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# THE RIVER WEEKLY NEWS

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Vol. 14, No. 36

From the Beaches to the River District downtown Fort Myers

SEPTEMBER 11, 2015

## Upcoming Events At Edison Ford

A number of upcoming events have been planned at the Edison & Ford Winter Estates in Fort Myers. They include:

### **Edison and Ford in Florida** September 10, 5 to 7 p.m.

Book signing and program by the authors: Mike Cosden, chief curator; Brent Newman, assistant curator; and Chris Pendleton, president and CEO.

*Edison and Ford in Florida* is the first book to include a comprehensive look at the impact of the two friends, inventors and entrepreneurs in Florida. In the process of assembling the book, the authors uncovered many new photographs and information about how the joint properties known today as the Edison & Ford Winter Estates made the transition from private estates to a world renowned historical, botanical and scientific site.

The publisher, Arcadia Books, has high praise for the goal of taking the history of Edison and Ford through the beginning days of 1885 in Florida to the current day. The book's Introduction traces the men from birth (Thomas Edison in 1847 and



**Mina, Clara & Friends: Tea and Conversation will be held on October 8**

Henry Ford in 1863) through important dates in their lives – like Edison's arrival in Fort Myers in 1885.

The book will be sold at all of the Edison Ford stores (Museum Store, Ford Cottage Shoppe, Edison Ford Shop at Bell Tower Shops and online) and also at bookstores and other retail locations throughout the nation. This will help spread the word about Edison and Ford, and the Fort Myers historical site.

Join the authors for the opening book signing, which will be the first in a series of projects involving the book and the

accompanying special exhibit which will open in November.

The authors will also be available to present lectures and book signings off-site throughout the region. Also in process is a traveling component of the exhibit. Call to schedule off-site programs or special programs on-site.

### **Garden Talk: Learn About Pollinator Gardens**

September 12, 10 a.m.

Edison Ford Gardens has become a partner with the National Pollinator Garden Network called the "Million



**Edison Ford's garden during season**

Pollinator Garden Challenge." Pollinators including bees, butterflies, bats and birds are needed to continue the food chain and wildlife corridors. The mission includes growing sustainably without pesticides, encouraging planting pollinator gardens in the communities, supporting pollinator friendly businesses, spreading the word and educating about pollinators, and visiting gardens for ideas.

Edison Ford has been home to plants that attract pollinators since Edison built his residence, nurtured his gardens, and initiated research for a domestic source of rubber along the Caloosahatche. Many of

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**Rappellers will go Over The Edge at The Hyatt Regency Coconut Point Resort & Spa to support The Heights Foundation**

## Kickoff Party For Over The Edge Rappelling Event

The Heights Foundation will host a kickoff party for its Over The Edge rappelling event on Thursday, September 17 from 6 until 8 p.m. at

The Heights Center, 15570 Hagie Drive in Fort Myers. The event is free and open to the public. Complimentary beer, sangria and soft drinks will be provided. Attendees will have the opportunity to ask questions, try on rappelling equipment and view rappelling videos.

Over The Edge is a rappelling event that will take place on Friday, October 23

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## Rotary Club Is Racing To End Polio



**The Rotary Club of Cape Coral's ChumpCar**

The Rotary Club of Cape Coral is building a ChumpCar to race at Sebring International Raceway on Saturday, September 26 to raise funds for the Rotary Foundation and End Polio fund.

The Mazda RX7 – worth \$500 – is being rebuilt with all parts, roll cage and fittings, which are being donated. Members of the Rotary Club of Cape Coral are volunteering time to rebuild the ChumpCar and get it ready for the race. A ChumpCar was originally developed for people who love driving, and driving fast. It's a throwback to the era when racing was fun and inexpensive.

"We are not only raising money for the fight against polio, we are also raising awareness of the positive impact Rotary has throughout the world all while having fun and fellowship," said Thomas Burt, Racing for Rotary committee chairman.

The Rotary car can be displayed at area clubs as well as special and local events to help raise funds for the Rotary Foundation and End Polio. The Rotary Club of Cape Coral is reaching out to anyone who would like to make a pledge for every lap the rebuilt car makes at the race. For more information, visit [www.capecoralrotary.com](http://www.capecoralrotary.com) or call 699-7942.

The 14-hour event is at Sebring International Raceway as part of the ChumpCar World Series. The Optima Batteries ChumpCar World Series is a series of automotive

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Historic Downtown Fort Myers, Then And Now:

## Snack Drive-Inn



by Gerri Reaves, PhD

**D**rive-in restaurants reached their peak of popularity in the mid-20th century, and from the late 1940s and into the 1960s, they contributed to the vibrancy of downtown Fort Myers.

For young people, drive-ins celebrated the automobile and the independence that came with a driver's license. For teens and 20-somethings, cruising the drive-ins was a social activity, a way to see and be seen.

For others, the restaurants were convenient places to grab lunch or take the whole family out in the car.

The Snack Drive-Inn on Heitman Street, pictured in the undated photo, was one such hangout.

It opened around 1947 and was located just north of Main and across the street from City Hall and the police department, which stood in what was then City Park.

It stayed in business until the mid-1960s at that location. The small restaurant had a few outdoor seats, and carhops served the large parking lot.

Gary Bash remembers the Snack Drive-Inn well. In his memory, it's similar to the drive-in in the movie *American Graffiti*.

It had good standard drive-in food, he says. Judging by the sign posted over the outdoor seating, the menu was classic drive-in fare – everything from chicken, steaks and seafood to barbecue, hamburgers and home-made pies.

The Schlitz sign over the juke box (left) perhaps explains the phrase “your favorite beverages” in ads from the 1950s.

According to Bash, the Snack used to be a hangout for hot-rodders and drag-racers. Between 1957 and 1963, he says, there was a National Hot Rod Association (NHRA)-sanctioned drag strip in Buckingham.

That strip attracted such celebrities such as racer Don “Swamp Daddy” Garletts.

When Bash came home from service in the U.S. Navy in 1964, hot-rodders and drag-racers still went out to the drag-strip, even though it was closed by then. They were “well-behaved,” he says, so law-enforcement never gave them any trouble.

He raced a 1959 Corvette at the strip, although it couldn't compete with the fastest cars in the group, the newly introduced Pontiac GTOs, he says.

There would be 40 to 60 attending on a race night, with fans coming from Naples, Punta Gorda and other out-of-town locations.

After racing, all the cars would head for the Snack Drive-In in a “cavalcade.”

Today, the lively drive-ins have disappeared from downtown to be replaced with another kind of outdoor socializing -- sidewalk and rooftop dining, not to mention the many special events that take over the streets.

Today, the Lee County Public Works Building occupies the spot where Snack Drive-In fans conducted their social lives on the move.

Walk to Heitman Street and imagine a convoy of race cars cruising through.

Then, learn more about the era of drive-ins in Fort Myers at the Southwest Florida Museum of History at 2031 Jackson Street.

Call 321-7430 for information, or go to [museumofhistory.org](http://museumofhistory.org). Hours are 10 a.m. to 5 p.m., Tuesday through Saturday.

If you love local history, you'll love the Southwest Florida Historical Society's research center at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts.

The all-volunteer non-profit organization is open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. Call 939-4044 or visit [swfl-historicalsociety.org](http://swfl-historicalsociety.org) for more information.

Sources: The Archives of the Southwest Florida Historical Society.\*



Today, the Lee County Community Development and Public Works Center and parking lot are located where young people once cruised through or stopped for a burger or shake. The Federal Courthouse at Monroe Street is in the background (right).

photo by Gerri Reaves



The Snack Drive-Inn was in business for about 20 years on Heitman Street. The people in this undated photo are unidentified.

courtesy Southwest Florida Historical Society

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Fort Myers Art:

# Lucas Century Etchings And Murals



by Tom Hall

Among the works included in Florida Gulf Coast University's public art collection are a number of etchings and murals by Sanibel artist Lucas Century. "Luc Century's discipline-spe-

cific recognition walls add a refinement and process appropriate to a university," said Senior Director of Advancement Judie Cassidy, who has worked with Century on the five installations he has created at FGCU. "In the conceptual process, he encourages donor involvement and blends their ideas with his own. The resulting installations are cerebral, precise and spectacular."

Century enjoys the largest presence by a single artist on campus, with works in five different buildings at Florida Gulf Coast University. Specifically, Century is responsible for:

- Etched tiles titled *The Elements of Machinery* and *Give Me a Place to Stand* installed by Century in 2009 in the first floor lobby of Holmes Hall.
- A 1991 etched glass piece 50 inches in diameter and 3/4 inch thick titled *Tourbillion* that is located in the first floor lobby of Academic Building - 7.
- A 2001 etched glass work titled *Leonard da Vince* drawings and sketches that is located in the first floor lobby of Whitaker Hall;
- A 10 x 30 foot etched porcelain titled *Water Symphony* that Century installed in the lobby of the Music Building in 2010.
- A series of stone etchings located in the lobby of Marieb Hall.

## Water Symphony

*Water Symphony* dominates the narrow lobby of The Bower School of Music. Standing 10 feet tall and 30 feet wide, it is visible through the two-story glass facade long before music students, faculty and guests enter the lobby from the concrete sidewalk that separates the music building from the arts complex. Commissioned by the FGCU Foundation, the mural consists of 75 two-by-two-foot ivory ceramic tiles engraved with black swirling patterns. Like much of Century's work, it reflects imagery from his beloved Sanibel Island.

"It was inspired by patterns in low tidal areas, the ripples left by the incoming and outgoing water," Lucas explained. "The intersecting ripples have a marvelous flow. It's something I watch during my evening walks on the beach."

## About Century's Etching Process

Since 1977, Century has been perfecting a pioneering process that enables him to etch images and text on a variety of media, including porcelain, stone and glass, with unparalleled clarity and depth. He first used the technique to etch the names of 58,000 servicemen and women who lost their lives in Vietnam



Sanibel was to be a one-week vacation from his work on the Vietnam Memorial in Washington, DC in 1983. "Either this has turned into the longest vacation on record or the finest Utopian experience I could have imagined," quipped Century.

into the granite surface of Maya Lin's renowned *Viet Nam Veteran's Memorial* in the Washington, DC Mall in 1984.

"I began to explore other materials beyond granite, such as glass, ceramic and wood, all of which I now incorporate into my work utilizing photo-stenciling and grit-blasting techniques," Century pointed out. "Line art from original drawings or appropriated images are transferred into a stencil that is capable of resisting the abrasive grit-blasting. The eroding process removes the substrate, penetrating and etching the surface to create a deep relief, not possible with any other etching process."

The nature of aluminum oxide grit-blasting is to abrade the surface, which creates a rough texture in contrast to the original surface of the material. These two contrasting surfaces can be left as is, or colors and enhancers can be applied to achieve a different outcome.

## About The Artist

Lucas Century was born in Newark, New Jersey and raised in Cleveland Heights, Ohio.

"Cleveland has a wonderful cultural community that surrounds University Circle, where museums, galleries and performing art halls abound," Lucas reports. "I was constantly exposed to this pocket of creative people who radiated the arts, and my fondest memories of my childhood included exploring the avenues of people and venues that Cleveland offer."

While he studied business at Cleveland's Case Western Reserve University, his primary interest was nevertheless art. Although he did not study art formally and collaborates with other artists when his work requires illustrations (like the *Archimedes* mural in Holmes Hall), he cultivated his love of photography.

"It fascinated me to develop film and print in the darkroom with chemistry, light, lenses and, best of all, red safe lights," Century recalled. "To go from what the eye captured on film and then be able to translate it on to photographic paper ... Well, it just couldn't get any better than that. It was magical. I remember projecting imagery through the enlarger

and spending countless hours cropping and composing my evenings away. These exercises instilled within me a photographer's eye and a love for this fascinating art form that consequently began a career based around photographic methods."

Century's attraction to etching began when he got a job engraving people's names on snow skis at a resort shop. A window washing gig in the 1970s led to an epiphany. Pulling a squeegee across a pane of glass, Century saw his reflec-

tion and became intrigued with the idea of how to transfer graphic images and color onto glass. This investigation led to four years of experimentation with acid etching and other techniques after which Century developed and perfected an innovative photographic process for creating stencils that could be used in sand-blast engraving. The erosion of the surface technique became a metaphor for the sands of time.

"That's what weather would do, but it's sped up," said Century. "That's very empowering."

The artist's considerable spiritual energy and heartfelt intent is always at play. His love of nature, the aesthetic beauty that lies within, is permanently embedded in his work.

"I like expressing the essence of things," Lucas acknowledged. "There is soulful resonance within life forms and learning to manifest its simplest version is a challenge. I enjoy reworking materials until a balance is reached and discovering yourself through the entire process of unfolding is as much the beauty as the end product."

A full-time artist, Century has maintained a home and studio on Sanibel Island for nearly three decades, living and working within a natural sanctuary of lush, subtropical vegetation. He and his illustrator wife, Dee Searge-Century, often work together as a team on projects.

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.\*

# RIVER CRUISE

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# Junior Achievement Fosters School Adoption For Local Elementary



From left, Heather Tanigawa, financial specialist, CNLBank; Kai Tanigawa; Joe Whittenhall, senior commercial lender, CNLBank; Bill McDonald, commercial lender, CNLBank; Erin Garcia, manager, CNLBank; Kaci Carter, senior vice president and business development officer, CNLBank

Dozens of school supplies were donated to Bonita Springs Elementary School on August 19 through the fundraising efforts of five Southwest Florida branches of CNLBank. The successful Adopt-A-School Supply Drive was fostered through Junior Achievement of Southwest Florida's mutual partnership with CNLBank and Bonita Springs Elementary School and will result in future JA In A Day volunteering opportunities with the partnering business and school.

A long-time and invaluable partner of Junior Achievement of Southwest Florida, CNLBank reached out to the organization to connect them to a school that would benefit greatly from the company's annual Adopt-A-School Supply Drive. Junior Achievement of Southwest Florida made the introduction between CNLBank and Bonita Springs Elementary School and the fundraising efforts commenced. Throughout the months of July and August, CNLBank raised supplies to fulfill the school's wish list of necessary school materials, including writing utensils, notebooks, folders, binders and other various supplies. Through the support of CNLBank's employees, clients and associates, the company presented Bonita Springs Elementary School with five to 10 packages or boxes of every item on the school's wish list.

"One of our core values is to respect the dignity of every individual. The associates at CNLBank do a wonderful job demonstrating our commitment to this core value by participating in community partnerships such as our annual Adopt-A-School Supply Drive and volunteering to teach Junior Achievement programs," said Katherine Carter, senior vice president and business development officer of CNLBank. "Our involvement in this process with Junior Achievement and Bonita Springs Elementary School has strengthened and enriched the workplace environment at CNLBank."



CNLBank collected school supplies for Bonita Springs Elementary School during the months of July and August and will participate in Junior Achievement's JA In A Day program during the 2015-16 school year.



CNLBank presents school supply donation to Bonita Springs Elementary School through school adoption, fostered by Junior Achievement of Southwest Florida



Teachers and students at Bonita Springs Elementary School receive a large donation of school supplies through CNLBank's annual Adopt-A-School Supply Drive

"My teachers were overwhelmed with the generosity of CNLBank and feel quite fortunate for the company's kindness," said Susan Caputo, principal of Bonita Springs Elementary School. "Many of our parents cannot buy the needed supplies for their children and it would be a challenge for our school to purchase all school supplies for the students. Because of this generous donation, our children have received the supplies needed for their school year."

CNLBank will continue its partnership with Junior Achievement of Southwest Florida and Bonita Springs Elementary School through the JA In A Day program. CNLBank will volunteer at the elementary school during the fourth quarter of the school year in order to teach a half-day workshop that includes speaking to the students about entrepreneurship to help them learn the tools and fundamentals of business.

For more information about Junior Achievement of Southwest Florida, visit [www.JASWFL.org](http://www.JASWFL.org), call 225-2590 or email [info@jaswfl.org](mailto:info@jaswfl.org).✱

## Continental Women's Club

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

The October 1 meeting will feature Donna Weaver, an Animal Reiki Master who will talk about the healing energy of

this non-invasive healing method for pets. Both meetings start at 11:30 a.m.

The cost to attend the luncheon is \$19 and reservations are necessary. Meetings are held at Colonial Country Club, 9181 Independence Way in Fort Myers.

If you like meeting with active women who enjoy raising money to award scholarships to young women, provide food and clothing for those in need as well as taking part in numerous social events, think about becoming a member. Activities include bridge, bunco, book club, lunch bunch and dining out group. Various trips are also offered for members.

For more information, call Margie Connor at 561-8973.✱





Best of Taste entries at the 2014 event

## Locals Invited To Participate In Best Of Taste

The Junior League of Fort Myers, Inc. and the Red Sox Foundation are teaming up for a new fundraiser prior to the 33rd annual Taste of the Town. Funds raised will benefit the Junior League of Fort Myers and the Red Sox Foundation.

During the inaugural Best of Taste in the Park, attendees will be able to participate in judging offerings from participating restaurants to decide the newly-created People's Choice Award that will be showcased at the 33rd annual Taste of the Town.

Best of Taste in the Park will take place from 6 to 8 p.m. on Monday, October 19 at JetBlue Park, located at 11500 Fenway South Drive in Fort Myers. The event will be capped at 200 attendees.

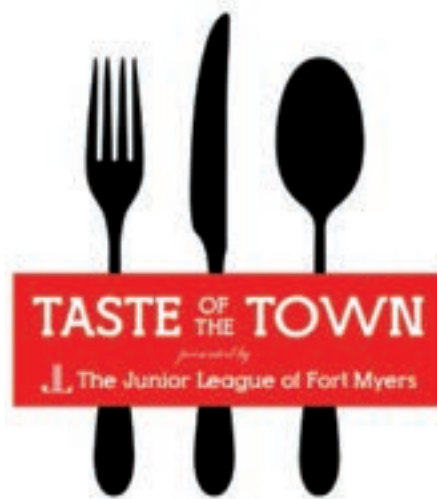
"In the past, our Best of Taste judging was always held behind closed doors with local celebrities, food writers and other media serving as judges," said Karen Hutto, co-chair of this year's Taste of the Town. "Working with the Red Sox, we decided to open up this opportunity for the community to be a part of and, at the same time, to raise additional funds for our community."

During the event, participating restaurants will host stations offering attendees tastings of their entries which will then be voted on by the public for the People's Choice Award. Dishes entered must be a dish the restaurant will be serving at Taste of the Town.

In addition to the tastings and judging, attendees will enjoy complimentary beer and wine, rum tastings, a silent auction with one-of-a-kind items, self-guided tours, raffle prizes, complimentary admission to Taste of the Town on November 1 and take-away swag bags.

Tickets for Best of Taste in the Park are \$75 each. The deadline for restaurants to participate is October 1.

"This event is a win-win for our local community," said Katie Haas, Red Sox



senior director of Florida business operations. "Funds raised from this event will stay local to benefit the Red Sox Scholarship Fund in partnership with The Foundation for Lee County Public Schools, Inc., as well as the Junior League's volunteer services and donations to programs supporting women and children in the region."

"The goal of this event is to attract an audience of food connoisseurs and philanthropic-minded citizens who are looking for a unique night out not found anywhere else in Southwest Florida," said Shirley Snyder McLaren, co-chair of Taste of the Town.

All funds raised at the event will be split between the Junior League of Fort Myers and the Red Sox Foundation to be given back to our local community.

To date, the following restaurants have signed up to participate in Best of Taste in the Park with additional restaurants to be added: 11:Eleven Café, 1st Street Deli, BurgerQue, Edible Arrangements, Gulf Coast Fudge Co., Lucky Mi, and Norman Love Confections, Prime de Leon, Reuben's and The Melting Pot.

Sponsors for Best of Taste in the Park include Scanlon Auto Group and Key West Express.

The 33rd annual Taste of the Town, Southwest Florida's original "taste" event and one of the largest outdoor food and entertainment festivals, will be held at JetBlue Park on Sunday,



Matt Williams and Christian Fuller of Connors Steak &amp; Seafood prepare their Best of Taste entry in 2014

November 1. The 2014 event attracted nearly 15,000 attendees.

To purchase tickets for Best of Taste in the Park, visit [www.redsoxfoundation.org/best-of-taste](http://www.redsoxfoundation.org/best-of-taste) or email [jbpevents@redsox.com](mailto:jbpevents@redsox.com).

For more information about the Best of Taste or the annual Taste of the Town, call 239-277-1197 or email [tasteofthetown@jlfm.org](mailto:tasteofthetown@jlfm.org). For ongoing updates on Taste of the Town, visit [www.jlfmtaste.com](http://www.jlfmtaste.com).\*

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## Fling A Flounder For Fireworks Fundraiser Planned October 3



The Fling A Flounder For Fireworks event will be held at PierSide Grill and Famous Blowfish Bar on Fort Myers Beach

PierSide Grill and Famous Blowfish Bar on Fort Myers Beach is presenting Fling A Flounder For Fireworks on Saturday, October 3 from noon to 4 p.m. The fundraising event will feature delicious food and drinks at the restaurant and bar along with free giveaways and raffle prizes. All proceeds will benefit the community production of the annual Fort Myers Beach New Year's Eve firework celebration.

The Town of Fort Myers Beach has discontinued the funding for fireworks. As a result, the Fort Myers Beach community is pulling together to keep the annual firework production alive for Southwest Florida. The flounder fling is a unique way for the community to support this cause while enjoying a fun-filled day on

Fort Myers Beach. During the flounder fling, participants will toss a bean bag-type flounder into a large frying pan. Those who can land their flounder into the frying pan three times will be given Blowfish Discount cards for future use at PierSide Grill and Famous Blowfish Bar. PierSide Grill and Famous Blowfish Bar invites the community to visit its newly renovated restaurant and bar, located at 1000 Estero Blvd. on Fort Myers Beach, and support this community effort.

For more information regarding this fun-filled day, visit PierSide Grill and Famous Blowfish Bar's Facebook page at [www.facebook.com/PierSideGrill](http://www.facebook.com/PierSideGrill). ✨

## Calendar Girls Celebrate 10 Years

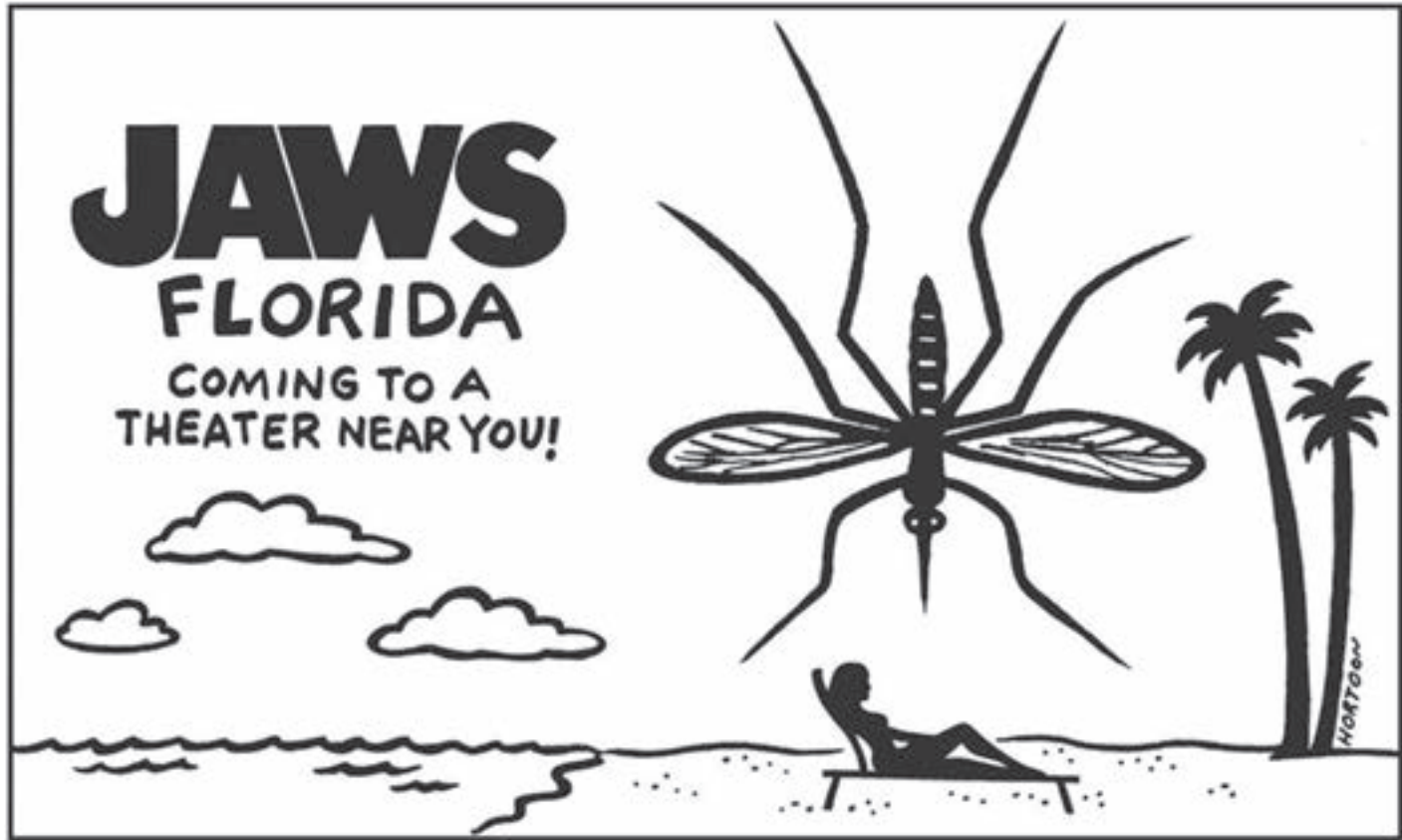


The Calendar Girls photo by Crae Clements

The Calendar Girls celebrate 10 years of creative musical theater. Whatever the theme, the ladies are able to create a unique customized song and dance performance.

For more information, call Katherine at 850-6010 or visit [www.calendargirls-florida.com](http://www.calendargirls-florida.com). ✨

## HORTOONS



## Lake Kennedy Senior Center Bus Trip To Florida Aquarium

The Kennedy Cruisers are off to beautiful Tampa to explore the wonders of the sea on Wednesday, September 30. Bus trip participants are asked to arrive by 7:45 a.m. prior to departing at 8 a.m. The approximate return time is 6:30 p.m. or before.

The Florida Aquarium is rated in the top 10 best aquariums in the country. Be prepared to be mesmerized by the unusual creatures of the sea and the awe-inspiring plant life that live in this underwater paradise. There will be a multitude of exhibits and touch tanks where you can feel many amazing sea urchins. After visiting the aquarium, get ready to set sail on an incredible wild dolphin cruise.

The cost of this aqua adventure, including a 75-minute wild dolphin cruise, is \$61 per member and \$66 per non-member. Lunch will be Dutch treat. Preregistration is required.

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



# All Female Playwright Season Begins

The first show of the 2015-16 season at Theatre Conspiracy, *Toys In The Attic* by Lillian Hellman, stars Professional Equity actress Rachel Burtram. Burtram, seen regularly on stage at Florida Repertory Theatre, leads an incredible cast in this show that won the New York Drama Critics' Circle Award for Best Play.

Directed by Stephanie Davis (Downtown Diva), the show also stars Karen Goldberg (*Swell Party*, *The Beauty Queen of Leenane*), Wende Gilmore, Jason Drew, Ashley Kellam, Elvis Mortley and Cicero McCarter.

Set in New Orleans following the Great Depression, the play focuses on the Berniers sisters, two middle-aged spinsters who have sacrificed their own ambitions to look after their ne'er-do-well younger brother Julian, whose grandiose dreams repeatedly lead to financial disasters. When he unexpectedly returns home accompanied by his emotionally unstable, child-like young bride Lily, her aloof, aristocratic mother Albertine, and an unexplained large sum of money, Carrie and Anna suddenly find that the position of power they have always held has become unbalanced, leaving their lives in chaos. *Toys In The Attic* plays October 2, 3, 8, 9, 10, 15, 16 and 17 at 8 p.m. and October 18 at 2 p.m.

Individual tickets are \$24. Season subscription packages: Six shows for \$114 (\$19 a ticket) or five shows for \$100 (\$20 per ticket) or four shows for \$88 (\$22 per ticket). Flex passes also available for \$2 extra per person. For more information, call Theatre Conspiracy's box office at 936-3239 or visit [www.theatreconspiracy.org](http://www.theatreconspiracy.org).

This year's lineup of plays is a celebration of female playwrights both past and present. Each show is written by a woman. In November, audiences are in for a real treat with *Mr. Burns*, *The Post Electric Play*. Anne Washburn's imaginative dark comedy propels us forward nearly a century, following a new civilization stumbling into its future. After the collapse of civilization, a group of survivors share a campfire and begin to piece together the plot of *The Simpsons* episode *Cape Feare* entirely from memory. Seven years later, this and other snippets of pop culture (sitcom plots, commercials, jingles and pop songs) have become the live entertainment of a post-apoca-



Rachel Burtram

lyptic society, sincerely trying to hold onto its past. 75 years later, these are the myths and legends from which new forms of performance are created. This show will open on November 20 and play November 20, 21, 27 and 28 as well as December 3, 4, 5, 10, 11 and 12 at 8 p.m. and December 6 at 2 p.m.

Opening January 7, 2016 is *Kayak* by Jordan Hall, the winner of the 2010 Samuel French Canadian Playwrights Contest. Alone on a vast stretch of water, Annie Iversen recounts the strange chain of events that left her stranded in her son's old kayak. A doting suburban mother, Annie is blindsided when her son, Peter, falls in love with Julie, a passionate environmental activist. Unable to reconcile herself to Julie's radical worldview, Annie struggles desperately to keep Peter from falling further into the young woman's dangerous world. Climate change, s'mores, SUVs and Noah's ark are all onstage as Annie sets out to save her son, and unwittingly throws herself into the path of events larger than she ever could have imagined. This show will star Lauren Drexler. Performances are January 7, 8, 9, 14, 15, 16, 21, 22 and 23 at 8 p.m. and January 17 at 2 p.m.

Keeping with Theatre Conspiracy's latest initiative to produce work that is geared towards minority artists, Theatre Conspiracy will open *The Bluest Eyes* by Lydia Diamond, based on the Pulitzer Prize-winning book by Toni Morrison. This show will open on February 5. This critically-acclaimed adaptation follows three girls in post-depression Ohio. Eleven year-old Pecola Breedlove despises her dark skin and prays for blue eyes, sure that love will follow. Claudia and Frieda McTeer are sisters who try to care for Pecola when the rest of the community fails to do so. With rich language and bold vision, this story examines standards of beauty, a young girl's coming of age and the devastating events she endures. Performances are February 5, 6, 11, 12, 13, 18, 19 and 20 at 8 p.m. and February 14 at 2 p.m.

What are the boundaries of reality? On March 4, *The Nether* opens. It's a daring examination of moral responsibility in virtual worlds by Jennifer Haley. It begins with a familiar interrogation scene given a technological twist. As Detective Morris, an online investigator, questions Mr. Sims about his activities in a role-playing realm so realistic it could be life, she finds herself on slippery ethical ground. Their clash of wills leads to a consequence neither could have imagined. Suspenseful, ingeniously constructed and fiercely intelligent, *The Nether* is chock full of twists and turns and surprises. Performances are March 4, 5, 10, 11, 12, 17, 18 and 19 at 8 p.m. and March 13 at 2 p.m.

Closing out the season will be the winner of Theatre Conspiracy's 17th annual New Play Contest. The winning play will be announced in November. Once again, they received over 600 entries to the contest from all over the United States, Canada, England, France and Australia. Due to fairness we cannot guarantee the winner will be a female playwright. This show will play May 6, 7, 12, 13, 14, 19, 20 and 21 at 8 p.m. and May 15 at 2 p.m.✱

From page 1

## Upcoming Events At Edison Ford

the trees, shrubs, perennials and edible plants were dependent on pollination to continue reproduction of their species. The Garden Shoppe at Edison Ford has created a specific butterfly/bee garden for all of the community to learn from.

Join Horticulturists Janice Schmidt and Debbie Hughes to learn how to grow specific host/nectar plants for the pollinators in your garden. We will unveil our new Educational Butterfly Sign and the Certification of our Butterfly Garden through the North American Butterfly Association.

Participants will receive a 20 percent gift certificate in the Garden Shoppe. Cost to Edison Ford members \$5; non-members \$10.

### Moonlight Garden Tour

September 27, 6:30 p.m.

Meet at Pinchers 1st Floor at The Marina at Edison Ford

The gardens and estates of the Edison and Ford families are especially beautiful by moonlight. Many flowers just bloom in the evening and are visited by nighttime insects and pollinators. Because the September 27 and 28 Harvest Moon is also a "supermoon," it will appear even larger than usual and produce higher tides. Weather permitting, there is a fall Harvest Moon on September 27 which rises around dusk.

Harvest Moon is just a name, but it

was used by farmers to kick off the season for gathering the vegetables and getting ready for winter. It's the name for the full moon nearest the autumnal equinox. In the northern hemisphere, the Harvest Moon most often falls in September but sometimes will fall in early October. Nature is particularly cooperative around the time of the autumn equinox to make the full moonrises unique around this time.

On average, the moon rises about 50 minutes later each day. When a full moon happens close to the autumnal equinox, the moon (at mid-temperate latitudes) rises only about 30 to 35 minutes later daily for several days before and after the full Harvest Moon. Why? The reason is that the ecliptic – or the moon's orbital path – makes a narrow angle with the evening horizon around the time of the autumn equinox. The narrow angle of the ecliptic results in a shorter-than-usual rising time between successive moonrises around the full Harvest Moon.

The Moonlight Garden walk will be led by Edison Ford horticulturists. Participants are urged to bring cameras and telescopes.

Call Leanne Criswell, Edison Ford Registrar, to register at 334-7419. Cost to Edison Ford or Calusa Science Center members \$10; \$40 non-members. The program will begin at 6:30 p.m. in the Pinchers Marina Room downstairs at The Marina at Edison Ford.

### Edison Ford Community Garden Season Begins

The Community Garden is ready to

start again for the season. We have been growing sweet potatoes which we started harvesting, and a few brave gardeners have kept up their gardens during the summer.

The beds are already being taken at our new prices for the October 1, 2015 through September 30, 2016 season. New this year is a yearly fee to make it easier. Come to the administrative office to sign up and pick your spot.

To help you become more successful in growing your garden, a Garden Talk on October 10 will have Karen Harty of Grow A Gardener speaking about vegetable gardening in Southwest Florida. As always, a 20 percent gift certificate is given to all participants in the Garden Talk.

### Mina, Clara & Friends: Tea & Conversation

October 8, 10:30 a.m., Edison Caretaker's House

The popular historical play series of this past summer will continue this year on a once a month basis, with additional dates available for groups of 15 or more with advanced reservations.

The series was featured in an article in Gulf & Main magazine this summer: "History comes to life stepping into the Edison Caretaker's House for morning tea with Mina Edison and Clara Ford. They are wearing hats which they say 'helps to make them look taller and thinner' and guests are transported back to 1929." Audience engagement and surprise friends add to the responsive dialogue which engages the audience.

Call to pre-register as space is limited and the program fills quickly. Call Leanne Criswell, Edison Ford Registrar, at 334-7419.

Cost of the program includes full access to the Edison Ford Estates, the Laboratory, Museum and Museum Shops. Edison Ford members \$15; non-members \$25. Hats and historical attire welcome. Men, too!

For additional information, call 334-7419 or visit [www.edisonfordwinterestates.org](http://www.edisonfordwinterestates.org).✱

## Local Acoustic Jazz Singer

The independent record label Tate Music Group recently announced the release of Matthew Hembling's new album titled *Wandering Soul*. The album offers four tracks and is available for purchase nationwide at the iTunes Store, Amazon.com or directly from TateMusicGroup.com.

Hembling is a rising acoustic jazz singer and multi-instrumentalist from Fort Myers whose music takes listeners on a roller coaster ride of love, loss and personal growth. This promising musician draws inspiration from Frank Sinatra, Paul McCartney and Paul Simon.

His new album is a collection of moving and captivating acoustic tracks fused with a jazz style. Songs featured on the album include *Lucy*, *Molly*, *Mary and Me* and *Wandering Soul*.✱



# Along The River



What do circus acts, tap dancers and stand-up comedy have in common? One wild night of theater fun in the Fort Myers River District.

On Saturday, September 12, the **Craft Beer & Music Festival** returns to the Bell Tower Shops in Fort Myers. The event runs from 3 to 7 p.m. The Craft Beer & Music Festival brings the craft to the people in this one-of-a-kind beer festival that combines the best of craft beer, live music and fun. Great beer samplings will be paired with some of Southwest Florida’s best musical acts including Rocker, The Jukebox Prophets, Shea Freedom and Clearly Avocado, to name a few. Event admission is \$5. Children under 12 enter free. Cash only is accepted on the day of the event. Once in the event area, you will need to purchase beverage tickets for all tastings from vendors. No coolers will be allowed. The Bell Tower Shops are located at 13499 US 41 in Fort Myers. For more information about the Craft Beer & Music Festival, call 489-1221 or go to [www.thebelltowershops.com](http://www.thebelltowershops.com).

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The Bugtussle Ramblers are one of the featured bands playing in the Alliance for the Arts' Bluegrass in the Theatre on Sunday

On Saturday evening, All Faiths Unitarian Church presents **ACMA (Americana Community Music Association Services) – Dan Philgreen, Dave & Val with Francis Briggs**. Doors open at 6:30 p.m. and the show starts at 7 p.m. A donation of \$10 to \$15 is requested. A donation of \$10 to \$15 is requested.

A core group of musicians meets weekly, with many local and visiting artists joining in as they have time or are in town. The primary purpose is of course to network and support fellow singer/songwriters through sharing of songs, critique (when requested) and discussion. Members have also been known to throw out challenges, from which several well written songs have been created and have since achieved a fair amount of local fame.

All Faiths Unitarian Church is located at 2756 McGregor Boulevard in Fort Myers. Call 691-4069 or go to [www.americanacma.org](http://www.americanacma.org).

The **Laboratory Theater of Florida** presents its second annual variety show fundraising event on Saturday, September 12 at 7 p.m. at the theater located at 1634 Woodford Avenue in Fort Myers.

Featured entertainment includes comedy, singing, tap dancing and a drag show. In between acts, guests can participate in a silent auction of original art, jewelry, and local services will help the non-profit theater raise the money in support of its creative and education programs and needed equipment costs.

The vaudeville fundraiser gives the community a fun way to support the Lab, at the same time as giving actors creative, individual ways to show their gratitude to audiences. Seating is limited. Guests will receive complimentary drink tickets and hors d'oeuvres will be provided. All donations to the theater will be matched by an anonymous donor, up to \$10,000.

Doors open at 6:30 p.m. Tickets are \$70 per person or \$125 per couple and can be purchased on [www.brownpapertickets.com](http://www.brownpapertickets.com) or on the theater's website, [www.laboratorytheaterflorida.com](http://www.laboratorytheaterflorida.com) or by calling 218-0481.

Also on Sunday, the Acoustic Music Society of Southwest Florida presents three hours of live music at Lee County Alliance for the Arts. **Bluegrass in the Theatre** features Paddle Faster, Captain Joe & the Bottomfeeders, and The Bugtussle Ramblers. Tickets are \$8 at the door or \$6 for Alliance members. Children 12 and under are free if accompanied by an adult. Pre-sale tickets are not available. Doors open at 1:30 p.m. Seating is first come, first serve. The concert runs from 2 to 5 p.m.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, call 939-2787 or go to [www.artinlee.org](http://www.artinlee.org).

On Thursday, September 17, the North Fort Myers Rec Center is hosting a **Crash Course In Veggie Gardening**.

Don't know how to get started with a veggie garden? Have you tried a garden but it failed? Karen Harty of Grow A Gardener Inc. will be discussing the issues with vegetable gardening in Southwest Florida. The meeting starts at 6:30 p.m., but arrive early for an informal edible gardening chat that starts at 5:30 p.m. Bring your own coffee cup for free coffee and tea. Consider bringing something to share with everyone.

Join other edible gardeners on Thursday, September 17 at the North Fort Myers Rec Center, located at 2000 North Recreation Park Way in North Fort Myers. New members bring \$10 for the class plus your Lee Parks & Recreation lifetime membership card (or purchase for \$10).

Harty is executive director of Grow A Gardener Inc., a Lee County Master Gardener, 4-H Leader and avid edible gardener that eats from her garden all year long. For more information, contact Harty at 610-530-8883.✧

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# FORT MYERS FARE

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## DOC FORD'S RUM BAR & GRILLE

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

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

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

## ICHIBAN

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

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



Scallops served with blue lump crab meat, black linguine and mixed vegetables finished with house-made citrus butter from Doc Ford's on Fort Myers Beach

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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.

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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.

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## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION (UUA)

2756 McGregor Boulevard, Fort Myers. Sunday Services 9 and 11 a.m., Adult Education Workshop 10 a.m., Reverend Margaret L. Beard, Minister. 226-0900. [www.allfaiths-uc.org](http://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](http://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, [rabi@chabadswf.org](mailto:rabi@chabadswf.org). [www.chabadswf.org](http://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](mailto: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](http://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](http://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. Traditional Service Sunday 8:45 a.m., Contemporary Service Sunday 10:30 a.m. 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](http://www.time4thinkers.com), [www.christianscience-fortmyers.com](http://www.christianscience-fortmyers.com). [www.christianscience.com](http://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](http://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](http://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@embargmail.com](mailto:nbcministry@embargmail.com), [www.facebook.com/nbcministry](http://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](http://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](http://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](http://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](http://www.peaceftmyers.com), [peace@peaceftmyers.com](mailto: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](http://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](http://www.stpeterfmb.com). Sunday worship service at 9:30 a.m.

### SAINT NICHOLAS MONASTERY

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

### ST. VINCENT DE PAUL CATHOLIC COMMUNITY

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

### SOUTHWEST BAPTIST CHURCH

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

### TEMPLE BETHEL SYNAGOGUE

16225 Winkler Road Fort Myers. 433-0018, [www.templebethel.com](http://www.templebethel.com). [rabi.barras@templebethel.com](mailto:rabi.barras@templebethel.com). Rabbi Jeremy Barras, Cantor Victor Geigner, Religious School Director Dale Cohen, Learning Tree Director Jesyca Virnig, Office Manager Inna Vasser. Union For Reform Judaism

Shabbat Service Friday 7:30 p.m., Torah Study Saturday 9:30 a.m. Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. Learning Tree Monday through Friday.

### TEMPLE JUDEA (CONSERVATIVE)

14486 A&W Bulb Road, Fort Myers, 433-0201, Rabbi: Rabbi Marc Sack Minyan: Monday at 9 a.m. Religious Education: Sunday mornings and Wednesday evenings. Services Friday 6:30 p.m. and Saturday 9 a.m. [www.tjswfl.org](http://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](http://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](http://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](http://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](http://www.zionfm.org)✠



## OBITUARY



## DELORES GENE ROEPSTORFF

Delores Gene Roepstorff peacefully passed away under the gentle care of Vitas Hospice on August 30, 2015, and on that date was welcomed into heaven by her lord and savior Jesus Christ.

Delores was born in McPherson, Kansas on November 6, 1926 and is preceded in death by her parents, Eugene Hill and Lois Koffel. The daughter of a pilot, Delores learned to fly at an early age and always had a spirit for adventure.

Delores attended high school in Knox, Indiana where she met and later married her husband, Alfred, with whom she recently celebrated 64 years of marriage.

In support of her husband's career, Delores moved to Sebring, Florida in 1962. Remaining in Florida, they later lived on Marco Island and Sanibel Island

before retiring to Lake Placid and most recently back to Sebring, where their Florida journey began. Throughout these Florida moves, Delores helped start the Sebring Garden Club and was involved with the Highlands Art League. Delores, along with her husband, was a Charter Member of Marco Lutheran Church and held weekly devotionals in her home. On Sanibel, Delores was an active volunteer for the Clinic for the Rehabilitation of Wildlife (CROW).

Delores loved animals, the outdoors and being "First Mate" to her husband and their boat, *Loaner*, on which they enjoyed many adventures to the Tortugas, Bahamas and Exuma Islands.

There was nothing in life Delores loved more than her family and close family friends. All will miss her smile, laughter, compassion and most of all her love.

Delores is survived by her loving husband, Alfred W. Roepstorff, children Martin (Betty), Alandee Delp (David), Geoffrey (Robbie) and Santford (Renee); four grandchildren, Damon Delp, Dorian Delp (Carol), Keira Boyd (John) and Matthew Roepstorff; along with four great grandchildren.

The family would like to thank Pastor Jon Zehnder and the Saint Michael Lutheran Congregation in Fort Myers for their prayers and family support, and Pastor Ted Weurffel of St. Louis, Missouri for his visit and longtime friendship.

The family would like to especially thank Pastor Rob Maulella of Faith Lutheran Church for his faithful visits and to him and the congregation for their many prayers.

In lieu of flowers, donations can be made in Delores' memory to Faith Lutheran Church, 2740 Lakeview Drive, Sebring, FL 33870. A small family service at the church is being planned.✱

## Quarter Auction To Benefit Relay For Life

The Relay Rockstars team of the Fort Myers Relay For Life organization will be hosting a Quarter Auction at the First Assembly Church of God on Friday, September 18 from 5:30 to 8 p.m. The auction will be held in the First Assembly cafeteria, located at 4701 Summerlin Road.

In a "quarter auction," each participant brings two rolls of quarters. Participants bid a few quarters for donated prizes valued from \$20 up to \$50. There is no entry fee, but participants pay \$3 to rent a paddle that identifies them during the auction. In addition, there will be food and refreshments for sale and a 50/50 cash drawing.

All proceeds from Relay For Life events go to the American Cancer Society. The great thing about Relay for Life is that it is totally volunteer, so there is no fund raising expense. Except for a small portion of funding directed toward cancer research, 100 percent of all funds raised by Relay events stays in Lee County to fund programs committed to helping people fighting cancer, their care givers and survivors who have beaten the disease.

For more information, call Debbie Kessler-Woodward at 839-6098.✱



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or email [press@riverweekly.com](mailto:press@riverweekly.com)

## Community Cooperative, PACE Partner For Food Choices Program

Community Cooperative and PACE Center for Girls of Lee County are collaborating to provide fresh, homemade meals for the students at the school in association with the National School Lunch Program (NSLP).

"Community Cooperative recently underwent a kitchen expansion at our Fort Myers campus that provided the opportunity to receive new accreditation as an approved catering and food service vendor," said Tracey Galloway, CEO of Community Cooperative. "We can now provide healthy alternatives to local schools and other agencies receiving meals at reasonable prices."

"Each school day, we deliver breakfast and lunch freshly prepared using regional or locally produced fresh fruits and vegetables," added Meghan Madden, division director of food programs at Community Cooperative. "Our goal is to expose the girls to new flavors that are both fresh and healthy by providing innovative and creative food choices."

As a participant in the NSLP, the PACE schools is reimbursed by the Florida Department of Agriculture and Consumer Services for each lunch and breakfast meal served provided they meet established state and federal regulations and is provided by an approved vendor, such as Community Cooperative.

"The students are thrilled by the change in the food program," said Meg Geltner, executive director of PACE. "They are eating the meals because they like what they are being served and, while the food tastes good, it's great to know that it is healthy for them as well. The food is sustainable and they can learn better when they aren't hungry!"

"We know that children experiencing food insecurity are at greater risk for truancy, poor grades and drop outs," added Galloway. "We want to make the meals provided to the PACE students to be their best meal of the day."

For more information, call 332-7687 or visit [www.communitycooperative.com](http://www.communitycooperative.com).✱

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## Fall Mixed Bag Action Is Starting



by Capt. Matt Mitchell

September has always been one of my favorite months to fish Pine Island Sound. Despite the heat, it marks the beginning of fall, and the sound really starts to come alive. This was witnessed this week with feeding birds, bait and feeding fish spotted throughout the sound. If you like variety, now is the time to get out on the water.

The big schools of redfish we experience every fall have just begun to show up on the shallow flats within close proximity of the passes. This annual event will really be kicking into high gear this month and all of October. Spotting a school of hundreds of over-the-slot redfish feeding as they push across a flat is a sight to see. During low tide, calm wind periods, watch for

the baitfish showering the surface as they try to escape the herd of feeding redfish. Basically, any bait or artificial pitched out in front of the school will get bit. Have a few weedless long casting spoons rigged and ready, as you never know when you will run across that school. Being ready to go when the opportunity arises is key.

The snook bite all week was good, although catching one in the slot proved tuff. Mangrove action on snook was crazy at times, with double hook-ups common on these generally smaller fish. As long as the tide was moving, snook were found in all the usual places, with live shiners being the bait of choice. Catching so many snook is a good thing, though trying to catch one in the slot was frustrating. Many of these same shorelines are still producing good numbers of mangrove snapper in the mix, too.

Trout fishing also keeps getting better, with feeding birds all marking good places to catch lots of trout of all sizes. A couple of mornings this week, I had clients that were interested in catching trout which proved some of the easiest fishing I had done for a while. Shiners fished two to three feet under a popping cork basically got bit every cast. Lots



Nick Little from Ohio with a 24-inch redfish caught this week while fishing with Capt. Matt Mitchell

of these trout were just at the 15-inch minimum size, but if you stuck it out and fished the larger shiners, we had a few real good ones well over 20 inches. This is fast-paced fun fishing and makes for smiling clients. Flats in the four to six foot range from Flamingo Bay channel north were most productive for me, though any place you located feeding birds proved easy to bend a rod.

Watching the sound come alive with birds, bait and feeding fish this time of year is always a exciting time to be on

the water. When the whole food chain is going off, you simply never know what might appear; it could be tarpon, cobia or at the least sharks. Carry a variety of different gear when heading out just to keep your options open.

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 [capt-mattmitchell@aol.com](mailto:capt-mattmitchell@aol.com).\*

## Send Us Your Fish Tales

**T**he 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](mailto:press@riverweekly.com).

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## CROW Case Of The Week:

## Baby Squirrel Fights Fleas



by Patricia Molloy

On August 25, a tiny Eastern gray squirrel (*Sciurus carolinensis*) was admitted to CROW as an abandoned or orphaned baby. The patient (#15-2560) was thin and covered in fleas. After

a thorough examination, the squirrel was properly hydrated before being bottle-fed a milk replacer that is similar to Pedialyte for human infants, but designed specifically for baby squirrels, opossums and wild bunnies. After the milk mustache was wiped from his face, the youngster was placed in a cozy container in the clinic's baby room for a much deserved nap.

It's difficult to believe that a insect so tiny has the potential to be dangerous, but one must remember that fleas are blood-sucking parasites. If a flea infestation is severe enough, it can cause a life-threatening condition known as anemia. Anemia exists when there is a shortage of red blood cells – less than 25 percent by volume to be precise. Since red blood cells are responsible for carrying oxygen from the lungs to the rest of the body, a



Another Eastern gray squirrel is bottle-fed a milk replacer specifically designed for baby squirrels, opossums and wild bunnies. As Dr. Molly Lien, DVM intern, noted, "The baby room is super full right now, almost at capacity."

shortage in red blood cells can have devastating effects. To rid the baby squirrel of the pesky parasites, it was treated with Revolution, a topical medication that is commonly used to protect cats and dogs from fleas, heartworms and ear mites.

"(The squirrel) was loaded with fleas, so we gave him a tiny, tiny amount of Revolution," explained Dr. Molly. "We (recently) moved and combined a bunch of baby squirrels in cages while they are getting weaned. But we're keeping him separate, just for a day or two, to make sure he doesn't have them any more before we put him in with another squirrel. He didn't look pale, but I gave him iron

just to be safe. He was pretty bright and alert."

The little squirrel will continue to be bottle-fed for several weeks until he graduates to soaked monkey biscuits, which are nutritionally-balanced wafers of sorts that were originally designed for captive primates. Once he's able to eat on his own, the squirrel will be transferred to an outdoor enclosure on CROW's campus where he will learn to run and climb. Once he is old enough to survive on his own, he will be released.

If you find a sick or injured wild bird, mammal or reptile, please contact CROW at 472-3644. If you are unable

to bring the animal to the Sanibel clinic, you may be directed to one of nine domestic veterinarian clinics in Lee County that have generously offered to serve as drop-off facilities. CROW has a specially-equipped van that can be dispatched to these clinics for patient pick-up.

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



Boy Scout Troop 4 from Cape Coral had a picnic lunch on the Sanibel Causeway following last year's Coastal Cleanup. This year's cleanup will be held on September 19.

photo by Jeff Lysiak

## Coastal Cleanup Returning Next Weekend

by Jeff Lysiak

According to the Ocean Conservancy, it will take approximately three months for a wax milk carton to decompose in the water. A plastic bag will take between 10 and 20 years to break down, while a styrofoam cup will take up to 50 years to decompose.

Other decomposition rates of marine debris:

- Aluminum cans = 80 to 200 years
- Plastic beverage bottles = 450 years
- Monofilament fishing line = 600 years

As unsightly as it may be for people to see this garbage littering our beaches,

imagine how the creatures living in the ocean feel about human-made waste.

Next Saturday, September 19, the Sanibel-Captiva Conservation Foundation (SCCF) invites island residents and visitors of all ages to participate in an international volunteer effort to rid our coastlines and waterways of marine litter, pollution and debris.

Last year in Lee County, Coastal Cleanup volunteers gathered 8,601 pounds of trash. Worldwide in 2014, more than 560,000 volunteers picked up 16 million pounds of refuse. Cigarettes and food wrappers topped the list of debris found, with plastic bottles coming in third.

On that day from 9 a.m. to noon, volunteers worldwide remove millions of pounds of coastal trash that can hurt local economies, injure and kill marine wildlife and choke the ocean environment. SCCF's partner in the Ocean Conservancy's

29th annual Coastal Cleanup is Keep Lee County Beautiful.

Dee Serage-Century, SCCF's Landscaping For Wildlife educator and local Coastal Cleanup coordinator, between 150 and 200 volunteers took part in last year's effort. She is hoping just as many – if not more – people turn out for Saturday's cleanup.

"We're always looking for families to come out with their kids, who can get some community service hours for school," said Serage-Century. We've got a lot of groups who have already been assigned their cleanup locations, too."

Friends, families, neighbors, co-workers and church groups are encouraged to come to the SCCF Nature Center, located at 3333 Sanibel-Captiva Road, on September 19 at 9 a.m. to check in and pick up their Coastal Cleanup data cards and trash bags. Participants are asked to

bring their own water to reduce the use of plastic water bottles. Also, please bring your own work gloves to reduce the use of the plastic gloves that will be available.

"Actually, you don't have to do your pick up between 9 a.m. and noon on the day of the Coastal Cleanup," added Serage-Century. "You can do it at low tide the night before when it's cooler or earlier in the morning on cleanup day. Then, you can come by later and have lunch with us."

Lunch and snacks on the SCCF Nature Center's porch will be available from 10 a.m. until noon as well as a dumpster to deposit collected trash. Participants should fill out their data cards and turn them in at SCCF.

If you have any questions, want to reserve your favorite "cleanup" spot, or get your data cards ahead of time, call Serage-Century at 472-2329.





Fragrant spikesedge is common in moist lawns

photos by Gerri Reaves

#### Plant Smart

## Fragrant Spikesedge

by Gerri Reaves

Fragrant spikesedge (*Kyllinga odorata*) is a common native wildflower that typically crops up in lawns and even among other weeds.

Some gardeners welcome it to their yards, but others condemn it as a turf-grass weed. It is also called annual kylling.

This perennial sedge is very similar to a non-native sedge, shortleaf spikesedge (*Kyllinga brevifolia*), which has become a problem weed in parts of the United States, including Florida.

The non-native's seedhead, however, is smaller, globular and green versus the native's egg- or thimble-shaped whitish green one.

Fragrant spikesedge creates a shallow fibrous root system that forms mats or clumps of dark green aromatic foliage that reaches up to six inches high.

It spreads via root-like underground stems and thrives on moisture and sun,



It is recognizable for three to four linear leaves and a spikey seedhead

and thus in over-watered lawns. Once it's established, ridding an area of it can be difficult.

The plant's most notable characteristics are the three to four spikey leaves below the seedhead, which somewhat resembles a tiny pine cone of less than a half-inch in diameter. The seedhead darkens to brown when it matures.

The many flowers produced in the spike are too small to see with the naked eye.

The plant's fruit is a small achene, dry, hard and one-seeded.

Sources: [edis.ifas.ufl.edu](http://edis.ifas.ufl.edu), [ipm.ucdavis.edu](http://ipm.ucdavis.edu), [wildflower.org](http://wildflower.org), [wplawinc.com](http://wplawinc.com), and [ww2.valdosta.edu](http://ww2.valdosta.edu).

Plant Smart explores the diverse flora of South Florida.✧

## FWC Passes New Stone Crab Trap Regulations

At its September meeting in Fort Lauderdale, the Florida Fish and Wildlife Conservation Commission (FWC) amended its stone crab trap regulations for stone crab traps used in Collier, Monroe and Miami-Dade counties.

Beginning this year's stone crab season, the use of round entrances (also known as throats or funnels) will no longer be allowed for stone crab traps used in state or federal waters off these three counties. The changes will also require that the rectangular or rounded rectangular entrances typically used in stone crab traps be no larger than 5 1/2 by 3 1/8 inches at the most narrow portion of the opening.

The changes will bring the gear regulations for these three counties more closely in line with the way the stone crab fishery has traditionally operated in the region and prevent the use of stone crab traps to target lobster. The FWC did not adopt any changes to the allowable size of the overall trap, although that had been considered previously.

The new measures related to configuration of the stone crab trap entrance will be effective on October 5.

For more information on marine fisheries and stone crabs, visit [MyFWC.com/Fishing](http://MyFWC.com/Fishing) and select "Saltwater Fishing."✧

## SCCF Oyster Restoration

submitted by Sarah Bridenbaugh, SCCF Marine Lab Research Assistant

As many of you know, the SCCF Marine Lab recycles oyster shell from three local restaurants: The Fish House, The Timbers, and The Lazy Flamingo II (by the causeway). These restaurants have continued to provide us with shell throughout the summer and since we began recycling shell in October 2014, over 24,000 pounds of shell have been kept out of landfills and will be going back into our bay. We are very excited about this at the lab and wanted to share a small victory with you in the mean time. I hope to have even better news soon!

Again, thank you for your continued support; we truly appreciate every single volunteer that has helped us reach this point. Until we get our permits, keep eating oysters and keep working on those biceps!

For more information about participating in SCCF's Oyster Restoration Project, call the SCCF Marine Lab at 395-4617.✧

## Conservation Group Honors FWC Hunter-Education Leader

The Florida Sportsmen's Conservation Association honored a Florida Fish and Wildlife Conservation Commission (FWC) hunting-education section leader last week for his positive impact on resource conservation.

The FSCA presented its Wildlife and Resource Management Award to Bill Cline, who oversees the FWC's hunter safety/education and public shooting ranges programs. The award, which was presented on September 3 at the FWC Commission meeting, recognizes Cline's commitment to the highest principles of positive public outreach and strong leadership to achieve significant impact for conservation.

"Bill is a true leader of the hunter safety program, with the youth hunt program, and in dealing with other agencies to open shooting ranges throughout the state of Florida," said Todd Hallman, FSCA president.

Cline, an FWC employee since 2004, oversees Florida's hunter safety program, which certifies 12,000 students each year. Cline credits his more than 700 volunteer hunter safety instructors for helping make a safe activity even safer. In addition, Cline also oversees developing and operating FWC public shooting ranges to ensure people have somewhere to safely practice and enjoy target shooting.

Another important effort that has benefitted from Cline's leadership is the Youth Hunting Program in Florida, which provides safe, affordable, mentored youth hunts. Youth accompanied by a parent or guardian can learn new outdoors skills during organized, family-oriented hunts.

"I'm honored to be recognized by Florida Sportsmen's Conservation Association," Cline said. "This group, along with our volunteer landowners, HuntMasters and safety instructors, are making such a big difference in developing the next generation of hunter conservationists. I can't thank them enough for the sacrifices they've made to uphold the future of hunting."

The Florida Sportsmen's Conservation Association was founded in June 1994 by a group of sportsmen who shared a vision for creating a conservation organization that would serve the needs of modern outdoorsmen and their families. The organization's goal is help protect and restore Florida's unique natural resources so generations to follow can enjoy them.

For more information about FWC outdoor skills education:

- Hunter safety program – <http://myfwc.com/hunting/safety-education>
- Youth Hunting Program of Florida – <http://myfwc.com/education/outdoor-skills/youth-hunter/>
- FWC shooting ranges – <http://myfwc.com/hunting/safety-education/shooting-ranges/>✧





Bill Fischer took second place last year with his cormorant photograph

## 'Ding' Days Photo Contest Deadline Nears

Tuesday, September 15 marks the deadline for the 28th annual "Ding" Darling Days Amateur Nature Photography Contest.

The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with the 26th annual "Ding" Darling Days, returning from October 18 to 24.

Complete contest rules are listed below. For an entry form and other contest information, visit [www.dingdarlingsociety.org/photo-contests](http://www.dingdarlingsociety.org/photo-contests). Or contact DDWS at [sarah@dingdarlingsociety.org](mailto:sarah@dingdarlingsociety.org) or 472-1100 ext. 233.

Winners will be announced and awarded prizes at Conservation Art Day on Saturday, October 24, during "Ding" Darling Days.

Entries may be delivered in person to 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 \$25 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 JN "Ding" Darling NWR and have been taken within two years of entry date.

- Photos must be 8x10-inch (or full frame 8x12-inch) with an 11x14-inch 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.

- 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.

- Cash prizes are as follows: 1st Place – \$100; 2nd Place – \$50; 3rd Place – \$25.

DDWS sponsors "Ding" Darling Days with support from Tarpon Bay Explorers, the U.S. Fish & Wildlife Service, and other private and business partners. To

become a friend of the refuge, visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org).

"Ding" Darling Days 2015 sponsors include: Roseate Spoonbill Sponsor – Doc Ford's Sanibel Rum Bar & Grille; Great Egret Sponsors – Wayne and Linda Boyd, George & Wendy's Seafood Grille; Great Blue Heron Sponsors – 97.7 Latino & Juan Radio, Arthur Printing, Bailey's General Store, Mike and Terry Baldwin, Bank of the Islands, *Island Sun*, Jensen's on the Gulf and Marina & Cottages, Jerry's Foods, Mitchell's Sand Castles & Forty/Fifteen Resorts, Ocean's Reach Condominiums, Sanibel Captiva Community Bank, Sanibel Moorings, Spotlight Graphics, Sanibel-Captiva Beach Resorts, Jim and Patty Sprinkle; Reddish Egret Sponsors – Sarah Ashton and Jim Metzler, Big Red Q Quickprint, Casa Ybel Resort, Sally and Rich Ennis, *Florida Weekly*, Glen and Phyllis Gresham, Gulf Breeze Cottages, Painting with a Twist, Ed and Lynn Riddlehoover, Sanibel-Captiva Kiwanis Club, Stewart and Sons Insurance, Inc., West Wind Inn; Snowy Egret Sponsors – Barefoot Charley's Painting Co., John Brennan, Butterfly Estates, The Cedar Chest Fine Jewelry, Charlotte Harbor National Estuary Program (CHNEP), Jerry Edelman and Maryanne Daly, Grounds by Green Ways, Dave Horton, Island Therapy Center, Over Easy Café, Sallie Rich, Sanibel Art & Frame, She Sells Sea Shells, Winston and Barbara Spurgeon, Suncatchers' Dream, Tents 'n' Events.

As a non-profit 501(c)3 organization, DDWS works to support JN "Ding" Darling National Wildlife Refuge's mission of conservation, wildlife and habitat protection, research, and public education through charitable donations and Refuge Nature Shop proceeds.

To support DDWS and the refuge with a tax-deductible gift, visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org) or contact Birgie Miller at 292-0566, 472-1100 ext. 4 or [director@dingdarlingsociety.org](mailto:director@dingdarlingsociety.org). ✨



Participants enjoying hands-on, close-up learning opportunities about local ecosystem.

## Estero Bay Aquatic Preserve Announces Fall Wading Trips

Estero Bay Aquatic Preserve announced a series of Fall Wading Trips, with the first to be held on Wednesday, September 23 from 10 a.m. to noon. Subsequent trips will be held on Tuesday, October 20 from 9 to 11 a.m.; Thursday,

November 12 from 9 to 11 a.m.; and Thursday, December 3 from 9 to 11 a.m. Directions to the wading trip location will be provided upon registration.

Participants will take a refreshing journey into the waters of the bay, wading into mudflats and seagrass beds at low tide to find many of the plants and animals that call this estuary home. Dip and seine nets will be provided for participants to collect organisms such as fish, shrimp, crabs and snails. The organisms will be placed in buckets or magnifiers for attendees to take a closer look and learn how each living creature plays an important role in the ecosystem.

Participants are required to wear closed-toed shoes that can get wet, such as old tennis shoes or diving booties, and a swimsuit or shorts.

Wading trips are free, but advanced registration is required. Call Jackie Langston at 463-3240 to register. For more information, visit [www.dep.state.fl.us/coastal/](http://www.dep.state.fl.us/coastal/). ✨

## MOAA Meeting

Freedom Is Not Free is the topic Brian Boyd, retired special forces officer (Green Berets), will discuss at the Sunday, September 13 meeting of the Calusa Chapter of the Military Officers Association of America. The 9 a.m. meeting will be held at Gulf Coast Village, 1333 Santa Barbara Boulevard in Cape Coral. All military officers and spouses are invited to attend.

The cost for the buffet breakfast is \$10, payable at the door. Reservations are requested and may be made by contacting Dixie Buick at 945-5030. ✨

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Ocean art exhibit will be on display at Rookery Bay Reserve beginning September 26

## Coastal America Partnership's Ocean Art Exhibition To Open

As part of the National Estuaries Day celebration on Saturday, September 26, Rookery Bay Reserve will unveil Coastal America Partnership's Ocean Art Exhibition, a traveling showcase of works that provide a visual expression of the link between society and the ocean.

Sixteen pieces of art, selected from numerous works submitted to Coastal America's biennial North American Ocean Art Contest will be displayed in the art gallery at Rookery Bay Environmental Learning Center. One of the pieces, named *Under The Bubbly Blue*, was submitted by 6-year-old Southwest Florida artist Arundhati Sharma.

The Coastal America Partnership held its first art contest in 2008 and the biennial contest has attracted as many as 2,000 student entries. This year the contest categories were expanded to include one for adults. Winning artists range in age from six to 23 and their pieces include works done in watercolor, colored pencil, acrylic and crayon. The selected artists of the biennial contest represent 11 of the Coastal America Partnership's 25 learning centers, which extend from Florida to Alaska and from Veracruz, Mexico, to the shores of the Great Lakes.

Entrance fees to the exhibit are complimentary on National Estuaries Day. After that, admission is \$5 for adults, \$3 for kids ages 6 to 12 and free for members of Rookery Bay Reserve. The exhibit runs through November 17.

For more information, visit [www.rookerybay.org](http://www.rookerybay.org) or call 530-5940. ✱

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## Songwriter Fest Begins Next Week

The 2nd annual Island Hopper Songwriter Fest promises more talent, more free performances and more venues for music fans.

The line-up, which includes some of Nashville's biggest hit-makers, boasts more than 70 performers and 138 performances at 24 venues throughout the islands of Lee County.

Four headliners have been added to the 10-day festival including Kristian Bush, who built his reputation as one half of the multi-platinum, Grammy-winning country duo Sugarland. Other talents include Parmalee, a country/rock group made famous by its No. 1 smash *Carolina* and single *Musta Had A Good Time*. Jana Kramer, a country singer and actress on *One Tree Hill*, will sing her smash single *Why Ya Wanna*. LOCASH, with songs such as *Keep in Mind* and *Best Seat in the House*, will also perform.

"Island Hopper is an exciting festival that showcases great talent and a great destination," said Tamara Pigott, executive director of the Lee County Visitor & Convention Bureau "It's a rare event that offers fans the chance to hear their favorite songs and meet the people who wrote them."

The festival kicks off September 17 with Kristian Bush in concert at South Seas Island Resort on Captiva Island. Downtown Fort Myers, which is new to the festival, will feature midweek performances. The festival closes the weekend of September 25 to 27 on Fort Myers Beach.

The festival features free performances, with the exception of \$15 tickets for Kristian Bush and Jana Kramer. Parmalee offers a free show, but tickets must be secured at the same link available to purchase tickets. All other shows do not need secured tickets. Seats are on a first-come basis until the venue is full.

Island Hopper is presented by the Lee County Visitor & Convention Bureau, iHeartMedia, Cat Country 107.1 and BMI, the largest music rights organization in the U.S.

Visit [www.islandhopperfest.com](http://www.islandhopperfest.com) for more information, to book tickets and view the list of artists, performance schedules and venues. Special Island Hopper lodging packages are also available. ✱



From page 1

### Kickoff Party

and Saturday, October 24 at The Hyatt Regency Coconut Point Resort & Spa in Bonita Springs. Participants are asked to raise a minimum of \$1,200 to support The Heights Center's School Success program for at risk children in the Harlem Heights neighborhood.

"Over The Edge gives participants the opportunity to make a positive impact in our community in exchange for the experience of a lifetime," said Kathryn Kelly, president and CEO of The Heights Foundation. "The poverty rate for children in Harlem Heights is more than twice the county average. The goal of our School Success program is to ensure our kids have the necessary support and tools to succeed in school."

The first 80 individuals who raise a minimum of \$1,200 have the opportunity to rappel down The Hyatt. Participants can form teams with co-workers, friends or family, or combine efforts and "Toss Their Boss" Over The Edge. The fundraising minimum can be raised through any combination of donations. Online pages are available for registration to ensure safe and secure transactions.

Sponsorships that include VIP benefits including preferred spots to go Over The Edge and admission to the Friday night VIP Altitude Adjustment Party are also available.

Local celebrities and media personali-

ties will rappel on Friday, October 23 and the main event will take place on Saturday, October 24. Spectators are invited. The Hyatt Regency Coconut Point is located at 5001 Coconut Road in Bonita Springs.

For sponsorship information, to register or to donate to a rappeller, visit [www.heights-overtheedge.com](http://www.heights-overtheedge.com) or call 482-7706. ✱

From page 1

### Racing For Rotary

endurance races held on paved road race courses across North America. The races range in length from six to 38 hours. The name is a parody of Champ Car, a defunct open wheel professional racing series. Races are sanctioned throughout the United States, as well as in Canada and Mexico. Teams are encouraged, but not required, to come up with a theme and decorate their cars.

The Rotary Club of Cape Coral, Florida is a not-for-profit organization of approximately 75 men and women who meet for breakfast at 8 a.m. every Wednesday at the La Venezia Ballroom in Cape Coral, to enjoy fellowship and a meal, to hear an informative program and to discuss and plan service projects. During its 40-plus year history, the Rotary Club of Cape Coral has counted among its members many of the Lee County area's most influential business and professional leaders. ✱



## Film Festival Kicks Off New Season At Davis Art Center

The Sidney & Berne Davis Art Center is excited to begin the Fort Myers Film Festival's popular TGIM film screening series, the first Monday of each month starting on September 7.

TGIM features short independent films being considered for the sixth annual Fort Myers Film Festival. Doors open at 6:30 p.m.; films will be presented at 7 p.m. Tickets are \$10 for adults and \$8 for seniors and students. The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers.

TGIM Indie Movie Monday's is a fun and interactive film viewing, including celebrity guest judges who critique the films and a chance for the audience to be a part of the programming selection for the short films category in the Fort Myers Film Festival's April 7 to 10, 2016 programming. The evening also provides independent music and comedy with audience interaction.

The featured celebrity guest judges on Monday September 7 will be Terry Tincher, Tincture Gallery owner, fashion designer Kariza, Ask An Expert radio host Tom Conwell and FMFF programming director Toni Gonzales. The entertainment will include musical guest Gabrielle Macafee, and stand-up comedy by legendary swing dancer and film star Norma Miller. TGIM is lead and hosted by Eric Raddatz and co-host Melissa DeHaven.

The Fort Myers Film Festival is an intelligent independent filmmaker's preferred event to create, unite and showcase the finest artistic cinematic works. The Fort Myers Film Festival is known for world-class swagger and support of local filmmakers. The



Eric Raddatz and Melissa DeHaven  
photo by Chris Jovaz

## Teddy Bears Wanted For 9th Annual Festival Of Trees

Join Goodwill Industries of Southwest Florida, Inc. in collecting new, stuffed teddy bears to decorate the A Very Beary Christmas tree as part of the ninth annual Festival of Trees. The nine-foot tree has been a staple of the organization's annual event since its inception in 2006.

Comprised of bears donated by the community, the tree is one of many beautifully decorated trees that are auctioned off at the festival's signature event, the Tux & Trees Gala on December 5. Auction guests gather around this special tree to raise money for The Southwest Florida Goodwill Foundation. The tree is then traditionally donated to a children's hospital.

"Last year, we had over 500 teddy bears donated," said Madison Mitchell, spokesperson at Goodwill. "We hope to reach that number again this year with the support of individuals and businesses in the community."

Goodwill's goal is to collect the bears by November 20, in time for the start of the Festival of Trees, which is held at the Sidney & Berne Davis Art Center in December.

"We encourage local businesses to hold mini-bear drives of their own," added Mitchell. "To see the faces of the children and families that come through the festival and see the bear tree... it's magical."

Those interested in donating to the drive may drop their teddy bears off at the Goodwill Boutique on First, 2401 First Street in Fort Myers, or call 995-2106 ext. 2213.

If you are interested in hosting a teddy bear drive, contact Madison Mitchell at 995-2106 ext. 2213 or [MadisonMitchell@goodwillswfl.org](mailto:MadisonMitchell@goodwillswfl.org). For more information on the Festival of Trees and Tux & Trees Gala, visit [www.tuxandtrees.com](http://www.tuxandtrees.com).

Last year's Festival and Gala raised \$90,000 to support The Southwest Florida Goodwill Foundation, which provides long-term financial support to programs and services of Goodwill Industries of Southwest Florida.

For more information, visit [www.goodwillswfl.org](http://www.goodwillswfl.org).



Teddy bears are wanted by Goodwill

event has featured hundreds of local filmmakers and is a must attend for cineasts who love independent film and film festivals. The Fort Myers Film Festival was awarded the prestigious 2015 Chrysalis Award for Cultural Achievement.

For more information, go to [www.sbdac.com](http://www.sbdac.com), [www.fortmyersfilmfestival.com](http://www.fortmyersfilmfestival.com) or join [www.facebook.com/fortmyersfilmfestival](https://www.facebook.com/fortmyersfilmfestival) for updates and events. ✨

## FGCU Alumni Association Raises Funds For Scholarships

Florida Gulf Coast University's Alumni Association will host the 9th annual Dollars for FGCU Scholars fundraiser from 4 to 6 p.m. Saturday, September 12 at HeadPinz Entertainment Center in Fort Myers.

The public is invited to join FGCU alumni, faculty, staff and friends of the university for an afternoon of bowling. Last year's sold-out event raised \$15,000 for student scholarships.

"It has been exciting and rewarding to watch this event grow over the years," said Kimberly Wallace, director of alumni relations. "We are thrilled to support scholarships while providing an entertaining opportunity for our alumni and friends to reconnect."

The evening includes two hours of bowling, food and beverages.

Guests can also participate in a silent auction. Items up for bid include a two-night stay at the DiamondHead Beach Resort & Spa on Fort Myers Beach, a baseball autographed by Chicago White Sox ace and former Eagle standout Chris Sale and a four-course chef's dinner and wine tour at Fleming's Prime Steakhouse and Wine Bar. Prizes also will be awarded to bowling competitors in three categories: Most Spirited Team, Top Turkey and Top Bowler. All proceeds benefit the Alumni Association Scholarship Fund, which assists deserving FGCU students with the cost of tuition.

Lane sponsorships are available at \$350. Individual registration is \$30 for adults, \$15 for children 7 and younger, and includes shoe rental. VIP lane upgrades, which include special accommodations, private lane-side bar service and snacks, are available for \$40.

For more information, call assistant director of programs, Angela Kunkle, at 745-4343 or register online at [alumni.fgcu.edu](http://alumni.fgcu.edu).

be a part of

# HISTORY

Join Susan G. Komen and Partners for Breast Cancer Care at Jet Blue Park in Fort Myers for this inaugural event as we attempt to set the NATIONAL RECORD for the Largest Human Pink Ribbon in the United States!

**WHEN: Saturday, October 17**  
**WHERE: Jet Blue Park**  
**TIME: 9 AM-11 AM**

We will be forming the human ribbon holding uniform pink umbrellas. Each \$20 donation will receive one umbrella for you to keep. Up to 2 people can stand under one single pink umbrella.

**rain or shine**

To find out how to get your pink umbrella, visit:  
[komenswfl.org](http://komenswfl.org) | 239.498.0016  
[pfbcc.org](http://pfbcc.org) | 239.454.8583



## Lexington Country Club Cares 5K Race Benefits Breast Health Centers

Lexington Country Club and The Fort Myers Track Club are teaming up to present the Lexington Cares 5K to help patients who receive care from the Regional Cancer Center's Breast Health Centers.

This year's 5K Run/Walk and 1-mile Fun Walk take place on Saturday, October 3 at Lexington Country Club, with a start time of 7:30 a.m. Lexington Country Club is located at 16257 Willowcrest Way in Fort Myers. Since the race's inception in 2009, the event has raised over \$100,000.

Pre-registration, with discount, for the race is currently open. Online registration is available through October 2 at 5 p.m. by visiting [www.ftmyerstrackclub.com](http://www.ftmyerstrackclub.com), while pre-registration by mail must be post-marked by September 26. Register in person at the Lexington Country Club Clubhouse through October 2 at 5 p.m. Race day registration begins at 6:30 a.m.

Individual adult entry fee is \$25 through September 10; \$30 from September 11 through October 2, and \$35 the day of the race. Children, age 12 and under, are \$20 through September 10, \$25 from September 11 through October 2, and \$30 on race day.

Packet pickup, free T-shirt and race number distribution is set for Friday, October 2 from noon to 5 p.m., at Lexington's Administration Office. Shirts are guaranteed only to those registered by September 10.

The certified race begins and ends at the Lexington Country Club Clubhouse. Awards will follow the race with results posted later in the day at [www.ftmyerstrackclub.com](http://www.ftmyerstrackclub.com). Awards will be made to overall male and female: Overall, Masters, Grand Masters, Senior Grand Masters and to males and females in the following age group categories, three deep: 12 and under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 and up.

The race will be held rain or shine; no refunds, please. Due to the nature of the course and for the safety of all participants, unauthorized vehicles, bicycles, roller blades, skates, heelies, skateboards, strollers and pets are strictly prohibited. Hot and humid conditions may exist; participants are advised to drink plenty of fluids before

and after the race.

All participants are invited to a complimentary pancake breakfast buffet following the race in recognition of their support of the event and the Regional Cancer Center's Breast Health Centers.

Learn more and register online at [www.ftmyerstrackclub.com](http://www.ftmyerstrackclub.com). Call Lexington Country Club at 437-0404 for additional details, or contact Sally Wilson, Lee Memorial Health System Foundation, at 343-6057 or [Sally.Wilson@LeeMemorial.org](mailto:Sally.Wilson@LeeMemorial.org).

## Family Health Forum

Lee Memorial Health System is participating in the annual Omega Family Health Forum on Saturday, September 12 from 9 a.m. to noon at Dunbar High School, 3800 E. Edison Avenue in Fort Myers. Bring the whole family, as this health fair has something for men, women and children of all ages. Meet Major League Baseball Hall of Famer Lou Brock. Brock was diagnosed with type 2 diabetes one day after his 60th birthday. He will share his story to demonstrate to others living with diabetes that with the proper diet, exercise and blood glucose management, you can successfully integrate diabetes management into your life and ambitions.

"We truly have something for everyone, from children's health to flu shots and screenings for adults," said Karen Krieger, director of community affairs for Lee Memorial Health System. "It's important to get regular screenings to detect life-threatening conditions like high blood pressure and diabetes that can have no obvious symptoms. Lives have been saved at these events and we are excited to be out in the community and working to help families improve their health."

This free community event is focused on health awareness and prevention through various screenings and education including:

- Children's health
- Children's dental services
- Women's health
- Asthma
- Diabetes
- Blood pressure
- Sleep disorders
- Smoking cessation programs
- Sexually transmitted disease (STD) testing
- HIV testing

The forum will also offer the chance to get your annual health screenings for prostate, breast and colon cancers. Flu vaccines will be available for adults.

Kid Care representatives will be on hand to help families apply for affordable health care insurance for their children.

The Harry Chapin Food Bank will also be distributing groceries. Bring reusable shopping bags or a box to carry the food.

For more information, call 424-2233.

## Every Day Is Falls Prevention Day At Hope HealthCare Services

Mostly everyone has heard of Tai Chi, an ancient Chinese tradition that today is practiced as a graceful form of exercise involving a series of simple, continuous, rhythmic and functional movements performed in a slow, focused manner accompanied by deep breathing. Research has proven that with regular practice, Tai Chi can improve functional balance and the performance of daily activities and reduce the risk of falling.

According to the Centers for Disease Control and Prevention, millions of adults aged 65 and older fall each year and suffer injuries ranging from hip fractures to head trauma. Falls often result in a loss of independence and a decline in health. In 2013, about 25,500 older adults died from fall injuries.

While September 23 is officially Falls Prevention Day, Hope HealthCare Services recognizes the importance of balance all year long by offering Tai Chi classes through the Hope Parkinson Program. Participants find that practicing Tai Chi helps improve balance, gait, walking ability and coordination by developing lower extremity muscle strength in those with Parkinson's.

People over 60 years of age who would like to work on their balance are invited to attend Hope Parkinson Program's weekly Tai Chi Open Practice Classes held Mondays at 3 p.m. in the Hope Cape Community Room, and Wednesdays at 2:30 p.m. at Hope HealthPark Community Room. There is no cost to attend, and no RSVP is required.

Hope Parkinson Program participants can enroll in a new Tai Chi class with modified moves to accommodate those with mobility issues. EZ Seated Tai Chi combines the benefits of a traditional Tai Chi class with the safety of a chair. The six-week workshop is offered Wednesday afternoons from October 14 through November 18 in the Hope HealthPark Community Room from 1 to 2 p.m. Pre-registration is required. To learn more, call 985-7727 or email [Michelle.Martin@HopeHCS.org](mailto:Michelle.Martin@HopeHCS.org).

Hope's Tai Chi workshops are designed around an evidenced-based falls prevention program developed by the Oregon Research Institute and recommended by the Centers for Disease Control, the National Council on Aging, and the Administration on Aging.

To learn more about Hope HealthCare Services programs, including Hope Parkinson Program, Hope Hospice, Hope Kids Care, Hope PACE (Program of All-Inclusive Care for the Elderly), Hope Palliative Care, Hope Visiting Nurses and other home care services, call 482-4673 or visit [www.HopeHCS.org](http://www.HopeHCS.org).



## Fit For The Cure Celebrates 15th Anniversary

This season, in celebration of the 15th anniversary of Fit For The Cure, Wacoal has begun a new initiative inspiring women everywhere to get fit. Wacoal will donate an extra \$1 for each woman who photographs themselves following their fitting with a special "I Got Fit" sign and shares on social media using #IGotFit.

For every woman that participates, Wacoal will donate \$2 to Susan G. Komen for breast cancer research and community health programs. Wacoal will donate an additional \$2 for every Wacoal bra, shapewear piece or b.tempt'd bra purchased at these events.

The local Fit For The Cure event will be held on Friday, September 18 from 10 a.m. to 8 p.m. at Belk located at the Gulf Coast Town Center, 10069 Gulf Center Drive in Fort Myers. Call 415-1015 for additional information.

For 15 years, Wacoal has dedicated its efforts to educating more than 741,000

women across 411 cities about the importance of bra fit, foundation and overall breast health. To date, through Fit For The Cure, Wacoal has donated over \$4 million to Susan G. Komen and continues to host more than 1,200 events across America each year.

Giving back is a major component of Wacoal's business philosophy and an important factor in the growth of the brand. In 2015, Wacoal will reach two major milestones: 30 years of making women look and feel good and 15 years of raising awareness through Fit For The Cure.

To advertise in  
*The River Weekly News*  
Call 415-7732



# Women In Business Non-Profit Expo



Erin Croop, Connie Ramos-Williams, Rebekah Pray and Kelly Caldwell

On September 2, the Greater Fort Myers Chamber of Commerce Women In Business held its non-profit expo at the United Way of Lee, Hendry, Glades and Okeechobee counties. Twenty non-profit organizations were present to share information about their organization to local professionals while networking.✱



Theresa Ayers and Erica Castner



Phyllis Ershowsky and Maryanne Preston



Jessica Clark, Julie Harmon and Erin Croop



Angela Katz, Hannah Pelle, Darla Betzer and Erika Hilliard



Kat Allbright, Vilma Schwarz, Stefanie Ink-Edwards and Lora Ulrich



Erin Croop, Dr. Dorothy Taylor, Salvatore Mortilla and Donna Lafreniere



Kim Regets, Heather Mangan, Jennifer Pierce and Kelsey Balmer



# Goodell, NFL Smacked Down By The Courts For The Fifth Straight Time



by Ed Frank

Serena Williams vie for a record-breaking tennis grand slam; Tim Tebow's failure to land a comeback job with the Philadelphia Eagles; Tom Brady's legal victory over the National Football League in the so-called "deflate gate."

These were three top sports stories of the week, but let's examine in some detail the complicated legalize of the Brady affair that once again brought embarrassment to the NFL just as the 2015 season was about to begin.

A federal judge wiped out the four-game suspension of Brady in a stinging, 40-page rebuke of the NFL and Commissioner Roger Goodell. It was Goodell who acted as both prosecutor and arbitrator against Brady for his alleged role in the football-deflating scheme.

Brady had insisted he played no role in any decision to deflate footballs below the allowable limit in last season's AFC championship game between Brady's New England Patriots and the Indianapolis Colts.

We all know how difficult it often is to decipher the legalize of a court opinion. And U.S. District Judge Richard M. Berman's ruling certainly lived up to that dilemma.

But wading through his opinion, he said Goodell's handling of the case was "fundamentally unfair" and counter to collective bargaining provisions.

Although the judge didn't actually rule whether Brady participated in the "deflate gate" scandal, instead he threw out the quarterback's suspension because the procedure that resulted in the penalty was unfair and illegal.

The National Football League is the only professional sport where the commissioner, after dealing out a suspension, also acts as the arbitrator to hear the appeal of the penalties he has imposed.

In professional baseball, for example, an independent arbitrator is retained to act upon an appeal.

The NFL said it will appeal the Brady case to a higher court. It's likely, however, that Judge Berman's ruling will stand, resulting in a fundamental change in the way the league punishes players.

You would think that Goodell and his cohorts would have learned a lesson as the Brady case is the fifth recent appeal they have lost in court. They are:

**Bountygate:** Four players' suspensions were voided after the court found it was a coach that instituted the cash-for-hits "bounty."

**Ray Rice:** First suspended for two games for an assault on his fiancée, the commissioner later increased Rice's penalty to an indefinite suspension. A federal judge ruled that Goodell's failure to understand the severity of the assault was not a valid reason to increase the penalty.

**Adrian Peterson:** He was suspended indefinitely for disciplining his son by hitting him with a tree branch. The court ruled that Goodell could not invoke a penalty rule in

August for an incident that occurred the previous May.

**Greg Hardy:** Suspended for 10 games for an attack on his ex-girlfriend. A judge reduced the suspension to four games when the woman could not be located to testify. Hardy may appeal the four-game suspension in light of the Brady case.

Undoubtedly, we have not heard the last of this embarrassing situation for the NFL. One thing that is certain, however, the mess almost certainly will not affect the interest and attendance for the 2015 season.

## Miracle Set Attendance Record

The Fort Myers Miracle baseball team, although failing to reach the post-season playoffs, set a new attendance record for the 2015 season that ended last weekend.

The Miracle drew 133,817 fans, surpassing the previous record of 124,749 in 2008. It was the third highest attendance in the 12-team Florida State League.

Fort Myers finished the season with an overall record of 76-63, the best in the FSL South Division.

Two Miracle members received post-season honors. Catcher-utility player Alex Swim was named to the league's post-season All-Star Team. He was the Miracle's top hitter with a .311 batting average in 85 games.

Manager Jeff Smith was selected as a coach for the All-Star Team.✧

## Registration Now Open For Rookery Bay Adventure Race

The Friends of Rookery Bay Adventure Race, scheduled for Saturday, November 21 at 8 a.m., includes a 3K kayak route along Henderson Creek and a 4K trail run at the Rookery Bay Environmental Learning Center, located at 300 Tower Road in Naples. New this year is a 5K trail run-only category. Proceeds benefit the Friends of Rookery Bay.

All participants will receive a T-shirt (sizes guaranteed if registered before October 31), post-race refreshments, Rookery Bay Reserve water bottle, free admission to the Environmental Learning Center and entry for door prizes. Awards will be presented to the top finishers in each category: men, women, relays, tandem teams and surf-skis.

The race is presented by Up A Creek Kayak Tours and benefits Friends of Rookery Bay, with support from Florida Fish and Wildlife Conservation Commission. For more information, visit [www.rookerybay.org](http://www.rookerybay.org). ✧

## Water Ball Classic To Benefit Harry Chapin Food Bank

Dry Zone, a local fire and water cleanup and restoration business, will host the 3rd annual Water Ball Classic Charity Golf Event on Friday, October 2 at West Bay Club in Estero. The golf tournament will benefit the Harry Chapin Food Bank of Southwest Florida.

The entry for each player is \$100, which includes cart and green fees, two beverages on the course, and a score-board party following the tournament. Registration will begin at 8 a.m., with a shotgun start at 9 a.m.

All proceeds will benefit the Harry Chapin Food Bank. Non-perishable food items will also be collected prior to the tournament.

The golf tournament is sponsored by

Elias Brothers Group-Contracting Division and Sherwin Williams. Other sponsorship opportunities are available.

"We're proud to be part of this community, and this is just a small way to give back after so much has been given to us," said Shannon O'Neill of Dry Zone. "The Harry Chapin Food Bank is a great cause, and we're thrilled to have a chance to support it."

The Harry Chapin Food Bank solicits, collects and stores quality food for distribution to families in need through a network of 150 nonprofit agencies in Lee, Collier, Hendry, Charlotte and Glades counties that provide food to more than 30,000 people monthly. Over 1 million pounds of food are distributed by the Harry Chapin Food Bank monthly. For each \$1 donated, the food bank can distribute \$6 worth of food and groceries.

Registration and payment may be made by sending checks, payable to Dry Zone Inc., 3960 Radio Road, Suite 202, Naples, FL 34104.

For more information about the event, contact Shannon O'Neill at 643-1990.✧

## Bank Introduces New Mobile App

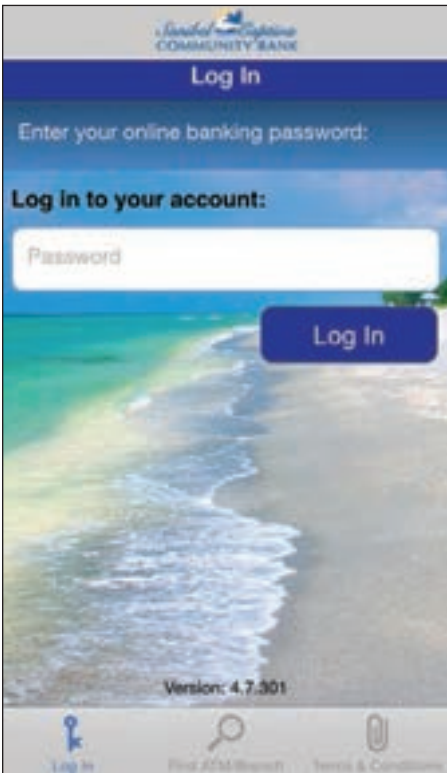
Sanibel Captiva Community Bank has introduced a mobile banking app for the convenience of its customers.

The app lets customers use mobile devices to check account balances and transactions, make deposits, transfer funds between accounts, locate ATMs and bank locations, and make payments through Bill Pay or Popmoney, which lets customers send, request and receive money with just about anyone online.

"The ability to bank on the go makes life easier for our busy customers," said President and CEO Craig Albert. "Our banking app is fast, secure and easy to use, and because we are locally owned and operated, we can adjust deposit limits and make other changes for our customers."

The app is available for Apple and Android devices at no charge.

To learn more, visit [www.sancapbank.com](http://www.sancapbank.com).✧



Mobile banking app introduced by Sanibel Captiva Community Bank

Share your community news with us.  
Call 415-7732, Fax: 415-7702  
or email [press@riverweekly.com](mailto:press@riverweekly.com)



## School Smart



by Shelley M. Greggs, NCSPP

**Dear Shelley,** I am having a difficult time after the summer break to get my 7- and 9-year-old children to focus and pay attention to their homework.

What can I do to help them?

*Kerri H., Sanibel*

**Kerri,**

Going back to school after a long summer, with fewer requirements or the need to focus and pay attention, is difficult. All of us need to learn how to focus when we learn new material or study something complicated.

Dr. Lori Desautels, assistant professor in the School of Education at Marian University, recommends that we teach children to use "brain breaks" and focused attention practices for learning. She says that these techniques "refocus our neural circuitry with either stimulating or quieting practices that generate increased activity in the prefrontal cortex, where problem solving and emotional regulation occur.

Dr. Desautels describes a brain break as a short period of time when we

change up the dull routine of incoming information that arrives via predictable, tedious, well-worn roadways. Our brains are wired for novelty because we pay attention to any and every stimulus in our environment that feels threatening or out of the ordinary.

When we take a brain break, it refreshes our thinking and helps us discover another solution to a problem or see a situation through a different lens. Below are some ideas that will provide a brain break and invigorate your children's thinking processes:

- Pick any object out of your kitchen junk drawer and ask your children to come up with two ways to use this object other than for its normal uses. They can write or draw their responses and then share their ideas.

- Movement is critical to learning. Have your children stand and blink with the right eye while snapping the fingers of their left hand. Repeat this with the left eye and right hand. This sounds simple, but it isn't.

- Taking turns, ask your children to draw a picture in the air while their sibling guesses what it is. You could give them categories such as foods, places, or other ways to narrow the guessing.

- This is one of my favorite techniques and can be done anywhere. Have one of your children begin to tell a story for one minute. Make sure someone is timing the speaker. Then have the next person add

on for one minute and then the have the last person complete the story with a silly ending. Kids love this activity.

Dr. Desautels also says that brain breaks need to be paired with focused attentions practices for maximum learning. She describes this practice as brain exercise for quieting the thousands of thoughts that distract and frustrate us each day. Research repeatedly shows that quieting our minds awakens our parasympathetic nervous system, reducing heart rate and blood pressure while enhancing our coping strategies to effectively handle the frustrations. Our thinking improves and our emotions begin to regulate so that we can approach an experience more successfully.

Below are some of her suggestions. For the following practices, the goal is to start with 60 to 90 seconds and build to one to five minutes:

- Visualize colors while focusing on the breath. Inhale a deep green, and exhale a smoky gray. Have the children imagine the colors as swirling and alive with each inhale. If your child is de-escalating from an angry moment, the color red is a great color to exhale.

- For younger children, direct them to stand and, as they inhale, lift an arm or leg and wiggle it, exhaling it back to its original position. For younger grades beginning these focused-attention practices, it's good to include an inhale and exhale with any type of movement.

- Direct the children to inhale for four counts, hold for four, and exhale slowly for four counts. You can increase the holding of breath by a few seconds once the children find the rhythm of the exercise.

These exercises may seem a bit unusual initially but my experiences say they will bring you the desired results of better focus and attention for your children.

*Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.✱*

## Gisburne Honored At CMU

Jamie Gisburne, a communication studies major from Fort Myers, was among several students at Central Methodist University to receive awards during the annual Opening Convocation ceremony held on campus in Fayette, Missouri on August 27. Gisburne was awarded the E. E. Rich Award, given to the female student judged most outstanding in scholarship and leadership.✱

Doctor and Dietitian

## Swimmer's Shoulder



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

Floridians spend numerous summer hours enjoying recreational or competitive swimming at our beautiful beaches and refreshing pools. Swimming is a fantastic sport that combines strength, flexibility and endurance. The biomechanics of the strokes used in swimming, however, can unfortunately lead to shoulder pain. In fact, about 90 percent of musculoskeletal problems of swimmers relate to the shoulders.

One of the most common shoulder injuries among swimmers is Swimmer's Shoulder. Increased training intensity, overuse, incorrect stroke mechanics and shoulder instability all play a role in the development of Swimmer's Shoulder. Swimmers, by the very nature of their sport, develop muscle imbalances and have loose ligaments and tendons in the shoulder compared to the average per-

son. The close swimming motion of the arm to the body may also compromise blood supply to the rotator cuff tendons. With repetition, the tendon becomes injured and unable to support the joint adequately, becoming unstable and allowing for too much movement in the joint. Combined with overuse and poor technique, the irritation and impingement known as Swimmer's Shoulder develops. The instability must be corrected or it can lead to glenoid labrum tears, impingement syndrome, and eventual surgery.

Treatment can involve land-based exercise and core strengthening, analysis of technique and training methods to alternate and improve stroke styles to enhance recovery and prevent the issue from reoccurring, as well as addressing the ligament and tendon weakness in the shoulder. The swimmer who has shoulder pain for more than two months, very likely has an injured ligament or tendon.

When the pain does not go away, regenerative treatment such as Prolotherapy, can be sought to correct the multi-directional instability. Prolotherapy is an injection treatment that initiates the repair cascade in a joint, therefore, strengthening and stabilizing the joint naturally and allowing the swimmer to return to the water.

*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@caringmedical.com.✱*

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## Children's Charities Challenge Inspires Hundreds Of Donations



Golisano Children's Hospital under construction

**L**ee Memorial Health System Foundation thanks the 836 individuals, businesses and organizations who banded together to donate over \$1.3 million to meet the matching challenge issued by SWFL Children's Charities. All gifts support Golisano Children's Hospital of Southwest Florida's capital campaign.

This past May, SWFL Children's Charities committed to match each and every

dollar donated to the capital campaign by July 31, up to a total of \$1.2 million. The organization sponsors the annual Southwest Florida Wine & Food Fest, donating proceeds to local charities with the lion's share directed to Golisano Children's Hospital.

"We're pleased our challenge encouraged other community members to donate over \$1.3 million to help build the new Golisano Children's Hospital," said Elaine Hawkins, president of SWFL Children's Charities. "For donors to come together in this way over the course of just 90 days is phenomenal and a testament to how important this project is to the children of Southwest Florida and their families."

Gifts made through the matching challenge support construction of a new state-of-the-art, 128-bed comprehensive pediatric hospital on the grounds of HealthPark Medical Center in south Fort Myers. The new facility will open in 2017.

"We are truly honored by the many individuals and trusts that rapidly stepped up to help us to meet SWFL Children's Charities' matching challenge," added Jim Nathan, president of Lee Memorial Health System. "We also thank SWFL Children's Charities for playing such a vital role in our journey to build America's newest children's hospital, for their help in generating new contributions to our capital campaign, and of course, for their past generous gifts well in excess of \$10 million."

Prior to the matching challenge, SWFL Children's Charities had already pledged \$10 million to help build the new Golisano Children's Hospital of Southwest Florida. The organization fulfilled that pledge in early May and issued the challenge at that time.

Community groups, businesses, and individuals wishing to make a capital campaign gift to help build the new Golisano Children's Hospital should visit [www.childrenshospitalgoal.org](http://www.childrenshospitalgoal.org) or contact Lee Memorial Health System Foundation at 343-6950.✱

### Financial Focus

## No Secrets To Investment Success



by Jennifer Basey

**M**any people look for the "secrets" to investment success. Is it timing the market just right? Is it finding those hot stocks or getting in on the "ground floor" of the next big thing?

Actually, these types of moves have little relevance to the vast majority of investors – even the most successful ones. So let's take a look at some steps you can take that can be effective in helping you work toward your financial goals.

- It's time in the market, not market timing. Some investors think they can succeed at "market timing" – buying when the price is low and selling when the price is high. And this would indeed be a good strategy if they could predict highs and lows. No one can accurately forecast these peaks and valleys, though. So, instead of ducking in and out of the market in a vain attempt to catch the highs and lows, simply stay invested. The more time you spend in the market, the lesser the impact you're likely to feel from short-term price swings. And if you're always invested, you'll always be in a position to benefit from the next market rally.

- It's "buy and hold," not "buy and sell." Even if you aren't trying to time the market, you may be tempted to buy and sell frequently as you look for new and better opportunities. Yet, this constant buying and selling can be costly. Frequent

trading, with all the additions and subtractions from your portfolio, can make it hard for you to follow a consistent, unified investment strategy. You're better off purchasing quality investments and holding them for the long term, until either your needs change or the investments themselves no longer possess the same attributes they did when you purchased them.

- It's building a strong foundation, not getting in on the "ground floor." Many people regret not being one of the initial investors of a company that has done spectacularly well. But most new companies don't achieve anywhere near that level of success. So, instead of looking for the next big thing on the "ground floor," try to build a strong "foundation" consisting of a mix of quality investments suitable for your risk tolerance, goals and time horizon. This type of investing may not sound glamorous, but a strong foundation is better equipped than a possibly shaky ground floor to withstand the shifting winds of market forces.

- It's cool-headed thinking, not chasing "hot stocks." If you browse the internet or watch one of the investment shows on cable television, you are bound to read or hear about "hot" stocks. But by the time the news reaches you, these stocks may already be cooling off. Even more importantly, they might not be right for your needs in the first place. Instead of chasing after hot stocks, which, by their nature, carry a strong emotional component (namely, the desire for quick, big gains), try to coolly and dispassionately analyze your situation to determine which investments are really most appropriate for your goals.

There really aren't any shortcuts to reaching your desired financial destination. But by taking the slow and steady path, you can work toward getting there.

Jennifer Basey is a financial advisor in Fort Myers. She can be reached at [jennifer.basey@edwardjones.com](mailto:jennifer.basey@edwardjones.com).✱

### AppleJuice

## Using Apple AirDrop – Mac To And From iPad, iPhone And iPod Touch: Part 2



by Carol Rooksby Weidlich, President, SWACKS

**U**sing Apple AirDrop with the Yosemite operating system, you can move files quickly, securely and wirelessly back and forth between nearby (usually

green. To enable Bluetooth it's your next settings option. Again move the slide to green. Make sure AirDrop is enabled by sliding the access to the Control Center from the bottom of your device screen. Tap AirDrop and choose "Contacts Only" or "Everyone." Using the "Off" setting turns AirDrop off.

To transfer a file from your Mac, open AirDrop in the Mac Finder. You should see the devices you can AirDrop to. Drag the file onto the device icon. If you are sending to yourself your transfer will automatically go to your "Downloads" folder. If you are transferring to a device not associated with your iCloud account, the other device will be asked to "Accept" or "Decline" the transfer.

You can also transfer files from the Mac to an iOS device using apps that have "Share" feature built-in. The Share menu can be accessed in the upper right corner of an app and is represented by a square with an upward facing arrow.

Transferring a file from an iOS device to a Mac can be done in any app that supports the Share functionality. Like on the Mac, the Share button brings up a list of options for transfers including AirDrop. For example, sending an image to the Mac from the Photos app can be done by tapping the Share button > AirDrop, and selecting the desired Mac. A prompt to accept the file should then appear on the Mac.

This includes Mac computers with OS X Lion or later installed, and iPhone, iPad and iPod touch devices with iOS 7 or later.

within 25 to 30 feet) Macs and your iOS devices – iPad, iPhone or the iPod Touch.

Today, we'll talk about using AirDrop between your Mac and your Apple devices. To do this, your iOS device needs to have a "Lightning" connector with iOS 7 or later installed and your Mac needs to be a 2012 or later model with OS X Yosemite installed. These devices need to be within 25 to 30 feet of your computer, have AirDrop open, Bluetooth enabled, WiFi turned on and (the most important thing) it needs to be awake and active, not shut down or in sleep mode.

To enable WiFi on your device go to Settings > WiFi and move the slide to

continued on page 23

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dearRPharmacist

## Three Foods To Avoid If You Snore



by Suzy Cohen, RPh

**Dear Pharmacist:** Do you know someone that snores all night? Don't let snoring ruin your relationship or cause sleep deprivation. Snoring may be controllable.

What about your sweet child? How many earaches has he or she been medicated for? I sadly wonder how many children have undergone tonsillectomies due to repeated infections? Maybe those kids could have kept their tonsils and just went off foods that are known to trigger the problem, as well as earaches, respiratory infections and asthma.

Studies point to food allergies or sensitivities as one underlying cause of snoring and a common complication of ear aches for children.

Researchers have tested the theory of food allergies causing something called "adenotonsillar hypertrophy," or ATH. That is the medical term for enlarged adenoids, and adenoids are patches of lymph

tissue near the tonsils in the upper airway.

Adenoids and tonsils are part of the immune system and protect against germs that we swallow or breathe in. From birth to age six, these tissues grow as the immune system develops. They slowly shrink unless there problems. Instead of shrinking, adenoids swell up in response to food allergies, the top three offenders being milk, eggs and cod.

Complications of ATH include chronic ear infections, ear pain, stuffy nose, swollen glands in the neck, snoring and respiratory infections. Children and adults are usually offered antibiotics for these conditions, which almost makes sense unless you find out that the person has a chronic problem, they eat common food allergens or they lack a positive culture.

ATH may be behind the snoring and obstructive sleep apnea. Recent research found allergic inflammation within the glands and tonsils are provoking the swollen tissue. The allergic inflammation was IgG or Type III, which is a delayed response to foods. Basically, the "delayed" immune complexes show up after about three hours, but could take up to two weeks to develop the full allergic response!

Can you test for IgG, IgE or IgA immunoglobulins? Yes you can. It's pretty easy and I will share these special tests in the longer version of this article; just sign up for my free newsletter at [suzycohen.com](http://suzycohen.com)

This is a big deal. The current method of testing can give you false negatives, a false sense of comfort and worse, a nega-

tive result when you are truly positive.

Food intolerances must be identified properly and eliminated to fully relieve the allergic inflammation and swollen tissue. If you deal with chronic snoring, sleep apnea, swollen tonsils or enlarged adenoids you need to tease out the underlying cause. Immune boosting supplements can be helpful, however, nothing you take negates the damage done by food sensitivities. The offending foods have to be

From page 22

## Apple AirDrop

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](http://www.swacks.org).

## Human Pink Ribbon Event

Partners for Breast Cancer Care and Susan G. Komen Southwest Florida will be holding an event to try to set the record for the Largest Human Pink Ribbon on Saturday, October 17 at JetBlue Park, located at 11500 Fenway

removed. The intestinal permeability has to be repaired. The adenoids and tonsils will eventually shank and your breathing will improve, both day and night.

*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](http://www.SuzyCohen.com).*

South Drive in Fort Myers. Gates open at 9 a.m. and event organizers will be taking the aerial group Human Pink Ribbon photo at 10:30 a.m.

With a donation of \$20, you will receive your very own pink umbrella (that you can share with one other person) that allows you to become a vital part of the Human Pink Ribbon and part of history as we attempt to set this record.

Your \$20 donation will not only provide you with a pink umbrella (a necessity for Southwest Florida) but it will also provide our community with breast health screening, diagnostic testing and treatment for underserved women and men.

Parking in the stadium is free for all participating patrons; and although we love them, please refrain from bringing your pets.

All donations will benefit Partners for Breast Cancer Care, Inc. and Susan G. Komen SWFL. Visit [www.pfbcc.org](http://www.pfbcc.org) for more information or to register online, visit [www.komenswfl.org](http://www.komenswfl.org).

## 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 am fed up being treated as if I am an inconvenience at my medical center. I would leave in a flash, but no one else around here takes Medicare. I am not a nuisance, having been there only once in a year.

I called and – after going through all of the hoops on their telephone system – I finally reached a "live one." She asked my name and birth date and then asked "Why do you want to see the doctor... what's wrong with you?" The earliest appointment was in six weeks, and then she said, "If you're not satisfied, call 9-1-1 or go to the hospital emergency."

It is bad enough being old, but being

abused along with it is getting hard to take. Is it like this where you live?

Doris

### Dear Doris,

Medical care is an industry, a very complex industry. To stay in business, medical practices need more revenue coming in than expenses going out. Unfortunately, the strategies for reducing expenses include reducing the number of support staff, using technology (i.e. phone routing systems) to increase productivity, minimum education requirements for staff and increasing the number of patients seen per day. What all of this seems to mean to patients is that we have become "work units," "tasks" and to some office staff, "interruptions" in their productivity.

To the credit of some offices I have found, the physicians and support staff have found a way to practice medicine and run a business in a way that does not forget the patient. I hope you can find a similar office.

Pryce

### Dear Doris,

Exactly the same – this seems to be the way modern medical offices are going. No longer will physicians know your name or even care because it is only a business. However, some people do have physicians who care, will call on the phone and run their offices the old fashioned way.

My husband goes out of state and has a team of physicians who are wonderful and it is no wonder Johns Hopkins has been rated number one for patient care for about the last 20 years.

Lizzie

Lizzie and Pryce's email address is [momandmeaging@hotmail.com](mailto:momandmeaging@hotmail.com).

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## Lee County Businesses Honored At Horizon Healthy Business Awards



The Small Business Award was presented to Edison National Bank/Bank of the Islands at the recent Lee County Workplace Wellness Summit's 2015 Horizon Council Healthy Business Awards

In recognition of their outstanding commitment to employee wellness, three local businesses received the 2015 Horizon Council Healthy Business Awards held on August 26 at the Lee County Workplace Wellness Summit.

Edison National Bank/Bank of the Islands was honored with the Small Business Award for the company's long-term, comprehensive commitment to workplace wellness. The company has provided a variety of activities and initiatives for its employees since 2007 through its A Better Way To Wellness program that provides monetary incentives and reimbursements for its employees to encourage healthy lifestyles. The wellness program offers health assessments for employees as well as opportunities to participate in fitness challenges and competitions. The company contributes a yearly budget of approximately \$20,000 to fund activities and incentives for its wellness program. Throughout the years, Edison National Bank/Bank of the Islands has seen a significant positive impact on the workplace environment and its employees through the implementation of this program. Currently, 40 employees are participating in the program, for a 95 percent involvement rate.

The Mid-Sized Business Award was granted to the Housing Authority of the City of Fort Myers. The organization formed its Working On Wellness (WOW) employee wellness program in 2013 to provide a workplace environment that supports anyone's desire to make healthy lifestyle choices. In order to do this, the Housing Authority of the City of Fort Myers has provided employees with a variety of offsite fitness options, including boot camps, outdoor fitness groups and gym memberships. The Housing Authority of the City of Fort Myers also offers monthly Lunch & Learn discussions and has a state-of-the-art gym onsite for employees to use before and after work hours. The organization also has designed a year-long Annual Fitness Challenge that operates on a point-based system and provides a variety of rewards and incentives to encourage employee participation. The organization dedicates \$20,000 each year to fund activities and incentives. Since its creation two years ago, the WOW program has attained more than 60 percent employee participation and has resulted in a variety of benefits for employees, including a healthier working environment, improved employee morale and more active employees.

The Large Business Award was given to Lee County Electric Cooperative (LCEC).



Housing Authority of the City of Fort Myers received the 2015 Horizon Council Healthy Business Award in the mid-sized business category at the Lee County Workplace Wellness Summit on August 26



Lee County Electric Cooperative (LCEC) was honored at the Lee County Workplace Wellness Summit's 2015 Horizon Council Healthy Business Awards for the large business category

The not-for-profit company has a total of 241 employees participating in the wellness program, which was formed in 2008 and became one of the organization's corporate objectives in 2012. LCEC's program provides a wide variety of resources, activities and opportunities for its employees to inspire healthy habits. LCEC offers an onsite fitness center for employees and their dependents age 14 and above and also provides partial reimbursement for fitness facility fees and entry fees for running events, races and marathons. LCEC also offers subsidized onsite personal training, nutrition counseling, and fitness classes; an annual wellness fair; onsite clinic; health portal; onsite organic gardens and fruit trees; fitness challenges and competitions; wellness lunch and learn sessions; and a variety of incentives for employees. LCEC dedicates \$295,700 annually to fund reimbursements and incentives, the wellness center and annual health exams.

Hosted in partnership with the Horizon Foundation, the Chamber of Southwest Florida, SHRM of SWFL and Healthy Lee, the Workplace Wellness Summit featured presentations from Dr. Marc Braman MD, MPH, founding member of the American College of Lifestyle Medicine and owner of Northwest Lifestyle Medicine, Inc. and Mike Smith, chief information officer for Lee Memorial Health System and member of Health Information Systems Executive Association. A panel discussion was also held by medical carriers, highlighting wellness programs and incentives.

For more information, visit [www.LeeCountyBusiness.com](http://www.LeeCountyBusiness.com) or call 338-3161.✧

## HealthPark Offering New OB/GYN Hospitalist Program

The birth of a new baby is an exciting time for families. Now, mothers in labor at HealthPark Medical Center can have peace of mind that a board-certified OB/GYN Hospitalist is available at the hospital 24/7 to ensure specialized obstetrics care through the delivery process. The new OB/GYN Hospitalists coordinate care with the family obstetrician, extending a safety net for their patients, but does not replace them.

Hospitalists are physicians who specialize solely in caring for patients who are hospitalized, rather than those in a clinical office setting. OB/GYN hospitalists focus exclusively on providing care for women in labor and delivery at the hospital. HealthPark administrators worked with the OB Hospitalist Group, a national physician group specializing in obstetrical care, to set up the new program.

Donna Giannuzzi, Chief Administrative Officer at HealthPark and Chief Nursing Officer for Lee Memorial Health System, notes the program will expand the existing network of support.

"We work with the community's OB/GYNs, family physicians doing obstetrical work and certified nurse midwives to enhance continuity of care for pregnant women and their babies. Hospitalists care for transfer patients with high-risk pregnancies and provide emergency services for all obstetrics patients, including those with a private physician, until that physician's arrival at the hospital. The new OB Hospitalist pro-

gram underscores our commitment to quality care and safety in Women's Services," Giannuzzi explained. "The OB Hospitalists strengthen the capabilities of the obstetrics program at HealthPark."

HealthPark is home to the area's Regional Perinatal Intensive Care Center (RPICC), providing care for mothers during high-risk pregnancies, as well as care for low birth weight or critically ill infants while they are in the womb and after birth.

The new OB hospitalist program includes a surgical team, anesthesiologists and neonatologists available around the clock to provide care to high risk obstetrical patients. Chris Jabaay, Director of Obstetrical Services at HealthPark, said that ensures women in labor needn't wait for pain relief. "A woman's obstetrical care will never be delayed; this is the kind of care and treatment we will want for our loved ones," Jabaay added.

"As an obstetrician, the safety and well-being of patients is my number one concern," said Dr. Larry Antonucci, Chief Operations Officer for Lee Memorial Health System. "When a mother is in labor, the sooner she is in the care of an OB specialist, the better the outcome for mother and child. Getting to the hospital can be delayed by visits with other patients in the office or delivery room, and especially in high season by traffic. The OB Hospitalists will ensure appropriate care for patients, until the arrival of the community physician. In the event of an emergency, it is reassuring for physicians to know their patients will be seen by a specialist immediately at the hospital."

Three OB/GYN Hospitalists are now onboard at HealthPark Medical Center: C. Kevin Burlison, M.D. (team lead), Joseph F. Lang, M.D., FACOG and Melvin H. Seid, M.D., FACOG

Learn more online at [www.leememorial.org](http://www.leememorial.org).✧



# DID YOU KNOW

## TRIVIA TEST

1. TELEVISION: What was the name of Wilma and Fred’s daughter on “The Flintstones”?
2. ROYALS: Which English king founded the House of Tudor?
3. GEOGRAPHY: Lapland is a region of what country?
4. GENERAL KNOWLEDGE: What is the name of the Communist Party newspaper of Cuba?
5. ART: What French sculptor unveiled a bronze work in 1904 called “Le Penseur”?
6. MYTHOLOGY: Which Greek Muse presides over love poetry?
7. HISTORY: In what war were tanks first used?
8. MOVIES: Who were the two male stars in the film “The Philadelphia Story”?
9. MEASUREMENTS: What is 1/100th of a second called?
10. ASTROLOGY: What is the 11th sign of the zodiac?

## ANSWERS

1. Pebbles 2. Henry VII 3. Finland 4. Granma 5. Rodin, “The Thinker” 6. Erato 7. World War I 8. James Stewart and Cary Grant 9. A “jiffy” 10. Aquarius.

## My Stars★★★★

### FOR WEEK OF SEPTEMBER 14, 2015

**ARIES** (March 21 to April 19) Careful, Lamb. Taking on too many tasks at one time can cause you to create more snarls each time you try to work your way through the tangled mass. Best to handle one job at a time.

**TAURUS** (April 20 to May 20) Making bold moves is what Bovines do. But the best moves are made with lots of data to provide backup just in case you charge into an unexpected complication. A new relationship shows promise.

**GEMINI** (May 21 to June 20) Sharing credit for a job well done is easy for you to do, but not necessarily for your partner. But fair is fair. Don’t let yourself be denied the right to have your contributions recognized.

**CANCER** (June 21 to July 22) Communication is important to help bridge a gap that can lead to problems at home and/or at the workplace. Find a way to get your points across before the breach becomes a chasm.

**LEO** (July 23 to August 22) Relationships, whether business or personal, need to be watched carefully for signs of trouble. Any negative indications should be dealt with before they become too burdensome.

**VIRGO** (August 23 to September 22) Congratulations. A more positive aspect highlights much of the Virgo’s week. You should find others more receptive to your suggestions, and also more likely to act on them.

**LIBRA** (September 23 to October 22) All work and little play could wear the Libra’s usually positive attitude down. Take some much-needed time off. Perhaps a short jaunt with someone special is the way to go.

**SCORPIO** (October 23 to November 21) This is a good time to expand your view from the known to the unfamiliar. Confronting new situations could be challenging, but ultimately also could be extremely satisfying.

**SAGITTARIUS** (November 22 to December 21) Giving advice to those who just want validation for what they’re doing can be unsettling. So back off and save your counsel for those who really appreciate it.

**CAPRICORN** (December 22 to January 19) Cultivating a more positive attitude

not only makes you feel better about yourself, but also has an upbeat effect on those around you, especially that certain someone.

**AQUARIUS** (January 20 to February 18) Keeping the lines of communication open and accessible is the key to establishing the right foundation on which to build an important and meaningful relationship. Stay with it.

**PISCES** (February 19 to March 20) Before agreeing to act on a request, consider using your perceptive Piscean talents to see what might lie hidden beneath its surface and could possibly cause problems later on.

**BORN THIS WEEK:** You’re a friend who, if you err at all, does so on the side of concern for those you care about.

## THIS WEEK IN HISTORY

- On Sept. 16, 1620, the Mayflower sails from Plymouth, England, bound for the New World. Along the way, the settlers formulated and signed the Mayflower Compact, establishing constitutional law and the rule of the majority, an important precursor to American democracy.

- On Sept. 17, 1796, George Washington prepares a final draft of his presidential farewell address, officially announcing that he will step down as the nation’s first president. Rarely, if ever, in the history of Western civilization had a national leader voluntarily relinquished his title.

- On Sept. 15, 1916, during the Battle of the Somme, the British launch a major offensive against the Germans, employing tanks for the first time in history. Some of the 40 or so primitive tanks advanced more than a mile into enemy lines.

- On Sept. 20, 1946, the inaugural Cannes Film Festival opens in the resort city on the French Riviera. The outbreak of World War II had forced the cancellation of the inaugural Cannes festival in 1939.

- On Sept. 19, 1957, the United States detonates a 1.7 kiloton nuclear weapon in an underground tunnel 65 miles north of Las Vegas. The test was the first fully contained underground detonation and produced no radioactive fallout.

- On Sept. 18, 1960, Fidel Castro arrives in New York City as the head of the Cuban delegation to the United Nations. Castro’s visit was climaxed by his four-hour speech, a blistering attack on American “aggression” and “imperialism.” In January 1961,

the U.S. severed diplomatic relations with Cuba.

- On Sept. 14, 1975, Elizabeth Ann Seton is canonized by Pope Paul VI at the Vatican in Rome, becoming the first American-born Catholic saint. In 1797, Seton founded the Society for the Relief of Poor Widows with Small Children in New York.

## STRANGE BUT TRUE

- It’s not known who made the following sage observation: “I can picture a world without war, a world without hate. And I can picture us attacking that world, because they’d never expect it.”

- Dom Perignon -- he of champagne fame -- was a Benedictine monk.

- Now that school is back in session, those who had the summer off might be suffering from dysania -- finding it difficult to get out of bed in the morning. Some of us, of course, experience dysania year-round.

- If you’re one of those parents who has to be careful walking around the house barefoot, you probably will not be surprised to learn that the LEGO company makes more than 3,500 different pieces in more than 60 colors.

- Weddings in Sweden are not for the jealous type. In that country, tradition states that if the bride leaves the room, all the men line up to kiss her. What’s good for the goose is good for the gander, though -- if the groom leaves, all the women are supposed to get in line to demonstrate their affection. I imagine very few exes are invited to Swedish weddings.

- British writer Lewis Carroll -- best known for his book “Alice’s Adventures in Wonderland” -- invented the idea of the dust jacket for books.

- Those who study such things say that a parakeet would rather look at itself than at another parakeet. In a test, the birds were placed in cages side-by-side, then one was removed and a mirror put in its place. The parakeet that was left spent quadruple the time looking at its reflection as it did looking at its companion.

## THOUGHT FOR THE DAY

“This is the final test of a gentleman: his respect for those who can be of no possible service to him.” -- William Lyon Phelps

## SPORTS QUIZ

1. Name the last major-league pitcher before Cleveland’s Corey Kluber in 2014 to strike out at least 14 batters in consecutive starts.
2. Which was the last team before the St. Louis Cardinals in 2011-14 to have four consecutive N.L. Championship Series appearances?
3. When was the last time before the 2011-2012 NFL seasons (Baltimore and New England) that there was a back-to-back rematch in the AFC title game?
4. Long Island guard Jason Brickman, in 2014, became the fourth Division I player with 1,000 career assists. Name two of the first three to do it.
5. Since the 2000-01 NHL season, only two teams have won back-to-back Presidents’ Trophies for being the best regular-season team. Name them.
6. Name the first American black female to win an Olympic gold medal.
7. Who was the last PGA golfer before Jordan Spieth in 2015 to go wire-to-wire in winning the Masters?

## ANSWERS

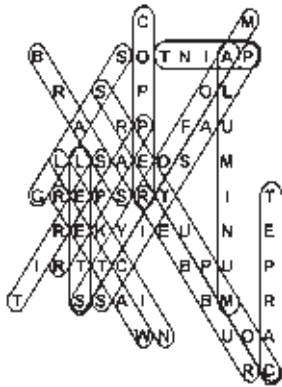
1. Arizona’s Randy Johnson, in 2004. 2. The Atlanta Braves, 1991-99 (no post-season played in ‘94). (N.C. State) and Ed Coia (North Carolina). 5. Vancouver (2011-2012) and Detroit (2004-2006, with 2005 season suspended due to lockout). 6. Alice Coachman in the high jump in 1948. 7. Ray Floyd, in 1976.

## PUZZLE ANSWERS

INCO WMOSS BIGBAI LUGAR  
LEN AERO AFRESH PROLL  
IVS WHENMYSILKYHAIREO  
PETCATGOT NACMI VEN  
PLAN ASFARAS FETTEREO  
HENNA ALAC CII  
ODD LOSTWHATISTHENAME  
NIB INSEAMS CPA ASTON  
ENYA ETAT STILE UP  
MAS CCIY TINKERED  
CFTHEORGANIZATION  
DRUMMONO OXEN RAN  
RUT TIEGS EMMA SIPS  
ENDUPATE MARCONS NAW  
ISCTINCONTACTWITHAN  
TSA TINE ABRAM  
FINFARTS BARISTA ARMS  
ONCH CHAFETHEBJREAL  
OFMISSINGPEISANS AF  
IRANS LITANE FILD RA  
SARGE FAINTS TYRA STS

BEAD FIR CORE  
ARROGATE ORAL  
HAMMERED HECK  
ALE EBOOKS  
PLAIT BEAR  
HORN HAMSTER  
ICE SORES TEA  
HAMMOND SUNS  
AUKS SMITH  
SMARTS ATF  
MERV HAMILTON  
FRIC OVERTON  
WEAL TEN STEW

## MATERIALS RECYCLED







**Crisp Autumn Salad**

1 large cucumber, peeled, seeded and cut into 1/4-inch diced pieces  
2 large tomatoes, diced  
2 medium red bell peppers, diced small  
1 cup red cabbage, finely shredded  
2 bunches green onions, finely chopped  
1/3 cup radish, finely diced  
1 medium half-sour pickle, finely diced, or 1/3 cup chopped green olives  
3 tablespoons olive oil  
Fresh squeezed juice of 1/3 to 1 lemon, or to taste  
Kosher salt and freshly Ground pepper to taste  
Combine all the vegetables and pickles or olives in a salad bowl. Use enough olive oil to moisten the vegetables and add lemon juice to taste. Season with salt and pepper, then toss.  
Yield eight servings.✱



Crisp Autumn Salad

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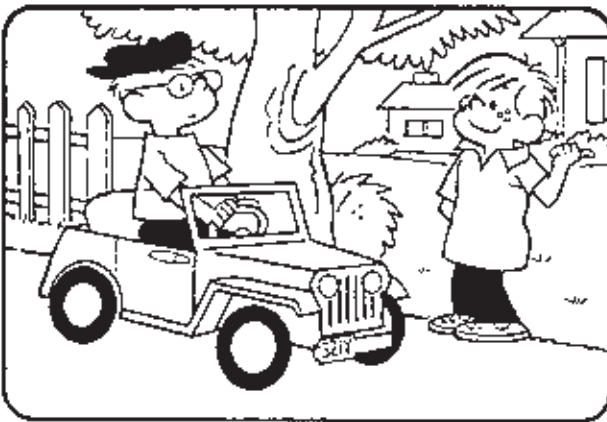
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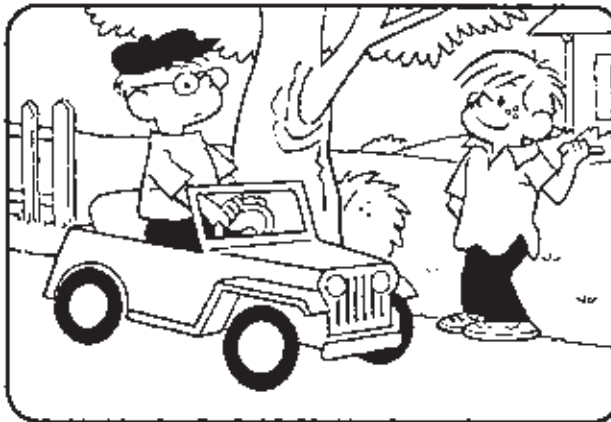
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**HOCUS-FOCUS**BY  
HENRY BOLTINOFF

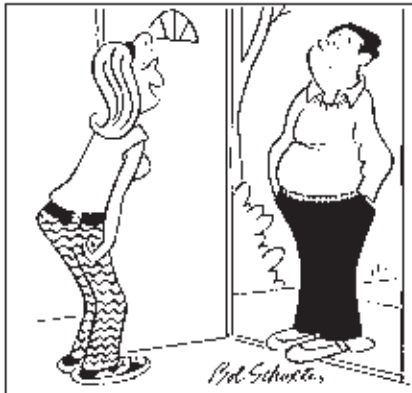
FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Fence is shorter. 2. Cap is reversed. 3. Car door is missing. 4. House is missing. 5. License plate is missing. 6. Sign is different.

**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!



"My father says you can stay, but your

\_\_\_\_\_ has to go!"

Gender  
**CANGLE**

Grudge

**PESTI**

Lesson

**CREDATT**

Esteem

**SPECTRE****TODAY'S WORD**

answer on page 27

**PUZZLE ANSWERS****SUDOKU**

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

**SCRAMBLERS***solution*1. Glance; 2. Spite;  
3. Detract; 4. Respect*Today's Word***APPETITE****PROFESSIONAL DIRECTORY****CONTRACTOR****Home Improvements by  
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**Shore Fishing:  
Don't Harm The Fish**

by Capt. Matt Mitchell

**L**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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\*RS 9/26 CC TFN

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\*RS 1/4 BM TFN

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\*NS 7/24 CC 9/11

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Top 10 Real Estate Sales

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Cortile	Naples	2006	4,124	\$2,775,000	\$2,550,000	40
Beachview Country Club Estates	Sanibel	2004	2,224	\$999,000	\$915,000	177
Cedar Glen	Bonita Springs	2000	2,793	\$825,000	\$760,000	141
Cape Coral	Cape Coral	1964	2,187	\$709,000	\$712,000	43
St. Moritz	Miromar Lakes	2004	2,733	\$669,000	\$640,000	74
Cape Coral	Cape Coral	1998	3,420	\$649,900	\$630,000	279
Gumbo Limbo	Sanibel	1983	2,434	\$649,000	\$585,000	94
Edison Park	Fort Myers	2005	3,362	\$598,000	\$560,000	74
The Vines	Fort Myers	1997	3,334	\$530,000	\$527,000	295
Cape Coral	Cape Coral	2001	2,143	\$525,000	\$525,000	2

Courtesy of Royal Shell Real Estate



# ★ ★ ★ CLASSIFIEDS ★ ★ ★ CLASSIFIEDS ★ ★ ★

## HELP WANTED

### PART TIME HELP WANTED

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\*NS 11/1 NC TFN

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### NOTICE OF FILING PETITION FOR DIVORCE

To WEBBS C. BELVAL:  
Pursuant to an *Order for Publication* signed  
by the Honorable Brian J. Amero on the 9th  
day of July 2015, you are hereby notified  
that a *Petition for Divorce* has been filed  
in the Superior Court of Henry County,  
Georgia, Case No. SU-CV-0821-BA, on  
March 13, 2015 a *Petition* which seeks to  
obtain a divorce from you.  
You may obtain a copy of this *Petition*  
from the Clerk of Superior Court of  
Henry County, One Courthouse Square,  
McDonough, Georgia 30253,  
770-288-8022.  
After you review the *Petition*, you must file  
your written answer and objections to the  
*Petition* with the Clerk of Superior Court.  
You must also serve a copy of your answer  
upon the Petitioner, whose address is as  
follows: Barbara Exil, 1255 Labonte Pkwy,  
McDonough, GA 30253.  
Your answer must be made within sixty  
(60) days of the *Order for Service by  
Publication*.  
Signed this June day of 15, 2015 by  
Barbara A. Harrison, CLERK, Superior  
Court of Henry County, Georgia  
\*NR 9/11 CC 10/2

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## Shore Fishing:



### Don't Harm The Fish by Capt. Matt Mitchell

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

- Hold the fish in the water while you unhook it if you're  
going to release it.
- The less you can touch a fish before release the better  
for the fish.
- If you want a picture with the fish, support it as you lift it  
out of the water – and do it quickly.
- Before releasing, revive the fish while holding it in the  
water; moving it slowly back and forth so water goes over  
its gills. The fish will let you know when it's ready to swim  
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- Florida just recently changed the regulations on fishing  
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Harry Chapin Food Bank  
THE HARBORWAY FORT MYERS





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

**SUDOKU**

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

answer on page 27

Pets Of The Week

Hello, my name is Peebs. I'm a 2-year-old spayed female American Staffordshire terrier. I've been at the shelter for six months so I really, really hope someone sees this and gives me my forever home. I'm sweet and sassy with a zest for life. I've got charm, beauty and eyes that will melt your heart. I love to play and swim so if you love to have fun, you'll love me!

My adoption fee is \$10 (regularly \$75) during Animal Services' Fall In Love adoption promotion.



Peebs ID# 613632

Hello, my name is Captain. I'm a 4-month-old neutered male domestic short-hair. I have a spunky little personality you're sure to love. You'll never be bored around me – I can entertain you for hours or just keep myself busy. My foster mom thinks I'm the "cat's pajamas." I don't know what that means, but I think it's good!



Captain ID# 624074

My adoption fee is \$10 (regularly \$75) during Animal Services' Fall In Love adoption promotion. Cats and kittens are also two-for-one adoption fee.

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at [www.LeeLostPets.com](http://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.

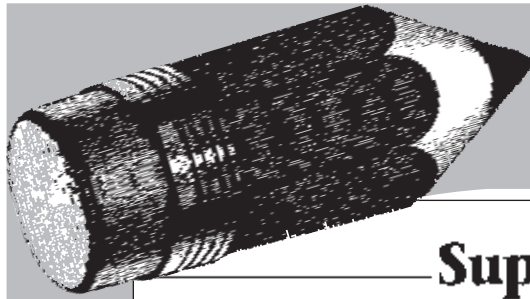
The adoption package is valued at \$500.\*



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
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BIG ARTS .....	395-0900
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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
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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
<b>Kiwanis Clubs:</b>	
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
<b>Lions Clubs:</b>	
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
<b>AREA ATTRACTIONS</b>	
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:  
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# BEACH CHAIR PASTIME

answers on page 25

## Super Crossword

**FELINE  
FINDER**

### ACROSS

- 1 To's counterpart  
4 Nukes and the like  
8 Ball club's leading hitter  
14 Writer — Lee Masters  
19 Canoe of "Sweeney Todd"  
20 Prefix with sol or space  
21 From scratch  
22 Society peon  
23 OR hookups  
24 Start of a riddle  
27 Riddle, part 2  
29 Mode — Campbell  
30 Caesar's "I came"  
31 Architect's drawing  
32 To the extent that  
35 In chains  
37 Reddish orange dye  
39 Gilbert and Sullivan's "When I Was —"  
41 LI times two  
42 Like 1, 3 or 5  
43 Riddle, part 3  
53 Bal point tip  
54 Pants length measures

- 55 1040F7 pro  
56 Martin (car make)  
57 "Exit" New Age singer  
59 State, in Neco  
60 It spins to let people in  
62 Geller of mentalism  
63 Pas'  
65 Slippery like a fish  
68 Layed (with)  
71 Riddle, part 4  
75 "Different Siroxes" family name  
77 Flow pullers  
78 Hustled  
79 Long groove  
80 Model Cheryl  
82 Address Thompson  
85 Taste tests  
89 Result  
92 Gobbled  
93 Leaves stranded  
96 Backwoods "uh uh"  
97 End of the riddle  
100 Punk/folk singer  
101 Org. with bag  
102 Ditty

- 103 President Garfield's middle name  
105 Architecture, painting, etc.  
110 Coffee shop worker  
115 Hugging pair about  
116 (close to)  
117 Hub down  
119 Start of the riddle's answer  
121 End of the riddle's answer  
125 Pacific tuna  
126 Part of TWA  
127 Gas in cruise  
128 Lyrical Ebb  
129 Squeal  
130 Troop's drill leader  
131 Passes out  
132 Banks on many covers  
133 Holy ones: Abbr.

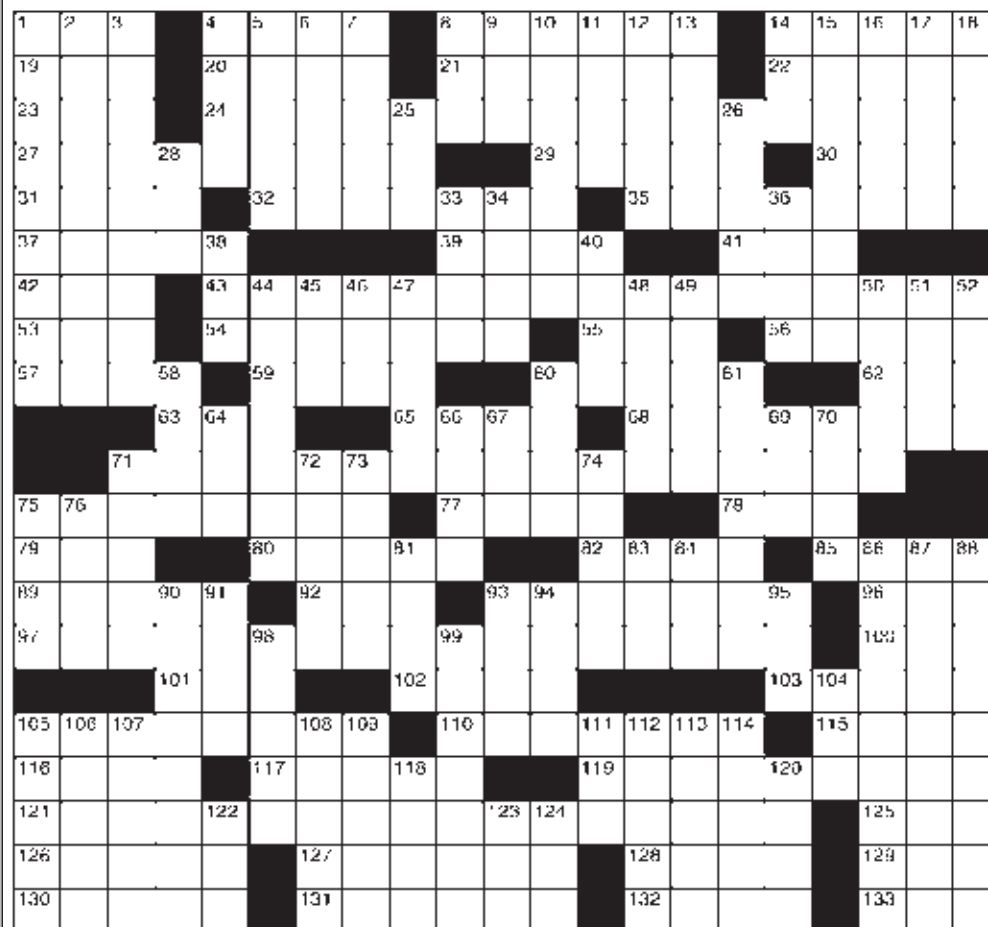
### DOWN

- 1 Motorola Razer, e.g.  
2 Relished  
3 Waiting in the wings  
4 Baba — (Rudner role)  
5 Conductor Zubin

- 6 Barrel scrapings  
7 "— F ubber" (film sequel)  
8 Wolf's howl  
9 Uncertainties  
10 Shows a smile to  
11 Dracula  
12 Player Lugosi  
13 Herb of the mint family  
14 ODI banning gp.  
15 Movie house alternatives  
16 One impaling  
17 Coeur d'Alene  
18 Overhauled completely  
25 NYC bus org.  
26 Obstacle  
28 "Anderson Cooper 360" aired  
33 Chicago mayor Emanuel  
34 "Oh, wool"  
36 — knot (finish facing up)  
38 He fought Foreman  
40 Webster's, e.g., Abbr.

- 44 Not recurring  
45 Fast, of retired in '03  
46 No-calorie drink  
47 No-calorie drink  
48 Pointy-eared, stocky dog  
49 Actress Shire  
50 Take — for the better  
51 Additional  
52 Oklahoma city  
58 Like most car radios  
60 New Year's song word  
61 Race hopeful  
64 Bread-ited dispenser  
66 Braggarts' problems  
67 Not careful  
69 Rondo or Rio  
70 Millennium  
71 One-up  
72 '40s computer  
73 " — Baby Joe"  
74 Slow to react  
75 Three, in Berlin  
76 Ladder piece  
81 British re low  
83 Do the lawn  
84 Me, in Paree  
86 Behind on payments

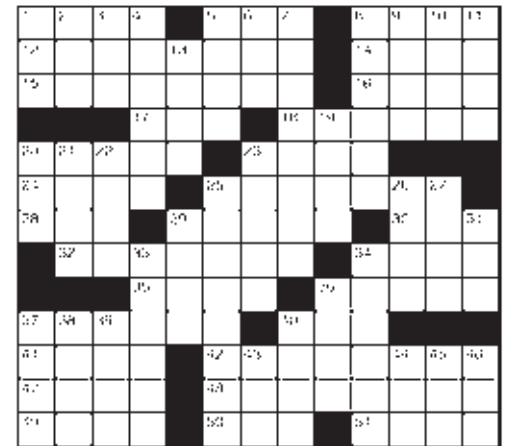
- 87 Jipjapa-leaf headwear  
88 8 kinis, e.g.  
90 Pronouncing  
91 Tuscan city  
93 "Every — king"  
94 PC brand  
95 " — Na Na"  
98 Bust officers  
99 Bundt cake vessel  
104 Beer offerer  
105 Pays, as the bill  
108 Start for rest or structure  
107 S x-line A-I-Star  
108 Robber  
109 Annual toy later  
111 "Every dog has — day"  
112 Reposition  
113 Crying  
114 A Capp's "Li'l" guy  
118 J preceders  
120 Aubr.  
122 Seattle-to-L.A. dir.  
123 Suffix with exist or insist  
124 Scale steps



## King Crossword

### ACROSS

- 1 Rosary component  
5 Firegreen  
8 Apple's center  
12 Make undue claims  
14 By word of mouth  
15 Drunk, in slang  
16 "Damn!"  
17 Brewery product  
18 They're read on a Kindle  
20 Braid  
23 Brum  
24 Antler  
25 Pet rodent, often  
28 "Rocks"  
29 Sensitive spots  
30 Mid-afternoon social  
32 Darrell of "SNL"  
34 Catches some rays  
35 Arctic diving birds  
36 Jones' "Men in Black" co-star  
37 Hurts  
40 Devoiced  
41 TV legend Griffin  
42 First Treasury



- Secretary  
47 Great lake  
48 Secondary quality  
49 Well-being  
50 Bill with a portrait of  
42-Across  
51 Leftovers recipe  
DOWN  
1 "Phooey!"  
2 Historic period  
3 Upper limb  
4 Realm  
5 Bus rider's expense  
6 Resident (Suff.)  
7 Cashed in  
8 Companion  
9 Sandwich cookie  
10 — and pation  
11 BPOF members  
13 Hanukkah gift  
19 Low voice  
20 — Beta Kappa  
21 Ness, for one  
22 Geometry calculation  
23 Farm structures  
25 Basketball tactic  
26 Needle case  
27 Landlord's due  
29 Pornography  
31 Fire residue  
33 Wonder  
34 Works in a refinery  
36 Use a teaspoon  
37 Old World duck  
38 Unembellished  
39 Melody  
40 "So be it"  
43 Act  
44 Youngster  
45 Individual  
46 Fresh

## MAGIC MAZE ● MATERIALS RECYCLED

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

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

Aluminum  
Brass  
Carpet  
Computers

Copper  
Glass  
Nickel  
Paint

Paper  
Plastics  
Rubber  
Steel

Styrofoam  
Tires  
Water



# DOC FORD'S

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