Offshore Rodeo & Reggae Party, which brought in \$83,000, made a huge splash in Southwest Florida the weekend of June 5 and 6, and the ripple effect was felt around the world.

A benefit for Ronald McDonald House Charities (RMHC) of Southwest Florida, anglers of all ages spent the day catching a variety of species. One skilled angler is believed to have broken a world record by catching a 124.18-pound black grouper. Alex Newman of Bonita Springs and his crew not only took top prize for the tournament, but are completing paperwork to claim the world record.

Earlier in the day, 100 junior anglers ages 3 to 12 cast their lines in a kids fishing tournament on the docks of Salty Sam's Marina, sponsored by Marine Max and Fish Florida. Participants earned a "fishing license" by visiting a number of learning stations before baiting the line for their big catch. They were entertained by Ronald McDonald himself and enjoyed lunch compliments of McDonald's. Meanwhile, the offshore anglers reeled in 10 different species for the chance to hook top prizes and had their fresh catch for dinner, prepared compliments of Bootleggers Waterfront Grill. They also took part in silent and live auctions, and listened live Reggae music throughout the evening.

"This year's fishing tournament was a record breaker in many ways. Alex reeled in a record-breaking fish, and we exceeded our fundraising goal for the third year in a



Alex Newman and Team Sunset Air with a record-breaking black grouper

row," said Jeff Miloff, event chairman and RMHC board member. "It was a great day in Southwest Florida, not only for the anglers, but for spectators and families too – and thanks to our sponsors and volunteers, we raised a lot of money for a wonderful charity, bringing our three-year total to over \$195,000. We have a phenomenal committee that meets year-round, many of them team members of Miloff Aubuchon Realty Group. The time and dedication that goes into making this event a success is tremendous, and I can't thank these individuals enough."

Fuccillo KIA of Cape Coral gifted RMHC with a 2015 KIA Soul as a part of the annual tournament and provided this generous gift to serve as the grand prize in a chance drawing. The winning ticket was drawn at Fuccillo KIA on June 13.

Proceeds from the Offshore Rodeo and Reggae Party will help with the funding of RMHC programs including a Ronald McDonald Family Room to be housed in the new Golisano Children's Hospital of Southwest Florida opening in 2017. "As our community grows, so does the need for the services our Ronald McDonald House provides," said Laura Ragain, executive director. "A Ronald McDonald Family Room will serve hundreds of additional families and offer a special place of respite, relaxation and privacy while being just steps from their child's bedside."✱

Eco-Friendly Mosquito Control

submitted by Melinda Myers

Don't let mosquitoes keep you from enjoying your garden and outdoor parties. Look for environmentally sound ways to manage these pests in your garden and landscape.

Start by eliminating standing water in the yard. Buckets, old tires and clogged gutters and downspouts that hold water make the perfect breeding ground for mosquitoes.

Drain water that collects in these as well as kids' toys, tarps and pool covers. Store these items in the garage or turn them over to keep them from becoming a mosquito breeding ground. Even small containers hold enough water for hundreds to thousands of mosquitoes to breed.

Change the water in birdbaths at least once a week. Consider installing a small pump to keep water moving to prevent mosquito breeding. Or use an organic mosquito control like Mosquito Dunks and Bits (SummitResponsibleSolutions.com) in rain barrels and water features. The Mosquito Bits quickly knock down the mosquito larval population, while the Mosquito Dunks provide 30 days of control. They are both certified organic and safe for pets, fish, wildlife and children.

Wear light colored, loose fitting cloth-



Mosquito, *Aedes albopictus*

photo by James Gathany CDC

ing. These pests are less attracted to the lighter colors and can't readily reach your skin through loose clothing. And be sure to cover as much of your skin as possible with long sleeves and pants.

Add a few birdhouses to the landscape to bring in the birds. You'll enjoy their beauty and benefit from their diet of insects, including many garden pests and mosquitoes.

Keep the garden weeded. Mosquitoes rest in shrubs, trees and weeds during the day. Removing weeds and managing neglected garden spaces will make your landscape less inviting to these pests.

Consider using a personal repellent to protect you against disease-carrying mosquitoes. For those looking to avoid DEET, the Center for Disease Control and Prevention has also approved products with the active ingredient picaridin (found in Skin So Soft products), IR3535,

and the synthetic oil of lemon and eucalyptus. Avoid products that contain both sunscreen and insect repellents as you need to apply the sunscreen more often than the repellent.

Add a bit more protection while sitting or eating outdoors. Use a fan to create a gentle breeze that keeps the weak flying mosquitoes away from you and your guests. Some gardeners even take a small fan into the garden while weeding.

Then, add a bit of ambience to your next party by lighting a few citronella candles for your evening events. Citronella oil and the scented candles do have some mosquito repelling properties. Scatter lots of candles throughout your entertainment space. Position the candles within a

few feet of your guests. This can provide some short term relief from these pests for you and your guests.

Gardening expert, TV/radio host, author and columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books. Visit www.melindamyers.com for more gardening tips and videos.✱

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The first bottles of Sunken Barrel USS Mohawk GCG Reserve Rum are sold

Sunken Barrel USS Mohawk Reserve Rum Sells Out In Less Than One Hour

Florida's top craft rum producer, Wicked Dolphin, released a very limited run of the Sunken Barrel USS Mohawk CGC Reserve on July 2. Only 200 bottles of the reserve rum were available for purchase at the Cape Coral Distillery, and sold out in less than one hour.

Doors opened for the sale of the Reserve 9 a.m. at the Wicked Dolphin Rum Distillery, and the line began forming before 7 a.m.

"We were ecstatic by the turnout and support of the local community, as well as those that traveled to be here for the release of our reserve. The sale of these bottles goes to help two great charities, so we want to thank everyone for their support," said JoAnn Elardo, owner of Wicked Dolphin Rum.

Since the initial announcement of the release, Wicked Dolphin had received numerous calls a day from people asking how to purchase a bottle, both from locals and out-of-towners.

Five Wicked Dolphin Rum barrels filled with distilled water were sent 90 feet down to the USS Mohawk Veterans Memorial Reef, and then raised 72 hours later. The

ArtFest Poster, T-shirt Design Competition

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

"This competition is open to all professional artists," explained Sharon McAllister, executive director for ArtFest Fort Myers. "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, plus an invitation to join us at ArtFest Fort Myers 2017 and much 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 ArtFestFortMyers.com and click on Poster Contest or call 768-3602.

Proceeds from the sales of the Commemorative Poster and T-shirt help to support a variety of ArtFest Fort Myers' art education outreach programs and the Newspaper In Education Program at the News-Press.

ArtFest Fort Myers takes place from February 5 to 7 in the Fort Myers River District. Join the experience with 215 professional artists from across the county and around the world, the largest high school art exhibit and competition in south Florida, along with free interactive art experiences for children of all ages.

For more information, visit ArtFestFortMyers.com.✱

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Line in front of Wicked Dolphin during the Sunken Barrel USS Mohawk Reserve Rum debut

distilled water was used to proof down already aged Wicked Dolphin Rum, creating a unique reserve.

Wicked Dolphin Rum and Lee Reefs partnered to create the limited edition rum to benefit the Lee Reefs program and Special Operations Bionic Warriors.✱

Book Review

The Boys In The Boat



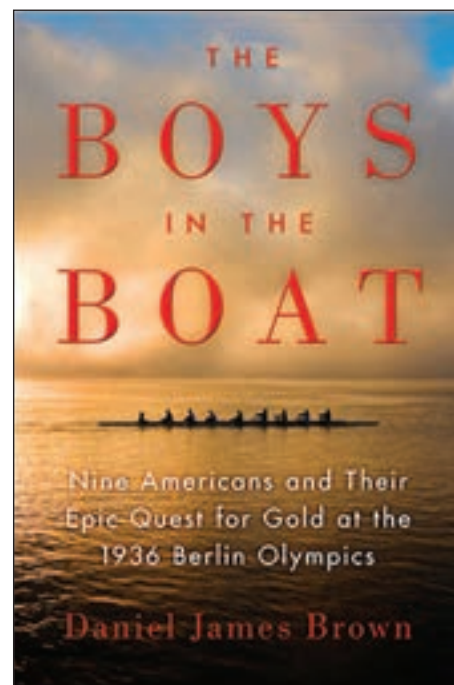
by Di Saggau

My book club members just finished reading *The Boys In The Boat* and now we know what all the hype has been about. This book received a unanimous five-star rating from every-

one in the group. Written by Daniel James Brown, it tells about a U.S. rowing team's victory at Hitler's 1936 Olympics. But the story is much more than that. It is a fine-grained portrait of the Depression era, with its economic and climatic horrors set against youthful dreams. Brown's main character is Joe Rantz, a poor boy whose determination to overcome odds makes him an ideal hero. Thanks to hours of interviews with Rantz and a number of other sources, Brown is able to tell Joe's story in such fine detail that it's almost as if you are living in the moment with Joe. It also tells the much larger story of a whole generation of young men and women during one of the darkest times in American history.

You'll get to know the brawny boys from the University of Washington, their coach Al Ulbrickson, and George Pocock, an English boat-builder full of wise words. Each chapter is preceded by some of his comments. For instance: "Good thoughts have much to do with good rowing. It isn't enough for the muscles of a crew to work in unison; their hearts and minds must also work as one." You will be impressed with Brown's research, imagining the countless interviews, the exhumation of journals and logs, and the patient review of long-defunct newspaper articles and photographs.

Brown includes intermittent snapshots of key members of the Nazi Ministry of Public Enlightenment and Propaganda, run by Joseph Goebbels, who appears



in all his monstrosity in these pages. We meet Leni Riefenstahl, who won the affections and gratitude of Hitler as she produced several of the most successful propaganda films of all time. The author's use of history during this time period adds greatly to the story.

When it came time for the race, Germany skewed the lane assignments, putting themselves in lane one and the U.S. in lane six. The almost perfect reverse of the order based on the qualifying times. Nevertheless, these nine rangy boys – sons of farmers, fisherman and loggers – managed to coalesce into a rowing team that marched confidently into the 1936 Olympics under the hawkish eyes of Hitler, emerging victorious over rival crews from Germany and Italy. You'll find yourself cheering them on to victory.

The Boys in the Boat is an inspiring feat of narrative non-fiction. The task of shaping a motley crew of young men into an Olympic team to venture into the hurt of Nazi darkness seems like cinematic gold. So, not surprisingly, a film version is already in development with Kenneth Branagh signed to direct.✱



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Closer To Hope Mental Health Symposium At Broadway Palm

HOPE Clubhouse of Southwest Florida announced that Jessie Close, sister of Glenn Close and ambassador of the actress' mental health awareness organization Bring Change 2 Mind, will serve as keynote speaker for its Closer To Hope symposium from 11 a.m. to 2 p.m. on Monday, October 5 at Broadway Palm Dinner Theater, 1380 Colonial Blvd. in Fort Myers.

In addition to the dynamic keynote address, a panel of local advocates will discuss the state of mental health care in Southwest Florida, and what can be done to improve the quality of life of people living with mental illness.

Jessie Close fights stigma and misunderstanding to create a clearer picture of mental disorders. Her own struggle with bipolar disorder and alcoholism provides the backbone to a courageous story and an enlightened perspective on the state of mental health in America. At a young age, Close struggled with symptoms that would transform into severe bipolar disorder in her early twenties, but she was not properly diagnosed until the age of 50. She and her three siblings, including actress Glenn Close, spent many years in the Moral Re-Armament cult. Jessie spent her childhood in New York, Switzerland, Connecticut, Zaire (now the Democratic Republic of Congo) and finally Los Angeles, where her life quickly became unmanageable. She embarked on a series of destructive marriages as her condition worsened. Her son, Calen, also lives with mental illness. Today, with treatment, Close has become an internationally recognized speaker, author, poet and advocate for mental health reform.

The panel for the Closer To Hope Mental Health Symposium will include Sharon Dardy, a co-founder and first chairperson of the Board of Directors of Hope Clubhouse of Southwest Florida; Mary Delhagen, a Hope Clubhouse member living with a dual diagnosis of bipolar disorder and addiction and a long-time mental health advocate; and the Reverend Eddie Spencer, Senior Pastor of New Hope Presbyterian Church in Fort Myers.

For more information and for sponsorship opportunities, contact Event Chair and Hope Clubhouse Board Member Jeanne Sweeney at 910-7426 or Jeanne@aboveboardchamber.com.*



Glenn Close with her sister, mental health care advocate and Hope Clubhouse's Closer To Hope Mental Health Symposium keynote speaker Jessie Close



Sharon Dardy



Pastor Eddie Spencer



Mary Delhagen



Gray Davis



John Albion



Brad Shultz



Jody Van Cooney

Uncommon Friends Re-Elects Officers

The Uncommon Friends Foundation has re-elected four individuals as officers for the 2015-2016 year. They are President Gray Davis, Vice President John Albion, Treasurer Brad Shultz, and Secretary Jody Van Cooney. Also re-elected to three-year terms were board members Brad Shultz and Brenda Stewart.

The Uncommon Friends Foundation, a not for profit 501(c)3 organization established in 1993, is dedicated to lifelong character building among today's youth and business leaders. Its mission is to promote character education in schools, business ethics in the workplace, and historic preservation of the Burroughs Home and James Newton archives.

For more information, call 337-9505 or visit www.uncommonfriends.org.*

From page 5

Native Serving U.S. Navy

every job plays an important role in keeping the battalion ready to deploy around the world to defend America wherever needed.

Lamaritata's commanding officer said he's proud of the hard work and dedication from the battalion over the past 12 months preparing for their next deployment.

"It has been a true honor and a

privilege to serve and lead this group of Seabees," said Cmdr. Jorge R. Cuadros, commanding officer of NMCB 11. "They're ready to deploy to the most demanding locations, ready to serve America anytime, anywhere."

Working with NMCB 11 and serving in the U.S. Navy, Lamaritata said he is learning about himself as a leader and person.

"The Navy has made me more responsible as a person," added Lamaritata. "It has really allowed me to learn more than I've learned in any other environment." * *

People's Choice Architecture Competition Voting Under Way

Residents of the Southwest Florida area will have the chance to vote for their favorite local community buildings, thanks to the second annual statewide online People's Choice competition launched last week by the Florida Chapter of the American Institute of Architects (AIA Florida).

This public competition highlights the importance of Florida's architects, skilled professionals who help meet the needs of communities through innovative building design. A total of 46 buildings around the state have been nominated for the People's Choice Award.

The nominated buildings within the Florida Southwest chapter of AIA Florida are Fort Myers Regional Library, JetBlue Park and Immokalee Zocalo.

"We are proud of these local buildings that are so important to our community's way of life," said Tyler Patak, AIA, President of the Florida Southwest chapter of AIA Florida. "We hope that those who live, work and play in the the area will cast a vote for the buildings that they love!"

The public can vote for their favorite buildings at www.floridapeopleschoice.com until midnight on July 31. Buildings will be listed by the structure's name and location. The results of the voting will be announced on August 1 at AIA Florida's Annual Convention in Boca Raton.

"Through the People's Choice competition, we celebrate our communities and the great work of architects and encourage members of the public to vote for their favorite community buildings," said Bill Hercules, AIA, President of the Board of Trustees of the Florida Foundation for Architecture. "We are proud to recognize the work of architects, who are truly the designers of Florida's communities."

Nominated buildings within the Florida Southwest chapter are:

- Fort Myers Regional Library, designed by BSSW Architects, Inc.: This new Urban Library Campus has become an un-parallel community destination, not only by its function as a world class public library, but as a "civic place" focused on providing programming and activities central to the lives of all members of the city. Stopping at the library campus downtown has become a part of the routine of all the city's residents, bringing many back downtown for the first time in decades.

- Immokalee Zocalo, designed by David Corbin, AIA: Translated to English as "plinth," Zocalo is the traditional name for the central plaza in Mexico City that has been occupied since the time of the Aztecs when it served as the ceremonial center of the community. The term is also used as a generic name for plazas in Latin America. Immokalee is town in southern Florida with a population of about 24,000. Agribusiness is the largest industry followed by the Miccosukee Tribe Casino. Immokalee produces 90 percent of the winter tomatoes in the US. Unlike more affluent communities in south Florida, the downtown Immokalee area is largely devoid of street trees and shade. The most important and simple thing the park does is provide shade and places for people to gather for informal and planned events such as concerts, church services and markets.

- JetBlue Park, designed by Populous in association with Parker/Mudgett/Smith Architects: JetBlue Park at Fenway South is the spring training facility for the Boston Red Sox. The \$54 million facility was new construction on a 126-acre green site. The 250,200-square-foot stadium is the centerpiece of the complex which includes the Batting Tunnel Building, Maintenance Building, Chiller Building, Cloverleaf Building, practice fields and an area adjacent to the stadium master planned as a concession/activity area similar to Yawkey Way in Boston. JetBlue Park is LEED Certified and alone generate more than \$11 million in local annual revenue establishing it as one of the jewels in the area's sports tourism industry. * *

Read us online at IslandSunNews.com

Former FGCU Pitcher Chris Sale Just Misses Setting All-Time Baseball Record



by Ed Frank

If you turn back the calendar five years, there was a 21-year-old pitcher at Florida Gulf Coast University who had posted an 11-0 record with a 2.01 ERA in that 2010 college baseball season.

His name was Chris Sale, and few would have guessed that five years later he would become only the second pitcher in baseball history to record 10 or more strikeouts in eight straight games. He shares the record with former Red Sox Pedro Martinez, who will enter baseball's Hall of Fame this month.

But that accomplishment is just another page in the All-Star record book of this talented left-hander who has become one of the very top pitchers in the Major Leagues. And remember, he is just five seasons removed from Fort Myers' Florida Gulf Coast University.

Sale was drafted by the Chicago White Sox in the 2010 Major League Draft with the 13th overall selection, inking a \$1.65 million signing bonus. He spent less than three months in the minors before being called up by the White Sox – one of only five players in baseball history to reach the majors the same year he was drafted.

The White Sox assigned the Lakeland, Florida native to the bullpen that first year as well as the 2011 season, making 21 appearances his rookie year and 58 in 2011. He was converted to a starter in 2012, and has been an All-Star four consecutive years, including this year.

The six-foot, six-inch southpaw with the blazing fastball (93 to 98 mph), slider and changeup, signed a five-year, \$32.5 million contract in 2013, with options that could keep him as a White Sox until 2020.

Sale's attempt to break that eight-game, 10 strikeout record was a beauty Monday night when he dueled with Toronto's Mark Buehrle, another left-hander, who prior to signing with the Miami Marlins in 2012 and then with Toronto, had been one of the best players ever to wear a White Sox uniform.

Buehrle anchored the White Sox 2005 World Series championship as well as owner of a 2007 no-hitter and a perfect game in 2009 against Tampa Bay.

Doctor and Dietitian

The Aging Athlete



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

Every athlete wants to stay fit and continue their favorite sport at the highest degree possible. But what about the degenerative changes athletes confront as we age? While you can't defy the impact of aging on speed and fitness forever, you can markedly slow your decline and postpone tumbling off the fitness cliff.

As the athlete ages, they undoubtedly will experience such changes as loss of muscle mass, increased risk of osteoporosis and a greater propensity for weight gain.

Here's how to win this uphill battle:

Workout Consistency – There is a tendency in the older athlete to cut back on training, which only exacerbates the problems when the aging athlete attempts to train seriously again. Be disciplined about maintaining consistency.

Strength Training – Lifting weights is one of the best ways to build bone density and maintain muscle mass, no matter how old you are.

Sleep – Regularity, quantity and quality of sleep are necessary to allow the body to cope with the stress of training, and must not be compromised. Aging athletes cannot skip this important part of training and be able to recover and perform at a high level.

Nutrition – In order to recover properly, appropriate nutrition is necessary. Real, unprocessed, nutrient dense foods such as vegetables, fruits and organic animal proteins should be consumed. The serious athlete needs to restock glycogen after a workout. If your workout lasts an hour or less a day, then you don't need to be concerned with this.

Address Injuries – If you have stopped athletics due to an injury or arthritis, consider Regenerative Medicine approaches that stimulate repair without surgery or down time. These can include Prolotherapy and Stem Cell therapy, treatments which harness your own body's healing capabilities.

Sporting activities can be performed for a lifetime, resulting in personal satisfaction and abundant health benefits. Here's to staying active for life!

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.

What a matchup: Sale against Buehrle with history in the making! Sale came out the winner with a complete-game 4-2 victory, racking up six strikeouts – just four shy of setting a new record of nine consecutive games with 10 or more strikeouts.

Martinez set his record of eight straight double-digit strikeouts in 1999, an amazing Cy Young Award-winning season in which he had actually had a seven-game streak of 10 or more strikeouts early in the season.

Now an analyst for the MLB Network, Martinez was cheering for Sale to break his record. For now, however, he will share that coveted record with Sale.

But stay tuned: Sale is just 26 years old and has plenty of years ahead of him to reach that magic mark of 10 or more strikeouts in nine consecutive games.

Sano Lights It Up In Major League Debut

The long-awaited Major League debut of Minnesota's Miquel Sano resulted in seven hits (7 for 17) and a .412 batting average in his first five games.

Sano, who batted .330 in 56 games with the Fort Myers Miracle two seasons ago, missed an entire year of action due to Tommy John surgery. But he shook off the rust early this season playing for the Twins Double A Chattanooga, and was called up last week to bolster the weak-hitting Twins offense.

His booming bat could be just what the surprising Twins need to stay in playoff contention this year.

Miracle Home At Hammond Stadium This Weekend

The Fort Myers Miracle baseball team began the week with a three-game winning streak after sweeping the St. Lucie Mets last weekend.

Through Monday of this week, the Miracle's second-half season record was 8-4, good for a second-place standing in the Florida State League South Division.

The Miracle is home this weekend at Hammond Stadium hosting the Clearwater Threshers Friday through Monday.*

Lukas Makes Dean's List

Georgia Southern University recently named 2,611 students as 2015 Spring Semester Dean's List honorees. Melinda Lukas, a resident of Cape Coral, has been named to the list for excellence in academics.*

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Financial Focus

Know The Impact Of Retirement Goals On Your Finances



by Jennifer Basey

The concept of “retirement” has changed dramatically in recent decades. Today’s retirees are traveling, volunteering, pursuing their hobbies and even working for money.

In fact, as a retiree, you can essentially do anything you want, as long as your health and finances permit it. Through exercise, proper diet and avoidance of bad habits, you can do a lot to stay physically healthy. And by clearly identifying your retirement goals and estimating their financial impact, you’ll know how to stay “financially healthy” throughout your retirement years.

So, what are your retirement goals? Here are some of the more common ones:

- **Travel.** Many people can’t wait to see the world once they retire. If you’re one of these eager travelers, you’ve got more choices than ever. Programs such as Road Scholar (formerly known as Elderhostel) provide educational travel programs to virtually every area on the

planet. And, of course, you are free to journey on your own. But however you decide to hit the road, you’d better bring your wallet because travel is expensive. One way of dealing with these costs is to place a certain amount of money each year in a liquid account that offers significant protection of principal. Set aside enough money to cover all your travels for a year, and when it’s exhausted, you’ll know it’s time to stay home for a while.

- **Rent or buy a second home.** During retirement, many people like to spend a few months each year in a more pleasant climate or in a location nearer their grown children. If you are considering a second home, you’ll need to decide whether you want to rent or buy. You’ll find considerable differences from a financial point of view, so you’ll want to think carefully about your choice.

- **Pursue your hobbies.** While you were working, you might have wished that you had more freedom to pursue your hobbies. Once you retire, though, you’ll probably have a lot more time to do what you like, whether that’s driving your classic car, painting landscapes, golfing, fishing, building furniture – whatever. Be aware, however, that some people do get over-exuberant and spend more money on their hobbies than they can really afford. So have fun with your pursuits, but set a budget and stick to it.

- **Get back to work.** Upon your formal retirement, you may decide to do some consulting or open a small business. Any wages you receive can greatly improve your retirement income picture. For example, the more money you earn, the less you’ll have to take out each year from your 401(k), IRA and other retire-

ment plans. (You will have to take at least minimum withdrawals from some of these accounts.) Plus, if you make enough money, you may be able to postpone Social Security for a few years, thereby increasing your monthly payments when you eventually start taking them.

As you can see, your retirement goals will be closely tied to your finances. So think carefully about what you’d like to do when you retire and connect these objectives to the money you’ll spend and the money you may earn. By being aware of both your dreams and your “bottom line,” you should be able to enjoy the retirement lifestyle you’ve envisioned.

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



Joe Turner

variety of events and recruiting and assisting a variety of projects for the FSW Foundation.

“With over 38,000 alumni, FSW has a rich history of service to the Southwest Florida community,” said Turner. “It’s great to be part of an incredible institution that is doing wonderful things for our community.”

Prior to joining FSW, Turner was the Director of Public Relations and Alumni Affairs for Hodges University. He graduated from Wayne State University in Detroit with his bachelor’s degree in media arts.

Visit www.FSW.edu for more information.✪✪

Turner Joins FSW As Coordinator Of Alumni Relations

Florida SouthWestern State College (FSW) announced last week that Joe Turner has joined the institution as Coordinator of Alumni Relations.

“Joe brings a wealth of public relations and alumni communications expertise to FSW,” said Dr. Louis Traina, VP Institutional Advancement and Executive Director of the FSW Foundation. “He will help us continually enhance our efforts to engage our alumni.”

As coordinator of alumni relations, he will be responsible for alumni outreach efforts, planning and implementing a

AppleJuice

iOS Tips For Apple Device Users



by Carol Rooksby Weidlich, President, SWACKS

Typing Tips

Undo and Redo – Rather than using the backspace key to retype what you’ve typed, shake your iPhone and a menu appears at

the bottom of the screen. By tapping the “Undo Typing,” you’ll delete what you have typed. If you want to restore your typing, shake your iPhone again and tap the “Redo Typing.” If the text had been pasted, shake to “Undo Pasting.”

Return to the top – Instead of scrolling up, tap the top bar of any app to scroll back to the top.

Need to type in all upper case letters? Double tap the Shift Key and all the letters you type will be upper case.

Privacy

In a crowd and don’t want others to see your messages? Then change your setting to private. Go to “Settings” > “Notification Center” > “Messages” and disable “Show Preview.” Now, only the

sender’s ID-number or name is displayed.

System

You can easily swipe left or right from screen to screen. But did you know that there’s a hidden page flip button? There’s a border between the home screen tool bar at the bottom and the wallpaper. Tap the border and you move through the screens.

Invert screen colors for better nighttime viewing by going to “Settings” > “General” > “Accessibility” and turn on invert colors. This will make your screen black and text white.

Receiving annoying phone and text messages? You can easily block these unwanted contacts by using the following steps. For text messages, tap on “Contact” in the top right corner of the screen. To the far right, you’ll see the letter “I” in a circle. Tap on this icon, which will open the contact information. Tap “Edit” scroll to the bottom of the screen and tap “Block This Caller.” These steps also work for block calls using FaceTime.

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.✪✪

Hartsell Named Chair Of Urban Land Institute



Steven Hartsell

Pavese Law Firm partner Steven C. Hartsell has been named chair of the Urban Land Institute (ULI) Southwest Florida District Council. Hartsell assumes the role of chair effective July 1.

ULI is a nonprofit research and education organization representing land use and real estate development disciplines working in private enterprise and public service. A multidisciplinary real estate forum, ULI facilitates an open exchange of ideas, information, and experience among industry leaders and policy makers dedicated to creating better places.

Hartsell joined Pavese Law Firm in Fort Myers, Florida, in 1986 and became a partner in the firm in 1990. Prior to joining Pavese Law Firm, Hartsell served as an Assistant Public Defender in Lee County, Florida, from August, 1980-1983, and then as an Assistant Lee County Attorney from 1983 to 1986, advising county departments and the Board of County Commissioners with regard to various zoning and land use related matters.

Hartsell concentrates his practice in Zoning, Land Use and Development Law as well as Local Government Administrative Law matters, representing clients in administrative matters before city and county commissions, councils and boards in hearings throughout Southwest and Central Florida. His practice also includes representation in comprehensive plan amendments, developments of regional impact and code enforcement matters, and he has served in cases as a Florida Land Use and Environmental Dispute Resolution Act Special Magistrate.✪✪

School Smart



by Shelley M. Greggs, NCSLP

Dear Shelley,
My daughter will be going to a new middle school this August. I want to be active in her new school since I did not have that

opportunity previously due to my work schedule. I am concerned about how to get involved without being overbearing or being seen as a helicopter parent. What are your suggestions?

Emily B., Estero

Emily,

Parent involvement at your child's school is one of the most important things you can do to help your child be successful. Sometimes it is difficult to make that connection with the school given a busy work schedule or if your own school experience was not a good one, however, this is an extremely important relationship that is worth developing.

According to research reported by the National Association of School Psychologists, when families are involved in education, there are very positive benefits for students, teachers and families. Students display better attitudes toward school and learning, higher achievement and test scores, improved behavior,

increased homework completion, greater participation in academic activities, and improved school attendance.

At home, parents can make sure that they:

- Monitor homework completion – Talk with your children about their assignments, understand what they are studying and review their progress
- Participate in leisure reading with your children at all ages – It's fun to read the same books as your children and then discuss them
- Communicate often with your children about academic and behavioral expectations, and give them constructive praise and support

Here are a few ways for parents to be active at school:

- Participate at school as volunteers and committee members
- Participate in school functions, athletics and other extracurricular activities
- Regular communication with the teacher(s) about your child's progress
- Participation in adult educational opportunities offered by the school
- Active involvement in school decisions as presented by the school or Board of Education

Many teachers have special activities designed for parent volunteers. Make sure to ask your child's teachers what would be helpful. Very often, the school's parent association will have projects and committees where you can volunteer. While it may be easier to join a parent group or volunteer when your child is in elementary school, it is equally important to stay

involved while your child is in the higher grades. Volunteering with other parents during the high school years can help parents stay connected to each other in an informal parent network, which is always helpful.

These are just a few suggestions on how to become and stay involved in your child's educational journey. There are many more ways to be involved; the key factor is that you are involved.

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.✧

Florida's Newest School Choice Program To Grow

A new customized scholarship program for students with significant special needs will nearly triple in size this year, and applications are now available.

The Personal Learning Scholarship Accounts (PLSA) program, created in 2014 to serve students with one of eight different disabilities, will also expand to include 3- and 4-year-olds, students with

muscular dystrophy and students with any diagnosis along the autism spectrum disorder.

To keep up with rising demand, the legislature increased the PLSA fund from \$18.4 million to \$53.4 million, enough to award scholarship accounts for more than 5,000 students.

"We are eager to begin a new year helping Florida meet the needs of these students with unique abilities," said Step Up For Students president Doug Tuthill.

Eligible students must be 3- to 22-years-old and in grades PreK to 12. Students must be diagnosed with one of the following disabilities: autism spectrum disorder, cerebral palsy, Down syndrome, Prader-Willi syndrome, Spina bifida, Williams syndrome, an intellectual disability, muscular dystrophy, or diagnosed as "high risk" due to developmental delays.

The PLSA program was signed into law last June and served nearly 1,700 children with special needs during the 2014-15 school year. Step Up managed the accounts of 1,579 students, valued at more than \$15 million.

The PLSA gives parents control over an education expense account that can be used to pay for tuition, fees, textbooks, curriculum, school supplies, electronic devices, tutoring and therapies. Unspent money rolls over from year-to-year and can even be saved for higher education. Scholarship accounts vary by district and severity of disability, but average about \$10,000.

Scholarship students must enroll in a
continued on page 24



Lee Memorial Health System's Family Medicine Residency Program honored its first graduate, Kristin Miller, M.D., at a celebration on June 25, held at the Edison Restaurant at Fort Myers Country Club. Faculty, fellow residents, family and friends were in attendance.

Family Medicine Program Honors First Graduate

Lee Memorial Health System's Family Medicine Residency Program celebrated one of the most significant weeks since accepting its first residents in April 2014.

The program honored its first graduate, Kristin Miller, M.D., at a celebration held on June 25 at the Edison Restaurant at Fort Myers Country Club. Faculty, fellow residents, family and friends were in attendance as keynote speaker Dr. Jay Fogarty, Dean of the FSU College of Medicine and Jim Nathan, President of Lee Memorial Health System spoke at the event.

The residency program also welcomed its new class of 2018 at orientation on June 23. The addition of these new doctors in training means that all 18 positions of the residency program are now full for the first, second and third year levels of the program. Lee Memorial Health System received over 1,500 applications in response to its six openings for first year residents.

"I can hardly believe that we have filled all three resident classes and have everything running relatively smoothly since I arrived in Fort Myers in late May 2012," said Dr. Gary Goforth, the founding director of the Family Medicine Residency Program at Lee Memorial Health System. "I was also thrilled to see the results of our first ACGME resident and faculty surveys released which resulted in above national average scores in all areas. Now the faculty and Co-Chief Residents are heading to Naples for our first official faculty retreat and Annual Program Review. We have come a long ways in our first three years."

The Family Medicine Residency Program is based at Lee Memorial Hospital with the Florida State University College of Medicine as its institutional sponsor. It is the only one of its kind in the area. It was developed to abate the shortage of primary care physicians anticipated nationally, an issue that is compounded by a rapid population growth of the aging in Southwest Florida.

Medical school graduates are required to complete residency training in their chosen specialty in order to become independently practicing physicians. Most physicians set up practice near where they complete this training, making the ideal candidate local students who also plan to practice in the community.

Visit www.leememorial.org for more information.✧

Murphy Named To Dean's List

Matthew Murphy, a resident of Cape Coral, was among the students named to Augustana College's 2015 spring term Dean's List. Murphy is majoring in biochemistry.✧

FGCU Collaborates With United States Personal Chef Association

The School of Resort and Hospitality Management at Florida Gulf Coast University (FGCU) will collaborate with the United States Personal Chef Association (USPCA) to support and develop educational platforms for chefs and entrepreneurs.

Randall Upchurch, director of the school within the Lutgert College of Business, will research trends in American dining behavior along with the USPCA, while creating an academic outline for continuing education, training and certifications for food entrepreneurs and chefs and for sustaining viable business plans.

"FGCU's growth in the hospitality industry will rely more on niche-specific areas of associations and trade industries within the hospitality and tourism industry," said Upchurch.

Vice President of the USPCA Robert Lynch sought an academic institution that can raise the level of social consciousness to the personal chef marketplace.

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LMHS Achieves 2015 Gage Award



From left, America's Essentials Hospitals President and CEO Bruce Siegel, Sally Jackson, System Director of Government and Community Relations for Lee Memorial Health System, and Lawrence Antonucci, Chief Operating Officer for Lee Memorial Health System

Healthy Lee was honored by America's Essential Hospitals with the 2015 Gage Award for Population Health, which recognizes activities that improve delivery, access, or value for specific populations and improve health outcomes.

Healthy Lee is a countywide effort that began as Community Health Visioning 2017 by Lee Memorial Health System when it convened 38 community leaders to help improve the health of our residents and improve the health care delivery system in our community. Today, more than 300 organizations in Lee County now actively contribute to Healthy Lee with a Steering Committee of 60 community leaders.

"Helping our community improve its overall health and well-being requires significant collaboration. This national recognition of Healthy Lee as the top innovative

effort to improve population health demonstrates that diverse organizations can do great things through a shared vision," said Jim Nathan, President of Lee Memorial Health System. "The Gage Award, while presented to LMHS, is really shared by more than 300 organizations throughout Lee County dedicated to improving the health status of the residents of southwest Florida. This is truly a wonderful community-wide honor."

The association announced the 2015 Gage Awards winners at its annual conference, VITAL2015, in San Diego. The awards celebrate creative and successful programs that enhance patient care and meet community needs.

"Gage Award winners are exceptional examples of the work our hospitals do every day to improve health care quality and outcomes in their communities," said America's Essential Hospitals President and CEO Bruce Siegel, MD, MPH.

"The health care needs in our community are too great for any of us to tackle alone. Healthy Lee demonstrates that getting diverse organizations to work together toward a common vision results in innovative solutions and drives positive change," added Sally Jackson, System Director of Government & Community Relations. "Creating a culture of healthy lifestyles in Lee County is becoming possible through engaged and committed leadership representing the entire community aligned behind common goals and a shared vision. We have emphasized community ownership of Healthy Lee from the beginning, and it has resulted in an engaged community that is experiencing outstanding improvements in population health."

In announcing the award, AEH noted the community-wide improvements of 322 new acute care hospital beds; a new psychiatric hospital; detox beds; new, intensive, outpatient mental health services; and comprehensive crisis intervention training for law enforcement in addition to statistically significant improvements in community health ranking similarly to or better than Florida, the U.S., and the national Healthy People 2020 goals to improve health.

The Lee County obesity rate improved by 15 percent and childhood obesity improved by 34.5 percent. The Lee County population with no leisure time physical activity improved by 25 percent; routine well-child physician visits improved 7.8 percent; and heart disease and stroke-related deaths in Lee County have both dropped by 29 percent each.

America's Essential Hospitals is the leading association and champion for hospitals and health systems dedicated to high-quality care for all, including the most vulnerable. Since 1981, America's Essential Hospitals has initiated, advanced, and preserved programs and policies that help these hospitals ensure access to care, supporting members with advocacy, policy development, research and education. ✨



Students in FSW's Cardiovascular Technology program attended the international C3 Conference in Orlando

Cardiovascular Students Attend Conference

Recently, 10 Florida SouthWestern State College cardiovascular technology students attended the Complex Cardiovascular Catheter Therapeutics International Conference (C3 Conference) in Orlando.

The students met known international industry professionals, practiced hands-on activities and simulations of procedures they will encounter in their careers, and watched live procedures being performed from around the world. They were personally invited to attend the conference by Dr. Rajesh Dave, MD, FACC, an inter-

ventional cardiologist at Ortenzio Heart Center at Holy Spirit Hospital in Camp Hill, Pennsylvania.

"This conference was the appropriate culmination of the two year academic portion of my career," said Curtis Bill, a FSW Cardiovascular Technology student. "Deploying a core valve in the simulation room and later watching a live broadcast of a similar valve being implanted on a patient was a very informative and educational experience."

"For many of our students, this was the first professional conference they have ever attended," added Leslie Yaniga, FSW Cardiovascular Technology Program Clinical Coordinator. "They were able to see the skills and knowledge they acquire in our program being used first-hand by other cardiovascular professionals, and

they received an up-close look into the future of cardiology and tools that will be used to treat cardiovascular diseases." ✨

Harley-Davidson Teams Up With Hooters To Benefit Hospital

Six Bends Harley-Davidson in Fort Myers and Naples Harley-Davidson are partnering with Southwest Florida Hooters restaurants in the Summer of Hooters and Harley-Davidson campaign to raise \$50K for Golisano Children's Hospital of Southwest Florida (GCH).

Summer of Hooters and Harley-Davidson will feature special events and promotions throughout the summer. Hooters girls will be on location at Six Bends from 1 to 3 p.m. at Sundays at the Pit every Sunday until August 30. Hooters will donate \$1 to GCH for every motorcycle that comes out on Wednesdays and offer a portion of sales from every kid's meal. Additional donations will come from the sales of Hooters Charity-Rita, which will be sold throughout the summer and limited edition Hooters and Harley-Davidson T-shirts at all participating locations. Hooters is also giving diners the option to let them "donate the change" from their meal to this important cause.

Southwest Florida residents can pick up a scratch card at Six Bends Harley-Davidson or Naples Harley-Davidson any day of the week and on Wednesday at participating Southwest Florida Hooters restaurants for a chance to win coupons, gift cards, Hooters and Harley-Davidson merchandise and more. Each card also contains a unique PIN code to register through HootersHarley.com for a chance to win a 2015 Harley-Davidson Sportster XL1200X.

Members of the Very Important Biker (VIB) program will receive a 10 percent discount every Wednesday through Aug. 31 by showing their membership card at participating Hooters. Those who bring their Hooters receipt from Wednesday to Six Bends or Naples Harley-Davidson will also receive the total in VIB points.

Golisano Children's Hospital of Southwest Florida is the only comprehensive children's hospital between Tampa

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dearRPharmacist

How To Make Natural Mosquito Repellant



by Suzy Cohen, RPh

Dear Readers:

It's that time of year again – buzz, swat, slap – it's mosquito season. Chances are you live in an area that has a thriving population of mosquitoes or other nuisance insect bit-

ers. These pesky, irritating insects can pose a health concern. The bites can cause itchy allergic reactions and some of them spread disease like West Nile virus, malaria, Lyme or a newly discovered virus called Chikungunya, recognized by the CDC.

Mosquitoes infected with a virus can transmit the virus to humans and lead to problems with swelling and inflammation of the brain. The new virus Chikungunya causes fever, joint pain and swelling, headache, muscle pain or rash. Even with the innumerable number of mosquitoes on this planet, it is unlikely that you will be bit by a mosquito and end up with

a serious, life threatening infection, but these pests can certainly make an outdoor activity unpleasant with the uncomfortable bites.

Prevention is worth a pound of cure. Traditional mosquito repellant sprays contain two popular insecticides, DEET or picaridin. Did you know that DEET is a toxin to the nervous system and especially dangerous to infants? It should only be used a short period of time, and I have used it personally during tick season when I could have had a major exposure. But it begs the question: Isn't anything safer if you just want to go to the lake or the park?

A recent study compared DEET and picaridin against four popular essential oils and it was published in the *Journal of Vector Ecology* in December 2014. They tested citronella, catnip, vetiver and hairy basil (yes "hairy," not holy basil). Of those, vetiver provided the strongest repellant effect against the insects. The popular synthetic insecticide picaridin had the least effect of all against all the mosquito species tested.

In another study with the malaria carrying mosquito, the best repellent activity occurred with hairy basil, lemongrass, and citronella. Other helpful natural repellants include emu oil, lily turf or monkey grass, sweet wormwood oil or artemesia annua, and ginger essential oil. Findings from these studies really lend support to the idea of using natural essential oils

before smothering yourself with synthetic chemicals.

Make your own spray bottle of mosquito repellent by adding the following essential oils to 8 to 10 ounces of water (adjust oils based upon scent if you want):

- 8 drops vetiver
- 6 drops lavender
- 4 drops lemon
- 2 drop ginger
- 3 drops wormwood oil

Combine these oils together in the water and spray area or arms/legs. Do not spray into face.

Here's another yummy, easy idea. When barbecuing, include fresh rosemary

or sage herb in your recipe; if you don't want it on your food, place it on top of foil on the grill so the smoke (and aroma) act like a repellent.

Wear light long sleeve clothing where possible. Make sure you have enough B complex on board, there is anecdotal evidence to suggest that B deficient people are more attractive to mosquitoes.

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.✱

FSW Cardiovascular Faculty Attends New Orleans Conference

Two Florida SouthWestern State College (FSW) faculty recently presented at the New Cardiovascular Horizons Conference in New Orleans, Louisiana.

Leslie Yaniga, Cardiovascular Technology Program Clinical Coordinator, and Jeff Davis, Program Director, Cardiovascular and Respiratory Care, presented a Registered Cardiovascular Invasive Specialist (RCIS) exam review course. The RCIS is the credentialing exam for professionals working in invasive cardiac catheterization.

The annual New Cardiovascular Horizons Conference showcases new drugs

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Leslie Yaniga and Jeff Davis

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,

I was shocked and appalled to read in the newspaper that a single woman with no job, no husband and living in a tiny house with her parents and her six older living children could have in-vitro fertilization and deliver eight more babies. There is little doubt that the taxpayers will have to pick up the bill for the next 20 years plus.

What is this country coming to?

Agnes

Dear Agnes,

This seems to me to be medical technology gone amuck, and an extreme violation of medical ethics.

I was always under the impression that

children needed a married mother and father. The father supported his children and made it possible for the mother to give care. That mindset, I guess, has long gone to extinction.

I cannot imagine any ethical physician allowing such a procedure to go to term. Apparently, money was his motive and I wonder if he also committed to their support for the next 20 years.

Lizzie

Dear Agnes,

Well, the reality show pushes me over the edge. Unfortunately, I bet you millions will watch it like a bad train wreck, so awful but they cannot turn away.

There are many facts we do not know; maybe the mother lied to her physicians about her circumstances. Many of us do lie to our doctors. Maybe the physician told the mother the pregnancy needed to be reduced but she refused. There is a term for patients not following medical advice: AMA. If a patient refuses a procedure and makes an informed decision, a physician cannot force a patient to have a procedure. I think there is a criminal statute that covers that. I am sure the details will be fodder for the electronic and print media for months to come.

Just a small but important point: the mother of the 14 children lives with her parents. She came from an intact family with a married mother and father. So maybe the marriage certificate is not what is important as much as the quality of parenting in an intact family or single parent family that is the critical factor.

Pryce

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

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Families And Their Dogs Welcome At Summer Celebration

MassageLuXe Fort Myers wants to pamper furry friends of all shapes and sizes with The Dog Days of Summer event on Saturday, July 25 from 9 a.m. to 6 p.m. The celebration will take place in the parking lot of University Crossing in Fort Myers at the intersection of Summerlin Road and Cypress Lake Drive.

Those who contribute either wet or dry cat or dog food or supplies such as dog biscuits, cat litter, facial tissue, used blankets and sheets, paper towels, trash bags and bleach will receive a \$10 gift card. All animal supplies and food will be donated to Lee County Domestic Animal Services.

Cynthia Graf, owner of MassageLuXe Fort Myers, is putting on the event to honor pets, their owners and to bring awareness to animal health and behavioral needs.

"Pets add so much love to our lives and ask for nothing in return," Graf said.



"For many people, their four-legged friends are members of the family. Like people, pets need to be cared for and pampered," she said.

Dog Days attendees are encouraged to bring their dogs. There will be plenty of shade, beverages and light snacks for pets and owners, a dog watering station, pet play area and pet toy giveaways.

There will be free chair massages by MassageLuXe Fort Myers and advice from Bobby Marley, animal intuitive behaviorist, of Tucked Away Ranch in North Fort Myers from 9:30 a.m. to 1 p.m. Animal groomer and obedience trainer Mandy Massara of All Aspects Animal Care in North Fort Myers will be offering basic dog grooming such as brushing, nail trimming and ear cleaning from 9:30 to 10:30 a.m. Massara will offer basic obedience training from 10:30 a.m. to 12:30 p.m. Animal care and behavior questions will be addressed throughout the event.

For more information, visit massageluxefortmyers.com or call 332-5893.**

From page 23

Cardiovascular Faculty

and interventions physicians and nurses can use to help prevent cardiovascular- and diabetes-related amputations in their patients.

"Presenting to and attending these types of conferences allow us to acquire new knowledge, resources and insights on the future of the cardiovascular industry and bring that information back to our students," said Davis. "We are able to network with other professionals in these

areas and learn about new tools and technology that we can incorporate in our training at FSW."

"It is extremely important for our faculty to be actively involved on a national level and to stay well-informed of the most current evidence in their disciplines," said Dr. Marie Collins, Dean, School of Health Professions. "Our FSW faculty take professional involvement to greater depths by serving as expert speakers and presenters at professional meetings across the country. Our FSW students benefit directly from this faculty expertise which attributes to their success academically and professionally."**

Children's Hospital Welcomes Doctor



Jessica Kovarik, M.D.

Golisano Children's Hospital of Southwest Florida is pleased to announce that Jessica Kovarik, M.D. recently joined the professional staff of Lee Physician Group – Pediatric Ophthalmology.

Dr. Kovarik earned her medical degree from the University of Miami Miller School of Medicine in Miami. She completed a transitional internship at the University of Pittsburgh Medical Center, UPMC Mercy Hospital; an ophthalmology residency at the University of Pittsburgh Medical Center, UPMC Eye and Ear Institute; and a pediatric ophthalmology fellowship at Indiana

University Medical Center, Riley Hospital for Children in Indianapolis.

Dr. Kovarik is board certified by the American Board of Ophthalmology and is a member of the American Society of Pediatric Ophthalmology and Strabismus, and the American Academy of Ophthalmology. Areas of expertise include eye muscle disorders, amblyopia, retinopathy of prematurity, childhood cataracts and glaucoma, ptosis, nasolacrimal duct obstructions, and ocular injuries.

Dr. Kovarik's office is located at 15901 Bass Road, Suite 108 in Fort Myers. Appointments can be scheduled by calling 343-9890.

For more information, visit ChildrensHospitalGoal.org.**

It's All About You Free Workshop

Would you like to learn how to better manage chronic health conditions such as arthritis, diabetes, COPD, heart disease, high blood pressure and more?

Lee Memorial Health System, in partnership with the Cape Coral Library, announced a free six-week workshop, entitled It's All About You – a research-based Chronic Disease Self-Management Program developed by Dr. Kate Lorig of Stanford University.

Information presented in the workshop can help you become empowered to improve your quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to health eating. Participants will also receive a copy of Dr. Lorig's book, *Living A Healthy Life With Chronic Conditions*.

Sessions will be held at the library, located at 921 SW 39th Terrace in Cape Coral, on Wednesdays beginning July 29 from 1 to 3:30 p.m.

Seating is limited and registration is required. Call 424-3122 for more information.**

From page 1

Clean Water Rally

- Signs, banners and media in support of clean water are encouraged
- Event parking will be a challenge.
- Expect warm seasonal temperatures; please hydrate before arrival and wear sunscreen, hats and coverings.

Visit www.facebook.com/events/1440852496209834/ for additional information.**

From page 21

School Choice Program To Grow

private school, or be home schooled, although parents are allowed to contract services with public schools including dual enrollment courses with institutions of higher education. Free PLSA applications for the 2015-16 school are still available. For more information, visit www.stepup-forstudents.org.**

From page 21

Personal Chef Association

"Our relationship with FGCU allows us to enrich the education and training opportunities for our members as well as support the research necessary to strengthen the U.S. market share of din-

ing options," said Lynch.

The USPCA represents nearly 1,000 members across North America, and provides them with business development, insurances and benefits, and educational training to maintain and grow their personal chef business. The association also provides a public website, Hire-A-Chef.com, for specific urban markets to locate certified and insured personal chefs who provide in-home culinary services.

For more information about the FGCU School of Resort and Hospitality Management, visit www.fgcu.edu or call Randall Upchurch at 590-7318.**

From page 22

Golisano Hospital

and Miami that provides vital health care for infants through to age 18. The donations received through the Hooters and Harley-Davidson charity will help provide the highest level of healthcare and specialty services to children in Southwest Florida.

Additional Hooters and Harley-Davidson events have been planned for July 15 and July 22. Additional events for August will be announced at a later time. Visit the event calendar for the most up-to-date information: SixBendsHD.com/check-our-events-schedule-xcalendar.

Six Bends Harley-Davidson is located off Exit 131 at the southeast corner of I-75 and Daniels Parkway at 9501 Thunder Road in Fort Myers. Naples Harley-Davidson is located at 3645 Gateway Lane in Naples.**

Read us online at
IslandSunNews.com

DID YOU KNOW

TRIVIA TEST

1. MYTHOLOGY: Who was the father of Hercules?
2. MUSIC: Who wrote the opera “Otello” in 1887?
3. ART: Who painted the anti-war work titled “Guernica”?
4. INVENTIONS: Who invented Tupperware?
5. TELEVISION: What was the name of Howdy Doody’s twin brother?
6. U.S. PRESIDENTS: How old was Ronald Reagan when he was inaugurated?
7. GEOGRAPHY: Where are the Taurus Mountains?
8. HISTORY: Which famous family ruled Florence during the Renaissance?
9. LITERATURE: In which novel does the character of Long John Silver appear?
10. ANIMAL KINGDOM: Where did Manx cats originate?

ANSWERS

1. Zeus 2. Verdi 3. Picasso 4. Earl Tupper 5. Double Doody 6. 69 7. Turkey 8. The Medici family 9. “Treasure Island” 10. Isle of Man.

My Stars★★★★

FOR WEEK OF JULY 13, 2015

ARIES (March 21 to April 19) A perplexing situation needs to be dealt with in order to avoid problems later on. Rely on both your own sense of what’s right and the advice of someone you trust to help work it out.

TAURUS (April 20 to May 20) Let your sharp Taurean business insight guide you when considering a “dream deal.” Without all the facts, it could turn into a nightmare. Remember: Investigate before investing.

GEMINI (May 21 to June 20) Sharing so much of your time and your gifts with others is what you do so well, and this week, don’t be surprised if others want to share with you. Enjoy the experience. You’ve earned it.

CANCER (June 21 to July 22) A difficult personal situation seems to defy efforts to resolve it. Perhaps you’re too close to it. Take some time to reassess what went wrong, and then see where things can be set right.

LEO (July 23 to August 22) Leonine pride could be piqued a bit when someone else appears to be standing in your light. Be patient and resist the urge to growl at the interloper. You’ll soon be the “mane” attraction again.

VIRGO (August 23 to September 22) A professional situation benefits from your clear assessment of the circumstances involved. On the personal side, that new relationship looks as if it will continue to grow.

LIBRA (September 23 to October 22) More good news about a loved one helps reassure others who could not share your more-optimistic view before. Continue to help everyone in need of your comforting presence.

SCORPIO (October 23 to November 21) Creating new friendships could turn out to be the unexpected but welcome result of reconnecting with old friends. The weekend is a good time for fun and games. Enjoy!

SAGITTARIUS (November 22 to December 21) The more you learn about what you plan to do, the more likely you are to consider making some changes in your plans. This is good; don’t resist it. Instead, go with it.

CAPRICORN (December 22 to January 19) A career change is still in your aspect,

but a potential workplace change could be what you’ve been looking for. See what develops before making any drastic moves.

AQUARIUS (January 20 to February 18) Your energy levels are high this week, which should help you get all your workaday tasks done and still leave you with enough breath to handle some domestic challenges.

PISCES (February 19 to March 20) An unexpected fluke could cause problems with your travel plans. If so, use the time to troll for other available options, and you might be pleasantly surprised at what turns up.

BORN THIS WEEK: You enjoy the company of lots of people, but you also can treasure the moments shared with just one special person.

THIS WEEK IN HISTORY

- On July 16, 1863, the draft riots enter their fourth day in New York City in response to the Enrollment Act, which allowed wealthier citizens to pay \$300 to avoid military duty. More than 1,000 people died in the violence, which was only contained by the arrival of Union troops from the battlefield at Gettysburg.

- On July 19, 1879, Doc Holliday kills a man for shooting up his saloon. Despite his reputation as a deadly gunslinger, Doc Holliday engaged in just eight shootouts and killed only two men. The second was at the O.K. Corral in 1881.

- On July 17, 1944, an ammunition ship explodes while being loaded in Port Chicago, California, killing 332 people. Poor procedures and lack of training led to the disaster. The blasts were felt as far away as Nevada.

- On July 15, 1971, President Richard Nixon stuns the nation by announcing that he will visit communist China. Since the Communists came to power in China in 1949, Nixon had been one of its most vociferous critics.

- On July 13, 1985, in London, Prince Charles and Princess Diana officially open Live Aid, a worldwide rock concert to raise money for the relief of famine-stricken Africans. The 16-hour concert was globally linked by satellite to more than a billion viewers in 110 countries.

- On July 14, 1995, the MP3 file compression format is born, allowing music files small enough to be stored in bulk.

- On July 18, 1999, New York Yankee

SPORTS QUIZ

1. In 2014, Jhonny Peralta set a record for most home runs by a St. Louis Cardinals shortstop (21). Who had held the mark?
2. Which player had the most RBIs during the decade of the 1970s?
3. Who holds the record for most touchdown passes in an Orange Bowl game?
4. Name the last Orlando Magic rookie to score 35 points in a game before Victor Oladipo did it in 2014?
5. In 2015, Nicklas Backstrom became the Washington Capitals’ all-time leader in assists (427). Who had been No. 1?
6. Who holds the record for most medals in the Winter Olympics?
7. Name the last PGA golfer before Jimmy Walker (2014-15) to win back-to-back Sony Opens?

ANSWERS

1. Edgar Renteria had 16 home runs for St. Louis in 2000. 2. Cincinnati’s Johnny Bench, with 1,013 RBIs. 3. West Virginia’s Geno Smith, with six TD passes in 2012. 4. Shaquille O’Neal, in 1992. 5. Michael Pivonka, with 418 assists. Current teammate Alex Ovechkin is now second on the team with 420. 6. Ole Einar Bjoerndalen of Norway has won 13 medals in the biathlon. 7. Ernie Els, in 2003-04.

David Cone pitches the 16th perfect game in major-league history with a no-hit, no-walk victory over the Montreal Expos. Cone needed only 88 pitches, 68 of them strikes, to set down 27 Expos in a row.

STRANGE BUT TRUE

- It was Italian novelist and philosopher Umberto Eco who made the following sage observation: “Fear prophets and those they make many others die with them, often before them, and at times instead of them.”

- Iconic American rock band the Grateful Dead were originally known as the Warlocks.

- It takes an average of 45 seconds in a microwave to make a Twinkie explode.

- Dedicated experts at the University of Connecticut Alcohol Center conducted a study in which it was determined that light beer is more likely to cause a hangover than dark beer is. Evidently, lighter beers tend to be more highly carbonated, which causes the alcohol to go through the system faster.

- It’s been reported that the Department of Defense has contracted a private lab to come up with a smell that’s so bad, it can be used to control unruly crowds.

- The 1942 film “Casablanca” is consistently considered to be one of the best movies ever made. However, executives at Warner Brothers didn’t expect much from the film and gave the producers an extremely small budget. In fact, they were so strapped for cash that the plane used in the movie’s iconic final scene was no more than a cardboard cutout.

- The original American Express card was not green, but purple. The now almost-ubiquitous green wasn’t introduced until 1969.

- Those who study such things say that if you have bad breath, you’re more likely to be bitten by a bat.

- In the 1970s, there was an epidemic of teenagers sniffing airplane glue to get high. In order to discourage this practice, the glue manufacturers began adding an intense oil of mustard to the formula.

THOUGHT FOR THE DAY

“Happiness is good health and a bad memory.” -- Ingrid Bergman

PUZZLE ANSWERS

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

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

SLANG FOR HOME RUN

T S A T P
G M A L S A P P
N L L L T E
F O U R B A G G E R R
P Z O R B R E D
N G E G G B E
T O H S N O O M M C
G I I D O K
D E C H L E
R E P P I R T O N U Q R



Stuffed Zucchini Flowers
20 fresh zucchini flowers
1 teaspoon mint leaves, finely chopped
1 ounce onion, grated
1 ounce zucchini, grated
1 ounce tomato, grated
¾ cup Mexican rice
½ cup fresh lemon juice
2 pinches salt
2 pinches pepper
2 eggs, lightly beaten
3 cups cornmeal
2 tablespoons olive oil
Place the zucchini flowers in cold water to open and make the preparation easier. In a large mixing bowl, place the rice, all the chopped and grated ingredients, half of the olive oil and lemon juice, and a pinch of salt and pepper. Mix well. With a small spoon, take small amounts of the stuffing and fill the zucchini flowers. Fold over the flower ends to seal the stuffing inside.
Heat a sauté pan over medium-high heat. Carefully dip the stuffed flowers into the egg mixture, then roll them in the cornmeal. Repeat this process with half of the stuffed flowers at a time.
Gently sauté the coated flowers in the oil until golden brown. Repeat in batches until all flowers have been cooked. Serve immediately.
Yields 4 servings.*



Stuffed Zucchini Flowers

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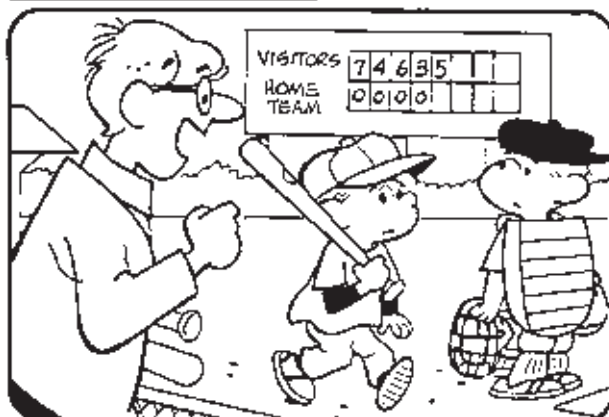
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Differences: 1. Glasses are missing; 2. Arm is moved; 3. Ball is shorter; 4. Pants are shorter; 5. Scoreboard numbers are missing; 6. Mask is missing.



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!

Consume
GISTED

Flend
TUBER

Grumpy
UNSELL

True
ALLOY

TODAY'S WORD

answer on page 27

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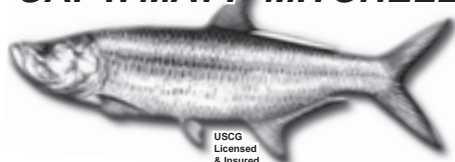
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3	5	1	9	7	2	8	4	6
9	2	4	8	5	6	7	1	3
1	4	6	5	2	8	3	9	7
7	8	5	1	3	9	4	6	2
2	3	9	6	4	7	5	8	1
6	9	3	7	8	5	1	2	4
5	1	2	3	6	4	9	7	8
4	7	8	2	9	1	6	3	5

SCRAMBLERS

solution

1. Digest; 2. Brute;
3. Sullen; 4. Loyal

Today's Word

GLUTTONY

Shore Fishing: Don't Harm The Fish

by Capt. Matt Mitchell

Landings 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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ANNUAL RENTAL WANTED

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*NS 6/26 CC 7/31

ANNUAL RENTAL WANTED

ANNUAL RENTAL WANTED

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Jim 303-523-8775

*NS 7/10 CC 7/31

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ANNUAL RENTAL

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Sanibel Lic. #11412 Lee Co. Lic. #051047

*NS 1/4 PC TFN

AFFORDABLE HOME CARE

Private Duty & Personal Assistant
Flexible shifts from 4hrs, Live Ins & 24hrs
Bath Visits, Alzheimer's Care, Bedridden
Stroke, Parkinson's, Traveling Companion
Licensed and Insured. 239-444-6914

*NS 11/28 CC TFN

SANIBEL HOME WATCH

Retired Police Captain
Lives on Sanibel
Will Check Your Home Weekly
Very Reasonable Rates
(239) 728-1971

*RS 1/4 BM TFN

SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming
Weeding, Installation of Plants, Trees and
Mulch (one month free service available)
Joe Scarnato (239) 849-6163
scarnatolawn@aol.com

*RS 1/25 BM TFN

SERVICES OFFERED

HOME/CONDO WATCH CONCIERGE SERVICES

Dorado Property Management
* Island Resident * Licensed & Insured
* 24/7 * www.doradoproperty.com
Call Lisa or Bruce at 239-472-8875

*RS 3/21 CC TFN

UPHOLSTERY

On Island Free Estimates.
Over 15 Years Experience.
Offering Professional Upholstery Services,
Custom Art and Hand Painted Furniture.
Lacy@LacyMcClary.com or 918-740-4972.

*NS 1/23 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

HELP WANTED

VOLUNTEERS NEEDED

Volunteers needed for light general
maintenance. Call (CHR) Community
Housing & Resources, Inc. 472-1189.

*NS 11/1 NC TFN

VOLUNTEERS NEEDED

The Bailey-Matthews National Shell
Museum needs Education and Great Hall
volunteers. No experience necessary, will
train. Please contact Melanie at
(239) 395-2233 ext 11.

*NS 7/11 NC TFN

VOLUNTEERS NEEDED IMMEDIATELY

The Senior Companion Program
provides volunteer opportunities to
seniors 55 yrs. old and older, to offer
companionship & friendship
to frail elderly individual who are
homebound and generally living alone.
These volunteers serve 20 hours each
week and receive a small non-taxable
stipend, of \$2.65 per hr. and .40 a mile
for travel, on-duty insurance, as well
as annual health screening.
Please call the Dr. Piper Center
at (239) 332-5346
ask for Jonah or Lourdes.

*NS 2/20 NC TFN

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IslandSunNews.com

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HELP WANTED

SUNDAY SCHOOL NURSERY TEACHER 0-K

Sunday School Nursery Teacher 0-K wanted at Sanibel Church wanted to start immediately. This is a year round paid part-time position for Sunday mornings only. Background check and references required. Mainstream theology required. Previous childcare/teaching experience preferred. For details call 239-472-0497

*NS 7/10 CC 7/17

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

JERRY'S FOODS WAITRESSES OR WAITERS

Looking for experienced Waitresses or Waiters with open availability Monday through Sunday. If interested call and ask for Kim 472-9300.

*NS 5/29 CC TFN

FOR SALE

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.

\$175. OBO

Call 239-851-3506.

*NS 7/10 NC TFN

FOR SALE

SANIBEL FURNITURE SALE 1 WEEK ONLY

DINING TABLE/6 CHAIRS - LRG ENTERTAINMENT CTR - COFFEE TABLE - KING BED SET - MARBLE END/SIDE TABLES - RUGS. 605-206-0146 to view

*NS 7/3 NC 7/3

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

PIZZA DELIVERY

BEACH PIEZ PIZZA

Now delivering to CAPTIVA! We also deliver to a beach access or job site! Call 239-47BEACH (472-3224) or visit www.beachpiez.com.

*NS 3/13 CC TFN

LOST AND FOUND

LOST CAT

Black and White. Last seen East End of Island, Yachtsmans Drive. Reward. Please call 239-224-8471 or 277-0058.

*RS 6/19 CC TFN



\$100 REWARD

36" at shoulder Akita/Shepherd mix Call 636-399-4428

*NS 7/3 NC 7/10

BOATS - CANOES - KAYAKS

DOCKAGE

Hourly, Daily, Weekly and Monthly. Captiva Island 472-5800

*RS 1/4 NC TFN

VEHICLES FOR SALE

GOLF CART FOR SALE



Street legal, "gas" powered. \$6,500. 239-209-6500

*NS 6/5 BM TFN



GARAGE • MOVING • YARD SALES

ESTATE SALE on SANIBEL

2030 Sunrise Circle Sat, 7/11 from 8:30am - 2:00pm TONS OF STUFF incl bikes, TV's, Furniture and MUCH MORE!

*NS 7/10 CC 7/10

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

Landings 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.

To those who are hungry, \$20 is a fortune.

But \$20 can feed a family of four for a week, thanks to the...



Harry Chapin Food Bank!

The Food Bank can acquire \$6 of nutritious food for every \$1 you donate, turning your \$20 into a week's worth of meals for a family of four...

Thank you for your generosity!



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



Harry Chapin Food Bank
FOR HUMANITARIAN PURPOSES

THE RIVER
WEEKLY NEWS
FROM THE BUREAU OF THE RIVER DISTRICT
PUBLISHED EVERY WEEK

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

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

My name is Peebs and I was abandoned by my owner and barely made it out before our trailer was demolished. Despite my unfortunate past, I somehow emerged as a great dog. Our volunteers think I'm wonderful. I'm affectionate, smart, well-mannered and play well with other dogs. Won't you please consider making me your forever companion? My adoption fee is \$40 (regularly \$75) during Animal Services' Red, White or Blue adoption promotion.

I'm Muffin, a quiet-natured young girl who loves treats and playing with toys. However, my most favorite thing to do is cuddle. There are lots of energetic kittens at the shelter but if you are looking for a quiet, affectionate lap cat, I'm the one for you! My adoption fee is \$15 (regularly \$50) during Animal Services' adoption 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 10:30 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.*



Peebs ID# 613632



Muffin ID# 621990



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

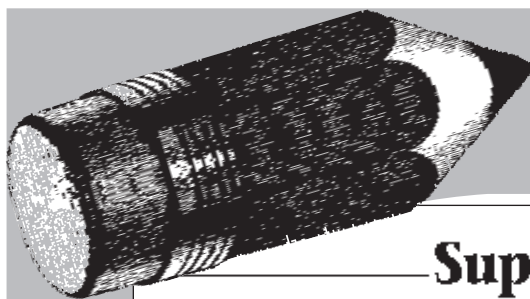
CLUBS & ORGANIZATIONS	
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR.....	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus.....	1-855-425-3631
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

"CAN'T YOU SEE I'M DIZZY?!"

ACROSS

- 1 Bar mitzvah language
7 Its capital is Montgomery
14 Old jazz buff
20 Henry II
21 Horse food supporter
22 106 Down on Cal
23 Ripken's cap
25 — acid (corrosive liquid)
26 mo
27 Brighton brow
28 12-month fair ne?
30 Trendy berry in juices
33 Shire of film
34 Goddess of the dawn
35 Singer Brown got dressed?
42 Gridiron gains. Abbr.
43 Pen gant
45 Make reparations
46 Cosa — (Mafia's kin)

- 48 Areas of expertise
51 Provides party platters
53 Determine which team scored?
57 Supper scrap
58 "Egypt" up like a flood?; Jeremiah 46:8
60 "NO TURN" (traffic sign)
61 Octa- plus one
62 Relative of a résumé
64 Judge on the bench, e.g.
65 Bee creation
66 I act about a consolation loan?
71 Two-spot
74 University in Atlanta
75 In (rowing)
79 Old science magazine
80 Balance gan
81 Pittsburgh's Carnegie — University
84 Instructors' org
85 Sub-shrp blaze?

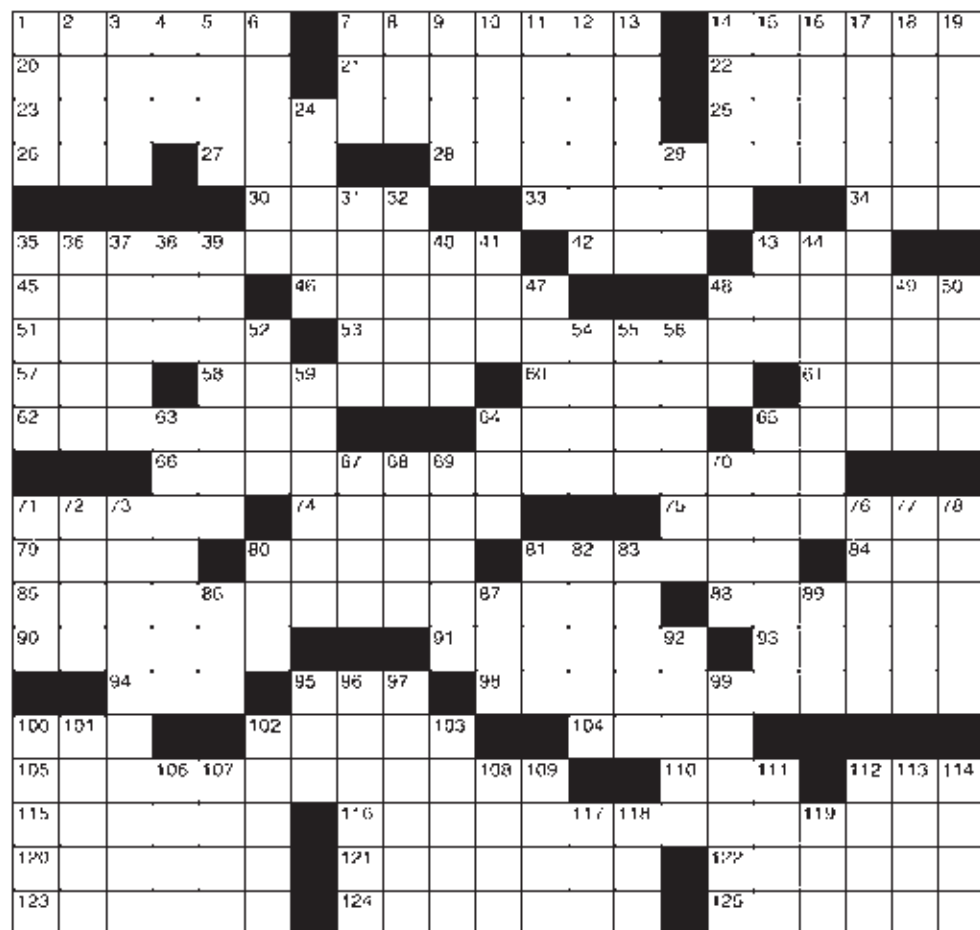
- 88 Relative key of B minor
90 Michelangelo work
91 California wine region
93 Old Greek market
94 Lwin of old films
95 "The Tell Tale Heart" tale teller
98 Mopla earned by a love god?
100 Blocks from the freezer
102 Is up against
104 School in Berkshire
105 Road named after singer Deanna?
110 Seeded loaf
112 Alamillos, California
115 Thinking the world of
116 What to do to socks that tear every 24 hours?
120 Appear
121 Asinine
122 Late actress Bronnau
123 Hot- — (drag racer)
124 Turn from a straight line

DOWN

- 1 Mortar trays
2 List-ending abbr.
3 TV clown
4 "Frasier" woman
5 Jazz singer Fitzgerald
6 Lil fellow
7 Gaslayer of "Mean Girls"
8 Truckload
9 Deadly pale
10 Neuwirth of "Frasier"
11 "If I Had" (Lyle Lovett song)
12 American avant garde artist
13 Arlediluvian
14 Toyola rival
15 roquios toe
16 Falafel bread
17 Amendment
18 Samuel of justice
19 PC whizzes
24 intel mission
29 Hi- — (stereos)
31 Positive pop
32 Atlas feature
35 Son of Isaac
36 Video game name

- 37 Catchphrase
38 Phenyl ether
39 Saw-toothed
40 Ingrain
41 Soft &
43 Jazz genre
44 Limonite, e.g.
47 Worship
48 Nursed, say
49 Kin of cess
50 Don't depart
52 Uses a stool
54 Winter Blyton
55 Grove plant
56 Kind of tea
59 Field (Mariners' stadium)
63 Mast; chancy
64 "— w. I be done"
65 Very rare
67 Arabian Sea country
68 Actor's part
69 Long lock of hair
70 Stamped
71 Tip, as a hat
72 Arab bigwig
73 Frank and open
75 Pear variety
77 Corp shuffling
78 Mother of Isaac
80 — cone
81 List of dishes

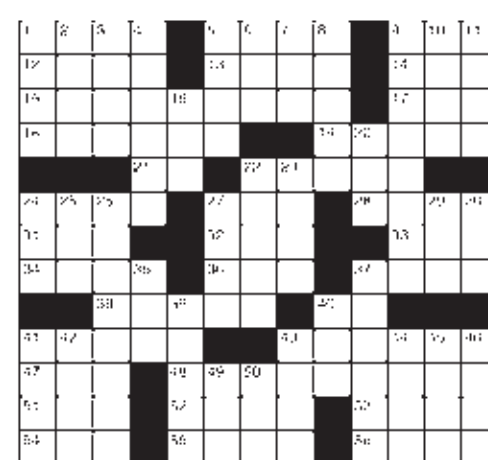
- 82 Get hitched on the fly
83 Maximum
86 Post-OR area
87 OR worker
89 Before now
92 Prelitify
95 "NordTV" network
96 Bested
97 Online investing site
99 Tom of "Tomorrow"
100 Slacking sort
101 Pataki's predecessor
102 Make funous
103 Font flourish
106 Nost builder
107 "Picnic" dramatist William
108 Organic compound
109 Head, to Gigi
111 Falco with four Emmys
112 In — of (rather than)
113 Jai alai cries
114 "Auld Lang"
117 Amp plug-in
118 Masquerade
119 Furry TV alien



King Crossword

ACROSS

- 1 Taj Mahal city
5 Brah's stocking stuffer
9 Hollywood tuckery (Abbr.)
12 Upper palate
13 Formerly
14 Bygone
15 Caved in
17 See 41-
18 Sly
19 Big winds
21 Cellist Yo-Yo
22 Michelangelo masterpiece
24 Wear a rut in the rug
27 Shack
28 TV's talking horse
31 Pair
32 Exist
33 Moss up
34 Partner
36 Outline
37 6/6/44
38 Tureen
40 U.S. soldier
41 With 17-
Across: "Do the Right Thing" director



- 13 Spanish pre euro money
47 Scuffle
48 Cool and calm
51 Exploit
52 Met melody
53 Loosen
54 Actor Beatty
55 Tax
56 Lip

DOWN

- 1 Curved paths
2 Continue
3 Portrayal
4 Blazing
5 Mimic
6 Switch

- 7 Expert
8 Sill
9 Apprehended
10 Merriment
11 Mid-month date
16 Alias abbr.
20 S dispenser
22 Prize money
23 Couple, in a gossip column
24 School org
25 Piercing tool
26 Crashed
27 Greet
29 Historic period
30 Parched

- 35 Tibetan bovine
37 Olympic Frisbee?
39 Transfer
40 "Gosh!"
41 Stay away from
42 Sit for a shot
43 Stage presentation
44 Italian volcano
45 "B.I. & — Excellent Adventure"
46 Fusses
49 Tramicar load
50 Tyler or Ullmann

MAGIC MAZE • SLANG FOR HOME RUN

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

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

- | | | | |
|-----------|-------------|---------------|--------------|
| Blast | Four-bagger | Long ball | Tater |
| Bomb | Goner | Moonshot | Upper-decker |
| Ding-dong | Gonzo | Round-tripper | Wallop |
| Dinger | Homer | Slam | |



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Ft. Myers Beach

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