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THE RIVER WEEKLY NEWS

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Vol. 14, No. 29

From the Beaches to the River District downtown Fort Myers

JULY 24, 2015

ACT Gallery To Open New Exhibit

Join Arts for ACT Gallery, located at 2265 First Street in downtown Fort Myers on Friday, August 7 from 6 to 10 p.m. for the opening reception and Art Walk. This month, ACT Gallery will feature artist and illustrator Joe LeMay in the main gallery, William Garcia in the office gallery and eight ACT member artists and volunteers in the white gallery room.

LeMay was born and raised in the Midwest, but made the move down to Southwest Florida in 1998. In 2004, he went to study art in Savannah, Georgia where he graduated from the Savannah College of Art and Design with a degree in illustration. He returned to Fort Myers and began working in freelance illustration. His freelance work has included children's book illustration, logo design, poster design and comic strip illustration. Although his gallery work draws upon his background in illustration, it branches out into several different styles and techniques, a luxury not often afforded the freelance illustrator. It is this artistic freedom which continues to inspire him to experiment and to enjoy the process of making art.

This is the third year LeMay has been the main gallery feature artist. His art is both whimsical and playful yet he shows he is a master illustrator and painter.

Garcia was born in Havana, Cuba in 1971. A painter and sculptor, he studied



Artwork by Joe LeMay

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Goodwill Collects 472 American Flags For Retirement



Goodwill employee stacking flag totes

Independence Day weekend was a busy holiday for Goodwill Industries of Southwest Florida employees. As part of a partnership with the Boy Scouts of America Southwest Florida Council, Goodwill collected 472 unserviceable American flags on July 5 and 6.

"We had a number of people who thanked us for collecting these unserviceable flags," explained Jane Jerdan, Goodwill's senior director of stores. "Many folks don't realize that we actually accept flags year-round, and make sure to handle them properly

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Cpl. Christian Brown, center, who visited Captiva in 2013 thanks to Operation Open Arms, returned for a second stay at Jensen's Twin Palm Cottages and Marina last week courtesy of the Jensen family. Pictured with Brown is Dave Jensen, left, and Jimmy Jensen.

photo by Jeff Lysiak

Silver Star Recipient Returns To Captiva For Some Fishing

by Jeff Lysiak

Two years after Corporal Christian Brown made his first visit to Southwest Florida thanks to Operation Opens Arms, the retired United States Marine Corps veteran returned to Sanibel and Captiva last week through the generosity of the Jensen family.

The Munford, Tennessee resident, who was severely injured after stepping on an explosive device while deployed in Afghanistan in 2011, spent a week-and-a-half on the islands courtesy of Jensen's Twin Palm Cottages and Marina, where Brown had

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Lakes Park Upcoming Events

Morning Meander at Lakes Park, a nature walk with a bird patrol guide, will take place on Saturday, August 1 beginning at 8 a.m. at Lakes Regional Park, 7330 Gladiolus Drive in Fort Myers. Participants should meet at Shelter A7. Enter Lakes Park gate from Gladiolus and turn right. Drive to the end of the road and continue through the parking lot. Shelter A7 is located near the train station.

This easy walk along clear paths offers an opportunity to see birds in native vegetation with experienced bird patrol guides pointing out the many species in Lakes Park, a Lee County birding hot spot and crucial nesting area for many birds. Wear comfortable shoes and dress to be outside. Bring water, sunscreen and binoculars.

The next two Morning Meanders held at Lakes Park will take place on Saturday, September 5 and Saturday, October 3, both starting at 8 a.m.

This tour is provided in cooperation



This Little Blue Heron landed right in front of Meg Rousher on a Bird Patrol walk

photo by Meg Rousher

with Lee County Parks and Recreation. It is free with paid parking.

For more information, call 533-7580 or 533-7576, or visit www.birdpatrol.org.

Historic Downtown Fort Myers, Then And Now:

Christian Science Society's First Home



by Gerri Reaves, PhD

In 1921, the Christian Science Society in Fort Myers acquired its first permanent home when it bought the small wood-frame building shown in the historic photo.

The structure stood in a shady spot on the west side of newly developed Henley Place off McGregor Boulevard.

The society had begun in November 1914 with only seven people. Services were held in a member's home, but membership increased sufficiently

that they began to meet in the Masonic Hall, located on the third floor of the Bank of Fort Myers at First and Jackson streets.

By February 1918, 11 charter members had formally organized the Christian Science Society.

At that time, the Church of Christ, Scientist, as it was officially termed, was a fairly recent phenomenon in the United States, having been founded in 1879 by Mary Baker Eddy and 15 followers. By 1910, more than 1,200 congregations existed.

In 1922, only a year after moving into the new building at Henley Place, the Fort Myers society was granted a charter and the organization's name changed to the First Church of Christ, Scientist, of Fort Myers.

The neat frame structure served the church well for 20 years, but it has built two more buildings since moving to Henley Place.

In 1941, the church constructed the beautiful hollow-tile structure at the same location. The old frame building continued to be used as Sunday school.

In 20 years or so, growth required yet another building, and in 1963, construction began on the current church on West First Street at McGregor.

That second church, notable for Romanesque touches, travertine-stone trimmings, and cathedral ceilings and windows, still stands at Henley and McGregor and houses law offices.

The Christian Science Society leaves another legacy almost a century old, a downtown Christian Science Reading Room, which is maintained to this day.

Walk down to Henley Place to the site where a new church established its first real home in a leafy spot near the river.

Then, travel the short distance to the Southwest Florida Museum of History at 2031 Jackson Street to learn more about the history of Fort Myers churches.

While there, dance your way through the sights and sounds of Mambo Man, a tribute to Pedro "Cuban Pete" Aguilar.

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



In 1941, this Romanesque-style church was constructed on the same site. Today, it houses law offices.

photo by Gerri Reaves



The sign by the door announces the new home of the Christian Science Society, which moved to this building in 1921. The church faced Henley Place at McGregor Boulevard.

courtesy of Southwest Florida Historical Society

Then, travel south to one of the area's best historical research centers, the Southwest Florida Historical Society at 10091 McGregor Boulevard, located on the campus of the Lee County Alliance for the Arts.

Contact the all-volunteer non-profit organization at 939-4044 or drop by on Wednesday or Saturday, 9 a.m. to noon or Wednesday 4 to 7 p.m.

Sources: The archives of the Southwest Florida Historical and britannica.com.✧



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Fort Myers Art:

Marcus Jansen Subject Of Documentary

by Tom Hall



For two decades, Marcus Jansen has been exhibiting his work on an international scale. Reflecting the significance of his body of work and the critical acclaim it has garnered,

Jansen's work will be featured in a major museum travelling exhibition over the next four years. The tour has been organized by his European representatives, Gallery Galleria Bianca Maria Rizzi and Matthias Ritter in Milan, Italy, and launches this year. And now, the artist and his art will be the focus of an upcoming contemporary art documentary titled *Marcus Jansen – Examine & Report*.

In the documentary, the filmmaker interviews dealers, critics and collectors as they dissect Jansen's work and motivation for painting while examining the direction of his unique socio-political urban influenced paintings that have been gaining more and more critical attention and acclaim over the recent years. The film is directed by award-winning filmmaker



Artist Marcus Jansen in New York City where he spent his early childhood. He lives and works in Fort Myers.

John Scoular, whose last feature film *Lunatics, Lovers & Poets* was released theatrically across the U.S. The film is being shot in three different locations – New York, London and Fort Myers – where the artist lives and works in his 14,000-square-foot studio loft space, Unit A Contemporary Art Space.

Art personalities appearing in the film include Steve Lazarides from Lazarides Rathbone, better known as street artist BANKSY's first agent, as well as Lawrence Voytek, Robert Rauschenberg's director of art production for over 30

years and who also advised some of the top institutions in the world such as the Guggenheim Museum, PACE and Gagosian Gallery NY. Special footage includes a first ever glimpse of the artist actually at work and an intimate look and interview with Jansen.

The film will debut in Rome at Jansen's first European museum solo exhibition followed by exhibitions in Beijing, New York and other locations yet to be announced.

Jansen is an internationally-renowned award-winning painter whose work can

be found in the permanent collections of the New Britain Museum of American Art, The Moscow Museum of Modern Art (MMOMA), the Housatonic Museum of Art, the Kemper Museum of Art and the Smithsonian Institution in Washington, D.C. Like artists Andy Warhol, Damien Hirst and Keith Haring before him, Jansen's commissions include Absolut Vodka as well as Warner Brothers and FIFA.

"From Robert Henri, Willem de Kooning and Arshile Gorky to Jean-Michel Basquiat, Jansen is an American, or better a New Yorker, to the marrow," stated Milan, Italy art critic Paolo Manazza. "I think he represents, together with British artists Cecily Brown and Peter Doig, the best part of the great contemporary art that is rising in terms of criticism, audience."

Jansen's early childhood years were spent in the Bronx, New York City. He was later transplanted to Europe and educated in Moenchengladbach, Germany, where he studied commercial painting and design. He's a Gulf War veteran and started selling his art from street corners between Prince Street and Broadway in Manhattan to international exhibitions and museum collections around the world after his discharge from the military.

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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Rotary Club of Fort Myers South donated \$5,000 to the Multicultural Centre of Southwest Florida's Adopt-A-Student fundraiser, which will provide 500 students in need with backpacks and school supplies for the 2015-16 school year. Pictured from left are Rotarians Connie Ramos-Williams, Jack Pohlman, Club President John Doramus and Pete Doragh.

Rotary Club Donates To Adopt-A-Student Fundraiser

The Rotary Club of Fort Myers South announced their support the Multicultural Centre of Southwest Florida's Adopt-A-Student fundraiser with a \$5,000 donation to purchase new backpacks and school supplies for 500 students in need, which will be handed out at the BIG Backpack Event on Sunday, August 2 from at 10 a.m. to 2 p.m. at Harborside Event Center in Fort Myers.

The annual BIG Backpack Event has become the largest back-to-school outreach program in Lee County. Last year, an estimated 15,000 people attended the event. Thousands of kids received free backpacks and school supplies thanks to the support of the many volunteers, sponsors and organizations like Rotary Club of Fort Myers South. The club hopes its contribution to the Adopt-A-Student fundraiser will inspire others to help their community's children get back to school with confidence and the supplies they need. Visit www.multiculturalcentre.org/adopt-a-student.html to Adopt-A-Student in need for just \$10. The event lends a helping hand to students and families while celebrating diversity in Southwest Florida.

Along with supporting the Multicultural Centre's BIG Backpack Event, Rotary Club of Fort Myers South, under the leadership of Immediate Past President Rebecca Goff, donated nearly \$33,000 in funding to more than two dozen projects and organizations in the past year.

For more information, visit www.rotarysouth.org.✱

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Call To Artists For Paint The Beach, A Plein Air Art Festival

Planning is well under way for the 6th annual Paint the Beach, a plein air painting competition and art show. This festival is free to the public and will take place on November 2 through 8 on Fort Myers Beach.

The Fort Myers Beach Art Association is now accepting applications for artists to participate in the festival. Artists who work in a variety of media are encouraged to apply. Registration is limited to 60 artists for the main competition and 30 artists for the Quick Draw competition. Those interested in applying should go to the website, www.fortmyersbeachart.com, and complete the application. Deadline for registration is October 30.

During the week, artists will paint on location from November 3 to 5 throughout the town of Fort Myers Beach. On November 6, there will be a reception from 5 to 7 p.m. in the festival tent at Santini Marina Plaza. The Quick Draw competition will be held in Times Square on November 7. Artwork will be on display and for sale until 2 p.m. November 8 in the festival tent. Artists will be treated to a meet and greet, breakfast, a demonstration lunch and a goodie bag.

Paint the Beach will present over \$3,000 in cash awards and prizes to the plein air painters. The first place winner will receive \$1,000 and a 1/3 page ad in *Plein Air Magazine*. Second place winner receives \$750 and third place winner receives \$500. Several other cash and prize awards will be given. The awards judge for the competition is Joseph W. Palmerio.

"What I like the best about the Paint the Beach art festival is the wide array of painting sites to choose from. In Fort Myers Beach, you can find hidden coves and harbors, ships and yachts of all sizes, fantastic shrimp boats at dock, a beautiful sandy beach coastline and many waterfront restaurants. This event includes a Quick Draw competition and a fantastic reception with cash prizes. What else can a painter ask for? There is so much activity in Fort Myers Beach. It is a painters dream," said Kathryn A. McMahon, first place winner in 2014.

For a detailed map of the festival site, complete list of artists, activity schedule, free parking areas, visit www.fortmyersbeachart.com. Volunteers are needed to help with the festival, and interested individuals may e-mail Paintthebeachfmb@gmail.com.✱



Kathryn A. McMahon won first place last year for her shoreline painting

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Salomé Announces Run For Supervisor Of Elections

Carmen Salomé formally announced her candidacy for Lee County Supervisor of Elections at the steps of the Old County Courthouse on July 14, surrounded by a group of supporters.

"I am passionate about Lee County and its citizens" said Salomé. "I know I have the skills and experience to bring positive change to the elections office."

Salomé shared her personal story from less than 20 years ago as a struggling single mother raising two sons, juggling three jobs and school.

"I started as a secretary and worked up to more responsible roles at work. By the time I left Upstate New York, I had a master's degree in management and was the budget analyst assigned to a \$62 million dollar police budget."

Salomé has been a resident of Cape Coral since moving to Lee County in June 2004 with her husband, Lt. Col JD Salomé, U.S. Army, Retired. She has been an active volunteer on many civic and community boards and committees.

"I have served on committees lending a citizen's voice. I will serve you with passion and commitment in the elections office," said Salomé who has actively served on several Cape Coral citizen committees and most recently on the News-Press Editorial Board. She was also instrumental in starting a GED tutoring ministry at her church in 2007. "Hard work and service to my community have always been my core values."

Salomé's focus will be improving transparency, communication, and customer service in the Supervisor of Elections office. "I know we can take the elections office to the next level," she added.

The Supervisor of Elections race is nonpartisan. The election will be held on August 30, 2016.✱



Carmen Salome

Ruane, Governor Scott Announce \$1.7 Million For Local Water Projects

Sanibel Mayor Kevin Ruane joined Florida Governor Rick Scott in Bokeelia on July 14 to announce the funding of eight local projects within the Caloosahatchee watershed aimed at protecting and improving local water resources. Attending the announcement at the invitation of the governor, Ruane took note that watershed runoff accounts for more than 50 percent of the water volume that we receive annually and therefore is one of our greatest challenges to restoring the quality of flows to the Caloosahatchee Estuary.

"Our unprecedented collaborative efforts of all working together, state, local and regional governments has resulted in the funding of these important local projects," said Ruane.

The \$1.7 million in funding from the State of Florida for these projects will require a dollar-to-dollar match from Lee County.

The local projects approved in the Governor's budget include Yellow Fever Creek/Gator Slough, Fichters Creek, Telegraph Creek Preserve, Bob Janes Preserve, FPL Power Line Easement, Spanish Creek at Daniels, Caloosahatchee Creeks Preserve and Prairie Pines Preserve. ✱



Sanibel Mayor Kevin Ruane, left, joined Governor Rick Scott, right, in Bokeelia to announce funding of eight Caloosahatchee restoration projects

Job Fair Saturday, July 25

Alta Resources, the Wisconsin-based customer-management business-process outsourcing company, plans to hire more than 1,000 employees in Fort Myers in the next 60 days. Many of those positions will be filled "on the spot" during a Saturday, July 25 Job Fair at its Fort Myers campus, 12600 Gateway Boulevard.

Job seekers are encouraged to complete applications online at JoinAlta.com before arriving at the job fair. Hiring professionals will be on hand from 8 a.m. until 6 p.m. for immediate, one-on-one interviews, as well as to answer questions and provide information about Alta Resources.

Seasonal full- and part-time openings are available in customer care, inbound sales and team leadership, all to serve Alta Resources' health-insurance clients that have expanding needs to support the Affordable Care Act's annual enrollment period. Those with bilingual skills (English/Spanish) are particularly needed. For those interested in inbound sales for health insurance, Alta Resources provides qualified candidates with training and licensing reimbursement, valid for the state(s) he/she will be servicing.

"Alta Resources offers a fun, casual environment and a dynamic, team-based company culture," said Fort Myers Managing Director Paul Makurat. "Our people truly have a sense of camaraderie and are united by our guiding principles and our commitment to our communities. All of that makes working here a positive and rewarding experience."

In addition to their Fort Myers site, Alta Resources has its headquarters and fulfillment center in Neenah, Wisconsin and additional locations in California and the Philippines.

"Our positions come with schedule flexibility, making them ideal for busy parents, active students, retirees and even career seekers, who, with high performance, could receive a long-term opportunity with the growing company," Makurat added. "Our focus is building long-lasting relationships between our clients and consumers, so we're seeking people with, among other qualities, customer-focused personalities, strong communication skills and the desire to deliver a consistently high level of quality in every detail."

Additional career events will be scheduled and announced on the Alta Resources career events web page. To learn more about career opportunities, visit JoinAlta.com or email HR@AltaResources.com. For more information, visit AltaResources.com.✱

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 Historical walking tour, lunch and River Cruise.
 10:00 PM - 2:00 PM
 Depart from City Pier

SATURDAY, AUGUST 8
EcoCruise to Picnic Island
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The Calendar Girls

photo by Crae Clements

The Calendar Girls 2016 Calendar Goes On Sale

On August 1, The Calendar Girls 2016 calendar goes on sale. The ladies would like to thank 40 local businesses who made the calendar possible. Proceeds from the \$5 calendar will help provide Paws For Patriots guide dogs for veterans. For more information, visit www.calendargirlsflorida.com or call 850-6010.*

The Big Backpack Event



Filling backpacks at the Multicultural Center

The Multicultural Centre of Southwest Florida will host the 16th annual Big Backpack Event on Sunday, August 2 from 10 a.m. to 2 p.m. at Harborside Event Center. The first 2,000 students ages 5 to 12 will receive free backpacks and school supplies at this annual back-to-school outreach.

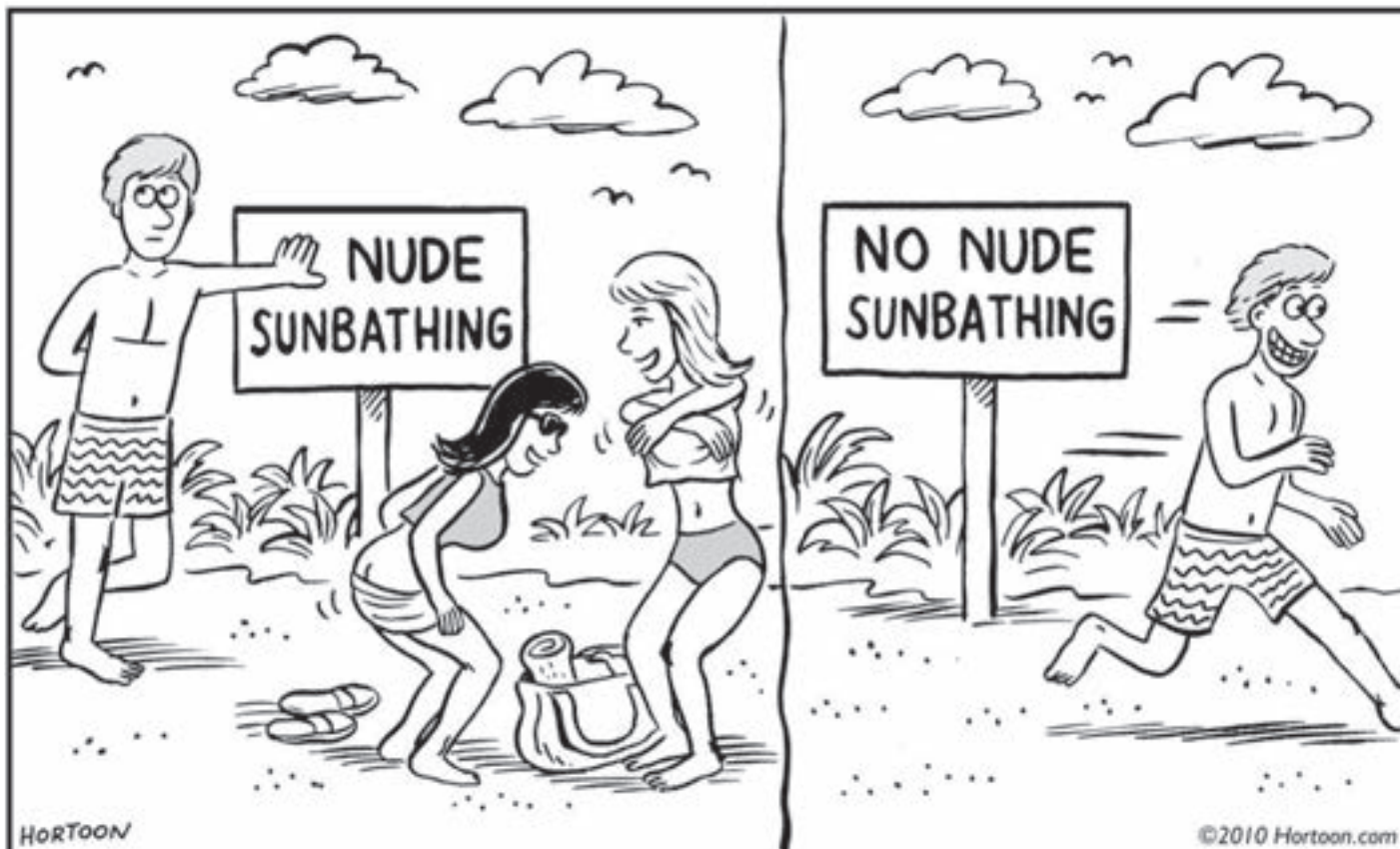
Supplies include notebook paper, folders, crayons, glue, pencils and pens.



School age children must attend the event with their parent or guardian in order to receive the free supplies, and there is no cost to attend. Students may also receive free back-to-school haircuts and other giveaways, thanks to the generosity of local business owners, sponsors and vendors. Face painting, activities and games will also be available.

For more information, go to www.multiculturalcentre.org.*

HORTOONS



Spirit Of '45 Day Returns August 9

The 2015 Keep The Spirit of '45 Alive, a World War II veterans tribute, will take place on Sunday, August 9 from 4:15 to 7:15 p.m. at Sanibel Harbour Marriot Resort, located at 17260 Harbour Point Drive in Fort Myers. Admission is free to WWII veterans and their spouses; for others, the dinner and ceremony is \$25 per person.

Highlights of the annual tribute includes dinner (which begins at 4:15 p.m.), the march of the Color Guard, singing of the *Pledge Of Allegiance*/*National Anthem*, opening prayer, guest speakers, a Fallen Soldier ceremony, POW/MIA service, wreath service, poppy service, *Amazing Grace* performed by a gagpiper, honor guard performing three volleys and the playing of Taps.

Reservations must be made by July 29. For more information or to make reservations, contact Eryka at 800-527-5395 ext. 852.*



In 2013, Cpl. Christian Brown was honored as a recipient of the Silver Star

From page 1

Silver Star Recipient Returns

stayed during his 2013 visit.

"I just called Christian to see how he was doing, and I told him to let us know any time he wanted to come back down here," said Dave Jensen, who operates the Captiva business along with his brothers, Jimmy and John. "He called me back and said that he'd like to come for a visit in July."

According to Brown, it was the positivity and friendliness of the Jensens – as well as the entire Sanibel and Captiva community – that made him want to return for a second visit.

"I really enjoyed all of the fishing, being out on the water and seeing things like manatees. That's what people come here for," said Brown, who received the Silver Star Award for his service to the country.

Highlights of his five-day stay on the islands two years ago included a patriotic welcome by the students of The Sanibel School, a Mullet Marching Band Parade down Andy Rosse Lane, a flight aboard a Lee County Sheriff's Office helicopter and a fish fry at American Legion Post 123.

And, of course, lots and lots of fishing. "I'm an avid fisher and hunter, which gives me healing beyond what doctors can do," said the 31-year-old veteran, who lost both of his legs as a result of his combat injury. "I love being out on the dock around sunset, just hanging out, fishing and talking with Dave (Jensen). There aren't any expectations, either. It's really very calm and peaceful and self-healing."

Since his last stay on the islands, Brown completed his rehabilitation at the Walter Reed National Military Medical Center in Washington, DC and has returned to his hometown. During rehab,

he began honing his skills as a woodworker, hand-crafting items such as turkey calls, duck calls and wine stoppers.

"I had always enjoyed the craft of it," he noted. "And I really enjoy being back home and getting re-acclimated with my community."

Most recently, Brown – thanks to The Gary Sinise Foundation's R.I.S.E. (Restoring Independence Supporting Empowerment) program and the Building For America's Bravest partner program – broke ground on a specially-adapted "smarthome" in Munford. A ceremony held at the site on July 10 was attended by members of The Gary Sinise Foundation, U.S. Navy Seals and approximately 200 people from his hometown.

"I've had input on everything from the floor plan to the furniture. Every step of the way, it's being designed on my say so," said Brown, who added that he was humbled by all of the support he's received. "Being an American means working together for the common good... we take care of each other. That's what our country was founded on, and it feels great to see people committed to that ideal, reaching out and helping others."

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Cpl. Christian Brown, center, with the staff at Famous Tattoos in Fort Myers, where he received two new tattoos

Sinise and his Lt. Dan Band, named for the actor's character in the hit movie *Forrest Gump*, staged a benefit concert to raise money for Brown's custom-designed home late last year.

During his 10-day stay on Captiva, Brown enjoyed both on-shore and off-shore fishing, dining at some of his favorite restaurants – including the Lazy Flamingo and Doc Ford's Rum Bar & Grille – and even planned on trying his hand at parasailing off the Sanibel Causeway.

"I saw some people parasailing while I was out on the water and I said to myself, 'Man, I've gotta try that!'" he said with a smile.

In addition, he visited Famous Tattoos in Fort Myers, where he received two new tattoos.

"The tattoos sort of commemorate the guys that I served with who gave their lives for this country, whether they were killed in action or have committed suicide since coming home," he explained. "So that every time I look at them (the tattoos), I'm reminded of their memory and I can appreciate how valuable life is."

Brown also took time to thank the people of Sanibel and Captiva, as well as the Jensen brothers.

"What sets this place apart from other places is these guys and the family environment they've created here," added Brown. "Everybody down here has been so great to me. They're so welcoming, want to just chat or help out whatever way they can. People who stay here really come together – it feels like a community." ❄

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Along The River



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On Fridays, the Riverside Community Center presents a **Pottery and Oil Painting Class** from 7 to 9 p.m. Pay as you go at \$10 per class. The first class is \$20 and includes 25 pounds of clay, eight pottery tools and glazes. Pieces are fired on site. Class is beginner to intermediate level of instruction. Focus is on sculptural techniques and hand building. There is some wheel throwing. The class is held again on Saturdays at 2 p.m.

Every Mondays at Riverside, the public is invited to its USA Dance ballroom dance lessons and social dance. Lessons are from 6:30 to 7:30 p.m. followed by the social dance at 7:30 p.m. Cost is \$5 per person for one or both sessions.

The Riverside Community Center is located at 3061 East Riverside Drive, Fort Myers. For more information, call Joel Loeper at 574-8400.

Heading to Fort Myers Beach this weekend? There's live music at Times Square during the **Sunset Celebration**. Local bands play every Friday and Saturday evenings from 5 to 10 p.m., weather permitting. There is no charge to attend.



Buy fresh and buy local at Alliance for the Arts' weekly GreenMarket. It is open year-round on Saturdays from 9 a.m. to 1 p.m.

On Friday, July 24, popular cover band High Tide will entertain the crowd with rock, reggae and R&B. The following evening, it's Redemption, a classic rock band covering songs from the '60s through the '90s.

For more information about the weekly Sunset Celebration, call 463-5900.

On Saturday, July 25, the **Major William M. Footman Camp Sons of Confederate Veterans Camp #1950** will hold its regular monthly meeting at the Smoke N Pit BBQ in North Fort Myers. It begins at 12 p.m. and is preceded by an optional lunch. The public is encouraged to attend the group's meetings which occur on the fourth Saturday of each month.

For more information about Major William M. Footman Camp #1950 Sons of Confederate Veterans, contact Commander Robert Gates at 332-2408.

The **Downtown Car Cruise-In** returns to the River District this weekend from 4 to 8 p.m. Held on the fourth Saturday of every month, the free, family-friendly event features a DJ spinning classic rock with trivia. All classic cars and show cars are welcome. Heavy rain or nasty weather will typically cancel this outdoor event.

For more information, call 1-855-RDA-EVENTS (732-3836) or go to www.fortmyersriverdistrictalliance.com.

Pure Fort Myers is redefining the way you experience water adventures in Southwest Florida.

Take a river excursion on the M/V *Edison Explorer*, a newly built passenger vessel. See and hear from Pure Fort Myers' certified captain, naturalist and historian about the Caloosahatchee and learn about the history, and eco and water system.

Sightseeing with dolphins, manatees and local birdlife along the river near the historic Railway Bridge. Take the sunset cruise and watch the sun settle down behind the western shore of the Caloosahatchee, just as Thomas Edison and Henry Ford did in their day from their verandas. Charter the vessel for your private event on the water or be in command of your own rental boat or kayak. Whether an outing or a day-long event, just a couple or a group, Pure Fort Myers is pure fun for family and friends.

To reserve a 1.5-hour Caloosahatchee River Tour, a Caloosahatchee Sunset Cruise, boat rentals or fishing charters, call 919-2965 or email info@PureFortMyers.com.

Pure Fort Myers is located at The Marina at Edison Ford, 2360 West First Street, Fort Myers. For more information, go to www.PureFortMyers.com.

Much of the food found in grocery stores is highly processed and grown using pesticides, hormones, antibiotics and genetic modification. Some of it has been irradiated, waxed or gassed in transit. These practices may have negative effects on human health. In contrast, most food found at **farmers markets** is minimally processed, and many local farmers go to great lengths to grow the most nutritious produce possible by using sustainable techniques, picking produce right before the market and growing heirloom varieties.

Two of the most popular farmers markets in Lee County are open year-round:

Thursday: The River District Farmers Market, under the U.S. 41 Caloosahatchee bridge. 7 a.m. to 2 p.m. Fruit, vegetables, local honey, bread, seafood, BBQ, flowers and plants. Call 321-7100 or go to www.cityftmyers.com.

Saturday: GreenMarket at Alliance of the Arts, 10091 McGregor Boulevard near the Colonial intersection. 9 a.m. to 1 p.m. An exclusive selection of locally grown, caught and cultivated foods and other products available to sample and purchase. Enjoy live entertainment by local musicians and fun activities for kids. It is open year-round. Call 939-2787 or go to www.artinlee.org.✪

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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

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's salad with sesame tuna

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.

SS HOOKERS

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

After a triumphant day of fishing, bring your catch to the restaurant: "If you hook it, our chef will cook it."

A late night bar features live music nightly. A fresh seafood market, bait shop and gifts are also on site.

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

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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, rabbid@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. rabbibarras@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✠

From page 1

Goodwill Flags Retirement

until they can be retired.”

Goodwill accepts unserviceable flags at all of its Southwest Florida Retail & Donation Centers.

“People don’t know what to do with their flags, so many bring them to us year-round,” added Jerdan.

Collected flags will be transported to Boy Scouts of America for retirement. Boy Scouts retire flags in a formal campfire ceremony.

“Boy Scouts are regularly asked to dispose of flags that are ready to be retired and have been doing this tradition for decades,” said Greg Graham, scout executive and CEO of the Boy Scouts of America Southwest Florida Council. “This tradition teaches Scouts respect for country and that they are retiring a symbol of honor, courage and strength of our nation which many have selflessly sacrificed for others freedom.”

Goodwill Industries of Southwest Florida operates 30 retail stores in the region to support its mission of helping people with disabilities and disadvantages by offering life-changing opportunities to achieve independence. Goodwill’s programs include Job-Link centers, the Goodwill SWFL MicroEnterprise Institute, disability-accessible housing, the Goodwill LIFE Academy charter school and others. In 2014, the nonprofit provided assistance to nearly 40,000 Southwest Floridians.✱



Boy Scout saluting

From page 1

ACT New Exhibit



Artwork by William Garcia

in San Alejandro, a higher institute of plastic art. His inspiration is in his daily life; he translates what he sees in images, it may take months for that design to accomplish what his muse wants to tell on the canvas and want he wants to express. Focus is a big aide to Garcia in creating his works. He never loses his inspiration to create. He creates and enjoys every moment and go on forever indulging in his passion.

Garcia has had several expositions in Havana, Cuba at the Museum of Decorative Arts. From 2005 to 2009, he worked in Europe especially in Bilbao, Spain and France. He has a permanent exposition in the gallery of Lozano Arrue Ramon in Bilbao, Spain.

Garcia has lived in Miami less than two years. He will be showing a collection of works in oil that show a very humanistic, sensitive and feminine appeal.

In the white gallery this month, ACT Gallery will feature eight artist volunteers, who run the gallery on a daily basis. These member artists are Larry Garland, Becky Sandbek, Linda Benson, Vic Delnore, Susan Mills, Flo Collins, Michael Pohlman and Kim Kraft-Beckler. Each will have four pieces of art in their discipline, which will include collage, oil and acrylic painting, gourd art, mixed media, illustrations, sketches and watercolors.

These exhibits continue through Monday, August 31.✱

OBITUARY



ROBERT “BOB” ERVIEN III

Robert “Bob” Ervien, III of Sanibel, Florida and Trail’s End, Assembly Point, Lake George, New York entered into rest July 16, 2015.

He was born in Philadelphia, Pennsylvania on May 9, 1928, the only child of Robert and Elsie (nee Harrison Heim) Ervien. His paternal decedents date back to the Baron of Bonshaw Tower from 1450-1513. He was preceded in death by his partner, Roderick Burlingame Seabrook.

After graduating from Swarthmore College with a masters in education, he

served in the United States Navy (1951-1954). With the rank of lieutenant, he received awards for China and Korea Service, the Korean Presidential Unit Citation, a United Nations Medal, and a National Defense Medal.

Robert taught math at the Hun School in Princeton, New Jersey until his retirement.

Memorial donations may be made in Bob’s name to Sanibel-Captiva Conservation Foundation (SCCF), 3333 Sanibel Captiva Road, Sanibel, FL 33957 and the Sanibel Public Library, 770 Dunlop Road, Sanibel, FL 33957; also, to Friends of Mountainside Library, 195 Sunnyside Road, Queensbury, NY 12804-7762, or to The Fund for Lake George, 2199 U.S. 9, Lake George, NY 12845.

“Death leaves a heartache that no one can heal, love leaves a memory no one can steal.”

Friends are asked to email favorite photos and remembrances to: rememberingbobervine@gmail.com.

When completed, a booklet on Bob’s life journey will be available to all.✱

Our email address is
press@riverweekly.com

Community Picnic

Sunday, Aug. 9
11 a.m. – 3 p.m.
Lakes Regional Park

FREE hotdogs, chips.

Activities include:
Soccer, volleyball, cornhole, crafts for kids

1 p.m. — Presentation of Advocates of the Year
(youth, collegiate, adult)

Rain or shine — We reserved shelters. Bring a side dish or dessert to share.
Bring chairs, beverages, snacks, games, etc. No pets or alcohol.



Days Of Dodging The Rain



by Capt. Matt Mitchell

Prevailing southwestern winds brought us lots of rain this week, which came through at just about anytime day and night. Most days, the showers were generally on the small side and fast moving, which made it possible to still get out and be able to stay dry for the most part. Once out if you kept a eye on the sky and weather radar, the rain was generally moving in from the west making it easy to move either north or south as the next downpour quickly raced by. Weather conditions like this are certainly nothing new for

our summertime fishing and with no lightning are no reason not to go fishing. If anything, the overcast days were a much needed break from the extreme heat and humidity that we have been experiencing

Filling your live well up with a good mix of shiners of all sizes that can be found on just about any shallow grass flat made for great mangrove snapper and small snook action. The five mangrove snapper per person limit came easy with what seemed like just about any deeper shoreline with decent current holding lots of these fish up to 16 inches. A few scoops of live shiners chummed from the whiffle ball bat on a likely shoreline quickly let you know of you where in the right place as these hungry fish came out of the woodwork smashing the baits on the surface and jumping on the easy meal. Once fired up, you could get them to take a smaller pinfish, too. But for the best action, nothing beat the live shiners. Rig up with 1/0 lightwire hooks and 3 to 4 feet of light 20# fluorocarbon leader to get in on this crazy summertime snapper bite. It seems no matter how hot it is, these fish just always cooperate when other species won't.

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.



Dan, Anthony, Frank and Frankie Monteforte from New York with a 25-inch redfish caught while fishing with Capt. Matt Mitchell in the southern sound this week

Pass fishing for snook is still going off as it has for what seems like months and months now. Most of our passes are still loaded up with boats getting in on this easy catch-and-release bite. Live pinfish and grunts are the baits of choice for this with the bigger the bait, the bigger the snook you will catch. When you're drifting with a dozen other boats and an angler on every boat is hooked up on a snook, it's just going on! If you are new to this or just not familiar with this technique, just sit back and pay attention to how the other boats are fishing the pass then get in line in the drift. Everyone can get in on this action and get along. It only takes one newbie or freelancer to anchor up or hold themselves on a trolling motor right in the most productive part of the drift to screw it up for everyone.

Reports of redfish action have still been very hit and miss from other anglers I talk to. We did manage a few slot reds this week, which came while soaking fresh chunks of cut ladyfish during the very top of the high incoming tide, although we really had to put our time in. for very few fish For a few days during these prime tide days, I would give redfishing a try for a hour or so and picked up only one fish here and one there. I did have one good report though after the fact from another guide mid-week, who had some of the best redfish action he had experienced in months while fishing in the southern end of the sound. Apparently after he tried all kinds of live and cut baits on these perfect redfish tides that we had experienced mid-week, he got five nice upper slot redfish to eat on frozen jumbo shrimp. With our water temperature now hanging right around a bath like 90 degrees, this dead shrimp redfish bite it's not that surprising. I just wish I had though to try this method earlier in the week when the tides were better for it.

Our local waters continue to get less congested with boat traffic the further we move into our dog days of summer. August and September will be as quiet as it gets all year, with angling pressure at a annual low and action still being great. To beat the summer heat, it's all about going early and being off the water before noon. During this little bit cooler time is when the fish are definately the most active; by mid-afternoon during the sweltering heat, everything seems to just shut down.

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.✱

CLEAR YOUR GEAR It Catches More Than Fish



Cast carefully to
avoid tangling tackle
in mangroves



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CROW Case Of The Week:

Pileated Woodpecker



by Patricia Molloy

If you live in Southwest Florida, you are no doubt familiar with the rhythmic drumming sound created by the pileated woodpecker (*Dryocopus pileatus*). At 15 inches in length, it is one of the biggest woodpeckers native to North America. The non-migratory bird is easily recognizable due to its flaming red crest, long bill, and zebra-striped head and neck.

The enthusiastic drumming sound created by these birds is similar to loud hammering and can be heard from a great distance. The behavior is a woodpecker's way of establishing its territory and to attract a mate. The whacking away at dead trees also helps a woodpecker find its favorite meal: carpenter ants. After drilling a hole or pulling strips of bark off a tree with its sharp bill, the woodpecker use its long, sticky tongue to drag out the insects. The omnivorous birds also eat termites, beetle larvae, wild fruits, berries and nuts.

On July 13, a pileated woodpecker was brought to CROW after a window strike. Upon presentation, the bird was found to be bright and alert, but unable to stand well.

"He had motor and sensory (issues)," said Dr. Molly. "We put him on oxygen, because it was difficult to hear any heart sounds because there were so many lung sounds. It just seems like there's a lot of effort (to breathe) and possibly some fluid (on its lungs)."

Once the large bird was stabilized, the wildlife veterinarians were able to conduct more tests. They determined that the woodpecker had suffered a spinal cord injury in the accident. "The damage to the spinal cord is leading to a lack of sensation and paresis (partial loss of voluntary movement) in the rear limbs, but the inner layers of the spinal cord are still intact," explained Dr. Heather.

Despite the serious nature of the woodpecker's injuries, there is still room for hope. As Dr. Heather concluded, "With continued care, he may regain the ability to walk over time."

The area's rich wildlife cannot afford its own insurance and medical care is very expensive. To help CROW treat sick and injured bald eagles, gopher tortoises, rabbits and, of course, this beautiful pileated woodpecker (patient #15-2165), be a good steward of the environment and make a donation. The clinic relies 100 percent on the philanthropic support of individuals, corporations and foundations. Go to www.crowclinic.org for more information.

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to PO Box 150, Sanibel, FL 33957. Call 472-3644 or visit: www.crowclinic.org.



After a quick weigh-in, the pileated woodpecker returns to its cage for breakfast

'Ding' Days Photo Contest Is Under Way

July marks the opening of the 28th annual "Ding" Darling Days Amateur Nature Photography Contest. The deadline for submission is September 15. The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Days, running October 18 to 24.

For an entry form and other contest information, visit www.dingdarlingsociety.org/photo-contests. Or contact DDWS at sarah@dingdarlingsociety.org or 472-1100 ext. 233.

DDWS will announce winners and award prizes at Conservation Art Day on Saturday, October 24 during "Ding" Darling Days.

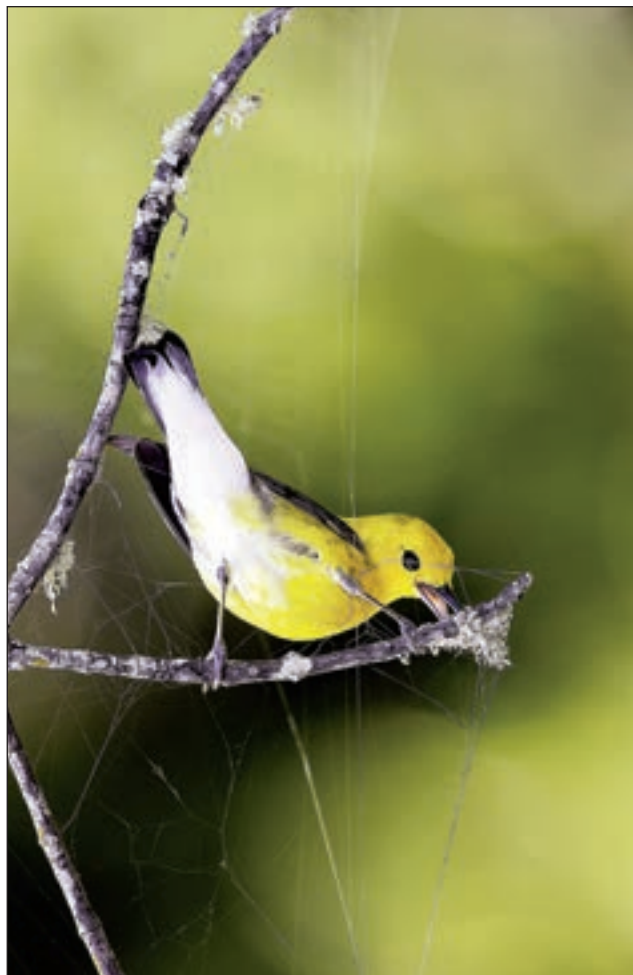
Entries may be delivered in person to the JN "Ding" Darling NWR or by mail to "Ding" Darling Wildlife Society (DDWS), One Wildlife Drive, Sanibel, FL 33957 (Attention: Sarah Lathrop).

- There is a \$25 per person entry fee that provides you with a membership to the Society and is used to defray the cost of the contest. One fee covers two entries per person.

- Only amateur (all ages) photographers are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs).

- Photos must be taken at the JN "Ding" Darling NWR and have been taken within two years of entry date.

- Photos must be 8" x 10" (or full frame 8" x 12") with an 11" x 14" mat. This will facilitate display in the Visitor Center. (Please, no hangers on the backs of photographs.) Frames are not permitted. Please submit a digital copy on a CD/DVD/Flash Drive. Each photo must be at least 2MB. The two photo entries can be copied onto the same CD/DVD/Flash Drive.



Charles Woodrich's prothonotary warbler took first place in the 2014 "Ding" Darling Days Amateur Nature Photography Contest

- Each person may enter up to two photos but is eligible to win only one award. One \$25 fee covers two entries per person.

- Photos that have won awards in previous "Ding" Darling Wildlife Society photo contests may not be resubmitted.

- Judging will be anonymous. Please do not put your name or anything that will identify you on your photograph.

- Judging criteria:

- 1) Technical excellence (sharpness, lighting, composition, exposure)

- 2) Originality/creativity

- 3) Interest

- 4) Ability to be reproduced for publication

- On digital photos, only limited image modifications are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be allowed. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines.

- All photos will become the property of DDWS and will not be returned. There is no need to include a return envelope or postage. Photos may be used by DDWS in any way with appropriate credit.

- First, second, and third place winners and honorable mentions will be formally announced during the "Ding" Darling Day's weeklong celebration held in October. Cash prizes will be awarded.

- The refuge and Wildlife Society cannot be held responsible for loss or damage of photos.

- There are three judges: A refuge staff person, a professional photographer, and a member of the Sanibel community.

"Ding" Darling Days sponsors for 2015 include: Roseate Spoonbill Sponsors: Doc's Ford Sanibel Rum Bar & Grille; Great Egret Sponsors: George & Wendy's

continued on page 24



The funnel-shaped fragrant flowers are used to make Hawaiian leis
photos by Gerri Reaves

Plant Smart
Frangipani

by Gerri Reaves

Frangipani... the very word evokes the romance and beauty of the tropics. Most people know frangipani as the flower used to make leis, Hawaiian flower necklaces.

Even gardeners committed to “native plants only” might find it difficult to shun or replace this native of tropical and subtropical America and the Caribbean. The tubular flowers emit what is arguably the most heavenly fragrance of South Florida’s imported blooming trees.

Many species of plumeria exist, and it has long been a popular landscape tree in the state’s subtropical clime.

This broad-crowned tree usually grows to about 15 to 20 feet high and can be almost as wide as tall.



Even when bare during the winter, the gray-green branches have an aesthetic appeal

The five-petaled flowers are tubular, funneled, and two to four inches across. Common species in this area are *P. obtusa*, which have white flowers with yellow centers, *P. rubra*, with pink or red, and *P. alba*, with white.

The stocky branches are smooth, rounded, and silvery gray-green. Flowers appear in clusters on the branch tips.

The coarse, narrow leaves can be up to 20 inches long. They fall during winter, but frangipani’s attractive bark and network of branches make this no mere barren tree to hide in the back corner.



Frangipani is a popular non-native flowering tree

The twin seed pods are forked and up to a foot long. But if you want to propagate frangipani, cuttings are the way to go.

Remove a lower branch, clean away leaves and flower stalks, and chop into foot-long sections. Beware of the white sap, which can irritate the skin.

Leave the cuttings in a shady spot for a few weeks to heal. Then use them to start new trees in potting soil.

Plant a cutting in full to partial sun where it will have plenty of room to spread a canopy but is protected from cold northern wind.

Frangipanis require regular fertilization, are susceptible to pests and creates yard work with shedding leaves, so if maintenance is a primary concern, plant native flowering trees that tend to be no- or low-maintenance.

Because frangipani is so cold-sensitive, some people prefer to grow it in containers that can be brought inside a garage or lanai during cold snaps.

Sources: <http://edis.ifas.ufl.edu>, *Florida, My Eden* by Frederic B. Stesau, and floridata.com

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

Fisherman’s Paradise:
Truculent
Tripletails



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 XII Part I

I recently read an article about Tripletails that says this fish is “the darndest hunk of fine fishing you ever saw.”

Some call Tripletails spade fish, but if it’s a spade fish, it’s a lot different than any other spade fish I ever caught. The name “Tripletail” comes from the big dorsal and anal fins that extend back along their posteriors, making them look like they have three tails. From the steam they generate once they’re hooked, I



A Sanibel Ferry brochure photo courtesy of State University Libraries of Florida

wouldn’t swear they don’t have three.

In the Fort Myers area, it’s a top-water loafer around pilings and buoys in the bays and channels all the way from Boca Grande Pass to the north to San Carlos Pass to the south. When they’re in, you can spot them swimming languidly on their sides, sucking at crustaceans on barnacle-laden pilings. They’re not easily frightened; they will sometimes come up to your boat. But once you latch onto one, watch out – he’ll take you right out of your boat. Moreover, he’s not choosy about what he eats. He’ll take shrimp, pinfish, mullet or even artificial lures,

especially the “popping” kind.

The first time I heard of tripletail in these waters was when Captain Crumpler, skipper of the Kenzie Brothers Ferries for over a quarter of a century, suggested one July day that I could catch a mess of tripletails at the #3 marker before you get to the Sanibel slip. Skip had seen me at the slip so often, he kinda looked upon me as one of the ferry line family and decided to let me in on some of its secrets.

As I anchored about 30 feet from the #3 marker and the boat swung and settled with the tide, I saw a bunch of

high-backed, flat-looking fish swimming around and occasionally munching at the crustaceans on the marker. I had passed that marker 100s of times and never paid any attention to it. It never occurred to me that there might be fish there. So I had a warm, agreeable feeling at the thought that I had discovered a fishing spot that wouldn’t be forever crowded like the pilings around the ferry slip.

I put on a small leader and hook, no larger than the type I use for pinfish. That, I soon discovered, was a mistake.

To be continued next week...*

Lake Kennedy Senior Center
Divas Across The
Decades Show

The Lake Kennedy Center invites you to come experience the amazing talents of the 3 Divas – Ellie Mendolusky, Anita Tate and Betty Dentzau. This new show, presented on Friday, July 31, features the best song and dance moves throughout the decades. Be ready for an unforgettable evening of music, dance and entertainment. Doors open at 6:30 p.m. and the show starts at 7 p.m.

Cost to attend the Divias Across The Decades performance is \$5 per person. Dessert and beverages will be served.

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

A Latin Beat Musical Revue At The Strauss



by Di Saggau

Now showing at the Herb Strauss Theater is a musical revue that is not to be missed. *Rhythm Of The Night* stars six magnificent dancers and singers in a fiery revue with

powerful vocals, Latin-infused music and choreography that will amaze you. Bobby Logue, artistic director and choreographer at the Strauss is the talented powerhouse behind the show. He directed it, choreographed it and also stars in it. Way to go Bobby.

The show is called part *Dancing With the Stars* and part *Moulin Rouge*. There isn't much of a storyline but that's OK because the musical numbers and various dance styles infused throughout stand on their own. The energy and passion of the music and the performers is what will grab you. I was impressed with the use of color in both lighting and costuming and yet it was the black and white scenes that added a lovely air of sophistication to the revue. The dance styles include salsa, tango and even a touch of Fosse. You truly want to get up and dance with them.

The cast consists of Logue, Christopher Dean Anderson, Marley Dove, Juan Louis Espinal, Tempestt



Cast of *Rhythm Of The Night*

Perrin and Sheridin Wright. Each has their own chance to shine. Dove excels in her rendition of *I Am I Don Quixote* as does Espinal with *Besame Mucho*. Perrin has fun with *Don Juan*, Anderson with *Sway*, and Wright with *I'm Going Bananas*. Logue leads the ensemble in the lively *All Night Long* and *The Story of My Life* as well as other riveting numbers.

This is an extremely talented cast in a fast-paced show that will leave you feeling energized and wanting more. Performances are 7 p.m. on Monday, Tuesday, Wednesday and Saturday through August 15. The show runs one hour, 30 minutes. Tickets are \$30 for reserved seats and \$5 for students and children. Call the Herb Strauss Theater

box office at 472-6862 or go online at www.bigartsorg.✱

Keylime Bistro Receives Award

Sandra Stilwell, owner of Stilwell Enterprises, announced that her Keylime Bistro on Captiva has won the coveted *Wine Spectator* Award Of Excellence for the ninth year in a row.

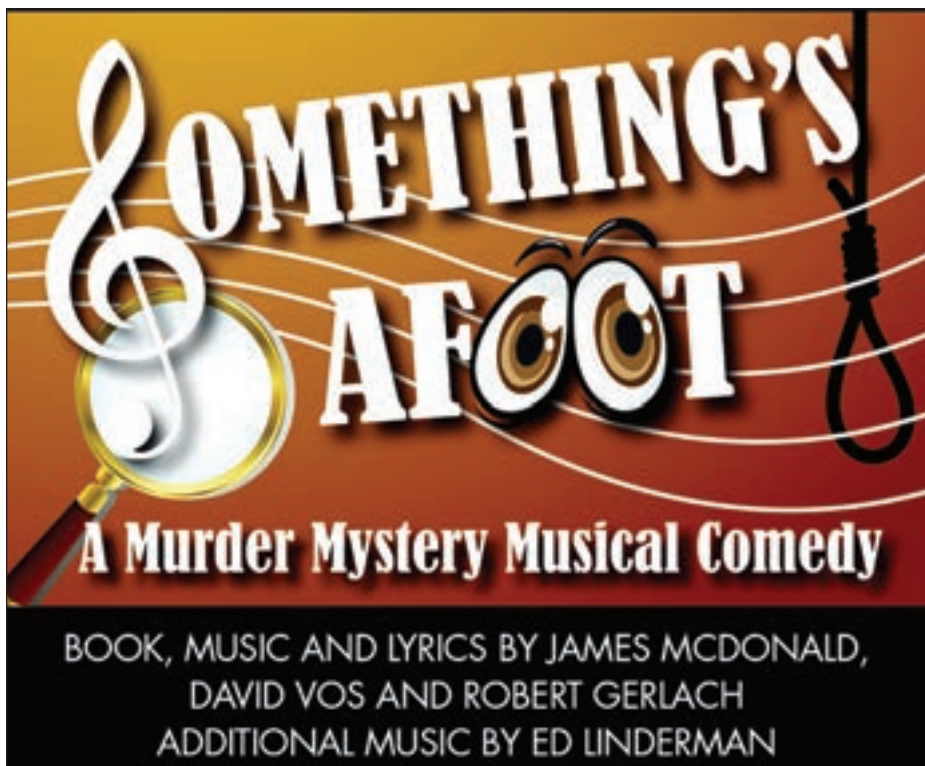
"Of my eight restaurants, Keylime Bistro still is the engine that drives the train," she said.

Stilwell noted that her company's support in the local community includes recently hosting the Golden Apple



Teachers Collegium. Coming up on August 23, Stilwell Enterprises will sponsor a motorcycle run from Six Bends Harley-Davidson in Fort Myers to Captiva, with 100 percent of brunch proceeds going to the Abuse Counseling Treatment Center in Fort Myers.✱

Read us online at
IslandSunNews.com



Naples Players To Hold Auditions

The Naples Players will hold auditions for their season opener, the musical *Something's Afoot*, by appointment only beginning at noon on Saturday, August 1 at Sugden Community Theatre, 701 5th Avenue South, Naples. For

the audition, please prepare 32 bars of music. An accompanist will be provided so bring sheet music or digital music without vocals.

Six men are needed for this production, four ages 30 to 65 and two ages 20 to 40. Four women are also needed, two ages 20 to 35 and two ages 40 to 65. *Something's Afoot* is set in 1935 and is a hilarious murder mystery musical that spoofs detective stories. The cast is a set of British stock characters typically found in the works of Agatha Christie. The Naples Players are seeking a unique company of inventive and fearless actors with strong comedic abilities. A British accent is a plus. The characters of Lettie and Flint both have a cockney accent.

Callbacks will be held on Saturday, August 8 at noon. Rehearsals begin on August 24. Performance dates are October 14 through November 8. Perusal scripts are available at the box office with a \$20 deposit. The box office is open from 10 a.m. to 4 p.m. Monday to Friday and Saturday from 10 a.m. to 1 p.m. For more information or to set an appointment, call 434-7340 ext. 10.✱

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Previous education classes at the Alliance for the Arts

Alliance For The Arts Announces Fall And Winter Education Season

Registration for the 2015-16 Education Season at the Alliance for the Arts opens August 1. The new season features classes and workshops in drawing and painting, collage, photography, batik, fiber art, mosaics, yoga and much more. Classes geared specifically for youth and teens include drawing and painting, guitar, piano and drums. Class descriptions and instructor bios are available online at ArtInLee.org.

Join the Alliance's growing community of artists, instructors, students and patrons this fall by taking a class or workshop. Alliance members receive 20 percent off classes, as well as many other benefits including exhibition opportunities, gift shop and event ticket discounts, and special deals at partner businesses around Southwest Florida. For more information or to register for a class online, visit ArtInLee.org or call 939-2787.

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



Painting class at the Alliance

Dog Days Alliance Member Exhibit

The Alliance for the Arts is calling its member-artists to submit works following the theme Dog Days for an exhibit that will open on Friday, August 7. Each year, the Alliance invites its more than 1,000 members to contribute artwork following a different theme for this annual Members Exhibit. Artists are welcome to become a member in order to participate. The opening reception is Friday, August 7 from 5 to 7 p.m. The exhibit runs through September 19. Work by graphic artist Sarah Tumm will be featured in the Member Gallery. Artwork by Randy Kashi will be displayed in the Theatre Lobby.

Artwork in all mediums following the

theme Dog Days will be accepted and should be delivered to the Alliance wired, framed and ready to hang on Monday, August 3 during normal business hours. 3D artwork is welcome and pedestals will be provided if necessary. Entries that have previously been shown at the Alliance will not be accepted. You may become a member in order to participate. Individual Alliance memberships are \$50 annually. They offer a variety of valuable benefits including exhibition opportunities, discounted entry fees, 20 percent off classes and workshops, special monthly discount offers with area businesses, member social events and outings, free open painting studio sessions and a monthly Book Club.

The Dog Days exhibit prospectus is available at the Alliance for the Arts, located on the corner of Colonial and McGregor in Fort Myers, online at www.ArtInLee.org or can be requested by mail by calling 939-2787.✱

MacGregor's Art On Display At Cape Coral Library Gallery

Artwork by well-known cartoonist and illustrator Doug MacGregor will be on display from August 4 through August 31 in the art gallery of the Cape Coral Library, located at 921 SW 39th Terrace. Contact the library at 533-4500 for directions and hours.

The exhibit will feature original drawn and painted cartoons that satirize and celebrate our Southwest Florida lifestyle. Comical themes include the flora, fauna, beach life, sports, hobbies, etc. that make life here in paradise unique.

MacGregor describes the body of his artwork as "a humorous and uplifting look at how we live and play." Doug has been an editorial cartoonist and children's book illustrator in Southwest Florida for over two decades. His work has appeared in *USA Today* and the *News-Press*. He is currently Arts in Healthcare Coordinator for Lee Memorial Health Systems bringing art, music, storytelling and humor to patients and families.

MacGregor has self-published a number of children's books, including his most recent book *Turtellini, The Turbo-Charge Turtle and Rad Hair Day*. His *Get Creative, Turn On The Bright Side Of Your Brain* is also a popular favorite among the young and young at heart. He has exhibited his work in many galleries in the local area, including the Alliance for the Arts, BIG ARTS, Arts for ACT, Rauschenberg Gallery, International Design Center, Sidney and Berne Davis Art Center and Florida Gulf Coast University to name a few. Visit www.dougcreates.com for more information.

The gallery exhibits are sponsored by the Friends of the Cape Coral Library.✱

Centennial Faces Exhibit On Tour From State Archives

The Northwest Regional Library will host Centennial Faces, a traveling exhibit from The Florida Museum of History. Centennial Faces is a selection of photographs by Tallahassee photographer Alvan S. Harper, who provides a fresh perspective on the lives of African-American citizens in Tallahassee one hundred years ago. The subjects of Harper's studio portraits suggest the presence of an affluent class within the African-American society of that time. The 49 photographs presented in this exhibit are a small taste of the two thousand glass-plate negatives in the Alvan S. Harper Collection at the

Florida Photographic Collection, Florida State Archives. The exhibit will run from August 1 to October 31.

"It is fascinating seeing photos of past generations and even more so when they break our preconceived notions and stereotypes," said Sheldon Kaye, Lee County Library System Director. "This is a very interesting collection for the time period."

The Northwest Regional Library is located at 519 Chiquita Blvd. North in Cape Coral and is open Monday, Wednesday and Thursday from 10 a.m. to 6 p.m.; Tuesday from noon to 8 p.m.; Friday and Saturday from 9 a.m. to 5 p.m. The library is closed on Labor Day and Sundays. The exhibit is available during all open hours.

For more information on the exhibit, go to leelibrary.net, contact the Northwest Regional Library at 533-4700 or call Telephone Reference at 479-INFO (4636).✱

Family Picnic To Celebrate Same-Sex Marriage And Other Victories

BeProudSWFL.com and the SWFL Rainbow Pages are sponsoring a family picnic to celebrate the recent Supreme Court decision on same-sex marriage, changes in gay adoption and other LGBT victories across the nation. Awards will also be presented to Advocates of the Year.

The BeProudSWFL.com Community Picnic is free and open to the public. It will be held from 11 a.m. to 3 p.m. on Sunday, August 9 at Lakes Regional Park, 7330 Gladiolus Drive in South Fort Myers. The event will be rain or shine and will be held at two of the pavilions located past the main playground near the amphitheater.

Free hot dogs and chips will be provided. Activities include soccer, volleyball, corn-hole and crafts for kids. There is also boating, a water playground, train rides, bike rentals and more available at the park.

Advocate of the Year awards will be presented at 1 p.m. to people who are making a difference in the LGBT community. Three categories will be awarded – youth, collegiate and adult.

"This is an opportunity for us to come together as a community and celebrate some great things that have happened in Florida and across the nation," said Michelle Hudson of BeProudSWFL.com and SWFL Rainbow Pages. "There is still a long way to go but we should celebrate the victories. We are much stronger as one, unified community."

For more information about the picnic, visit BeProudSWFL.com or email info@beproudswfl.com.✱



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RumRunners Collection Event Raises More Than \$3,000 For PACE Center



Anne Wittenborn with Meghan and Christin Collins

RumRunners Restaurant raised more than \$3,000 during its "Havana Nights" collection event on July 8, where 200 people dressed in their Caribbean best brought in nearly 250 donations, including dresses, shoes and accessories, for this year's Love That Dress! event.

The evening included a selection of Cuban-style appetizers by Chef Todd, a signature Tito's Mojito cocktail, "Fish Bowl" raffle, music by New Beginnings Events and more.

The next dress collection parties include:

- Sephora Beauty Night Out Collection Event on Friday, July 24 from 5 to 9 p.m. at Sephora, located at 23161 Fashion Drive, Suite 113 at Coconut Point in Estero

- Six Bends Harley-Davidson Lucky Number 7 Casino Finale on Friday, August 7 from 5 to 9 p.m. at Six Bends Harley-Davidson, located at 9501 Thunder Road in Fort Myers

This year's Love That Dress! will take place on Wednesday, August 26 at the Embassy Suites in Estero, located at 10450 Corkscrew Commons Drive. In the months leading up to the event, members of the Southwest Florida community are asked to donate new and gently loved dresses and accessories at collection parties and convenient drop-off locations across the county. Collection parties hosted by generous local businesses and organizations are a way to connect with community members and sample the local fare, all while collecting inventory, raising funds and generating awareness for the main event.

During the main event, attendees will enjoy the huge inventory with friends, a silent auction full of unique packages, and cocktails. Suite and VIP ticket holders are granted access to early shopping, private dressing rooms, clothing holds, express check-out service, complimentary adult beverages, hors d'oeuvres and a private selection of decadent chocolates. VIP Suite owners will also receive a complementary style and personal shopping experience with Christine Sherlock of Image Matters. VIP Suites are still available for purchase. Tickets for the main event will go on sale August 1. Visit www.lovethatdress.org for more information.

All proceeds from Love That Dress! will benefit PACE Center for Girls, Lee County. PACE is a non-residential program targeting the unique needs of girls, ages 12 to 18, facing challenges such as physical and sexual abuse, domestic violence, substance abuse, foster care, neglect, death of a parent, family history of incarceration, truancy and declining grades.

PACE Center for Girls, Inc. is a Florida-based, nonprofit organization and the only statewide prevention program for adolescent at-risk girls in the nation. In the past



Hope Lewis and Donna Caruso



Brett Knight, Sara Garner, Carol Wonderly, Allyson Ross and Jeremy Eck



Kelsi Gately, Brittney Novack, Kelly Knight and Mary Gibson



Dottie Tronnes, Buffy Haygood and Laura Slack

year, the Lee County program provided 116 girls with education, counseling, training and advocacy, resulting in 94 percent of girls in the program having no involvement with juvenile justice within six months of leaving PACE, 88 percent improving their academic performance and 80 percent remaining in school or obtaining employment three years after leaving PACE. As a result, PACE reduces the significant long-term costs associated with teen pregnancy, substance use, unemployment and long-term economic dependency.

PACE accepts referrals from the juvenile justice system, the Department of Children and Families, school personnel, community-service agencies, parents, family members and friends as well as self-referrals.

For more information about the event, call 470-7548, visit www.lovethatdress.org.



Kim Judd with Robert and Alex McDonald and Sara Garner



Meg Gelfner and Diana Willis



Patricia Cardenas and Kristen Thrash



Michael Rodstein, Michel Doherty and Max Dean



Mary Beth Keslinger, Brittany Cohill and Gina Birch

Film Society Summer Series Continues

The Naples International Film Festival (NIFF) continues its Film Society Summer Series 2015 with a screening of the cinematic classic *All About Eve* at 6:30 p.m. on Wednesday, August 5 at Silverspot Cinema in Mercato.

Directed by Joseph L. Mankiewicz, this 1950 feature stars screen legend Bette Davis in one of her most iconic roles, Margo Channing, a famous Broadway stage actress who fears losing prime roles – and her younger boyfriend – as she ages.

Eve Harrington (Anne Baxter), an ambitious young actress who Margo unwittingly lets into her life, would be more than happy to take her place. *All About Eve* received 14 Academy Award nominations, winning six, and is the only film in Oscar history to receive four female acting nominations.

Tickets for *All About Eve* are \$16 ticket per person. Price includes ticket for film screening and post-film discussion only. Due to studio restrictions, NIFF is unable to offer an all-inclusive food and drink ticket for this screening. Food and drinks will be available for purchase at Silverspot. Mixing and mingling begins at 6:30 p.m., with the film screening at 7 p.m.

The NIFF Film Society Summer Series concludes on Wednesday, September 9 with the screening of *The Godfather*. Please note new times: 6 p.m. mix and mingle followed by the 6:30 p.m. screening. Tickets are \$16 per person and include screening and post-film discussion only.

Tickets are available at Silverspot Cinema, located in Mercato at 9118 Strada Place in Naples, or online at www.silverspotcinema.com.*



Celebrate The Abstract Movement At Alliance For The Arts Fundraiser

The Alliance for the Arts will present its annual fundraising extravaganza, ABSTRACTION, which will be held on Saturday, September 26. The evening begins at 7 p.m.

Celebrate the abstract movement and help support the Alliance's new effort to re-imagine its 10-acre campus as a true cultural hub. The evening will be filled with interactive art, music and intriguing installations. Unique tapas will be provided by Southwest Florida's finest chefs. Explore and engage your artistic nature and the abstract movement during this art party and celebration.

Tickets are \$100 and are available at ArtInLee.org or at the Alliance. Event proceeds will go to matching the \$50,000 Rauschenberg Foundation Challenge Grant supporting the new Alliance Campus Enrichment Plan. Details on the grant and the plan are available at artinlee.org/rauschenberg-challenge-grant/.

The evening is proudly sponsored by Lee County Electric Cooperative (LCEC). Wicked Dolphin Distillery in Cape Coral is providing the signature drink. Media sponsorship is provided by TOTI Media, Inc. Sponsorship opportunities are still available. For more information, call 939-2787 or visit ArtInLee.org/abstraction.

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





Brian Mangan

College Appoints New Director

The School District of Lee County has appointed Brian Mangan as its new director of Cape Coral Technical College. In this position, Mangan is responsible for overall operations for Cape Coral Technical College, which offers targeted, career-driven post-secondary education for those seeking to enter the job market, update their skills or transition to a new career or industry.

Mangan graduated from Georgia Military College in 1990 with an associate degree in Military Science and General Studies and was then commissioned a Second Lieutenant in the U.S. Army. He graduated from the University of South Florida in 1993 with a bachelor's degree in Social Science and received his master's degree in Educational Leadership from Florida Gulf Coast University in 1999.

Mangan has gained over 20 years

of experience in the field of education with multiple years of service within The School District of Lee County. He was employed as a teacher at Lehigh Acres Middle School from 1993 to 1999, North Fort Myers High School in the fall of 1999 and Fort Myers High School in the spring of 2000. He served as assistant principal for Fort Myers High School from 2000 to 2002 and Paul Laurence Dunbar Middle School from 2002 to 2004. Mangan then served two years as a Major in the Third Army in the Global War on Terror. Mangan was also principal of Caloosa Middle School from 2006 to 2009, Mariner High School from 2009 to 2012 and, since 2012, East Lee County High School.

As principal of Mariner High School, he led in the development of the Science, Technology, Engineering and Math (STEM) and Career and Technical Education (CTE) programs, which includes nursing, veterinary, engineering and robotics academies. During his time at East Lee County High School, Mangan led the school in earning its initial National Automotive Technicians Education Foundation (NATEF) certification and initiated the Welding Academy program for students to become certified by the American Welding Society.

Mangan was the 2014 recipient of the Rotary Foundation's Paul Harris Fellow recognition and was presented the Reading Administrator of the Year award in 2011.

Cape Coral Technical College is located at 360 Santa Barbara Blvd. North in Cape Coral, FL 33993. For more information, call 574-4440 or visit www.CapeCoralTech.edu.✱

Island Builder To Appear On HGTV

Island Builder, American Gallery Homes completed a project in conjunction with HGTV's television series

Vacation Homes For Free. The six-week remodeling job was completed for an episode which will air on Sunday, July 26 at noon.

"We had a lot of fun with the host and the production team during the remodeling and filming process," said Ken Colter. "Our subcontractors – Browning Landscaping, Innovative Cabinets, Tuttz Plumbing, Noel Painting, Security Electric, TPI Aluminum, Southwest Insulation and Bailey's Flooring – were a tremendous asset in supplying discounted materials for this project. Interior Designer Connie Davis helped pull it all together for the reveal."

Colter added, "It was definitely a unique experience which will add to our portfolio of Island Homes. It is going to be fun to see how they condensed six weeks of work into 30 minutes!"✱

Business Building Symposium Returns

The 2nd annual Business Building Symposium, presented by HBKS Wealth Advisors and HBK CPAs & Consultants in conjunction with the Greater Fort Myers Chamber of Commerce, will be held on Thursday, August 20 at Sanibel Harbour Marriott Resort & Spa.

Spend a day gaining valuable tools for your business. Organizers have assembled a diverse and knowledgeable group of professionals to help you build your business. Owners, executives, managers and key staffers can all benefit from the educational sessions.

This year's tracks will include:

- Customer Relationships
- Business Growth
- Marketing Social Media

The cost to attend the event is \$179 per person. Interested in having multiple clients or employees attend? Buy two admissions and get the third for only \$99.

For more information or to purchase tickets, call 332-3624 or visit fortmyers.org.✱

McDonald's Collecting School Supplies For Students In Need

For the second year running, McDonald's restaurants in Southwest Florida are inviting customers and members of the community to help collect new school supplies for local students in need. From Friday, July 24 through Sunday, August 2, customers are encouraged to stop by participating restaurants in Lee, Collier, Charlotte and Hendry counties, as well as two restaurants in North Port (Sarasota County), and drop off supplies in the specially-marked boxes in the restaurant lobbies.

"As a parent of school-age children, education issues resonate especially strongly with me. I want to help equip

kids with the basic supplies they need to be successful in class," said Deana Homsy, who, along with her father, Sam, owns and operates six McDonald's restaurants in Fort Myers. "I'm excited that we can give back to our local communities through this school supply drive. With 50 McDonald's restaurants participating in this activity throughout Southwest Florida, I think we are going to make a really big impact."

Suggested donations include notebook paper, pens, #2 pencils, crayons, glue sticks, rulers, small index cards, highlighters, notebooks and three-ring binders. In Lee County, all supplies collected will be donated to The Foundation for Lee County Public Schools, Inc., which will in turn make the supplies available to local public schools.

"Our greatest asset, our students, deserve every opportunity to succeed. Having the necessary tools to be ready to learn is essential," said Marshall T. Bower, Esq., President and CEO, The Foundation for Lee County Public Schools. "Engaged businesses, like our area McDonald's, help to ensure the success of our next generation of employees, employers and decision makers!"

The first 150 people in each restaurant to donate a school supply will receive a Be Our Guest card for a free Happy Meal. The card can be redeemed at participating Southwest Florida McDonald's restaurants from August 3 through September 30.✱

Fort Myers Letter Carriers Join The Million Mile Club For Safe Driving

Fort Myers Tice Station letter carriers Valerie Rucker and Marie Fletcher received the Million Mile Safe Driver Award. The Million Mile Club is part of the Safe Driver Award program created by the National Safety Council. The Safe Driver Award is the trademark of the expert driver and is recognized as the nation's highest award for professional safe driving.

"We're proud and thrilled to present this award," said Fort Myers Postmaster Leroy Middleton, Jr. "The safety of our employees and customers is a top priority. Driving for the Postal Service is a privilege that requires all drivers to demonstrate safe driving practices throughout their careers."

Since 2005, when records were established, more than 6,000 postal employees have been recognized for driving at least 1,000,000 miles without a single accident. The Postal Service has the world's largest civilian fleet with approximately 220,000 vehicles. Close to 350,000 letter carriers and truck drivers log more than one billion miles annually when delivering to America's more than 154 million addresses.✱

Urgent Care Center Takes Away Your Waiting Room Time

Urgent Care Center of SW Florida has eliminated one of the worst parts about going to see a doctor or visiting an emergency room: the wait.

At Urgent Care Center of SW Florida's two convenient locations in Estero and Cape Coral, you don't have to sit in waiting rooms with other sick or injured patients. With Check-In Express, you can check-in using text messaging and then you will receive a text when it's your turn. You can wait where you want.

"We want patients to be as comfortable as possible. Being sick or injured can be stressful enough without having to sit and wait to see a doctor," said Dr. Larry Hobbs, managing partner. "Patients can wait where they are most relaxed and comfortable and be notified when it's their turn."

Using Check-in Express is easy. For patients in Estero, they can text 2273 to 330-2654, and in Cape Coral, text 3333 to 330-2654. Answer a few short automated questions and the staff will text you when they are ready for you to come into the clinic.

Both clinics are conveniently located for nearby residents or for those traveling to work or shopping nearby. The Estero clinic is at 10201 Arcos Avenue, Suite 105 and the Cape Coral clinic is at 1708 Cape Coral Parkway West, Suite 2.

If patients prefer to wait in the waiting room, they'll not have the traditional emergency care experience. The waiting room is inviting and comforting.

For more information, visit urgenctcareswfl.com or call 333-2273 in Estero and 333-3333 in Cape Coral.✱



Dr. Larry Hobbs

Read us online at
IslandSunNews.com

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, I know that kids need strong academic skills to be successful in life. I'm sure that is not enough. What else should I try to help my kids

learn how to do so they can be successful?

Silvia,

You are correct in thinking that academic skills are not the only thing a child needs to succeed in life. The University of Chicago Consortium for Education has recently examined this question and drawing on research from many fields, theory and practice to identify building blocks for life success, their report establishes a framework to help answer that question.

Silvia A., Bonita Springs

First of all, the authors defined success means. They have described success as that "young adults have the potential to fulfill their goals." They also identified other behaviors that lead to success, including the ability to influence the world around them, and having a clear sense of which they are an "integrated identity." To achieve these success skills and behaviors, the report suggested that children's lives include experiences to develop the following four qualities:

Self-Regulation – The awareness of oneself and one's surroundings, and management of one's attention, emotions and behaviors to achieve goals.

Knowledge and Skills – Information or understanding about oneself, other people and the world, and the ability to carry out tasks.

Mindsets – Beliefs and attitudes about oneself, the world and the interaction between the two. They are the lenses individuals use to process everyday experiences.

Values – Enduring, often culturally-defined, beliefs about what is good or

bad and what one thinks is important in life.

These qualities grow and reinforce each other through life, but some are especially important to develop during certain stages of childhood because they lay the groundwork for successful development in the next.

In summary, the key developmental tasks during early stages of development are:

- Early childhood (ages 3 to 5): Self-regulation; interpersonal (social-emotional) knowledge and skills
 - Middle childhood (ages 6 to 10): Self-regulation (self-awareness and self-control); learning-related skills and knowledge; interpersonal skills
 - Early adolescence (ages 11 to 14): Group-based identity; emerging mindsets
 - Middle adolescence (ages 15 to 18): Sense of values; Individuated identity
 - Young adulthood (ages 19 to 22): Integrated identity
- Developmental experiences happen at

home, at school and in organized activities in the community and require for action and reflection. Adults can nurture these qualities by providing children and teens with rich experiences, and ensuring that young people have opportunities to reflect on the experiences. Ensuring that young people grow into successful young adults requires investments in their learning and development, from birth to young adulthood, so that all of them have ongoing opportunities to truly reach their potential.

*Shelley Gregg 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.**

Doragh Named 2015-16 Rotary District Governor

Rotary International District 6960 announced the election of Cyndi Doragh as District Governor for the 2015-16 fiscal year. A member of the Rotary Club of Fort Myers South since 1994, Doragh is Past President (1999-2000) and Past Assistant Governor for Area 4. As District Governor, Doragh will provide leadership, support and motivation to more than 50 Rotary Clubs in District 6960.

District 6960 encompasses eight counties, including Manatee, Sarasota, Charlotte, Desoto, Hendry, Glades, Lee and Collier. Rotary is a volunteer organization comprised of 1.2 million business and professional leaders united worldwide to provide humanitarian service and help build goodwill and peace. There are 32,000 Rotary Clubs, in more than 200 countries and geographical areas.

Rotary International President K.R. "Ravi" Ravindran from Sri Lanka has chosen the theme Be A Gift To The World for his year and challenges each District Governor to share their gift.

"We each bring our gifts to make our world a better place," Doragh said. "What is your gift to share? What legacy will you leave behind?"

Rotary's flagship program is PolioPlus and is the leading partner in the Global Polio Eradication Initiative, along with The Gates Foundation, the World Health Organizations, UNICEF, and the U.S. Centers for Disease Control and Prevention; all working together to eradicate this dreaded disease. India is now polio-free and Africa has gone one full year (2014-15) without a case of polio. There have only been 30 cases of polio reported this year, 26 in Pakistan and four in Afghanistan, where 1,000 cases per day was once the norm.

Doragh and her husband, Pete, Past District Governor for 2014-15, are Major Donors, Bequest Society Members and Benefactors. She has received the prestigious Rotarian of the Year and Service Above Self Award.

In addition to her work with Rotary, Doragh has served as Past Chairman of the Lee County Economic Development Council and Past President of the Downtown Fort Myers Property Owners Association. She has also supported the American Cancer Society, American Heart Association, Greater Fort Myers Chamber of Commerce and United Way. She has been named the Florida Public Relations Association Chapter Member of the Year, is the first recipient of the National Athena Award for Women in Business in Florida, and has been awarded several Addy and Beaty Awards.

For more information, visit www.rotarysouth.org.*



Cyndi Doragh

Jackson Appointed Advocacy Chair

The Southwest Florida Office of the American Heart Association announced that Sally Jackson, System Director/Government & Community Relations for Lee Memorial Health Systems, will serve on the American Heart Association's Greater Southeast Affiliate (GSA) Board of Directors for the 2015-16 fiscal year.

In her role as Advocacy Chair, Jackson will utilize her expertise working with local, state and federal elected officials to support the GSA's efforts to build healthier lives, free from cardiovascular disease and stroke.

Moreover, the former chair for the Southwest Florida Chairman's Board (2011-13) will serve as this year's Go Red For Women Luncheon Chair and continue to collaborate with the American Heart Association's Southwest Florida Office staff on local campaigns.

Prior to starting at Lee Memorial Health Systems in 2005, Jackson served in leadership roles in chambers of commerce, state government, higher edu-



Sally Jackson

cation and publicly traded companies in both Illinois and Ohio. She and her husband, Mike, moved to Cape Coral in 2003.

For more information on the American Heart Association, including volunteer opportunities, visit www.heart.org or call 495-4900.*



New designs available at
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For a full mailbox, call Dave at 454-1001
naturebrackets.com



Financial Focus

Keep Your Investments From Going On 'Vacation'



by Jennifer Basey

It's that time of year when many of us hit the road for a summer vacation. If you are fortunate, you will be joining them – after all, “all work and no play” is a difficult way to live. But while you

may not think it beneficial to work all the time, the same can't be said of your investments and your investment strategy – because, ideally, they should never stop laboring on your behalf.

How can you avoid “taking a vacation” as an investor? Here are a few ideas:

- Don't let your portfolio get “lazy.” Laziness is fine for vacations, but it's not so great for an investment portfolio. When you invest, it can be easy to let things drift along and stay the same as they've always been. But over time, things can change: Your goals can change somewhat, your family situation can certainly change and even your investments themselves may change.

That's why it's important to review your portfolio and your investment choices regularly, possibly with the help of a financial professional. You may not need to make drastic changes, but even modest-seeming adjustments may make a big difference down the road.

- Don't choose an investment mix that just “sits around.” If you were to put all your investment dollars in conservative vehicles, such as certificates of deposit (CDs), your principal would likely not experience much volatility – which is good. But your money almost certainly would not have the growth potential to help you reach your long-term goals, which is not so good. That's why you will need to own some investments, such as stocks and stock-based instruments, that offer growth potential. It's true these investments will fluctuate in value, and there's no guarantee you won't lose money on them. You can help address this risk by focusing on the long term and by creating an investment mix that is suitable for your situation.

- Don't become a “spend-happy” investor. It can be pretty easy to spend more on vacations than you had planned. For some reason, perhaps the carefree nature of a vacation, the act of spending money seems less grounded in reality – until you get home and see the bills. As an investor, you can also get carried away with your transactions – and it can cost you. To be specific, if you are constantly buying and selling investments, you'll be making it harder for yourself to follow a unified, long-term investment strategy. As mentioned before, you will need to make

changes as needed, over time, to your portfolio, but making moves – such as chasing after “hot” investments or giving up on other investments after one bad period – will likely not benefit you and could prove detrimental to your progress.

As someone who spends most of your life working, you may very much appreciate your vacations. But as someone trying to achieve important financial goals, such as a comfortable retirement, you shouldn't take a “vacation” from investing – and you shouldn't let your investments take one, either. As you know from your career and your other activities, making a consistent effort may pay off – and it's the same with investing.

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

AppleJuice

iOS Maintenance



by Carol Rooksby Weidlich, President, SWACKS

Apps, apps, and more apps – You've got a lot of apps on your iPhone/iPad/iPod, and can't remember where to find one. Open

“Spotlight” search by swiping down on the home screen. Enter a single symbol in the search bar and Spotlight will list every app installed on your device and tell you where it's located if you've added it to a folder. If you know the name of the app, type that in the search bar. When the app icon appears, just tap and the app will open.

Organize Your Apps – Love to try new apps? Do you have an abundance of apps cluttering your Apple device? Then it's time to de-clutter by deleting apps that you've tested and don't use. Keep apps you use on a regular basis. Those apps purchased through the App Store are tied to your Apple ID and will be available in iCloud, and can be re-downloaded when you want to use them again.

Update Your Contacts – Maintaining your Contacts is important. Duplicate contacts, incorrect information and half-completed entries take up space. A good habit to get into is to review your list a couple of times a year. Put a reminder on your calendar and set an alert to check your information. Delete entries that you don't need anymore; if you use the “Check for Duplicates” under your Contacts “Card” > “Check for Duplicates” option, you will not be able to see those duplicates before they are merged. So take the time to look through your index searching for duplicates. Update entries that are no longer correct, and anything else that looks out of place.

Once you've removed the unwanted entries, spend a few minutes adding photos to each card by importing from pictures you have stored on your Mac or other Apple device. You can even download profile photos from Facebook to your contacts by going to “Settings” > “Facebook” > “Update All Contacts” and

making sure that the switch for Contacts is in the “On” position. Choose “Settings” > “Twitter” to pull in profile images from there instead.

While you're cleaning, don't forget to clean out old photos, videos and documents, which take up storage space on your device.

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.✴✴

Prep Your Finances During Hurricane Season

The 2015 hurricane season is now under way, and while Floridians have so far remained free from a severe storm, natural disasters can strike at anytime – some without warning.

Chief Financial Officer Jeff Atwater encourages Floridians to remember an often forgotten part of disaster preparedness: financial planning. To help Floridians plan successfully, the Department of Financial Services has prepared an Emergency Financial Preparedness Toolkit to help Floridians keep their personal financial information organized for easy access during or after an emergency.

“We're already into hurricane season but this being Disaster Education and Awareness Month, it's the perfect time to take a few minutes to download our toolkit, fill it out, and store it in a safe place,” said Atwater. “As Benjamin Franklin famously said, ‘An ounce of prevention is worth a pound of cure.’”

This easy-to-use toolkit contains simple tips – like keeping a photo or video log of your possessions on a thumb drive – but, more importantly, it provides a space to keep track of account information, important phone numbers, and post-emergency repairs and claims. Having all of this information in one compact place is imperative in an emergency, and this toolkit makes it easy to do just that.

The Emergency Financial Preparedness Toolkit is available online at www.myfloridacfo.com/Division/Consumer/Storm. This website also contains a wealth of consumer-friendly disaster preparedness information.✴✴

Doctor and Dietitian

The Athlete And The Carb-Loading Myth



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

Pick up any sports journal, sports medicine text or marathon training article and there it will be: “Eat more carbs!” Athletes are told to eat, drink and think carbs!

Carbohydrates are basically sugars. You can equate this to eating candy if you like. Therefore, the questions to ask are, how will athletes – such as football players – build muscles by drinking chocolate shakes in the morning and eating a couple peanut butter crunchy bars for lunch? Will this help improve stamina? Marathoners often go to restaurants before a big race to carbo-load and eat eight pieces of garlic bread, down three

bowls of pasta, and have some cannoli to go. Boy, are they going to be ready for the marathon race after that!

Carbohydrates increase insulin levels, decrease anabolic hormone levels and put the body into a fat-storing mode, not a muscle-building one. Muscle is almost all protein. Endurance athletes get most of their energy from free fatty acids, which ultimately come from eating fat. In order to be in optimal health and improve athletic prowess, athletes must eat substantially more of the essential fats and proteins that the body needs.

This does not mean eating more French fries, potato chips and dip. Essential fatty acids are found in food such as olive, flax and canola oils, fish, nuts and seeds. Proteins are found in foods such as meat, fish, poultry, eggs, nuts and seeds.

What an athlete consumes during a race is completely different than what an athlete consumes during training. Yes, they may need to supplement more during the athletic event with rapidly metabolized foods such as sports drinks and other carbohydrate foods, but they should not make a habit of consuming these foods all day long.

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.✴✴

Send your editorial copy to:

press@islandsunnews.com

dearRPharmacist

Treating Babesia And Lyme



by Suzy Cohen, RPh

Dear Readers:

Babesiosis is the name of an infection caused by Babesia, which includes various symptoms that range in severity. The infection may cause temperature regulation difficulties, drenching night or day sweats, headaches, nervous system abnormalities, disequilibrium, dyspnea or air hunger, anxiety, déjà vu and much more. The complete article I wrote on how to recognize a Babesia infection is still posted on my website. Today's article is Part II of the story as I promised and focuses more on treatment options. As a reminder, Babesia is a co-infection which usually comes from a tick bite, along with Lyme disease. They go together.

The blood tests for Babesia rarely identify it and treatment is difficult. But not knowing about Babesia is also difficult because you wind up taking medications for 10 different symptoms which might be related to one single infection. I'm trying to help people by giving Babesia some attention.

Focusing on immune system improvement is critical, and eliminating food anti-

gens will allow your immune cells (which have been hijacked) to at least focus on the germ. One key is to kill Babesia organisms, but this must be accomplished very carefully so you don't kill yourself. No joke.

Remember, Babesia is a blood parasite. Imagine that every very time you kill an organism you are simultaneously blowing up a red blood cell so you have to approach with caution. Generally speaking, the rotation of prescribed antibiotics and herbal anti-microbials is a great idea. Keep Babs guessing!

I only have so much space here, so to receive a more comprehensive version of today's article sign up for my free newsletter at suzycohen.com and I'll email it to you. Right now, here are some treatments that a Lyme-literate medical doctor (LLMD) may suggest:

Mepron or Malarone – These popular prescription anti-protozoals have helped many people with Babesia, however, antibiotic resistance is now appearing. And being bluntly honest, I would never recommend them to you my friend. The depression associated with these drugs is swift, severe and scary. LLMDs sometimes forget to warn you, but luckily the mood changes are reversible upon discontinuation of the medication.

Flagyl or Tindamax – These go by metronidazole and tinidazole respectively. Tindamax is better because it penetrates the brain and heart better since it's lipophilic. Tindamax has less resistance, too. Additionally, these hit the cyst form of *Borrelia burgdorferi* (Lyme) so you get a bang for your buck.

Cryptolepis sanguinolenta – An herb sold online by Woodland Essence that seems to be effective for people who have failed on other medications. Bring "crypto" in with other medications or herbs, but go slow because it's strong.

Sida Acuta – Basically a beautiful weed, it's commonly used in combination with cryptolepis for Babesia. Babesia destroys red blood cells and Sida Acuta works to protect the red blood cells. This is also by Woodland Essence.

Artemisinin – A favorite among LLMDs for Babesia, however, it is both

neurotoxic and hepatotoxic. Use with caution.

Septra or Bactrim (sulfamethoxazole/trimethoprim) – This is a "sulfa" prescription drug that is most effective when combined with a macrolide (such as clarithromycin or azithromycin).

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.✴

Salvation Army To Hold Disaster Relief Training

We're more than a month into hurricane season, and The Salvation Army stands ready to provide disaster relief with teams of trained staff and community volunteers. The Salvation Army will host a disaster training day for new volunteers who are interested in joining its disaster team and helping others during the next emergency. The next training day will be held on Wednesday, August 5 from 8 a.m. to noon at 10291 McGregor Blvd. in Fort Myers. The class is free, however, registration is required.

This training day provides an overview of The Salvation Army's emergency disaster services program and explains how trained volunteers are deployed in times of crisis. The training also gives an introduction to the cornerstone of Salvation Army disaster services, mass feeding and The Salvation Army mobile kitchen. Participants will learn the basics of response protocol.

The Salvation Army disaster training is free, but due to space limitations, all participants should register in advance. To register for the class, go to www.disaster.salvationarmyusa.org and visit the Upcoming Classes page on the website, then select Florida.

For questions about the class, call Volunteer Specialist Kris Volpone at 278-1551.✴

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 read your column quite regularly. I am a retired gerontologist living in an over 55 community and I must say I disagree strongly with your advice to Freda.

I do not see Freda as intimidated but annoyed at young people who belittle her and are "mean." It is not easy to ignore such behavior. It often translates into a situation where the old person with a legitimate concern is bullied into believing they are stupid. Pryce's comment regard-

ing computers and new technologies are not solutions either. I consider myself well able to use them, but the rapidly increasing technologies boggle my mind. I feel at my age, I should be able to use a telephone book and/or get information by telephone or in person rather than spending an inordinate amount of the few years I have left on earth to figure out why my password is invalid or why Comcast has "lost" my signal again.

I sense it is OK not to criticize younger folks starting in preschool for fear that we will hurt their self-esteem and shatter their egos. Don't people of age deserve the same consideration?

Bottom line, instead of accepting verbal abuse and other ageisms, wouldn't it be better to resurrect and teach youngsters the old fashioned "virtues" as respect for one's elders and/or the notion that the customer is always right?

Thanks for listening.

Loretta C. Buffer, PhD,
Fort Myers

Dear Loretta,

I have recently read in some published literature that the more a country is technologically advanced the less that society values their aged population. Computer and technologies are here to stay. You and I grew up in a more gentle society, but to survive we have to keep up to date with change.

Lizzie

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

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A Raft Of Injuries In His Senior Years Doesn't Stop Professional Golfer Fred Funk



by Ed Frank

If you're a senior citizen, you know full well the aches and pains that proliferate your "golden years." But if your livelihood depends upon fighting your body such as a professional golfer on the Champions Tour, those injuries take on an all different perspective.

Golfer Fred Funk, at 59 years old, has struggled with a raft of injuries that would retire most athletes, but he continues to compete at a high level, winning \$1.2 million last year when he won his ninth championship on the Champions Tour.

We caught up with Funk recently on a trip north while he was playing in the Encompass Championship in Chicago where he finished sixth with sub-par scores of 65, 70 and 71, pocketing \$64,600.

That 65 was the lowest first round score of the tournament.

Just imagine playing week after week competitively after enduring these medical procedures – a complete knee replacement in 2009, a bone fuse with wires and two pins in his left thumb in 2011 and fighting painful tendonitis in his left elbow today.

"Your body responds and heals with proper rehab, but it's a never-ending process," Funk said.

After years of chronic pain in his left knee, he had the knee replacement in early 2009. In June of that year, he became the oldest qualifier at age 53 for the U.S. Open. And in August of that same year, he won his second major championship on the Champions Tour, the U.S. Senior Open at Crooked Stick Golf Club in Indiana.

Today, Funk is sponsored on the tour by Stryker Orthopedics, the company that supplied his new knee. "It was a tough way to get a new sponsor," he laughed.

The pain in his left elbow has been so severe that at one time he couldn't even twist a cap off a bottle, let alone grip a golf club.

"After two months, it still wasn't any better and some doctors suggested surgery that would require at least six to 12 months away from the tour," he said.

But a fellow player suggested treating the injury with electromagnetic pulse therapy, and after 10 days of treatment, he returned to the golf course.

"I just don't like taking pain killers as I don't like what they do to your body," he said.

So he continues to fight through the pain to play the game he loves.

His career earnings total over \$22 million with nine victories on the Champions Tour (\$10 million) and eight victories on the PGA Tour.

Fred Funk is walking testimony that your senior years do not have to be relegated to a rocking chair. We can all learn from his spirit of competitiveness.

Miracle Begin Six-Game Home Stand Tonight

The Fort Myers Miracle begin a six-game home stand tonight (Friday) hosting Tampa at 7:05 p.m. at Hammond Stadium. The same two teams meet again Saturday

night at 6:05 p.m.

The Miracle began the week with a second-half season record of 14-11, third place in the Florida State League South Division.

Lakeland provides the opposition for four games, Sunday through Wednesday with a Sunday matinee at 4:05 p.m.

Fort Myers began the week with a 2-1 win Monday night over Jupiter. Miracle pitcher Aaron Slegers pitched seven innings of one-run ball to gain his seventh victory against five losses. He tops the Miracle pitching staff with 106.1 innings hurled and a 2.88 ERA.✪

Assisted Living Seminars

Shell Point Retirement Community invites senior adults and their family members to two educational seminars in August that will cover basic questions about assisted living care. Both free presentations are hosted by Shell Point's assisted living expert McKenzie Millis at The Springs at Shell Point.

Learn the top 10 signs that indicate when one should consider making a move to assisted living during When Is It Time to Move to Assisted Living? on Friday, August 7 at 10 a.m. Gain a better understanding of the differences between independent living, assisted living, and skilled nursing care. Reservations are required at 454-2077.

Worried About a Parent? Here's What You Need to Know About Assisted Living will be held on Thursday, August 27 at 6 p.m. This crash course about assisted living is designed for those with a loved one who may need assisted living care in the near future. This presentation will provide a comprehensive overview of assisted living services, suggest who would benefit most from it, and discuss what to consider when searching for assisted living facilities. Reservations are required at 454-2077.

The Springs at Shell Point is located off of Summerlin Road and McGregor Boulevard, two miles before the Sanibel Causeway, at 13901 Shell Point Plaza in Fort Myers. The Springs offers affordable, month-to-month assisted living care on a private-pay basis, and provides access to Shell Point's resort-style amenities and healthcare services.

For more information about The Springs at Shell Point or to request a brochure, call 454-2077 or visit www.shellpoint.org/assistedliving.✪



The Springs at Shell Point offers affordable, month-to-month assisted living on a private-pay basis, with access to Shell Point's resort-style amenities and healthcare services

Special Dog Joins The Cast

Gulf Coast Humane Society (GHCS) announced that Misha, a three-and-a-half-year-old black lab mix, has been adopted by the show called *Muttallica*.

"Misha is one of those special dogs that kept me awake at night thinking how we can help her find the best home. We are so excited that she will have a home, a job and a family," said Jennifer Galloway, executive director of GHCS.

Misha was owner surrendered to GCHS in September 2014. She was a very friendly and extremely energetic dog that never seemed to stop moving. She loves water, to play ball and has a very high drive and intellect. Volunteer director Kelly Legarreta reached out to training contacts and industry friends for help to find Misha her special place. Crystal McClaren of Bo Nose Rescue, prominent in the sport of dock diving, agreed to foster Misha and introduced her to some water sports to get her in the dock diving world. Misha jumped her first session having no fear of the water and, along with jumping, learned some manners, crate training and socialization skills with other dogs.

McClaren then posted Misha's dock diving sessions on social media and Tom



Misha

Clements, a Kansas City resident and owner of *Muttallica*, saw the videos and fell in love. An Ultimate Canines LLC produced show, *Muttallica* is a family oriented spectacle developed by Mary and Tom Clements of training and dog sport fame. They, along with 15 rescued and adopted animals, have created a show that is perfect for any age. The show is a combination of rescued and adopted dogs plus Darlin Dixie, the world's most talented miniature horse. The dogs perform tricks, world class Frisbee and a few surprises. Then, Dixie wows the crowds with her basketball playing, painting, dancing and playing instruments.

"Misha is a fairytale ending for a wonderful animal. She is such a sweet, happy and amazing dog. Misha has so much potential and she was going just crazy here because she needed a job. Our hearts couldn't be happier for her," said Legarreta.

"This is why we do what we do," added Clements. "We would rather save the dogs that really need saving."✪

From page 13

'Ding' Photo Contest

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To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Miller at 292-0566, 472-1100 ext. 4 or director@dingdarlingsociety.org.✪

DID YOU KNOW

TRIVIA TEST

- 1. U.S. STATES: What time zone is the state of Alabama in?
- 2. LANGUAGE: What does the Greek prefix “crypto” mean?
- 3. SCIENCE: What does an ichthyologist study?
- 4. MOVIES: What was the first major movie to show a flushing toilet?
- 5. ABBREVIATIONS: What does BMW stand for?
- 6. MUSIC: Who wrote the Beatles’ song “Here Comes the Sun”?
- 7. MEASUREMENTS: The word “octennial” refers to a recurring period of how many years?
- 8. ANIMAL KINGDOM: What is the only mammal that can fly?
- 9. GEOGRAPHY: What did the African nation of Burkina Faso used to be called?
- 10. MYTHOLOGY: Who was the Egyptian god of the afterlife?

ANSWERS

- 1. Central 2. Hidden or secret 3. Fish 4. “Psycho” 5. Bavarian Motor Works 6. George Harrison 7. Eight 8. A bat 9. The Republic of Upper Volta 10. Osiris

SPORTS QUIZ

- 1. Who was the last major-leaguer before Houston’s Jose Altuve in 2014 to amass at least 225 hits, 44 doubles and 55 steals in a season?
- 2. How many times did Ken Griffey Jr. drive in 100 or more runs in a season during his 22-year major-league career?
- 3. Entering 2015, the University of Alabama’s football team had been ranked No. 1 in The Associated Press poll at least one week for how many consecutive seasons?
- 4. In 2014, the Los Angeles Clippers’ Jamal Crawford became the fourth player to win the NBA’s Sixth Man Award twice. Name two of the other three.
- 5. The University of Minnesota has won three of the past four NCAA women’s hockey championships (2012-15). Who won the other title during that time?
- 6. Which is the only South American county to have its men’s soccer team not play in a World Cup?
- 7. Name the last school before the University of Denver (2015) to win the NCAA men’s Division I lacrosse title and not be from the Eastern time zone.

ANSWERS

- 1. Detroit’s Ty Cobb, in 1917. 2. Eight times, with a high of 147 RBIs in 1997. 3. Seven consecutive seasons. 4. Kevin McHale, Ricky Pierce and Delf Schrempf. 5. Clarkson, in 2014. 6. Venezuela. 7. It had never happened before 2015.

My Stars★★★★

FOR WEEK OF JULY 27, 2015

ARIES (March 21 to April 19) A bit of Arian contrariness could be keeping you from getting all the facts. Turn it off, and tune in to what you need to hear. It could make all the difference this week.

TAURUS (April 20 to May 20) Getting an answer to a vital question involving financial matters might take longer than you’d expected. A new factor might have to be dealt with before anything can move forward. Be patient.

GEMINI (May 21 to June 20) Use your good sense to see what might really be driving a colleague’s workplace agenda. What you learn could lead to a new way of handling some old problems.

CANCER (June 21 to July 22) A change of mind might once again turn out to be a good thing. True, most of your co-workers might not like the delay, but as before, they might appreciate what follows from it.

LEO (July 23 to August 22) You revel in golden opportunities this week. One cautionary note, though: Be careful to separate the gold from the glitter before you make a choice. Someone you trust can help.

VIRGO (August 23 to September 22) Marriage is important this week, as are other partnerships. Don’t let yourself be overwhelmed by sentiment. Instead, try to steer a path between emotion and common sense.

LIBRA (September 23 to October 22) Dealing with someone who has let you down is never easy. But the sooner you’re able to clear up this problem, the sooner other problems can be successfully handled.

SCORPIO (October 23 to November 21) A “friend” who is willing to bend the rules to gain an advantage for both of you is no friend. Reject the offer and stay on your usual straight and narrow path.

SAGITTARIUS (November 22 to December 21) After all the effort you’ve been putting in both on the job and for friends and family, it’s a good time to indulge your own needs. The weekend could bring a pleasant surprise.

CAPRICORN (December 22 to January 19) You might want to do something new this weekend. Close your eyes and imagine what it could be, and then do it, or come up with the closest practical alterna-

tive.

AQUARIUS (January 20 to February 18) Your good deeds bring you the appreciation you so well deserve. But, once again, be careful of those who might want to exploit your generous nature for their own purposes.

PISCES (February 19 to March 20) Trolling for compliments isn’t necessary. You earned them, and you’ll get them. Concentrate this week on moving ahead into the next phase of your program.

BORN THIS WEEK: Meeting new people usually means you’re making new friends. People want to be reflected in your shining light.

THIS WEEK IN HISTORY

- On July 31, 1916, future racing legend Louise Smith is born in Barnesville, Georgia. In the mid-1940s, racing promoter Bill France was looking for a female driver as a way to attract spectators and recruited Smith, who was famous for outrunning law enforcement on the local roads.
- On Aug. 2, 1923, President Warren G. Harding dies of a stroke. Harding, 58, was returning from a presidential tour, a journey some believed he had embarked on to escape corruption rumors circulating in Washington.
- On July 30, 1945, the USS Indianapolis is torpedoed by a Japanese submarine in the Pacific and sinks within minutes in shark-infested waters. Of the 1,196 men on board, an estimated 900 made it into the water and just 317 survived to be rescued four days later.
- On July 29, 1958, Congress passes legislation establishing the National Aeronautics and Space Administration. NASA was created in response to the Soviet Union’s launch of the first satellite, Sputnik I.
- On Aug. 1, 1961, the amusement park Six Flags Over Texas opens. The park was the first to feature a log flume and a 360-degree looping roller coaster. A day at Six Flags cost \$2.75 for an adult.
- On July 28, 1978, “National Lampoon’s Animal House,” a movie spoof about 1960s college fraternities, starring John Belushi, opens in U.S. theaters. “Animal House” became a box-office hit and part of pop-culture history.
- On July 27, 1981, Adam John Walsh, age 6, is abducted from a mall in Hollywood, Florida, and later found murdered.

In the aftermath of the crime, Adam’s father, John Walsh, became a leading victims-rights activist and host of the long-running TV show “America’s Most Wanted.”

STRANGE BUT TRUE

- It was ancient Chinese military strategist and philosopher Sun Tzu who made the following sage observation: “Opportunities multiply as they are seized.”
- It’s been reported that putting earmuffs on a homing pigeon will keep it from wandering off. Tiny earmuffs, I imagine.
- Have you ever heard of pink turtle-head, creeping Charley, scarlet monkey, lady’s ear drops, painted tongue, false dragonhead or the beefsteak plant? If you’re a horticulturist you may have; they’re all names of flowers.
- The ferret, a domesticated relative of the weasel, gets its name from the Latin word for “little thief.”
- If you’re a fan of the classic film “Casablanca,” you know that actors Claude Rains and Sydney Greenstreet portrayed the characters Renault and Ferrari. You might not be aware, however, that those characters’ names also are the names of two leading European auto manufacturers.
- Until 1928, women who wanted to swim at the beach in Atlantic City were required to wear stockings.
- Noted American composer and conductor John Phillip Sousa started out as an apprentice in the U.S. Marine Corps band at the tender age of 13.
- Those who study such things say that among all prison inmates convicted of violent crimes, murderers are the ones least likely to have tattoos.
- It caused a bit of a scandal in the art world when a papercutting of a sailboat by famed French artist Henri Matisse hung upside-down in New York’s Museum of Modern Art for more than a month. It seems that in the artwork, the water’s reflection of the boat was mistaken for the boat itself, causing the mishap.
- When the tide changes in San Francisco Bay, fully one-sixth of the water is moved in or out.

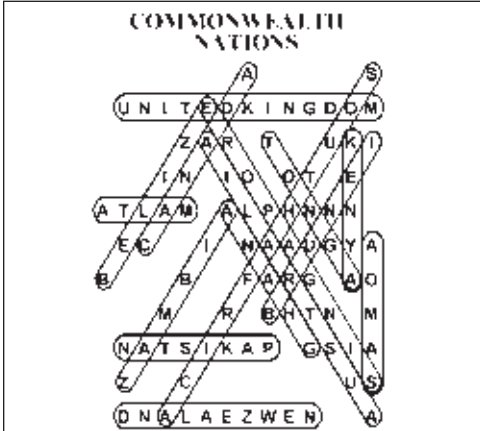
THOUGHT FOR THE DAY

“When the mind is full of lust, the heart is full of lies.” -- Scottish proverb

PUZZLE ANSWERS

CELEBS MEDUSA AGR PPA
OMEARA ADORER NERV ER
DIGDIGITIZING CLASPED
STAI OFETE SOTHA PLO
LEERED FOTHO EL ER
AIH ZOAH HOARSE IDO
PEPIERGING VIN FARM
AGIRL JSOEARN RADII
WERECOST REDREDUCT OK
PART VJET RNA ETC
ARMS APEAPERITIFRUSE
SQUANI VRC SAVETO
HUGHJGUENOTS PED GREE
ESSEX SNAPSESE MEETS
STYX VIA SAYSAYONAPA
ABO BROOMS NOPLEFI
DOCDCCILITY KROLLS
FSA GAZTBO FLIA FATAT
GONDO AYOLYONGSTERS
A SATIA AIPRT ATAFNA
SEIBACK NLESSIL PELLLLP

BEADS YACHTS
HELMET EMPIRE
MALICE TOATEE
MUSS EMIR IFS
SARI EAT
ADE KISS LONE
INSTANTCOFFEE
DATA GRIN FOR
III ASTA
ATM MILS LEON
GRASPS ONLINE
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AYEAYE STYES





Mucho Mango Bread Pudding

6 slices bread or pound cake,
torn into small pieces
2 mangos, peeled, seeded and
diced into medium-sized pieces
¼ cup natural sugar
3 eggs, lightly beaten
2 cups low-fat milk
1½ teaspoons natural vanilla extract
1½ teaspoons ground cardamom
2 tablespoons butter
¼ cup natural sugar
Preheat the oven to 350 degrees F.
Lightly butter a 9x11-inch glass baking
dish.
Toss together the pieces of bread and
mango; pour into buttered baking dish.
In a medium bowl, whisk together the
sugar, eggs, milk, vanilla and cardamom.
Pour over the bread and mango mixture.
Place small dollops of butter on top
of the pudding (approximately ¼ stick of
butter total).
Bake for 45 to 50 minutes in the
preheated oven, or until slightly puffed
and golden brown. Serve warm with ice
cream and fresh, sliced mangoes.
Drizzle Rum Sauce over the top.
Rum Sauce
2 tablespoons butter
1 tablespoon cornstarch
½ cup natural sugar
1 cup low-fat milk
3 tablespoons rum
Melt butter in a small saucepan over
medium heat. Mix together the sugar and
cornstarch; stir into the melted butter.
Slowly pour in milk, stirring frequently
until the mixture begins to lightly boil.



Mucho Mango Bread Pudding

Continue cooking until thick, stirring
constantly.
Remove from heat and stir in rum.
Serve warm.✽

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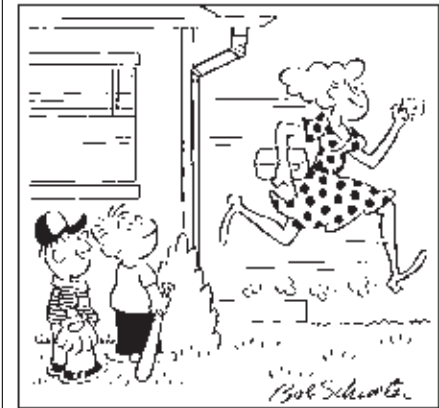
HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS

Differences: 1. Jacket is missing. 2. Dog's ear is different. 3. Cap is reversed. 4. Cuts are missing. 5. Cloud is different. 6. Radio is missing.



"There goes my sister—she just got her
first card!"

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!

Ease

FLIERE

Flow

SCOUR

Classic

GNAVITE

Plunge

ODEUS

TODAY'S WORD

answer on page 27

PUZZLE ANSWERS

SUDOKU

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

SCRAMBLERS

solution

1. Relief; 2. Course;
3. Vintage; 4. Douse

Today's Word

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Shore Fishing:
Don't Harm The Fish

by Capt. Matt Mitchell

Land-
anding 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.

★ ★ ★ CLASSIFIEDS ★ ★ ★ CLASSIFIEDS ★ ★ ★

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and provided when resume and
references are supplied by mail to
PO Box 729, Captiva FL 33924.
*NS 7/17 CC 7/31

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.
*RS 7/24 CC 7/31

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

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 7/17 BM TFN

FOR SALE

TROPICAL COFFEE TABLE

Tropical all glass coffee table. The round
3/4ths inch solid tempered glass
top is 42 inches in diameter.
This is an artist designed piece. \$125
472-7293 Sanibel
*NS 7/24 CC 7/31

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



**GARAGE •
MOVING • YARD
SALES**

MOVING/GARAGE SALE

Multi-family sale.
Sat. 7/25/15 from 8AM to 11:30AM
1586 Century Court, Gumbo Limbo
Lots of STUFF!
*NS 7/24 CC 7/24

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

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

- Hold the fish in the
water while you unhook it
if you're going to release
it.
- The less you can
touch a fish before release
the better for the fish.
- If you want a picture
with the fish, support it as

you lift it out of the water –
and do it quickly.

- Before releasing,
revive the fish while
holding it in the water;
moving it slowly back and
forth so water goes over
its gills. The fish will let
you know when it's ready
to swim off.
- Florida just recently
changed the regulations
on fishing from shore.
Florida residents as well
as out of state visitors
need a fishing license to
fish from shore.

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!



Scan to
connect to
the Food
Bank!

Mail your tax-deductible donation to:
The Harry Chapin Food Bank
3760 Fowler Street, Fort Myers, FL 33901
Call (239) 334-7007
Or donate online at:
www.harrychapinfoodbank.org



THE RIVER
Fort Myers - Captiva Island - Sanibel

Read us online: www.IslandSunNews.com

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

SUDOKU

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

answer on page 27

Pets Of The Week

Hello, my name is Trooper. I'm a 5-month-old neutered male black and tan hound mix. I was found with a severely fractured back leg that could not be surgically repaired, so it had to be amputated. I have been staying in a foster home and my foster mom says that having only three legs hasn't slowed me down a bit. I love to go for walks and car rides and will do nicely in crate if you have to run errands. I'm ready for a new home with lots of activity, so kids would be a bonus. My adoption fee is \$75.

Hello, my name is Nor'ester. I'm a 1-and-a-half-year-old spayed female black domestic medium hair. I'm super loving and that probably is all you need to know. If you are looking for a lap cat to lavish you with attention, I will be a perfect addition to your family. Don't forget cats and kittens are two-for-one, so you may want to get twice the love! My adoption fee is \$15 (regularly \$50) during Animal Services' Red, White or Blue 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.✱ Nor'ester ID# 622255



Trooper ID# 624165



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

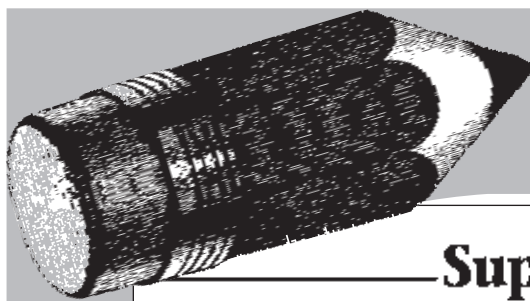
CLUBS & ORGANIZATIONS	
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR.....	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus.....	1-855-425-3631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

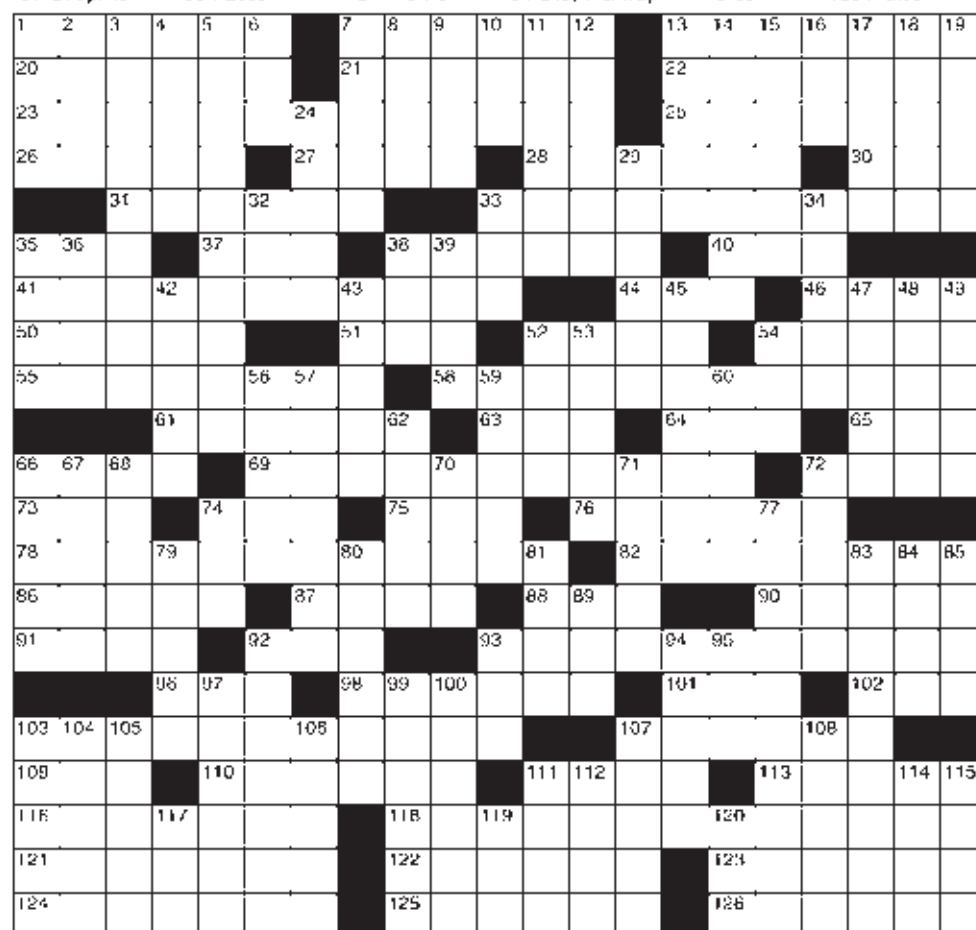
answers on page 25

Super Crossword

NOT
NOTEWORTHY

ACROSS

- 1 Film stars, e.g.
7 Snake-haired Gorgon
13 General who advised Augustus
20 Goller Mark
21 Rabid Ian
22 More gutsy
23 Really get into making electronic scans?
25 Embraced
26 Strallaced
27 Grand party
28 With the result being
30 Abbas' go
31 Gazed wantonly
33 Conras
Hilton with a fever?
35 Part of NCAA or AAU Abbr.
37 Animals' Suffix
38 Like a rough, harsh voice
40 Oath reply
41 Cobular
cutter's job?
44 and yang
46 Raise crops
50 "Two Guys and a..."
51 GI uplifter
- 52 Make at work
54 Wheel
55 Disoriented driver's remark to a passenger, maybe
58 Decrease in sunburn severity?
61 Last of a tetralogy
63 Boeing plane
64 Stranded stuff in cells
65 "Too many to list" abbr.
66 Tentacles
69 Genie's pro-dinner drink?
72 Bit of deceit
73 "wester" (storm type)
74 Songwriter DiFranco
75 Reactor safety org.
76 Put a backup copy on
78 Embrace o'd French Protestants?
82 Purebred's genealogy
86 Vintage auto
87 Ginger treat
88 Suffix with Man or Born
90 Facs
- 91 Mythical river
92 By means of
93 Bid a Tokyo resident farewell?
96 Blood-typing letters
98 Flowers
101 "wester" (storm type)
102 Waikiki wear
103 Meekness of meekness?
107 Hi locks
109 That, in Latin
110 Backyard
111 Names of "The Web"
113 Vex greatly
116 Suspended ski lift cabin
118 How senior citizens address teens?
121 Old French region
122 Tijuana Brass' Herb
123 She's a deity of wisdom
124 Progress relay
125 Sea serpent nickname
126 Paring tool
- DOWN
- 1 Cousins of haddock
2 Throw off
- 3 To whom properly lawfully passes on
4 "— Was a Lady" (1933 hit song)
5 Francine who's a control freak
6 Get less firm
7 Paired up to breed
8 Blue pencil
9 Sleep briefly
10 Mental st
11 Burglar alarm component
12 Local lingo
13 — chil (kind of pepper)
14 Asp ingredient
15 Like many violent films
16 ICU drips
17 Longsucking of kid lit
18 "Edward I" playwright
George
19 Passion partner in cartoons
24 Start to a bit of bad news
29 "And — off!"
32 — v. Wade
33 Ugly witch
34 Lie, in a way
- 35 "Land —" (Oscar winning Disney short)
36 Buster Brown's bulldog
38 That boy's
39 — about
42 Gets ready
43 Lit's darling
45 Ready to roll, as a car
47 "Farewell"
48 Prison brawls
49 Choo to bits
52 German river
53 "— a jealous mistress"
54 Elvis' label
56 Chimp's kin
57 Second cen. pope
59 Throw off
60 In need of a meal
62 While with Pat Sajak
66 Fire covers
67 Shake to wake
68 Rocky's gangster partner in cartoons
70 Stage brood
71 Sticky r's
72 Actor Seth
74 La Cage Follos
- 77 Asian nation since 2002
79 Group of six
80 Equip
81 Striding line
83 2011 film about boxing robots
84 Raison d'—
85 Actor Morales
89 Pl. of GPS
92 Like A. E. I. O and U
93 Tamar, e.g.
94 Koli of the U.N.
95 "— hou!"
97 Colombian capital
99 Like Qaddafi
100 Actor Peter
103 Painter Edgar
104 "— Mio"
105 Art as a to
106 "The Comp eat Angler" writer
Walton
107 1971 Jane Fonda film
108 Shop shaper
111 Peepers
112 Singer of film
114 Duncan of Obama's cabinet
115 Ivan or Peter
117 Artistic touch
119 Good times
120 Hais



King Crossword

ACROSS

- 1 Abacus components
6 America's Cup contenders
12 Cyclist's need
13 Ottoman, for one
14 Ill will
15 Perfectly
16 Tangle
17 Eastern potentate
19 Conditions
20 Ganges garment
22 Corrode
24 Citric acid
27 Simcox
29 Unrivalled
32 Quick pick-me-up?
35 Information
36 Cheshire countenance
37 Supporting
38 Mid-afternoon, in a way
40 "The Thin Man" pooch
42 Green machine?
44 Wire measures
46 Author Uns
50 Clutches
52 Using the Web
54 Give me
- same old story
55 Brought up
56 Sailor's ascent
57 Fyeld problems
- (Abbr.)
9 Become friends
10 Not kosher
11 Witnesses
12 "Let me think..."
18 Strong wind of southern France
21 Wanted-poster abbr.
23 Alien of anhr
24 Help
25 "CSI" evidence
26 Rough guess
28 Collage's tool
30 "The Matrix"
- role
31 Always, in verse
33 Skater
34 Babylonian
34 Can. prov.
35 Suggest
41 Soothe
42 City of India
43 Device detector
45 Land in the water
47 Green acres?
48 Change for a five
49 Homer's neighbor
51 Vast expanse
53 Trawler need

DOWN

- 1 Sutor
2 Right angles
3 Off
4 Calendar
5 At the wheel
6 Bigfoot's cousin
7 "Moon-struck" subject
8 Bookkeeper

MAGIC MAZE • COMMONWEALTH NATIONS

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

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

Australia	Ghana	Pakistan	Tonga
Belize	Kenya	Samoa	United Kingdom
Brunei	Malta	Singapore	Zambia
Canada	New Zealand	South Africa	



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