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# THE RIVER WEEKLY NEWS

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Vol. 14, No. 41

From the Beaches to the River District downtown Fort Myers

OCTOBER 16, 2015



Steel drum band performing

## Fall For The Arts Celebration Is October 17 At The Alliance

Bring the family and kick off the season at the Alliance for the Arts on Saturday, October 17 from 10 a.m. to 3 p.m. at Fall for the Arts. This annual event includes games, craft stations, face painting, a scavenger hunt and a raffle as well as exciting performances from area music and theater groups on the amphitheater stage. Food and beverages will be available for purchase.

Participating artists include: Alma Burge Designs, Bite Me Fossil Sculptures, dam-alijewelry, Ellen Miller, Ellie's Dreaming, Expressions of Glory, Good Luck Wishes Creations, J Hutson Photography, Ludi Barrs, Mei Chen, Paper & Shell Arts, Sasha Design, Stacey Brown Arts, Stella & Dot Accessories by Sabine Schropp, and You're a CrocaGator.

Stage performances include City Scenes Theater Company featuring scenes from both of their November productions, *James and the Giant Peach* and *Dogfight*. Florida  
continued on page 4

## 2015 Rotary Italian Fest



Kids participating in last year's Spaghetti Eating Contest

The Rotary Club of Fort Myers announced that TriCircle Pavers is the Title Sponsor of Italian Fest 2015, a fundraiser for the Rotary Club of Fort Myers to be held at the Alliance for the Arts on Sunday, October 25. Event proceeds will benefit the Fort Myers Rotary Club Foundation and the Foundation for Lee County Public Schools' Take Stock In Children program.

"Being a long-time member of the Fort Myers Rotary Club I am a big supporter of the Rotary Club Foundation and know first-hand how many local non-profits benefit from their support," said Bill deDeugd, CEO of TriCircle Pavers. "I am also a true proponent of supporting our local education system and was excited to hear that Italian Fest will also benefit the Take Stock In Children program."

"We are thrilled to have such a great organization help to underwrite this important event for The Rotary Club. The generosity of TriCircle Pavers will go a long way in our local community and help many who are in need," said Stephen Russell, president of the Fort Myers Rotary Club.

This year's festival will feature great Italian food, along with cold beverages, beer, wine, and ice cream, along with fun for the whole family, including a marinara competition, spaghetti eating contest, live entertainment, a kids' area, family games and much more.

Italian Fest will take place on Sunday, October 25 from 11 a.m. to 5 p.m. at the  
continued on page 4

## Beautiful Birds Of Bunche Beach

Experience the Beautiful Birds of Bunche Beach with a Lee County Bird Patrol Guide on Saturday, October 17 beginning at 8 a.m. Participants will meet on the beach, located in South Fort Myers off Summerlin Road. Drive south of John Morris Road until it deadends.

Bunche Beach is excellent for both migrant and resident waders and shorebirds working the mudflats at low tide due to the diversity of micro-invertebrates. Also seen may be waterfowl, raptors and warblers. Bring binoculars, sun protection, shoes that can get wet, a bottle of drinking water, your curiosity and a love of nature.

This event, provided in cooperation with Lee County Parks and Recreation, is free with a parking fee of \$2 per hour (tour is approximately 2 hours). Restrooms are located at the first parking lot.

For more information, call 707-3015 or visit [www.birdpatrol.org](http://www.birdpatrol.org). ✨



Piping plover

photo by Meg Rousher

## Bonsai Society To Hold Show & Sale

The Bonsai Society of Southwest Florida, Inc. will hold its 34th annual Show and Sale on Saturday and Sunday, October 17 and 18 at the City Pier Building, located at Edwards and Hendry streets in Fort Myers. The show is open both days from 9 a.m. to 5 p.m. Admission is free.

The show will include an exhibit of trees created by Bonsai Society members, demonstrations of bonsai techniques, workshops, and sales of bonsai and related materials. Experienced members will also be available to answer questions about any trees that are brought in. All demonstrations are free; participants can enjoy watching artists create beautiful trees and plantings.

Bonsai (pronounced "bone-sigh") is the practice of raising small artistic trees in pots; it originated in the Orient, and has become popular worldwide.

The Bonsai Society of Southwest



Bonsai

Florida, Inc. was founded to promote and encourage the knowledge and appreciation of bonsai and related arts. It holds its monthly meeting on the third Saturday of each month. For more information, visit [bonsaiswfl.org](http://bonsaiswfl.org) or call Greg Lignelli at 560-3275. ✨



Historic Downtown Fort Myers, Then And Now:

# 1926 Hurricane Hits City Dock



by Gerri Reaves, PhD

This historic photo of the City Dock at the foot of Jackson Street was taken in the aftermath of the legendary 1926 Hurricane that swept across the state in mid-September.

Some analysts credit that storm with giving South Florida a head start on the Great Depression; although others say that by the time the storm hit, there were already signs that the real-estate bubble was doomed to burst.

In any case, that major storm had significant economic and psychological effects on the Fort

Myers area.

Two details give an idea of the storm's impact on the business district: Most of the second-floor windows of the Earnhardt Block were blown out and offices trashed, and the Arcade Theatre was flooded with six feet of water.

If the dock looks dated for the boom-time 1920s, it was. The storm was a dramatic reminder of just how out-of-date and rundown it was. According to the *Fort Myers Press*, the dock was flooded and waterfront buildings were "a mass of wreckage."

The dock at the foot of Jackson Street had been an important part of the town's economy since 1885, when, soon after the town's incorporation, the town council awarded the firm of Towles & Hendry the right to build it. That store's location at First and Jackson provided incentive to do so. Joseph Vivas, one of Fort Myers founding settlers, was the contractor.

Over the decades, a wide variety of businesses were located on the dock, some not obviously dependent on a waterfront setting, such as restaurants, photography studio and furniture repair. Others, such as a Chinese laundry, might have depended on the river water.

The town's Coco-Cola plant got its start on the dock, too.

Zoom ahead to 1926... customers could walk or drive onto the dock to patronize several of the town's best known businesses.

Note the painted signage – "Ike Shaw, Taxidermist" – on the center building. Other businesses on the dock at that time include WC Moger's Cigar Factory and the Kinzie Brothers' Caloosahatchee River Steamboat Company, which was located at dock's end (at right, out-of-frame).

For decades, you could take a daytrip excursion from the City Dock to places such as Sanibel and Captiva on a Kinzie steamer like the *Gladys* or *Dixie*. The steamship line also connected little Fort Myers to other lines that served the big wide world. It also ferried freight and delivered mail.

Auto-repair and painting businesses were also on the dock – how odd is that? – and, by the way, the 1926 Hurricane blew several automobiles off that dock.

For years, efforts to clean up and modernize the downtown riverfront had been made with varying success.

Despite the construction of Bay Street and both public and private seawalls, some ramshackle reminders of pioneer days remained.

In fact, just months before the storm, there were plans for an enormous infill project that would have eliminated the need for both the City and Hendry Street/Ireland Docks.

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Today, motorists drive on a dry Jackson Street north of Bay, not an 1885 dock

photo by Gerri Reaves



The City Dock at the foot of Jackson Street suffered damage from the Hurricane of 1926. Numerous businesses were located there, including Ike Shaw Taxidermist (center), WC Moger's Cigar Factory and Kinzie Brothers' Steamboat Company at dock's end.

photo provided by The University of Tampa, Macdonald-Kelce Library, Archives

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Fort Myers Art:

## FGCU's Next Reunion To Feature Art Alumni



by Tom Hall

The ArtLab Gallery of the Bower School of Music & the Arts at Florida Gulf Coast University (FGCU) presents *Reunion: Carrell Courtright, Megan Davis and Tarra Wood* with an artist

talk on Thursday, October 15. The evening will begin at 5 p.m. and will feature an introduction of works by the artists themselves, followed by a reception and open mic event until 7 p.m. The exhibition runs through November 5, and is sponsored in part by WGPU Public Media and U. Tobe.

*Reunion* is the second in an annual series, and will provide consistent programming to bring together select alumni from FGCU's art program. This exhibition showcases artists working in a variety of mediums, highlighting work created as professional artists since graduating from FGCU.

For this season's *Reunion*, Carrell Courtright, '10; Megan Davis, '13; and Tarra Wood, '11 have come together to reveal a varied stylistic mixture that offers commentary on social values, environmental analogies, and an examination of the human psyche and our behaviors.



Megan Davis, *The Soul's Endeavor*, 2015, linocut. courtesy of the artist

The ArtLab Gallery is at the west side of the library building on FGCU's main campus at 10501 FGCU Boulevard South. Parking is available in Lot 7 for gallery visitors; parking passes are available at the Parking Information Booth at the university's main entrance. Regular

viewing hours are from 10 a.m. to 4 p.m. Monday through Wednesday and Friday and from 10 a.m. to 7 p.m. on Thursdays.

For further information on this exhibition and others, visit [www.artgallery.fgcu.edu](http://www.artgallery.fgcu.edu) or contact Anica Sturdivant at 590-7199 or [asturdiv@fgcu.edu](mailto:asturdiv@fgcu.edu)

## Boo-Tacular Music Walk

The River District Alliance (RDA) announced that it will host a Boo-Tacular Music Walk on Friday, October 16 beginning at 6 p.m. The holiday spirited theme of the monthly Music Walk will bring trick-or-treating for the costumed children to historic downtown Fort Myers, and will follow the Heart of the Community Extravaganza at Cornog Plaza.

The monthly Music Walk event will transform to Boo-Tacular for little ghosts and goblins at many River District merchants including Goldstein, Buckley, Checkman, Rice & Purtz, P.A., The Deli, RE/MAX Dream, Rossy Fashion, Arts for ACT, Spirits of Bacchus, Naples Soap Company, Scoops on First, Hideaway Sports Bar, Market Earth, The Connection, Downtown House of Pizza, Pure Fort Myers, Hotel Indigo and more.

The Boo-Tacular Music Walk is free for the public to attend. The event will follow the Heart of the Community Extravaganza hosted on Cornog Plaza by the Lee County Library, beginning at 2 p.m.

*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.✴*

The Heart of the Community Extravaganza will unveil the Heart of the Community placemaking grant enhancements to the Cornog Plaza at the Downtown Library beginning at 2 p.m. The event will include a costume swap, Scary-oke Sing-off, treat bag craft, a stilt walker, balloon-tying and sweet treats provided by Southwest Airlines.

For more information about the River District Alliance visit [www.fortmyersriverdistrictalliance.com](http://www.fortmyersriverdistrictalliance.com). ✴

## LCEC Yard Sale To Benefit United Way

LCEC is turning its parking lot into a giant yard sale on Saturday, October 17. The sale will run from 7 a.m. to noon in the employee parking lot of LCEC, located at 4980 Bayline Drive in North Fort Myers. Free parking will be available.

LCEC employees will pay to "rent" a spot in the yard sale. All proceeds from continued on page 6

## Cracker Fest Menu And Entertainment



The Sanibel-Captiva chapter of Solutions To Avoid Red Tide (START) is hard at work planning its 7th annual Cracker Fest celebration on Friday, November 6. Leading the entertainment for this year's event will be The Apple Butter Band, live auctions, silent auctions, and games.

This years menu will include smoked wild hog BBQ made from hogs culled from Myakka State Park, shrimp and grits, swamp cabbage, baked beans, biscuits and seagrape jelly, and bread

pudding. Regional sustainable seafood options will also be highlighted, with locally caught mullet and locally raised Sunray Venus clams to be included on the menu.

SanCap START would like to extend our gratitude to this years event sponsors: Bailey's General Store, Billy's Bikes, The Bait Box, SoonCome Landscaping, Sanibel Sea School, Sanibel Air and Electric, Big Red Q, Gulf Coast Palm and Tree, South Seas Island Resort, Doc Ford's, John Grey Painting, Island Cow Restaurant, Tween Waters Resort and Spa, Lazy Flamingo, Luc Century, Dan Hahn Custom Builders, Bank of the Islands, Heidrick and Co. Insurance, Tim Smith Brick Pavers LLC, Tropical Tradesmen, the McCullough Family, Captiva Cruises, Island Therapy Center and Sanibel Art & Frame Company.

Cracker Fest 2015 will be begin at 6 p.m. on Friday, November 6 at The Bait Box property on Sanibel Island. Tickets to the event are \$100 per person, which will include admission, dinner, beer and wine, live music, "50/50" raffle, a silent auction and a live auction. Tickets to Cracker Fest are by reservation only and are limited to the first 300 attendees. All proceeds from this event go directly to funding local water quality and conservation initiatives.

For more information, contact Ben Biery at 472-8585 or email [START@sanibelseaschool.org](mailto:START@sanibelseaschool.org).✴

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All ages are welcome to join in the fun

From page 1

# Fall For The Arts

Repertory Theatre will show-case pieces from their Theatre for Young Audiences Series: A Year with Frog and Toad.

There will be additional performances from Cultural Park Theatre, Dance Bochette, Gulfshore Ballet, Kellyn Celtic Dance Academy, Kurokawa Martial Arts, Na’Pua Polynesian Dancers, North Fort Myers Academy of the Arts Steel Drum Band, and Sanibel Dance.

Fall for the Arts 2015 is made possible through sponsorships and partnerships with Pediatric Dentistry of Fort Myers – Dr. Tim Verwest,



Polynesian dancers from a previous event



There’s something fun for everyone

Publix Supermarket Charities, Caloosa Tent & Rental, and CopyLady. The event is free, but a \$5 suggested family donation is encouraged to help ensure future family programming at the Alliance. Visit ArtInLee.org or call 939-2787 to learn more about the festival.

The Alliance for the Arts is on the corner of McGregor and Colonial boulevards in Fort Myers.✪



Face painting

Performance Schedule	
10:00	Gulfshore Ballet
10:30	Cultural Park Theatre
11:00	Kellyn Celtic Dance Academy
11:30	NFM Academy of the Arts Steel Drum Band
12:00	Dance Bochette
12:30	City Scenes Theater Company
1:00	Na’Pua Polynesian Dancers
1:30	Kurokawa Martial Arts
2:00	Florida Repertory Theatre
2:30	Sanibel Dance



Crafts for the kids



Kellyn Celtic Dance Academy



The Calendar Girls

From page 1

# Rotary Italian Fest

Alliance for the Arts, 10091 McGregor Boulevard in Fort Myers, on the corner

of McGregor and Colonial. Blankets and chairs will be permitted at the fest, however, coolers are prohibited.

For more information, visit [www.FortMyersItalianFest.org](http://www.FortMyersItalianFest.org) or call 939-2787.✪

**7th ANNUAL ITALIAN FEST**  
presented by the Rotary Club of Fort Myers  
**10-25-15 11AM - 5PM**



## Davis Art Center Upcoming Events



Kate Davis

The Sidney and Berne Davis Art Center, located at 2301 First Street in Fort Myers, announced their upcoming concerts, exhibits, programs and events featured during the month of November.

November 2 – TGIM (held the first Monday of the month through February)

Come join us every first Monday in season for TGIM. Watch short indie films submitted to the Fort Myers Film Festival and help decide whether or not it makes the grade for final programming during the annual festival held April 7 to 10. Happy Hour at 6:30 p.m.; films begin at 7 p.m.

Tickets are \$10 for adults and \$8 for seniors and students.



Lionel Lewis painting



Artwork by Heidi Schmitz

November 6 – Art Walk

Heidi Schmitz will exhibit European Color Festival in the Grand Atrium

German artist and part-time Florida resident Heidi Schmitz exhibits new works from abstracts to landscapes, acrylics to watercolors, all with her vibrant approach to color and use of unconventional media. Showing through November 25.

The Art Talk Tuesday & Closing Party

will be held on November 24.

November 6 – Art Walk

Lionel Lewis will exhibit Birds In Light and Color in the Capital Gallery

Lionel Lewis finds inspiration in the ever-changing shades of light and color found in all of nature. He is especially drawn to the beauty of tropical birds. Their costumes are bright, colorful, dynamic and full of life. Capturing these dynamics a story is told that connects the viewer intimately with these magnificent creatures. Lewis' art springs from the canvas directly into the heart and mind of the viewer. Showing through November 25.

Art Talk Tuesday & Closing Party will be held on November 24 from 6 to 8 p.m. Admission is free for members or \$5 for non-members.

November 7 – Cooking for the Arts

Cooking for the Arts is an exciting interactive dinner experience of culinary excellence. Experience a full four-course gourmet meal from this year's themed menu, A Taste of New Orleans, prepared by the chef but finished by your own hand. You will be seated at tables of eight surrounded with good friends and great ingredients that you will use to create an unforgettable meal. Participate in silent and live auctions. Proceeds benefit the Sidney & Berne Davis Art Center's Eclectic Education programs.

Cocktail hour begins at 6 p.m. with dinner served at 7 p.m.

Tickets are \$250 per couple and \$1,000 per table of eight.

November 12 – Connect Networking

Connect Networking is open to everyone and is an encouraging and positive group where people can get to know each other, expand business and personal relationships, and connect in their community. Held monthly on the second Thursday from 5:30 to 7:30 p.m.

General admission tickets are \$10, vendor tables are \$30.

November 13 – Kate Davis In Concert  
Multi-instrumentalist and vocalist Kate

Davis has been turning heads in New York's music scene since 2012. Whether she's crooning rootsy jazz ballads with her bass or strumming bright Indie riffs from her guitar, the gutsy songstress from Portland, Oregon puts a fresh spin on the standards and her own lush tracks.

Cocktail hour begins at 7 p.m. followed by her 8 p.m. performance.

Tickets are \$25 in advance or \$30 at the door. Tables are also available; call for more details.

November 19 – Art & Poetry Networking Event

Gulf Coast Leisure presents Art & Poetry Networking Events, showcasing the best art and poetry Southwest Florida has to offer. Artwork of every media is represented as well as music, spoken word, poetry, and crafts. Network with like-minded people and expand the artistic community. Held monthly on the fourth Thursday (except for holidays) at 8 p.m. General admission seats are \$10.

November 20 to 22 – Voiceover Mastery Conference

Voiceover celebrity Randy Thomas leads this conference featuring an exclusive assemblage of leading international voiceover actor celebrities, coaches and pros. They've committed to investigate the nature of voiceover success and share secrets and strategies of how you can achieve voiceover mastery in commercials, narration, auditions, studio-recording equipment and tech, and more.

Registration and more information is available online at [www.RandyThomasPresents.com](http://www.RandyThomasPresents.com).

November 27 – 4P Music Network

We invite anyone connected to music through their art, business or love of it to join us and network with the players in the field. For more information on 4P Music Network activities, check the SBDAC website calendar and visit [www.4PMusic.com](http://www.4PMusic.com). Held monthly on the fourth Friday at 6 p.m., general admission seats are \$10.

For more information, call 333-1933.\*

## The Calendar Girls Give A Spooktacular Performance



The Calendar Girls

On October 9, The Calendar Girls gave a spooktacular performance at the Fleamasters Pumpkin Fest in Bonita Springs.

For more information on how The Calendar Girls can liven up your next event, call Katherine at 850-6010 or visit [www.calendargirlsflorida.com](http://www.calendargirlsflorida.com).\*

Read us online at [IslandSunNews.com](http://IslandSunNews.com)

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## DJ Amy Lynn To Prepare Favorite Dishes At Lakes Park Farmers' Market

Join radio DJ Amy Lynn, host of the 3 to 7 p.m. show on 95.3 FM The River, at the Local Roots Lakes Park Farmers Market on Friday, October 16 from 10 a.m. until noon.

Lynn will unleash her "inner foodie," choosing from the fresh market ingredients and creating a dish bursting with flavor right on site. The iHEART media crew will be videotaping her creation live as she chooses, chops, mixes and blends together the market fresh, locally sourced ingredients. She will visit with individual vendors and learn the source of the foods chosen for her dish directly from the grower. The video will air on 95.3 The River webpage ([www.953theriver.com](http://www.953theriver.com)) and Facebook pages as well as the Local Roots Farmers Market Facebook page and website.

"I am so excited to have the opportunity to work with these amazing local vendors at the Lakes Park Farmers Market," said Lynn. "I love cooking and the opportunity to cook with some of the freshest local ingredients is so satisfying to a foodie like me!"

The Lakes Park Farmers market is open every Friday through April 29 from 9 a.m. to 1 p.m. and is located at 7300 Gladiolus Drive in Lakes Regional Park. This year's market features over 50 vendors offering fresh produce, organics, agricultural products, fresh baked goods, local seafood, meats, cheeses, native plants, and fresh cut flowers. There is plenty of free parking and well behaved dogs on leashes are welcome.

For additional market locations, times and information on becoming a vendor, visit us online at: [www.BuyLocalLee.com](http://www.BuyLocalLee.com).✱



Amy Lynn

## Lee County Clerk Of Court Offers Online Public Records Workshop

Lee County Clerk of Court Linda Doggett invites you to attend the public seminar, The Value of Searching Records and Online Services. It will be held on Friday, October 23 from 1:30 to 3:30 p.m. at Lakes Regional Library, 15290 Bass Road in Fort Myers.

Public records are invaluable to businesses and organizations, and can help residents and consumers make better-informed decisions in their daily life. Learn what to do if you suspect fraud, waste or financial mismanagement involving court-appointed guardians over elderly, minor children and incapacitated individuals. Learn how to search public records for copies of deeds and mortgages; review court records of prospective tenants, employees, contractors and doctors; pay traffic tickets online; request postponement or excusal of Jury Duty and more.

The seminars are free and informative, so join Doggett as she guides you through the information available on the Lee County Clerk of Court website. Seating is on a first come first serve basis and subject to capacity; arrive early for best seating. Visit [www.LeeClerk.org](http://www.LeeClerk.org) for additional dates and locations.✱

## Largest Human Ribbon World Records Attempt

Join your community, Partners for Breast Cancer Care and Susan G Komen Southwest Florida in making history and putting ourselves on the map on Saturday, October 17 when members of the Southwest Florida community will be forming the Largest Human Pink Ribbon at jetBlue Park with uniform pink umbrellas. Guinness World Records will document the attempt to set the record for the Largest Human Pink Ribbon. Donate \$20 today to receive your umbrella.

Umbrella pick-up & registration locations will include:

- Partners for Breast Cancer Care 9470 HealthPark Circle in Fort Myers 454-8583

Monday to Friday, 8 a.m. to 4 p.m.

- Susan G. Komen Southwest Florida 4061 Bonita Beach Road, Suite 103 in Bonita Springs 498-0016

Monday to Friday, 8:30 a.m. to 5 p.m.

- Jet Blue Park (on the morning of the record attempt) 9 to 10 a.m.

Umbrella registration will also be held at Coconut Point Mall, 23106 Fashion Drive in Estero, Monday to Friday from 10 a.m. to 9 p.m. Call 992-4259 for more information.

Remember, the after party is down the street at the Fort Myers Brewery, located at 12811 Commerce Lakes Drive. Enjoy the Stevie Tomato's food truck; a portion of the sales will be donated back to Susan G. Komen Southwest Florida. ✱

## Buckingham Community Day To Benefit Special Equestrians

Tommy Lee Cook will be hosting a Buckingham Community Day on Saturday, November 7 at The Hut Restaurant, located at 5150 Buckingham Road in Fort Myers. All proceeds will directly benefit Special Equestrians.

Activities for the entire family will begin at noon and will include bounce houses and slides, carnival games and demonstrations by the Special Equestrians Special Partners, a tractor display by Everglades Farm Equipment, the Tice Fire District's fire truck, a Chinese raffle, 50/50 raffles each hour, cake walks each hour, performances by the Bayshore Cloggers and the Rowdy Rhythms Dance Team. Admission is free, but tickets will be required for some activities and may be purchased on site.

Attendees are also invited to visit Special Equestrians between 9 and 11 a.m. at 5121 Staley Road in Buckingham to watch the therapeutic horseback riding program in action.

Live music entertainment by Rex Bongo and the Sophisticated Hippies will begin at 7 p.m., with food and beverages available for purchase from The Hut.

Major sponsors for the event include Suncoast Beverage Sales, The Hut Restaurant and Performance Food Group. Additional sponsorship opportunities are available. Contact Adele Smith for information at 305-799-4651.✱

Share your community news with us.

Call 415-7732, Fax: 415-7702 or email [press@riverweekly.com](mailto:press@riverweekly.com)

## Yacht Club October Meeting

submitted by Past Commodore Chris Christensen

The next monthly meeting of the Fort Myers Beach Yacht Club will be held on Wednesday, October 28 at the American Legion Post 274 on San Carlos Island, located at 899 Buttonwood Drive in Fort Myers Beach.

Dinner is available for \$12 per person. Social hour begins at 6 p.m., with dinner served at 7 p.m. and the membership meeting from 8 to 9 p.m. Potential new members wishing to attend any or all portions of the meeting are invited to call membership chairperson Pete Oiderma for required reservations and additional information at 463-6240.

The Fort Myers Beach Yacht Club was formed in 1953 and incorporated as a not-for-profit organization for the purpose of promoting safe, enjoyable boating and good fellowship. This community-oriented club, with more than 110 members and

50 boats, maintains a very active schedule of year-round activities, both on and off the water, for both members and guests. Evening meetings are held once a month, usually on the 4th Wednesday, at American Legion Post 274 on San Carlos Island. Because the club does not have the expense of maintaining their own waterfront facility, dues are only \$120 per year per couple or \$60 for single members. Learn more about the club online at [www.FMBYachtClub.org](http://www.FMBYachtClub.org).✱

## America's Boating Course

The San Carlos Bay Sail & Power Squadron, a unit of the United States Power Squadrons that serves South Fort Myers, Fort Myers Beach, Bonita Springs and Estero will be offering America's Boating Course on three consecutive Tuesdays in November (November 3, 10 and 17) from 6:30 to 9:15 p.m. There will be a final exam on the November 17.

This course is recognized by the

National Association of State Boating Law Administrators (NASBLA) and satisfies the Florida state requirement that anyone born after January 1, 1988 must pass a safe boating course in order to operate a boat with more than 10 HP. Each student will receive a Florida Boater's card – valid for life – from the Florida Fish and Wildlife Commission, upon successfully completing the class.

Topics covered include hull design, docking, anchoring, handling boating emergencies, reading channel markers and many other topics to make each boating experience safer and more enjoyable. Students who complete the course are eligible to join the United States Power Squadron at a discounted rate offering 18 months of membership for the price of 12 months.

The cost of the course is \$45, with a \$20 cost for a second person sharing the instruction materials.

The course will be taught at the San Carlos Bay Sail & Power Squadron classroom, located at 16048 San Carlos Blvd. (at the corner of Kelly Road, across from ACE Hardware). Students can register

online at [www.scbps.com](http://www.scbps.com) or by calling the office at 466-4040 and leaving their contact information.✱

From page 3

## LCEC Yard Sale

the rented spots and the sale of refreshments and baked goods will be donated to the United Way of Lee, Hendry, Glades and Okeechobee counties.

"So far, we have sold 20 spots, but anticipate selling many more," LCEC Yard Sale Committee Member and LCEC employee Leah Maldonado said. "Employees will be selling everything from clothes to household décor to children's toys."

The LCEC employee-run yard sale is just one of the many events that LCEC does year-round to raise funds for our local United Way. LCEC contributes nearly \$200,000 a year to the United Way through employee-run events and donations and has been included in the United Way Circle of Excellence for many years.✱



# Dictionary Day On Fort Myers Beach

submitted by Shirley Jewell

Sanibel-Captiva Rotarians visited the third grade classrooms at both The Sanibel School and Fort Myers Beach Elementary on Friday, October 2 bearing gifts. It was Rotary District #6960's Lee County's Dictionary Day and 13 Rotary Clubs across the county visited their local schools, delivering dictionaries to the students in third grade classrooms. Even within the present computer oriented learning environment,



**Presentation of dictionaries at Fort Myers Beach Elementary**

elementary school students love to hold and read actual books. Rotarians experience this firsthand on Dictionary Day when they hand out the dictionaries and the students excitedly flip through the pages. They discover that this dictionary is actually quite special because it includes a world almanac and sign language section. They have fun looking up words, or trying out their newly discovered signing skills. They look up facts, like what is the capital of Florida or what is the state bird of Florida. They are so eager to learn and they want to learn. As posted on the Rotary District website: "the reason for this program is that a dictionary is perhaps the first and most powerful reference tool that a child should own. Its usefulness goes beyond the spellings, pronunciations, and definitions it lists. It is also a companion for solving problems that arise as a child develops his or her reading, writing, and creative thinking abilities. Students benefit from an increased self-reliance and resourcefulness inspired by the maxim, "look it up." The importance of using a dictionary to make sure all words are spelled correctly is emphasized. This is an opportunity for children to expand their vocabulary."✱✱



**Students hold up their new dictionaries**



**Rotarians addressing the third graders**



**Classmates explore the contents of their dictionaries**



**Students have fun looking up new words and facts**

## Henderson To Speak At Republican Women's Lunch

Fort Myers Mayor Randy Henderson will be the featured speaker at the monthly Fort Myers Republican Women's luncheon on Tuesday, October 20. His topic will be What's New and What's Old in Fort Myers. Henderson will discuss major changes in the city and plans for the future, including the remake of the Ambassador Hotel and the renovation of Harborside. A question-and-answer session will be held following his formal presentation.

The public is invited to attend the luncheon and the program being held at The Helm Club, The Landings in South Fort Myers. A social hour begins at 11:15 a.m. The noon lunch will be followed by the business meeting and program. The luncheon cost is \$18. Reservations are required by Thursday, October 15 and may be made by contacting Tina Laurie at 489-4701.

Additional information about the club may be obtained by contacting president Carole Green at 850-590-2206.✱



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**October 1 - December 29**

### The journey of a million miles begins with a single step...

Take a step toward healthier living by joining Healthy Lee's Million Mile Movement! We're challenging Lee County to get more active by moving 1,000,000 miles in 90 days.

Whether you're walking, running, biking or swimming, register for this community-wide challenge for **FREE** at [www.HealthyLee.com](http://www.HealthyLee.com) and begin logging your "movement" today.

### Be part of the Million Mile Movement!

- WHO?** Lee County residents of all ages and fitness levels can participate as an individual or as a group
- WHAT?** Any form of movement qualifies, walking, running, biking, swimming and even weight training
- HOW?** Register at [www.HealthyLee.com](http://www.HealthyLee.com) and on Oct. 1, start logging your miles on the Challenge Portal, powered by Fit Nation

The Million Mile Movement is part of Healthy Lee's mission to empower and inspire the people of Lee County to make healthy lifestyle choices through education and action.

For more information, visit [www.HealthyLee.com](http://www.HealthyLee.com)



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# Along The River



Celebrate Oktoberfest two weekends in a row at the German-American Social Club of Cape Coral. It marks the 30th year that the popular event has been held.

Several outdoor events give friends and families the opportunity this weekend to enjoy the milder temperatures and lower humidity that have graced Southwest Florida this month.

The historic River District comes alive this Friday with the return of **Music Walk**. Stroll along downtown Fort Myers’ beautiful brick-lined streets while talented musicians play in and around restaurants, bars, art galleries and shops. Each month brings new energy and great music, from jazz and blues to rock ‘n’ roll. Music Walk is held on the third Friday of every month beginning at 7 p.m.

For more information, call Lance at 645-6457 (Ford’s Garage) or go to [www.fortmyersmusicwalk.com](http://www.fortmyersmusicwalk.com).

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

On Friday, October 16, popular cover band High Tide will entertain the crowd with rock, reggae and R&B. The following evening, it’s Troublemakerz from Fort Myers playing classic rock, modern rock, dance and country.

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

One of the most popular annual festivals in Lee County returns this weekend: **Oktoberfest** at the German-American Social Club of Cape Coral. The family-friendly event encompasses two big weekends of fun: Friday, October 16 through Sunday the 18th and Friday, October 23 through Sunday the 25th. This is the 30th year that the club has hosted the celebration.

There will be a huge tent and outside biergarten with three stages and two dance floors featuring non-stop live music from bands such as Zimmerer Kapelle Biberach and Kawogel, both from Germany. For the kids, there is a carnival area that features rides and games.

An extensive menu of homemade-style German specialties will be served: sausage platters, bratwurst, schweinshaxen, leberkäse, schnitzel, sauerbraten, red cabbage and potato pancakes. Enjoy your meal with an imported German or domestic beer or a glass of German wine or spirit. A selection of non-alcoholic beverages are also available.

Tickets for Oktoberfest are \$6 at the gate or \$5 if purchased in advance. Admission for children under 12 is free and parking, which is plentiful, is also free of charge. To purchase tickets and to view a detailed schedule of events, go to [www.capecoraloktoberfest.com](http://www.capecoraloktoberfest.com).

The German American Social Club is located at 2101 SW Pine Island Road in Cape Coral. For more information about its annual Oktoberfest, call 283-1400 or go to [www.capecoraloktoberfest.com](http://www.capecoraloktoberfest.com).

On Saturday, join your family, friends and neighbors at the 13th annual **Fall for the Arts Family Festival** at the **Lee County Alliance for the Arts**. The campus-wide event – held from 10 a.m. to 3 p.m. – showcases the many fun and enriching ways community members can get involved with the local arts community.

During Fall for the Arts, local arts organizations, theaters, galleries, museums, art schools and individual artists will distribute information about their upcoming seasons. Area performing groups will dance, sing, play instruments and act in mini-performance on the outdoor amphitheater stage. Visual artists will demonstrate their talents in painting, drawing, sculpting and other mixed media demonstrations, while area authors sign and sell their books in the literary area. Additionally, there will be interactive art stations for kids of all ages.

For the first time this year, there will be a scavenger hunt. One lucky winner will receive a free week at the Alliance’s award-winning Summer Arts Camp. There will also be a raffle with a chance to win many great prizes.

Lee County Alliance for the Arts is located at 10091 McGregor Boulevard, Fort



ZombiCon returns to downtown Fort Myers. This year’s theme is The Fallout 1985

Myers near the Colonial Blvd. intersection. For more information, call 939-2787 or go to [www.artinlee.org](http://www.artinlee.org).

Ready yourself for a zombie invasion at **ZombiCon 9: The Fallout 1985**. On Saturday from 4 p.m. to midnight, the area around the Water Basin on Bay Street will be closed to accommodate thousands of costumed revelers attending the charity street festival.

There will be six entry points to ZombiCon and more than 30 live performances on five stages. The stages will showcase the eclectic blend of bands and DJs you have come to expect from Zombicon and this year there will be some acts that will blow you away. Look forward to some returning fan favorites along with some freshly dead talent to include new bands and acts like magicians, fire dancers and acrobats!

The organizers of the event, Pushing Daizies, Inc., are asking for a \$5 donation upon entry. Additionally, the public is encouraged to bring non-perishable food that will be donated to the Gladiolus Food Bank. The Lee Memorial Blood Center will have three bloodmobiles on site for zombies to donate blood and sign up to donate bone marrow.

For more information about ZombiCon, call 772-DAIZIES or go to [www.zombicon.com](http://www.zombicon.com).✱

## Cider Season, New Hampshire 1976

poem by Nancy McDowell

The old man stooped over searching the ground,  
one hand supporting his lower back to relieve a stitch.  
“How ‘bout this one?” he asked as he perused the windfall  
of brown mashed apples he spied beneath a tree  
that once graced an abandoned orchard  
with pink flowers and apples that crunched sweet and juicy  
when your teeth bit into them.

“Good ‘nuff,” I answered, tossing it into a half-full crate  
in the bed of the battered blue pickup patiently awaiting its cargo.

By dusk, there were enough crates filled up  
to drive over the washboard road to the cider mill –  
my favorite road because I liked the bumps  
and dust devils that the pickup kicked up.

But October was setting in  
and the wind chilled us through our jackets;  
the road trip would have to wait until morning;  
tonight we needed the fireplace, a hot meal,  
and fresh-brewed coffee. Black.

In the darkness, the apples rolled around in their crates  
like prisoners trying to escape;  
maybe the weathered slats would give way  
and free them from death-by-cider.

The press shot out a golden stream mixing the tastes of sweet and sour;  
we sampled the new juice as our jugs filled up,  
one for each crate we traded.

Abandoned for years now,  
the mill tilts to one side like Pisa,  
the ground littered with broken slats that poke through the dirt like bones.

Even the washboard road is paved.

*Nancy McDowell, formerly a New Englander, lives at Shell Point in South Fort Myers. She now finds poetic inspiration in Florida’s natural beauty.✱*

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



# FORT MYERS FARE

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

## DOC FORD'S RUM BAR & GRILLE

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

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

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

## ICHIBAN

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

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

## ISLAND COW



**SS Hookers specializes in American cuisine with a Louisiana flair. Stop in for a bite to eat any day of the week or saddle up to the bar for a refreshing drink, like a spicy Cajun Mary**

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

Island Cow is an airy bistro with french doors leading out to the front and back patios. It is open daily for breakfast, lunch and dinner. Dine under the stars

while you listen to live music on one of Sanibel's only al fresco eating porches.

2163 Periwinkle Way, Sanibel. Call 472-0606.

## SS HOOKERS

Get hooked on great cuisine and spir-its at SS Hookers. The restaurant pays

tribute to the rich history of Punta Rassa, the home of big game fishing. It serves American cuisine with a Cajun twist. Waterfront dining is available daily for breakfast, lunch and dinner.

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

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

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## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION (UUA)

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, [rabbi@chabadswf.org](mailto:rabbi@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). Rabbi. [bar-ras@templebethel.com](mailto:bar-ras@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).✠



## Boys & Girls Clubs Receives \$5,000 Donation

**B**oys & Girls Clubs of Lee County (BGCLC) received \$5,000 at the Advance One Day conference held on October 2. The proceeds from the donation will help continue the BGCLC's vision of providing a safe place for Lee County's youth to learn and grow while providing life-enhancing programs and character development experiences.

Advance One Day is a fun, practical, and interactive one-day intensive leadership conference focused on helping businesses in Southwest Florida succeed in our community. The conference is for



Donation made during the Advance One Day conference on October 2

leaders who want to position their teams to succeed in business and leadership,

and see what truly takes to get businesses to the next level.

"We could not have been more surprised, grateful, and thrilled to have Boys & Girls Clubs of Lee County designated as the non-profit chosen by Advance One Day," said Shannon Lane, CEO of Boys & Girls Clubs of Lee County. "We rely upon the generous support of individuals, corporations and foundations in order to sustain and grow our services. With state funding being slashed this year, this was definitely a welcoming surprise."

The clubs are open each day after school (some until 8:30 p.m.) and have a five core program curriculum, covering academics, character building, leadership, arts, sports and fitness, and healthy lifestyles. BGCLC's most utilized program is Power Hour, which provides homework help and tutoring.

If you are interested in supporting Lee County's youth, visit [www.BGCLC.net](http://www.BGCLC.net) to find out ways you can help. For more information about the BGCLC or to arrange a tour at one of its facilities, call 334-1886.\*

## Dr. Heller To Speak At New Hope

**N**ew Hope Presbyterian Church will welcome guest speaker Dr. Karl Heller on Sunday, October 25 at their three worship services at 8, 9:30 and 11 a.m. Dr. Heller was born in Hamburg, Germany and lived through the tense years of the Nazi dictatorship and World War II. At the age of 18, his life was dramatically changed after he committed himself to Christ as Savior during a visit to England.

He graduated from universities in Germany, Scotland, Canada and the United States, and has a doctorate in European and Middle Eastern history. He has taught at several academic institutions, including Covenant College and the Universities of Colorado and California (Irvine).

Ordained to the Christian ministry, Dr. Heller has served a number of pastorates in the United States and foreign countries. He has traveled extensively as guest speaker and lecturer in the U.S. and abroad. His writings include contributions to several books and he is the author of *From Hitler To Christ*. He lives with his wife, Sofia, in Cape Coral.

New Hope Presbyterian Church is located at 3825 McGregor Boulevard in Fort Myers, two blocks south of Fort Myers Country Club. For more information, call the church office at 274-1230 or visit [www.newhopefortmyers.org](http://www.newhopefortmyers.org).\*

## Homeless Coalition Hosts Dinner And Silent Auction

**O**n any given night in Lee County, there are approximately 2,800 people without a place to call a home. To help raise funds and awareness to end homelessness, the Lee County Homeless Coalition invites the community to join them on Monday, November 9 at their 1950's Sock Hop-themed 11th annual dinner and silent auction at the Colonial Country Club, located at 9181 Independence Way in Fort Myers starting at 6 p.m.

Tickets are \$50 for coalition members and \$60 for non-members. Sponsorship opportunities ranging from \$300 to \$2,500 include tickets and recognition at the event.

In addition, members of the community can help the Lee County Homeless Coalition by donating items for the silent auction. Proceeds from the dinner support the coalition and their mission.

This year's Master of Ceremonies is Ray "Skip" C. Mitchell Jr. of Schooner Bay Realty and the special guest speaker is David Essel, author, radio talk show host and motivational speaker. Music will be performed by Motown Magic. For tickets, sponsorships or to donate to the Lee County Homeless Coalition, visit [www.leehomeless.org](http://www.leehomeless.org) or call 322-6600.

"There is still a great need for sponsors of this event," said Janet Bartos, executive director of the Lee County Homeless Coalition. "This event is one of the few times that the Southwest Florida community can pull together to help our fellow residents who are faced with homelessness. We appreciate the great support from partner agencies but, we really need the help of the Lee County community to make an impact with the children, families and the 2,800 individuals who are faced with homelessness every day."

The Lee County Homeless Coalition is a non-profit organization comprised of community and faith-based service providers, local businesses, people who are currently experiencing or who have experienced homelessness, and other advocates committed to ending homelessness. The Coalition's mission is to advocate, educate and promote awareness of issues and obstacles facing homeless individuals in Lee County through community collaboration, planning, and implementing solutions.

To participate in the event or learn more about how you can help join the fight against homelessness, contact Janet Bartos at 322-6600. For more information on the Lee County Homeless Coalition, visit [www.leehomeless.org](http://www.leehomeless.org).\*

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## Fall Visitors Now Arriving



by Capt. Matt Mitchell

**T**he opening of stone crab season traditionally marks the start of fall fishing opportunities for anglers. Our water temperature has already cooled off into the low 80's

and everything has just come alive. Huge amounts of little fry bait can be found all along the beaches and through the sound, along with everything that follows and feeds on it.

These next few months, I really enjoy to spend time out along the beaches when light or easterly winds allow. Many of the migratory species we see in the spring and fall are now on the annual trek heading south for the winter. This next few weeks will give anglers lots of options and a real change of pace from our usual mangrove fishing for snook and redfish.

Many of these migratory species can be targeted by simply locating birds feeding on bait. The amount of life out on the beaches gets crazy, with everything from ladyfish and mackerel all the way up to the apex predators like King mackerel, sharks and tarpon. Being open minded and prepared to catch whatever appears is the key to this beach-side mixed bag

fishing. Spoons and small jigs will catch most of the smaller fish out here and are a good way to begin fishing your way up the food chain.

Some of my favorite action of the year happens out along the beaches, chasing the massive schools of bonita that explode on the bait schools. "Running and gunning" between the fast moving schools of bonita as they make the surface look like a blender is a blast. Once spotted, it's just a matter of running the boat to intercept their projected movement so your anglers can quickly cast at them. When these bonita hit your fast moving lure, it is so explosive that it feels like they could snatch the rod from your hands. Then, that first run of these relative of the tuna is just blazing fast, with the angler feeling every tail beat as they speed off.

Once close to the boat, they don't give up easily, making powerful circles. This type of fishing is all about that visual bite and quickly getting to where the fish are gorging on bait schools.

The same massive clouds of bait that are being ambushed by hungry schools of bonita, mackerel, jacks, bluefish and ladyfish will often have larger species working through them, too, attracted to all the commotion. Life in the ocean means eat or be eaten, and this is the whole food chain out here. Watch for school-



Mary Laser of Sanibel with her keeper snook caught this week fishing with Capt. Matt Mitchell

ing sharks feeding right on the surface or coming out of nowhere as they steal your hooked fish. Some of the most explosive visual feeding tarpon action I have ever seen happens here, along with big King mackerel within sight of the beaches. The fall seasonal buffet out along the beaches can be a sight that has to be seen to be believed and will only get better until the water temperature dips below 70 degrees.

October 15 brought the opening of stone crab season. For the last few months, I've seen the many preparations involved with the stone crab boats that are kept a few docks down in St. James City. Like any other kind of commercial fishing, this is not only a family tradition but really hard work, totally dependent on Mother Nature. Captains and crews only have until April 15 to make their money. Every morning, I follow these

boats out the canal before the sun rises, often wondering how can they even pull the pots during some crazy rough weather conditions.

Stone crab claws have to be a minimum of 2 3/4 inch in size to be harvested, and contrary to popular belief, it is legal to harvest both claws from the crab if they are both of legal size. Unlike many other kinds of crab fishing, the stone crab is released alive as they regrow claws. Stone claws are a true south Florida delicacy and a way of life for the guys that catch them. My dinner on the 15th only had one side dish: mustard sauce.

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

## CLEAR YOUR GEAR It Catches More Than Fish



Barbless hooks cause less damage than hooks with barbs



## 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:

## Peregrine Falcon

by Patricia Molloy



Late last month, a peregrine falcon was found in a ditch in Bonita Springs. Upon presentation, it was discovered that the bird was unable to move its right wing. The falcon

was admitted to CROW as patient #15-2744.

As the fastest-flying bird on the planet, the peregrine falcon (*Falco peregrinus*) can dive at speeds up to 200 mph. Not only fast, it is also known for impressive aerial acrobatics and unparalleled grace. The raptor is also one of the most widely distributed species in the world and is found on every continent except Antarctica. Highly adaptable, it can survive in a wide variety of habitats that include the tropics, deserts, urban cities and tundra. Peregrine falcons mate for life and breed in the same territory every year.

The name *peregrine* is derived from the Latin word *peregrinus*, which means "to wander," because these falcons are known to fly very long distances. While peregrine falcons that live closer to the equator tend not to migrate, those in the northern part of their range make

yearly migrations of more than 20,000 miles. To put that in perspective, it would be like crossing the entire United States seven times in a single year.

Peregrine falcons have also played a significant role in human history. In ancient times, these noble raptors were considered birds of royalty. To this day, they are still one of the most popular birds in the sport of falconry.

"He came in with a really good body condition," said Dr. Heather. "He was nice and fat, probably because he's about to start his migration. They always get a little fatter right before migration starts."

Approximately a week after his arrival, the falcon was sedated and prepped for surgery to repair an elbow luxation. After surgery, a figure-eight bandage was used to stabilize the wing. With time and supportive care, the patient will likely make a full recovery.

"The falcon is doing well. From what we can tell, he has not been picking at his bandage at all. We're making sure to give him a good amount of force-feeds, because he's just not eating on his own yet. He is on Valium and he's perching well," Dr. Molly concluded.

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



The peregrine falcon is a regal bird of prey. As the fastest animal on Earth, it can reach speeds of up to 200 miles per hour. Patient #15-2744 is shown with a bandaged right wing.

## First Shell Club Meeting Of The Season



Dr. José Leal

The Sanibel-Captiva Shell Club will hold its first meeting of the season on Sunday, October 18 at 2 p.m. in Auditorium Room "A" on the main level of The Bailey-Matthews National Shell Museum.

José Leal, PhD, science director and curator for the museum, will be the first guest speaker of the season. His pro-

gram, entitled The Redfern Collection at the Bailey Matthews National Shell Museum, will introduce some of the highlights of the magnificent collection of Bahamian shells recently donated by Colin Redfern. The Redfern collection is comprised of 9,046 lots of dry and preserved marine mollusks, all collected by Colin Redfern and collaborators in Abaco and neighboring areas over a period of more than 40 years.

Door prizes will be awarded and refreshments will be served. The meeting is open to the public. ❄

## Organic Controls For The Home Gardener Class

Learn how to use organic controls to tackle disease and insect pests in your home garden. Karen Harty of Grow A Gardener, Inc. will be presenting this informative class of organic controls available to home gardeners. Harty, executive director of Grow A Gardener, is a Lee County Master Gardener, 4-H leader of the VegHeads and an avid edible gardener that eats from her garden all year long.

The workshop will be held on Saturday, October 31 from 10 a.m. to noon at the SW Florida Enterprise Center, 3903 Dr. Martin Luther King Jr. Blvd., Suite 8 in Fort Myers. A workshop fee of \$25 includes a laminated pest/

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Barbara Mainster accepts the award from FFVA chairman Alan Temple

## Mainster Honored With Award

The Florida Fruit & Vegetable Association presented its Distinguished Service Award to Barbara Mainster, executive director of the Redlands Christian Migrant Association.

The award, announced on September 24 during the association's annual convention, recognizes individuals in Florida agriculture whose life work has made an indelible mark on those around them and

who have made a significant difference for the industry.

"You couldn't call her a farmer in the conventional sense, yet Barbara Mainster raises Florida's most precious crop of all: its children," said FFVA chairman Alan Temple in presenting Mainster with the award.

The daughter of German immigrant dairy farmers, Mainster earned a bachelor's degree in social sciences from Michigan State University and studied for a master's in anthropology at Cornell. Her life's direction became clear when she spent time in Peru as a Peace Corps volunteer running a preschool.

After working in several Head Start programs in New York, Mainster moved to South Florida where she met Wendell Rollason, director of RCMA. The organization, founded by Mennonites, at that time operated three child care centers for farmworkers' children. She was hired as its education coordinator in 1972.

In 1988, Mainster took on the executive director position. Today, RCMA operates in 21 Florida counties. It has 69 child care centers, three charter schools, five after-school programs and 28 day care homes. It has grown to be Florida's largest non-profit child care provider.

What is unique about RCMA, Temple said, is that "it doesn't choose sides between the farmworker and the farm owner. Instead, RCMA brings them together in the common cause of children. Many of RCMA's most generous donors are agricultural interests, including

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**Fakahatchee grass's dangling spikes of flowers**

**Plant Smart**

## Notice Those Small Wonders

by Gerri Reaves

South Florida abounds in showy and extravagant flora, both native and exotic. Eye-catching flowers bloom year 'round, colorful foliage masquerades as flowers, and the shades of green are endless.

But less showy equally wonderful marvels are abundant too – and are often right under our noses. See if you can identify these things worth a second glance.

That stalk of dangling wine-colored

photos by Gerri Reaves

flowers can be found on Fakahatchee grass (*Tripsacum dactyloides*), also called eastern gamagrass. Those small flowers are somewhat hidden among the fountain-like sprays of leaves that can reach six feet high.

This hardy evergreen is easy to grow and maintain. Use it to fill out a landscape and create a classic Florida look. Plant it in a well-drained damp area or pondside. It will adjust to drier spots, too, is drought-tolerant, and suited to full sun or partial shade.

This bunch grass attracts many pollinators and is the host plant for the clouded and byssus skippers.

That delicate flower on the long slender stem blooms on Florida's most common airplant, ballmoss (*Tillandsia*



**Ballmoss's subtle flower**

*recurvata*). About one-half inch long, the flowers are purplish and funnel-shaped.

Because this species usually grows in trees, and even on powerlines, we tend not to see these subtle but remarkable flowers. They appear amid silvery green stems and leaves throughout the year, but mostly in fall.

Don't look for this member of the bromeliad family ("moss" is a misnomer) at the plant nursery. It chooses your yard or doesn't. But if you have a rough-barked tree such as live oak, it will probably take up residence eventually.

Ballmoss is not a parasite. It uses the host tree only as a platform, absorbing rain and nutrients from its perch.

To introduce this airplant to your yard, look for dislodged specimens on the ground after a storm and secure



**Corkystem passionvine's power tool for travel, the corkscrew tendril**

them to an appropriate host tree, just as you would an orchid.

The delicate appearance of that tiny corkscrew-shaped tendril belies the power in its spring and grasp. That miraculous device allows the aptly named corkystem passionvine (*Passiflora suberosa*) to scramble over fences, up trellises and trees, onto other plants, and even cover the ground with ease.

If you want butterflies in your yard and want a low-maintenance landscape, you can't do much better than this species. This vine is the host plant for several native butterflies, including the zebra longwing, Florida's state butterfly as well as julias and gulf fritillaries.

The year-round flowers are inconspicuous, but they are a valuable nectar source for many butterflies. The tiny fruit are a food source for birds.

The term corky actually refers to the

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## SFWMD Extends Research Of Biocontrols To Manage Plants

The South Florida Water Management District (SFWMD) extended an agreement with the U.S. Department of Agriculture to continue biocontrol development for managing South Florida's most aggressive exotic plants, an essential component of restoring America's Everglades.

"Controlling exotic plant species helps to protect South Florida's natural ecosystems," said Governing Board member Jim Moran. "Continuing this essential work will advance the research and also achieve insect releases to suppress invasive plants in our most sensitive environmental areas."

The District's \$3.3 million investment will help fund another five years of biological control efforts at the U.S. Department of Agriculture's Agricultural Research Service (USDA-ARS) Invasive Plant Research Laboratory in Davie. The 2,700-square-foot "mass rearing annex" at the lab, operated by the SFWMD, is responsible for implementing biocontrols to manage:

- Melaleuca (*Melaleuca quinque-nervia*)
- Brazilian pepper (*Schinus terebinthifolius*)
- Old World climbing fern (*Lygodium*



**A biocontrol to suppress *Lygodium* was introduced in the area to the left while the area to the right was untreated**

*microphyllum*)

- Australian pine (*Casuarina equisetifolia*)

Construction on the annex was completed by the U.S. Army Corps of Engineers in 2013 as a component of the Comprehensive Everglades Restoration Plan (CERP). Program objectives include culturing and releasing approved biocontrols, evaluating release strategies, monitoring field populations and evaluating effectiveness.

Science at the facility has so far produced releases of:

- 485,505 brown lygodium months



- 268,202 lygodium mites
- 406,500 hyacinth leafhoppers
- 116,181 air potato leaf beetles

### **Invasive Species Background**

Invasive plant species are reported to cause \$36 billion of economic impact in the United States each year.

In South Florida, exotic plants stress the natural environment by competing with native vegetation for resources such as sunlight, water and nutrients. Exotics can ultimately choke out the natural habitat, impacting wildlife and reducing biodiversity. Invasive plants can also clog flood control canals and structures,

## What Is A Biocontrol?

A biocontrol is the biological control of invasive plants, achieved by importing natural enemies of the plant from its native range. The objective is to establish a sustained population of natural enemies to reduce aggressive growth of the invasive plant. Biological control will not eradicate the invader, but it is a vital component of pest management strategies.\*

impede waterway navigation and impact recreation.

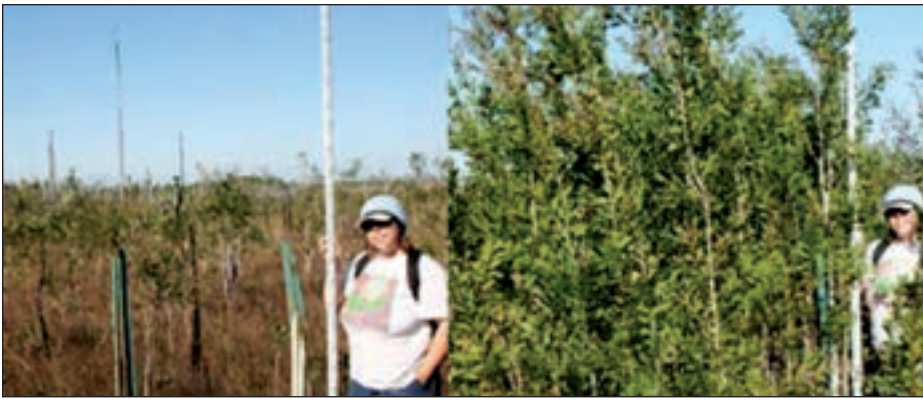
As custodian of more than 1.5 million acres of public land in South Florida, the SFWMD has an established invasive species management program. The agency's toolbox for exotics includes herbicides, mechanical removal, prescribed fire and biocontrols.

Biocontrols typically cost less and take less time to develop compared to herbicides. Although establishment of biocontrols at a specific site can take time, success has been documented.

For example, canals infested with water lettuce and treated with biocontrols yielded 37 percent more open water and 77 percent less biomass, according to USDA-ARS researchers. While the plants are not entirely removed by the biocontrol agent, the infestation becomes more

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Left: Biocontrol; Right, No Biocontrol

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## SFWMD Extends Research

susceptible to chemical treatments, and impairment of water flows in the canals are minimized.

In USDA-ARS experimental plots containing melaleuca, biocontrols yielded:

- 77 percent less biomass
- 95 percent fewer seeds
- 47 percent less density
- 36.5 percent more susceptibility to fire
- 30 to 40 percent more susceptibility to herbicides

### Continued Vigilance

The SFWMD supports continued applied scientific research that improves management efforts, participating with state and federal agencies that include the Florida Fish and Wildlife Conservation Commission; the Florida Department of Environmental Protection; the U.S. Fish and Wildlife Service; the USDA's Agricultural Research Service; the U.S. Army Corps of Engineers; and the U.S. Department of the Interior.

Residents and visitors also play a role in protecting South Florida's environment. One of the primary ways invasive species, both plant and animal, end up in the natural environment is by being thrown out or released by people who no longer want them. For example, emptying a tropical aquarium full of live but non-native aquatic plants can have serious consequences for the environment and for the flood control system.

For more information, visit [www.sfwmd.gov](http://www.sfwmd.gov).

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## Mainster Honored

FFVA and many of its members.

"Barbara makes sure that all of RCMA's 1,600 employees remember that parents are the most important influences in their children's lives," Temple added. "No matter how little formal education they have received, parents can still inspire their children, support their educations and advocate in the children's best interest."

The Florida Fruit & Vegetable Association is a full-service organization serving Florida's grower-shipper community for more than 70 years. FFVA represents a broad range of crops: vegetables, citrus, tropical fruit, berries, sod, sugar cane, tree crops and more. Its mission is to enhance the business and competitive

environment for producing and marketing fruits, vegetables and other crops.

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## Plant Smart

cork-like look of the mature stems, but brings to mind the corkscrew shape of the tendrils, too. It often volunteers in yards after birds deposit the seeds. It will grow in just about any condition.

Plant any one of these native species and it will remind you to stop and notice the small wonders all around us every day.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by

Gil Nelson, [floridata.com](http://floridata.com), [fnps.org](http://fnps.org), and [nababutterfly.com](http://nababutterfly.com).

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

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## Gardener Class

disease control guide, workshop making yellow sticky traps and a personalized organic spray mix to take home.

To register, contact Karen Harty at 610-530-8883, [GrowAGardener@gmail.com](mailto:GrowAGardener@gmail.com) or visit [www.GrowAGardener.org](http://www.GrowAGardener.org). Walk-ins are accepted but it is recommended that you sign up in advance so there are enough materials.



## EVENT VOLUNTEER REGISTRATION

Sunday, November 8, 2015

12:00 to 5:00 PM

Sanibel Community Park

[www.crowclinic.org](http://www.crowclinic.org)

Please submit this form by October 16 to JoEllen at [jurasky@crowclinic.org](mailto:jurasky@crowclinic.org). You may also Fax: 239-472-2334, or mail to CROW, P.O. Box 150, Sanibel, FL 33957.

Name: (Print) Last \_\_\_\_\_ First \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Are you over 21? \_\_\_\_\_ Gender \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

### Pre-Event

- ☐ Set-Up (tents, tables, etc.) Saturday, Nov. 7 – 1:00 pm to 5:00 pm
- ☐ Opening (signs, supplies, etc.) Sunday, Nov. 8 – 8:00 am to 12:00 pm
- ☐ Parking/Shuttle Assistance Sunday, Nov. 8 – 8:00 am to 12:00 pm

### Event – Sunday, November 8 (choose shift and preferred position)

☐ Shift 1 – 11:30 am to 2:30 pm

☐ Shift 2 – 2:30 pm to 5:30 pm

Preferred position: \_\_\_\_\_

We cannot guarantee the volunteer position you sign up for. We will confirm your position before the Taste. Expectation is that you will be able to attend an informational meeting before the event.

### Post Event

- ☐ Closing (clean up, tear down) Sunday, Nov. 8 – 5:00 pm to 8:00 pm
- ☐ Clean Up Monday, Nov. 9 – 7:00 am to 9:00 am

**Positions include:**  
Entrance, Food & Beverage Tickets, Beverage Tent, Rovers (garbage, relief, ice), Silent Auction, Parking

Volunteers will receive free admission, a volunteer t-shirt and our appreciation.  
For more information, please call us at (239) 472-3644, ext. 221.



## Friends Of Lovers Key Hosts Photography Event And Banquet



Photograph by Carlton Ward, Jr.

The Friends of Lovers Key Park (FOLKS) is hosting their fall photography event Images of Nature, a celebration of nature photography at Lovers Key State Park from November 2 to 8.

Images of Nature attracts amateur and professional photographers from across the nation for a week of nature photography education and appreciation. The week ends with a banquet and auction, highlighted by an appearance by *National Geographic* photographer Carlton Ward, Jr. Proceeds from Images of Nature will benefit the Lovers Key Environmental Educational Center capital campaign fund, aiming to establish a one-of-a-kind visitor and educational center at the park.

Daily photography sessions will be led by a noted local photographer with each session focusing on a different photography topic. Tickets are \$50 per session, or \$200 for all sessions. The number of participants will be limited to 20 for each session. Detailed session information, registration and tickets can be found at [www.imagesofnaturefl.com](http://www.imagesofnaturefl.com).

All attendees are invited to submit a photograph taken during an official session for the event photography contest. Printed and matted photos will be judged and displayed at the Sunday banquet.

On Saturday, November 8, the celebration peaks with a banquet and auction featuring Carlton Ward, Jr., whose work has been published by *Audubon*, *Smithsonian*, *Geo*, *Nature Conservancy* and *National Geographic*. Attend the banquet for cocktails, a silent auction, dinner, presentation and book sale at The Bonita Bay Club, located at 26660 Country Club Drive in Bonita Springs. Tickets for the banquet are \$175, and tickets for the banquet including patron reception with Carlton Ward are \$250. Tickets and a detailed schedule can be found online at [www.imagesofnaturefl.com](http://www.imagesofnaturefl.com).

In addition, local accommodations are offering great rates during Images of Nature week and beyond. Check out "stay and play" deals online at [www.imagesofnaturefl.com/visitors](http://www.imagesofnaturefl.com/visitors).✧

## Lee County Community Band Begins Season

submitted by Susan Rayman

The Lee County Community Band is now beginning its 130th season. The band will resume rehearsals for the season on October 15 under the direction of Richard Bradstreet, and the first concert is set for November 8.

The 50-member band rehearses Thursday evenings at St. Michael Lutheran School in Fort Myers; new members are welcome. If you are interested in joining, call Norman Jones at 995-2097.

The band will perform six concerts

this season; all will be held at 3 p.m. at Cape Coral High School, 2300 Santa Barbara Boulevard. All but one will take place on the second Sunday of the month. The programs are free of charge (donations accepted), and open to the public. Concert dates are November 8, December 13, January 10, February 7, March 13 and April 10. Please note that the February concert is on the first Sunday of the month.

The band enjoys large, loyal and enthusiastic audiences. Programs typically include a mix of spirited marches, Broadway hits, old favorites, patriotic songs, seasonal pieces and sing-alongs with emcee and vocalist Norman Jones. The first concert traditionally pays tribute to veterans of the U.S. Armed Services, and focuses on music by American composers.



Becca Pratt

## Featured Artist Of The Month

October's Featured Artist at the Arts Of The Inland Gallery at Lehigh Regional Medical Center Café, located at 1500 Lee Blvd. in

Lehigh Acres, is Becca Pratt.

Pratt grew up in rural upstate New York surrounded by artists as her parents were members of The Art Institute of Buffalo. She received a BA degree in Spanish at Allegheny College in Meadville, Pennsylvania, and later earned teaching certificates at Cortland, New York and at USF in Fort Myers.

Becca renewed her interest in art when her father, Marcus Pratt, began teaching Sunday afternoon watercolor lessons to her family. She became involved in stage backdrops for musical productions, and school murals while teaching at Country Oaks Elementary School in LaBelle, and began painting murals on the walls and floors of her home.

Pratt currently teaches Art & Theater at Upthegrove Elementary School in LaBelle. She enjoys working with watercolors, pen and ink, and pencil sketches of landscapes, still life, buildings, and animals. Her creations can also often be seen at the AOI Barron Park House Gallery in LaBelle.

AOI member and artist Donna Thewlis is the gallery director; call 339-7265 for further information. The gallery is open Monday through Friday from 7 a.m. to 5 p.m.✧

## Singers To Perform At Carnegie Hall

Distinguished Concerts International New York City (DCINY) announced last week that Matthew Koller and the Fort Myers High School Greenwave Singers have been invited to participate in a performance of The Music of Paul Mealor, featuring the New York premiere of Stabat Mater and a new world premiere on the DCINY Concert Series in New York City. This performance will be held on Monday, February 15, 2016 – President's Day Weekend – in the Isaac Stern Auditorium at Carnegie Hall under the baton of Dr. James Jordan. Mealor will be the composer-in-residence and Dr. Jordan will serve as conductor of the performance and clinician for the residency.

"The Fort Myers High School Greenwave Singers received this invitation because of the quality and high level of musicianship demonstrated by the singers as well as the exceptional recommendation given by Dr. James Jordan. It is quite an honor just to be invited to perform in New York," said Dr. Jonathan Griffith, artistic director and principal conductor for DCINY. "These wonderful musicians not only represent a high quality of music and education, but they also become ambassadors for the entire community. This is an event of extreme pride for everybody and deserving of the community's recognition and support."

Members of the community are encouraged to give financial support in sending these singers to New York by contacting Matthew Koller at 334-2167 or [matthewcko@leeschools.net](mailto:matthewcko@leeschools.net).

For more information, visit <http://greenwavechoirs.net/press#sthash.RST6a0gd.dpuf>.✧

Band members are adult musicians from all walks of life – career musicians, amateurs, and folks renewing skills from years past – who reside in Lee, Collier and Charlotte counties.

For additional information, visit [www.leecountyband.org](http://www.leecountyband.org) or call 995-2097.✧

## High School Band, Music Booster Car Wash

Members of the Fort Myers High School Greenwave Marching Band and the High School Music Boosters will be hosting a fund-raising car wash on Saturday, October 17 at the Sanibel Fire Station #1,

located at 2351 Palm Ridge Road. The students will be hosting these car washes several times over the fall and winter months.

Proceeds from these car washes will benefit the high school marching band and music department in their quest to travel to London and march in the 2017 New Years Day Parade. The band has been honored as one of only several bands throughout the world to be welcomed to attend the invitation only trip which will include several performances and a week of sightseeing.

Donations will be accepted during the event, which runs from 8 a.m. to 4 p.m. There will also be delicious bakery items for sale. Sponsorship opportunities are also available.

Send an email to [jmfriscoe@aol.com](mailto:jmfriscoe@aol.com) for further information.✧



## Zombicon Hosts 48-Hour Zombie Film Challenge

This year, the Fort Myers Film Festival is teaming up with Zombicon with a 48-hour zombie film challenge.

With the backdrop of the biggest zombie event in the world, this is your chance to produce a film in the same location as George Romero's 1985 cult classic, *Day of the Dead*. It's been 30 years. Technology now allows filmmakers of all abilities to show their own interpretation of the apocalyptic zombie fallout and the stories of what happens within. Thousands of dead, nearly dead and goon squads of all kinds are coming to a four-block in downtown Fort Myers this Saturday, October 17.

You will have 48 hours to capture the images of their rampage as a backdrop for your own story. A horrific twist of the 48-hour film contest model, Zombicon's From Death 'til Dawn Film Challenge is the ultimate competitive, horror filmmaking challenge.

With three categories, Professional, Student and Amateur, (which features a unique "device category" for all you iPhone and Android fans), this contest has endless possibilities. It's your chance to win prizes, recognition and a chance to be screened before thousands at the annual Fort Myers Film Festival in the spring of 2016, before the infection afflicts everyone. Winners get bragging rights as a true champion of film making in the horror genre. With over 20,000 expected, your work will be noticed.

It all starts for you and your team at an exclusive kick-off event to be held at the Sidney & Berne Davis Art Center, located at 2301 First Street in Fort Myers at 7 p.m., where you will gather to accept your viral mutated mission: Write, shoot and edit a short film no shorter than one minute and not longer than five minutes in total length, before the sun rises on Monday, October 19. Teams will receive a secret antidote element that must be included in their film entry. Entries without the secret element will end up on the morgue floor where no judging eyes will ever see.

At the beginning, as the sun rises on Saturday, October 17, teams will venture out to plan, shoot, edit and upload their zombie mini features. Later, all teams are invited back to attend a special screening where finalists are revealed before a flesh craving audience. A panel of zombie aficionados and video and film pros will score each submission to reveal the winner. In addition to the grand prize, trophy and bragging rights, the overall winner is automatically entered into the 2016 Fort Myers Film Festival.

Finalists from each category will receive some gruesome prizes and Zombicon swag unique to the event, but only one team will survive The Final Judgement. For more information, go to [www.fortmyersfilmfestival.com](http://www.fortmyersfilmfestival.com) or join [www.facebook.com/fortmyersfilmfestival](https://www.facebook.com/fortmyersfilmfestival) for updates and events.✱

## Fort Myers Beach Art Association Announces First Member Art Show

The first member art show of the season for members of the Fort Myers Beach Art Association takes place from October 15 through November 12, with free admission to the public during gallery hours.

Member artists can submit their work on Wednesday, October 14 from 9 a.m. to noon at the art association headquarters, located at the corner of Shell Mound Boulevard and Donora Boulevard. Visit [www.fortmyersbeachart.com/Brushoff/BrushoffOct-Nov2015.pdf](http://www.fortmyersbeachart.com/Brushoff/BrushoffOct-Nov2015.pdf) for more details.

The first potluck of the season will be held on Thursday, October 15. The dinner, which begins at 5:30 p.m. will be a true "potluck." Sign up at the gallery and bring a main dish, side dish, salad, appetizer or dessert to share. Remember to bring your plates and flatware, too. Guests are welcome. RSVP at the gallery.

Admission is \$3 at the door or \$5 for two guests.

For more information, including a class and workshop schedule, e-mail publicity chair Pam Flaherty at [fmbaa-publicity@gmail.com](mailto:fmbaa-publicity@gmail.com), stop by the Fort Myers Beach Arts Association Gallery, located on Donora Boulevard one mile south of the Matanzas Bridge or call 463-3909. The gallery is open daily beginning October 15 through mid-April, Monday to Saturday from 10 a.m. to 3 p.m. and on Sunday from noon to 3 p.m. Visit [www.fortmyersbeachart.com](http://www.fortmyersbeachart.com) for additional updates and information.✱

### A CALL TO ALL VETERANS WHO ARE ARTISTS

### "ART BY VETERANS"

NOVEMBER 7<sup>TH</sup> TO 21<sup>ST</sup>, 2015

### SOUTHWEST FLORIDA MILITARY MUSEUM AND LIBRARY

The Caloosahatchee Chapter of the Daughters of the American Revolutions (DAR) is proud to be making a call for all veterans for the 2<sup>nd</sup> annual art show that they will be hosting at the Southwest Florida Military Museum and Library in Cape Coral, Florida November 7<sup>th</sup>-21<sup>st</sup>, 2015.

The exhibition is open to all veterans and for artwork of any subject matter and media. All hanging work must be either matted or framed with a wire backing. There will be a limit of 2 entries.

Artist must submit the following information for each entry: Title of the work, Type of media, Print or original, Artist's name, Price, and Dimensions. In addition, indicate which branch of service you were in. Please submit this information by October 31<sup>st</sup> to [sonialomano@gmail.com](mailto:sonialomano@gmail.com).

All work must be delivered to the Southwest Florida Military Museum and Library, 4820 Leonard St. Cape Coral, Florida 33904 on November 3<sup>rd</sup> between 10 a.m. and 5 p.m. and picked up on November 23<sup>rd</sup> during the same business hours.

The artist will receive 50% of the sale price for any work sold during the exhibition. The Southwest Florida Military Museum and Library will receive 25% of the sale price and DAR will receive 25% of the sales which will be used to fund projects to help veterans and children.

An opening reception for the public will be held on November 7<sup>th</sup> from 5 p.m. until 7 p.m. All artists and their families are invited to attend.

For further information, please contact: Sonia Lomano, DAR Service for Veterans Chairman, at 239-470-3474 or [sonialomano@gmail.com](mailto:sonialomano@gmail.com)



## Chorale Names Brown New Artistic Director



Dr. Trent Brown

The Symphonic Chorale of Southwest Florida is in its fifth season of bringing choral masterpieces to the community. In its first concert under the direction of newly-appointed Artistic Director Dr. Trent Brown, the Chorale will present Joy To The World: A Global Celebration.

A centerpiece of the concert is the inaugural performance of the new Symphonic Chorale Chamber Chorus featuring traditional English works for chorus and organ, including Purcell's *Magnificat*, Stanford's *Nunc Dimittis* and Britten's *Te Deum* in C. The program encompasses multiple eras and styles. In the 17th century, Purcell was one of the most renowned composers of the English style of Baroque music. Stanford is known for his choral compositions in the Anglican tradition of the late 19th century. Written in 1934, Britten's work is one of his earlier pieces for chorus.

The program will also include seasonal pieces from well-known composers from the European continent as well as America. The full chorale will perform seasonal classics such as *O Holy Night* and Handel's *Hallelujah*. Audience members will be invited to raise their voices to join in singing some well-known favorite carols as well.

The first concert is on Saturday, December 5 beginning at 7:30 p.m. at St. Luke's Episcopal Church, 2635 S. Cleveland Avenue in Fort Myers. St. Luke's own music director Lee Cobb will be the organist both for this concert and on Sunday, December 6 at 3:30 p.m. at Sanibel Congregational United Church of Christ, 2050 Periwinkle Way on Sanibel.

Trent Brown is the director of choral activities at Florida Gulf Coast University's Bower School of Music. He earned a Doctorate of Musical Arts in choral con-

ducting from the University of Arizona. He has conducted abroad in Germany, Austria and the Czech Republic.

Advance tickets for either concert are

\$35 for preferred seating, \$25 for general admission (\$30 on the day of the concert). Order tickets online at [www.symphonicchorale.org](http://www.symphonicchorale.org) or call 560-5695.✱

## Poetry & Pizza At The Alliance

Poets are invited to read their work at the Alliance for the Arts during Poetry & Pizza on Thursday, October 22 from 7 to 9 p.m. This spoken word and poetry open mic is designed to bring together different generations, styles and approaches to poetry. The event is free and open to everyone, but a \$5 suggested donation is encouraged to support future Alliance programming. The evening is presented by the Poetry Alliance, a group of poets who meet monthly at the Alliance to share their work and advocate for poetry. Visit [ArtInLee.org](http://ArtInLee.org) or call 939-2787 for more information.

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



## An Electrifying Musical At Broadway Palm

by Di Saggau

Broadway Palm is presenting the national tour of the Broadway musical *Million Dollar Quartet* and it's a show you don't want to miss. The Tony Award-winning musical is inspired by the electrifying true story when four rock 'n' roll icons came together as a red-hot band for one unforgettable night. Listening to the music of Johnny Cash (Evan Buckley Harris), Jerry Lee Lewis (Jason Cohen), Carl Perkins (Christopher Wren), and Elvis Presley (Skip Robinson) is worth a million. What an evening.

It takes place on December 4, 1956 when Sam Phillips (Matthew Scott), the "Father of Rock 'n' Roll" gathers the four legendary musicians at Sun Records studio in Memphis. The result is jam session history. The musical contextualizes this important moment by incorporating background snippets of how each man came to the record label and the current state of their careers in a seamlessly creative way. In the musical, Sam Phillips is also grappling with impending changes in his life and with his career.

Cohen stands out as Jerry Lee Lewis because his character is known for his infectiously energetic piano playing and fiery personality. His piano playing is



Cast Members of *Million Dollar Quartet*

electric and mesmerizing. He kills it on *Whole Lotta Shakin' Goin' On* and his "preacher" speech is hilarious.

Harris has the deep voice and guitar skills that give perfect life to Johnny Cash's songs. It's uncanny how much he sounds like Cash singing *Folsom Prison Blues* and *I Walk the Line*.

Robinson nails Elvis' singing style on the gospel numbers and the upbeat rock 'n' roll numbers. His manner and dance moves are right on target and his rendition of *Hound Dog* sounded just like the King.

Wren as Perkins kicks off the show with a fabulous rendition of *Blue Suede*

*Shoes* along with the cast. Perkins also wrote and sang the song before Elvis took it and made it a hit. Wren commands presence on the stage with his strong guitar playing and swagger.

Scott as Phillips, the founder and CEO of Sun Records, who discovered Elvis, Cash, Perkins and others, does an excellent job of narrating the show and keeping the story moving.

Jackey Good plays Dyanne, girlfriend of Elvis, and she captures attention with her sensual rendition of *Fever*. She acts as peacemaker to bring order to the competitive nature of the musicians.

Jody Alan Lee on bass and Jon Rossi on drums are a tremendous musical asset.

The show is expertly cast with the actors physically, vocally and emotionally filling the huge shoes of these rock 'n' roll icons. It's a "Wow" experience featuring amazing singing and musicianship, incredible music, awesome dance moves, an intriguing story and an insight into music history. Whatever you do, don't leave early when you think the show is coming to a close, because there's an encore performance that'll knock your socks off.

*Million Dollar Quartet* plays through November 21 at Broadway Palm, Southwest Florida's Premier Dinner Theatre. It runs about 2 hours and 30 minutes with no intermission. Tickets are available by calling 278-4422, by visiting [www.BroadwayPalm.com](http://www.BroadwayPalm.com) or by stopping by the box office at 1380 Colonial Boulevard in Fort Myers. Don't miss it. It's incredible.✱



## Culligan City Of Palms Classic Reveals 2015 Tournament Lineup

Another star-studded event is on tap for the holiday spirit and here in Southwest Florida that means it's time to order tickets for the 43rd annual Culligan City of Palms Classic, which went on sale last week. The organizers also announced another star-studded lineup of teams and players that will descend upon the Bishop Verot Catholic High School gymnasium in Fort Myers from December 18 to 23 for the best high school tournament in the nation.

Elite teams from across the country will come together in the beautiful 2,300-seat gymnasium at Bishop Verot to take part in the six-day tournament, including: Montverde Academy (Florida), the consensus national champion from 2015; Wheeler (Marietta, Georgia), the 2014 City of Palms and 2015 Class 6A Georgia state champion; and Norland (Miami), the 2015 Class 6A Florida state champion.

Top players expected to take part in this year's classic include ESPN #2 player in the Class of 2016 Jayson Tatum (Chaminade, St. Louis, Missouri), ESPN #22 player in the Class of 2016 Udoka Azubuike (Potter's House Christian, Jacksonville) and ESPN #3 player in the Class of 2017 Michael Porter (Father Tolton, Columbia, Missouri).

Culligan returns for its third year as Title Sponsor, and Enterprise Rent-A-Car is Presenting Sponsor for the second year.

For more information, including a complete lineup of the teams scheduled to play in this year's tournament and to purchase tickets, go to [www.cityofpalmsclassic.com](http://www.cityofpalmsclassic.com).

No fees are collected from players and teams, and Classic Basketball Inc., a 501(c)3 not-for-profit corporation that acts as a foundation for the tournament, covers all expenses for the players. For many of the players, the tournament represents their first opportunity to travel outside their own city.

More than 530 Culligan City of Palms players have advanced to NCAA Division I competition, with more than 60 advancing to play professionally in the NBA. Hundreds of coaches and scouts at every level use this venue for recruiting.

For more information and to sign up for the eNewsletter, visit [cityofpalmsclassic.com](http://cityofpalmsclassic.com).



## Hope Hospice Receives \$25,000 From Fort Myers Golfer McNeill

Hope HealthCare Services President and CEO Samira K. Beckwith accepted a check from Fort Myers resident and PGA golfer George McNeill, who aced the par-3 18th hole in the first round at The Greenbrier Classic this summer and won \$25,000 to donate to his charity of choice. McNeill chose Hope HealthCare Services in honor of his sister, Michelle, who passed away in the Cape Hope Hospice House last year.

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

Hope HealthCare Services provides specialized care for all people with complex needs related to life-changing illness. Visit [www.HopeHCS.org](http://www.HopeHCS.org) for a full listing of Hope's programs and services.



Hope HealthCare Services CEO and President Samira K. Beckwith with Fort Myers resident and PGA golfer George McNeill

## Cape Chorale Golf Extravaganza

Tune in for Cape Chorale's inaugural Charity Golf Extravaganza being held on Friday, October 23 at River Hall Country Club and help raise funds for Cape Chorale and Lee Memorial Children's Speech Therapy Program. Participants will receive raffle tickets for each non-perishable food item they bring and will be donated to the Harry Chapin Food Bank.

The event kicks off at 7 a.m. on October 23 with registration and warm-up. The Charity Golf Extravaganza will be played as a four-person scramble, with a shotgun start at 8:30 a.m. The \$75 registration includes greens fees, cart and awards luncheon.

Hole in One sponsored by Scanlon Automotive Group. Additional sponsorship opportunities are available.

"We want to help 'strike a chord' for these significant charities and this is a great way to do that," said John Pennington, event chairman. "You can join the fun and support your community even if golf isn't your game – join us for lunch for only \$25."

River Hall Country Club is located at 3500 River Hall Parkway in Alva. For more information, contact John Pennington at 633-8197 or [www.capechorale.org](http://www.capechorale.org).

## Under The Harvest Moon Fundraiser

Under The Harvest Moon will be an unforgettable evening featuring autumn inspired culinary delights, creative cocktails and luxury live and silent auctions. A dinner fundraiser for the Boys & Girls Clubs of Lee County with auction items that will feature some of the most desirable destinations in the country, tickets for Under The Harvest Moon are \$100 per person.

Held on Thursday, October 29 from 6 to 9 p.m. at The Club at Renaissance, 12801 Renaissance Way in Fort Myers, the event is presented by Jaguar of Fort Myers, Norman Love Confections and the Boys & Girls Clubs of Lee County.

Under The Harvest Moon will help fund the Boys & Girls Clubs of Lee County and their after-school programs that help keep the youth off the streets and in a safe place to learn and grow while providing life-enhancing programs and character development experiences.

For more information about the BGCLC or to arrange a tour at one of its facilities, call 334-1886 or visit [www.BGCLC.net](http://www.BGCLC.net).

*The American Legion Post 38 Commander  
Request's the pleasure of your company at the  
7th Annual*

# *Salute Our Troops Event*

*A semi-formal event in honor of  
American's Veterans  
Friday the Twenty Third day of October  
two thousand and fifteen  
six o'clock in the evening until eleven o'clock  
American Legion Post 38  
1857 Jackson Street*

*The evening's formal address will be given by Lee County Sheriff Mike Scott*

*The evening's entertainment will be provided by  
Just us Band, a three piece Jazz group*

*Silent Auction, Plated Dinner, Dancing, Cash Bar and Fun*

*Tickets are \$20.00 and may be paid in advance or at the door.  
Must RSVP by October 20th*



## Financial Focus

# Will You Be Ready For Retirement?



by Jennifer Basey

**N**ational Save for Retirement Week is observed October 18 to 24 this year. And this week has some weight behind it, as it is recognized by the U.S. Senate for its importance

in encouraging Americans to prepare themselves financially for retirement. Are you doing all you can?

Many of your peers aren't. About a third of working adults have no retirement savings or pension, according to a survey by the Federal Reserve. And more than half of workers report that the total value of their household's savings and investments, excluding the value of their primary home and any defined benefit plan (such as a traditional pension), is less than \$25,000, according to the Employee Benefit Research Institute's 2015 Retirement Confidence Survey.

Such figures help explain why many people are unsure if they'll ever be able to retire. Nearly 40 percent of the respondents in the Federal Reserve's study

either have no intention to retire or plan to keep working for as long as possible.

Of course, if you enjoy your career, or just simply like to work, you may be in no hurry to retire. But you may want to put yourself in a position someday when work is optional – not mandatory. To reach that point, consider taking these steps:

- Estimate your cost of retirement. At what age do you plan to retire? When you do retire, will you stay home and pursue your hobbies, or will you travel the world? Will you do some consulting or other part-time paid work, or will you volunteer? By answering these and other questions, you can at least estimate your costs during your retirement years.

- Contribute to your 401(k). Contribute as much as you can afford each year to your employer-sponsored retirement plan, such as a 401(k). At a minimum, put in enough to earn your employer's matching contribution, if one is offered. A 401(k) or similar plan is a great way to put money away for retirement, because your earnings can grow on a tax-deferred basis. And you may have a dozen or more investment vehicles within your 401(k), so you can build a portfolio that's appropriate for your goals and risk tolerance. In 2015, you can contribute up to \$18,000 to your 401(k), or \$24,000 if you're 50 or older.

- Fully fund your IRA. Even if you participate in a 401(k) or other employer-sponsored retirement plan, you're probably still eligible to contribute to an IRA as well. In 2015, you can contribute up to \$5,500 – or \$6,500, if you're 50 or

older – to an IRA. A traditional IRA offers tax-deferred earnings, while Roth IRA earnings can grow tax free, provided you don't start taking withdrawals until you're 59 1/2 and you've had your account at least five years. Plus, you can fund your IRA with virtually any type of investment you choose. Try to "max out" your IRA every year.

- Control your debts. Control your

debts as much as possible. Every dollar that doesn't go into a debt payment could be invested for your retirement.

These aren't the only steps that can help you move toward a comfortable retirement – but they can certainly help get you on the right path.

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

From page 2

## City Dock

To illustrate the encroachment of the new on the old: By 1926, a modern filling station was just a block away from the dock, down at the Hendry corner.

By the time the 1920s boom seriously kicked in, it was becoming clear that before too long, fish houses, taxidermists, cigar factories, and tin shops would have no place in prominent spots on the downtown riverfront.

Even steamboat travel, a constant throughout the town's history, would soon cease, a victim of the automobile and good roads.

It was the massive yacht-basin project in the late 1930s that finally erased the last vestiges of the pioneer-era City Dock. Today, a very dry Jackson Street marks the path of what was once a busy over-the-river thoroughfare.

Walk down to Jackson and Bay, walk north, and imagine you're walking over

the river.

Then, travel a few blocks south to the Southwest Florida Museum of History at 2031 Jackson Street, where you can see an exhibit about the waterfront economy of the 1920s.

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.

Find out more about City Dock businesses at the Southwest Florida Historical Society.

The all-volunteer non-profit organization is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts.

The research center is open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. Call 939-4044 or visit [swflhistoricalsociety.org](http://swflhistoricalsociety.org) for more information.

Sources: Archives of the Southwest Florida Historical Society, *The Story of Fort Myers* by Karl H. Grismer, and the *Fort Myers Press*.✪✪

## Harlem Globetrotters World Tour Coming To Fort Myers March 1

**C**elebrating 90 years of providing smiles, sportsmanship and service to millions of people worldwide, the world famous Harlem Globetrotters will bring their unrivaled family show to Germain Arena in Fort Myers on Tuesday, March 1 at 7 p.m., during their 90th Anniversary World Tour.

Known worldwide as the Ambassadors of Goodwill, the Globetrotters are giving back even more during their 90th year with The Great Assist program. Stars of the team will leave a mark in communities across North America with acts of goodwill during the tour that is set to play over 330 games in 260 cities.

Fans are encouraged to visit [GreatAssist.com](http://GreatAssist.com) to nominate a worthwhile cause or a deserving family in need of a smile, and the Globetrotters will help as many fans as possible throughout the tour. In addition to fan requests, the team is planning to bring its bullying prevention program to over 400 schools and community centers, talk to youth about character education and physical fitness, visit children's hospitals and lend a hand to those in need.

On the court, the Globetrotters' 90-year celebration will feature some of the greatest athletes and entertainers on the planet. With a star-studded roster featuring Big Easy Lofton, Ant Atkinson, Hi-Lite Bruton, Thunder Law, Bull Bullard and Cheese Chisholm – plus female stars TNT Maddox and Sweet J Ekworomadu (rosters will vary in each city and are subject to change) – the Globetrotters' one-of-a-kind show is unrivaled in the world of family entertainment. Every game will showcase incredible ball handling wizardry, rim-rattling dunks, trick shots, hilarious comedy and unequalled fan interaction. After the game, Globetrotter stars will sign autographs and take photos with fans (subject to availability).

Tickets start at \$20 and are now available at [harlemglobetrotters.com](http://harlemglobetrotters.com) (as well as team merchandise), [ticketmaster.com](http://ticketmaster.com), the Germain Arena box office, or by phone at 1-800-745-3000. Information on group and scout tickets can also be found at [harlemglobetrotters.com](http://harlemglobetrotters.com).

As part of the launch of The Great Assist, the Globetrotters performed before fans in Times Square in New York City on October 6 and named TV personality Robin Roberts as just the 10th Honorary Harlem Globetrotter in history. Roberts joins the likes of Henry Kissinger, Nelson Mandela and Pope Francis, who was honored at the Vatican this past May. The Honorary Harlem Globetrotter accolade recognizes an individual of extraordinary character and achievement who has made an everlasting mark on the world. Roberts has provided inspiration for millions, as she has publicly battled life-threatening health issues.✪✪

## Free Health Fair

**L**ee Memorial Health System and the Women of the Moose Chapter 815 from Moose Lodge #2199 are partnering to present a community health fair for the community to be held at the Moose Lodge located at 155 Santa Barbara Blvd., Cape Coral on Saturday, October 17 from 10 a.m. to 1 p.m.

Participants will receive free health screenings and education on:

- Injury prevention
- Early heart attack care
- Congestive heart failure
- Stroke
- Glucose testing
- Vision screening
- Hearing tests

These valuable screenings and important health information will be provided by Lee Memorial Health System, Golisano Children's Hospital of Southwest Florida, Cape Coral Police Department, Cape Coral Fire Department/EMS, Hope Health Center Services and Home Instead Senior Care.

Door prizes and healthy snacks will be available for purchase and proceeds will go to Golisano Children's Hospital of Southwest Florida.

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

## October Spay/Neuter Promotion

**T**he Gulf Coast Humane Society (GCHS) Spay & Neuter Clinic will be promoting a Spay On/Snip Off promotion now through October 29. The Spay & Neuter Clinic is a low cost affordable clinic to promote pet responsibility and to help decrease the problem of overpopulation in Southwest Florida.

The promotion will include a \$15 discount for sterilization surgery for cats and \$25 discount of dogs. All appointments must be placed and seen at the clinic during the promotional period to take advantage of the specials.

"Making the decision to spay or neuter is an important one for pet owners. It not only helps in reducing the number of homeless pets in the area, but can improve your pet's health, reduce disruptive behavior and possibly save on the cost of future pet care," said Melanie Waite, Spay & Neuter Clinic manager.

The GCHS Spay & Neuter Clinic is located at 2010 Arcadia Street in Fort Myers. Appointments can be made by calling 332-1573.

For more information about the events with the Gulf Coast Humane Society, call 332-0364 or visit [www.gulfcoasthumane-society.org](http://www.gulfcoasthumane-society.org).✪✪

Our email address is [press@riverweekly.com](mailto:press@riverweekly.com)



## School Smart



by Shelley M. Gregg, NCSP

**Dear Readers,** October is National Audiology Awareness Month and National Protect Your Hearing Month. Data from a 2010 research study published by the *Journal*

of the American Medical Association tells us that 1 in 5 teenagers experience hearing loss. And given the ubiquitous use of ear buds by children of all ages the numbers are almost certainly increased today.

Noise-induced hearing loss (NIHL) is preventable. Children, just like adults, are at risk for NIHL. This type of hearing loss occurs when tiny sensory hair cells in the inner ear are damaged by noises that are too loud and that last for too long. NIHL is permanent.

"The ability to hear well helps children succeed in school, in sports and other activities, and in their personal relationships. Many sources of noise that can potentially damage the hearing of children are part of their daily, normal lives.

Some potential sources of damaging noise include:

- Workshop tools and yard equipment
- Concerts of all music types
- Sporting events, hunting and other leisure-time activities
- Trains, planes, all-terrain vehicles, tractors, and other vehicles
- School cafeterias and food courts"

([www.noisyplanet.nidcd.nih.gov/info/Pages/NIHLMatters.aspx](http://www.noisyplanet.nidcd.nih.gov/info/Pages/NIHLMatters.aspx)) The National Institute on Deafness and Other Communication Disorders (NIDCD) has sponsored a national public education campaign designed to increase awareness among parents of children ages 8 to 12 about the causes and prevention of noise-induced hearing loss NIHL. The goal is for parents and other adults to encourage children to adopt healthy hearing habits while they develop listening, leisure, and working habits.

Taking advantage of everyday life events at home, school or just having fun is to a great way to help your children learn about damaging noise levels and how to protect hearing. Children often learn healthy behaviors by following their parent's example. Model how to protect your hearing by wearing ear plugs any time you are exposed to potentially damaging noise levels. Let your children see you protecting your hearing and they will

be more likely to protect their own. Help your children remember three ways to protect his or her hearing:

- 1) Turn down the sound.
- 2) Avoid the noise (walk away).
- 3) Block the noise (wear hearing protectors).

Here are some examples of when to discuss hearing and noise with your children from NIDCD:

- When listening is enjoyable. At almost any time of day and almost any place, you can share the pleasure of healthy hearing with your child. Talk with your children about sounds in their environment and why healthy hearing is important.
- When listening may not be enjoyable. A good time to discuss why hearing needs to be protected – and how – is when the noise around you is too loud. A few examples of noisy situations are: doing yard work or housework involving noisy appliances, attending a sports event or concert or just walking by a road with heavy traffic or construction.
- When noise is in the news. NIHL has received increasing attention in the news. Hearing protectors have also been featured in news stories, such as when celebrities or their children wear earmuffs to protect their hearing while attending a concert. A photo of any professional

wearing hearing protectors, including musicians, racecar drivers, and construction workers, can be part of a teachable moment.

- When buying noisy toys and musical instruments. Battery-operated toys, video games, and band instruments can create a lot of noise. Discuss ways to limit your child's exposure to dangerous noise levels.

- When your child makes a healthy hearing choice. Is your child listening to the television at a reasonable level? Has she put on earplugs to mow the lawn? Make sure to praise your child for healthy hearing behaviors.

- Remember, noise induced hearing loss is 100 percent preventable by either moving away from the sound, turning down the volume, or blocking the sound with earplugs. It is important to start protecting your hearing now.

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

## Bar Association To Honor 51 At Pro Bono Awards

The Lee County Bar Association (LCBA) invites the public to attend a special Pro Bono Awards Luncheon from 11 a.m. to noon on Friday, October 16 at the Sidney & Berne Davis Art Center in Fort Myers to celebrate its member attorneys who go above and beyond to serve the community. An impressive 51 lawyers will be honored for serving as excellent representatives of their profession while making a positive impact by providing on those who most need help.

Please join the non-profit organization, whose mission includes serving the citizens of Lee County, as it awards the following outstanding professionals across five categories of awards:

Albert L. Alguadich, Vera Bergermann, Bill B. Berke, Karla Campos-Andersen, Arlene C. Chase, Lori W. Clifford, Ashley N. Czajkowski, Theresa Daniels, Anthony N. Deluccia, Jr., Joshua O. Dorsey, Kathy Dupuy-Bruno, Daniel J. Endrizal, III, Kelly L. Fayer, Norma Hand Brill, Ellie K. Harris, Harry A. Heist, Rosemary Hill-Baitson, Kim E. Howard, James E. Kerr, Diana L. Krueger, Natalie C. Lashway, Allen J. Levin, Jess W. Levins, Danielle M. Levy, Jason M. Lucas, Cathy L. Lucrezi, Amy L. McGarry, Lance M. McKinney, William P. Meehan, John B. Mizell, Roger O'Halloran, Antoinette M. Peck, The Hon. Gilberto Perez, Melody P. Porter, David C. Potter, Beth A. Prather, Kathryn E. Pugh, Eric A. Reyes, Jenny

C. Seltzer, Paul B. Seusy, Stacy L. Sherman, Katheryn Smith Calvo, Mary Vlasak Snell, Steven C. Spence, David E. Steckler, Chene M. Thompson, Barbara M. Trescott, Claudia M. Volk, Phyllis A. Walker, Elizabeth A. Wolt and Robert D. Young

Reservations are required at [www.leebar.org](http://www.leebar.org). Registration includes lunch, and is \$15 for members, \$25 non-members. In addition to the celebration of these deserving LCBA members, attendees at the luncheon will enjoy a presentation from the organization's monthly featured non-profit, Animal Refuge Center.

Prior to the luncheon, the Tort Law Practice Section and Criminal Law Practice Section of the LCBA will present a Continuing Legal Education (CLE) presentation titled Tactical Intimidation and the Professional Oath: Ethical and Professional Considerations for Litigation Adversaries with a panel including the Honorable Josephine Gagliardi, the Honorable Ramiro Mañalich, former State Attorney Doug Malloy and Attorney Ken Oliver. Registration for the CLE and the Pro Bono Awards Luncheon is a combined cost of \$35 for members, \$60 non-members.

For more information about the LCBA, visit [www.leebar.org](http://www.leebar.org) or call 334-0047.✱

## Chamber Business Expo And Job Fair

Come and see what the Fort Myers Beach area business community has to offer at the 2015 Fort

Myers Beach Chamber Business Expo and Job Fair, taking place at Tanger Outlets Center on Saturday, October 24 from 11 a.m. to 2 p.m.

Upwards of 50 area businesses are expected to be exhibiting at the expo, offering deals and incentives to attendees of the event. In addition, be sure to bring your resume as some of the exhibitors will be hiring additional employees. Entrance to the expo is free of charge for visitors. There will also be a number of non-profits participating in a chili cook-off who will be selling chili and beverages.

There will also be door prizes provided by exhibitors as well as two grand prizes. The theme for the expo is Halloween, so feel free to dress up. Free candy will be provided to children attending. Other children's activities like face painting and balloon twisting will be available.

Tanger Outlets Center is located at 20350 Summerlin Road in Fort Myers.

Chamber members can be either

an Exhibitor for \$100 or a Sponsor/Exhibitor for \$150. Non-profit members can be an exhibitor for free and non-member non-profits can exhibit for \$50. For profit companies must be a chamber member in order to participate. For information on joining the chamber, contact the chamber at 454-7500 or [rhonda@fmbchamber.com](mailto:rhonda@fmbchamber.com). Non-profits can participate in the chili cook-off for an additional \$50.

Confirmed sponsors and participants this year include Pink Shell Beach Resort and Marina, CFS Roofing Services, Bayfront Bistro, Fish-Tale Marina, Santini Marina Plaza, Salty Sam's Waterfront Adventures, Walmart, the News Press, Bennett Chiropractic and Wellness Center, Seminole Casino and Florida Helps Foundation.

For more information on the expo and an application, visit [www.FortMyersBeachBusinessExpo.com](http://www.FortMyersBeachBusinessExpo.com)✱

## FSW Hosts Family Math Night

The Florida SouthWestern State College (FSW) School of Education will present Family Math Night on Tuesday, November 17 from 5:45 to 7:30 p.m. in Building U at the FSW Thomas Edison Campus, located at 8099 College Parkway in Fort Myers. Students in kindergarten through the fifth grade are encouraged to attend this free family-oriented event centered on fun math games.

The purpose of the event is to show students and parents that math is fun. Attending families will play games created by FSW School of Education teacher candidates. This free event is open to the public. Students are encouraged to register at [familymathnight@fsw.edu](mailto:familymathnight@fsw.edu).

"Learning mathematics successfully requires a joint effort between home and school," said Mary Robertson, FSW Professor of Mathematics Education. "College research shows students that work cooperatively with their parents have higher academic achievement."

For more information about Family Math Night at FSW, contact Mary Robertson at 432-5212 or [mary.robertson@fsw.edu](mailto:mary.robertson@fsw.edu).✱





## Lee County Prepares For 2015 Heart Walk

More than 5,000 Lee County residents and guests are expected to join the Heart Walk on Saturday, December 12 to raise awareness and funds to fight heart disease and stroke – America's No. 1 and No. 5 killers. The annual event begins at 8 a.m. at Centennial Park in Downtown Fort Myers, with the Heart Walk starting at 9 a.m.

The non-competitive, three-mile walk is free (no registration fee, donations encouraged), open to all age groups and is pet-friendly. Walkers, runners and strollers are welcome to enjoy:

- A Kids Zone area, complete with face painting, bounce house and more
  - Tasty treats and water stations designed especially for four-legged walkers (leashed pets welcome)
  - Heart-healthy sandwiches by Subway, national event sponsor
  - Sponsor booths
  - Heart-health information
  - Giveaways
  - Support network information
- The money raised from the Lee

Heart Walk will help fund cardiovascular research and education and raise awareness that heart disease and stroke are largely preventable through a healthy diet and exercise.

Research has shown walking to be the single most effective form of exercise to achieve ideal cardiovascular health. Walking 30 minutes a day can improve critical numbers like weight, blood pressure and cholesterol.

The Lee County Heart Walk is part of the American Heart Association/American Stroke Association's My Heart. My Life. movement. This movement is a national rallying cry for change that encourages simple behavior adjustments to help people feel better and live longer. The American Heart Association/American Stroke Association has developed a number of activities under the umbrella of My Heart. My Life. Among them: increased health education, advocacy for better public policy in important health areas such as anti-smoking laws, and helping communities find ways to eat healthier and stay physically active. Simple changes made through My Heart. My Life. will help the American Heart Association/American Stroke Association reach its 2020 Impact Goal: To improve the cardiovascular health of all Americans while reducing deaths from cardiovascular diseases and stroke by 20 percent, all by the year 2020.

The annual success of the Lee County Heart Walk is due in a major part to the support of the Heart Walk's committed local sponsors, including Platform Sponsor

Lee Memorial Health System; Signature Sponsor Arthrex and other numerous area sponsors, including LCEC and FGCU College of Health Professions and Social Work. Media sponsors include ABC-7, Carter-Pritchett, Comcast, Azteca SWFL, D'Latinos Magazine and Univision SWFL. The Heart Walk is nationally sponsored by Subway Restaurants.

For information on participating in the Lee Heart Walk, contact Kelly Goodwien, Lee Heart Walk director, at 495-4901 or visit [www.LeeHeartWalk.org](http://www.LeeHeartWalk.org). Please use #LeeHeartWalk when sharing on social media.✱

## March Of Dimes Seeks Submission Of Applications For Community Awards

March of Dimes Florida Chapter is seeking applications for their Community Awards grants to support programs that address unmet maternal and child health needs. Awarding grants to organizations is one of the ways the March of Dimes pursues its mission of improving the health of babies by preventing birth defects, premature birth and infant mortality.

The goal of the Community Awards program is to identify and fund community-based programs addressing the health concerns of pregnant women and infants in Florida. They must also fall under our 2015 funding priorities.

Community Awards, which can be requested for amounts up to \$3,000, may not be used to support the purchase of equipment or furniture, individual tuition or conference fees, dues or membership fees, employee salary, or programs requiring long-term March of Dimes funding. For larger projects, contact the March of Dimes Florida Chapter to learn more about its Chapter Grants Program.

Applications are being accepted until October 23 and grantees will be notified on November 20. The funding period extends from December 1, 2015 to December 31, 2016. For a list of funding priorities and an application, visit [marchofdimes.org/florida](http://marchofdimes.org/florida). For more information or questions, email Sharetta Remikie at [sremikie@marchofdimes.org](mailto:sremikie@marchofdimes.org) or call 321-274-8686.✱

### Doctor and Dietitian

## How Food Affects The Thyroid Gland



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

Just as your car runs best on good quality gasoline, feeding your body proper fuel is key to optimal functioning. Over-stimulating your body with wrong foods can harm it.

Let's take thyroid problems, for example. Those with hypothyroidism (low thyroid hormone levels) exhibit some or all of the following symptoms: fatigue, brain fog, cold hands and feet, thinning hair, dry skin, unintentional weight gain, constipation, brittle nails, joint or muscle pain and weakness. Many people with thyroid problems consume large amounts of thyroid-stimulating foods, and lower amounts of foods that stimulate the adre-

nals and gonads, causing them to feel tired and worn out.

Eating too many dairy products, fried foods, sugar-containing foods, soft drinks, coffee, pasta and white bread products can contribute to the weight gain, low energy levels, stress, and fatigue associated with the over-stimulated thyroid. Over-stimulating the thyroid gland with these foods, along with stress, can lead your thyroid to a state of exhaustion and imbalance. Don't let your body get more tired. If you suspect you have low thyroid levels, make an appointment with your physician.

Exclude simple carbohydrates from your diet, including white bread, white pasta, white rice, cookies, cakes, desserts, soda and alcohol. Choose organic, fresh and preservative-free foods. Pre-packaged foods contain chemicals and dyes that your already stressed body has to process. Give your body the purest form of fuel possible, such as fresh vegetables, whole grains and rice, eggs, and organic meats and fish. Add garlic and chili peppers, which have pro-thyroid properties.

Reduce the health damaging stress in your life. Even though it is difficult to do, it is a vital step. Start making these healthy changes now, so you have the energy you want to stay active for life.

*This information is not intended to treat, cure or diagnose your condition. Caring Medical and Rehabilitation Services has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at [info@carimgmedical.com](mailto:info@carimgmedical.com).✱*

## Sew Pretty To Conduct Open House

Sew Pretty will welcome the MS community, friends and supporters to join them for an open house in their new offices, located in the old Children's Advocacy Center (CAC) office complex on Winkler Avenue, on Friday, October 23 from 1:30 to 2 p.m.

The open house for Sew Pretty's new offices, vocational training and production center will include light refreshments and discounts on merchandise up to 50 percent off. The event is free and open to the general public, including individuals, families and veterans with disabilities, especially multiple sclerosis patients.

Sew Pretty's address is 3900 Broadway Avenue, Suite D-11 in Fort Myers. For more information about the event, contact Martha Hannigan, executive director, at [sewpretty65@gmail.com](mailto:sewpretty65@gmail.com) or 219-6532. ✱

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sew fine | sew elegant | sew individual | sew worth it

**OPEN HOUSE**  
Friday, October 23  
11:30am - 2:00pm  
@the new **SEW PRETTY**  
multiple sclerosis center  
light refreshments & tour!

RSVP NOT REQUIRED  
(BUT APPRECIATED)  
TO MARTHA HANNIGAN,  
EXECUTIVE DIRECTOR  
239.219.6532  
[SEWPretty65@gmail.com](mailto:SEWPretty65@gmail.com)

Sew Pretty Corp. is a team of volunteers that fight MS and support each other together. Our mission is about empowering people with MS and veterans with disabilities through life skills and work.

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[www.sewpretty.ms.com](http://www.sewpretty.ms.com)

Share your community news with us.  
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or email [press@riverweekly.com](mailto:press@riverweekly.com)



dearPharmacist

## Kids With Autism May Need Natural Support



by Suzy Cohen, RPh

**Dear Readers:**

Brain inflammation. It occurs in young and old alike, and it can be so mild that your symptoms are dismissed. In other cases, it is severe enough to cause

symptoms and it correlates with Lyme disease, Alzheimer's, Parkinson's disease or schizophrenia. Children with autism spectrum disorder (ASD) often have low level brain inflammation. Today, I'll focus on natural help but I have to take you deep inside the brain to the "microglial" cells.

These beautiful cells are like the die-hard "Pac-Man" army in your brain and spinal cord providing the majority of immune system defense. We used to think the microglial cells didn't do much, but today we know they have mad skills when it comes to dealing with plaque, pathogens and damaged neurons in your nervous system.

When these nerve cells are called upon too much, they become hot, irritated, and overactive. The end result is inflammatory chemical soup. Microglial cells get ignited by mast cells, your "allergy" cells. Mast cells dump histamine in response to allergenic foods, dust and weeds. Some other cytokines that are released include interleukin-6 (IL-6) and tumor necrosis factor (TNF). Researchers recently evaluated these two cytokines in autistic children and found some interesting stuff out.

Apparently, some autistic children – but not all – had very high levels of each of these markers.

They tested natural antioxidants and their research showed two stand-out fla-

vonoids, luteolin and quercetin. Both of these blocked the release of these inflammatory chemicals and suppressed mast cell dumping of it's garbage.

Luteolin specifically stopped the microglial cells from overwork that led to ramped up levels of damaging inflammatory chemicals. In animal studies, luteolin protects the brain from thimerosal-induced (vaccine) mast cell activation and mercury-related mitochondrial damage. It helps with nerve and muscle function. ASDs children who received luteolin in an open-label clinical study, showed improved sociability. Their social interactions didn't just improved, blood testing revealed reductions in both IL-6 and TNF.

The children treated with luteolin experienced several months of growth in communication skills, daily living skills, and social abilities. Other children, who did not have the same inflammatory lab elevations, did not experience the same improvement, so the antioxidant's effect is only helpful if those two biomarkers (IL-6 and TNF) are elevated to begin with. Measure them in with a blood test. It's worth measuring, TNF has been found to be as much as 50 times higher than normal in ASD children.

Quenching IL-6 and TNF is critical to all sorts of neurological disorders including memory, learning capabilities and migraines.

When mast cells are activated they dump obnoxious amounts of cytokines including TNF, lighting your brain on fire. While you determine your specific allergies, and thus, what causes your mast cells to "spill the beans," I think luteolin and quercetin can help.

Luteolin is found in parsley, thyme, peppermint, basil, celery and artichoke. Quercetin is commonly found in capers, whortleberries, apples and red onions. Both of these compounds are also sold as supplements in health food stores nationwide.

*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).*

## 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,**

It is genetic. My grandmother was fat, my mother and daughter are fat, and now my new doctor says I have to lose 75 pounds.

My old doctor never said that I was fat, but this new young doctor says I may be a diabetic or have a thyroid problem. My husband and I love our eats and we don't want to be on some stupid diet. We love the all-you-can-eat restaurants and don't want to give up anything.

Do you know of a pill I could take so I won't have to change my life?

Effie

**Dear Effie,**

Genetics can sometimes be involved, but more frequently weight gain is because we eat too much for the energy we need and the extra is stored as fat.

Your family may need some food counseling in food choices. Maybe you all eat the same kind of food that increases your caloric intake too much so you all gain weight. It has been documented that families can do this.

The threat of diabetes and the possible medical problems that may develop would make me think twice about continuing your lifestyle. But that is between you and your doctor.

Lizzie

**Dear Effie,**

The choice is yours: introduce healthy habits into your routine and stay as healthy as you can or don't, very simple. If you do not, you can most likely look forward to increased doctor appointments, increased restrictions of your diet and activity, increased dependence on adult children, increased financial expense, paying for the additional doctors, medicines and supplies. The choice is yours.

Pryce

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

To advertise in  
The River Weekly News  
Call 415-7732

## Relay For Life Fall Festival

To provide families in the Fort Myers and Cape Coral area with an afternoon of fun and games, plus a chance to help find the cure for cancer, Team SWFUA is hosting the first ever Relay for Life Fall Festival on Sunday, October 25 from 2 to 5 p.m. at 507 Del Prado Blvd. in Cape Coral. The event will offer a wide variety of games, Halloween-themed activities and other active events to appeal to both youngsters and their parents. There will also be food and refreshments.

The donation of \$5 per child will allow them to participate in any of the events for the entire day. Adults are free, and the donation for a party of five kids is discounted to \$20. All proceeds go to the Relay for Life organization of the American Cancer Society.

For more information, contact Margaret Gregory at 772-0500 or [Margaret.gregory@21co.com](mailto:Margaret.gregory@21co.com).

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# Women In Business Apex Awards



Chris Ramos, Connie Ramos-Williams, Natalie Ramos and Rick Williams

The Women in Business (WIB) Committee of the Greater Fort Myers Chamber of Commerce announced during the 2015 Apex Awards that Connie Ramos-Williams of CONRIC PR & Marketing and Diana Willis of Jason's Deli are the recipients of the 10th annual Apex Award. The black-tie optional award ceremony honored Ramos-Williams and Willis, and celebrated the Apex Awards' 10th anniversary. Proceeds from the silent auction and champagne toast support the WIB scholarship fund for non-traditional female students.

"Being selected as an Apex nominee requires so much more than just volunteering in our community," said Debra Newell, Apex event co-chair. "These women must be influential in their fields and demonstrate career excellence and ingenuity by leading successful businesses. They must also strive to pass their high standards on to the next generation through their leadership and mentoring of others as well as being involved in the community, contributing not just money, but time. Connie and Diana are excellent examples of the women in our community who are definitely at the top of the game personally and professionally, and they deserve the honor of being our 10th annual 2015 Apex Award Recipients."



Christin Collins, Stefanie Ink-Edwards, Colleen DePasquale and Sarah Owen

Connie Ramos-Williams owns CONRIC PR & Marketing and CONRIC Publishing. Both companies have won numerous regional and statewide awards and recognitions for client projects, including Florida Public Relations Association Image Awards, Florida Public Relations Golden Image Awards, and a Charlie Award from the Florida Magazine Association. Ramos-Williams' companies were voted one of *Gulfshore Business*' Top 3 Public Relations firms in 2013, 2014 and 2015. Additionally, Ramos-Williams is very active in the community, volunteering her time with the Multicultural Centre of SWFL to assist families and students with their back to school needs. She has also served on many local committees and boards, including the YMCA, the 20th Judicial Circuit Grievance Committee, Dress For Success (founding member), Above Board Chamber (advisory board), Women in Business Committee and Rotary, where she serves at the District level.

Diana Willis co-owns and operates five Jason's Deli locations and employs more than 250 employees. Willis values people as the key to the company's success and has won four Consumer Choice Awards in 2014. She has volunteered and donated her time and talents as well as in-kind and cash donations to a variety of worthy organizations such as Ronald McDonald House, FGCU foundation, American Cancer Society, Community Cooperative and many more. She is a very active, hands-on volunteer with current leadership roles with Resort and Hospitality Management, advisory board chair at Florida Gulf Coast University and vice president of the board of directors for Pace Center For Girls of Lee County.

Since 2006, Women in Business has recognized local female leaders for their dedication to professional excellence, community service, and leadership and mentoring of others with the annual Apex Award. Previous honorees include Sandra Stilwell, Stilwell Enterprises; Samira K. Beckwith, Hope HealthCare Services; Gail Markham,



Sonya Sawyer (2014 Apex recipient); Connie Ramos-Williams (2015 Apex recipient); Diana Willis (2015 Apex recipient); and Kathryn Kelly (2014 Apex recipient)



Brandon Willis, Diana Willis and Scott Willis



Donna Marks, Lora Ulrich and Terri Crawford



Rick Williams, Heather Fitzenhagen, David Collins and Christin Collins



Natalie Van Horn, Lora Ulrich, Stefanie Ink-Edwards, Kelly Talamo and Caryn Smith Markham Norton Mosteller Wright & Company, P.A.; Sarah Owen, Southwest Florida Community Foundation; Dr. Mary Kay Peterson, Radiology Regional; Rose Bernal Rundle; Christin Collins, Lee Memorial Health System; Mei-Mei Chan; Kathryn Kelly, The Heights Foundation; and Sonya Sawyer, Home-Tech.

Part of the Greater Fort Myers Chamber of Commerce, the Women in Business committee is dedicated to helping women achieve their fullest professional and personal potential. A variety of networking and educational programs are offered throughout the year, typically the first Wednesday of every month from 4 to 6 p.m.

Located at 2310 Edwards Drive in Downtown Fort Myers, the Greater Fort Myers Chamber of Commerce, Inc. has been serving Lee County and surrounding areas since 1989. It is a voluntary organization composed of business professionals who have joined together for the purpose of promoting the civic and commercial progress of our community.✽



# DID YOU KNOW

## TRIVIA TEST

- 1. THEATER: Which musical featured a song with the lyrics, “I feel pretty, oh so pretty”?
- 2. MEDICAL: In human beings, what causes a goiter?
- 3. GEOGRAPHY: In what city would you find the Brandenburg Gate?
- 4. MUSIC: Which Southern rock band had a hit single with “Imaginary Lover”?
- 5. MOVIES: In which movie did longtime game host Bob Barker make his debut?
- 6. SCIENCE: What does an ornithologist study?
- 7. COMPUTERS: What kind of computer file carries the extension “.wav”?
- 8. ANIMAL KINGDOM: What is the adjective used to describe horses?
- 9. LANGUAGE: What is a pangram?
- 10.FAMOUS QUOTATIONS: Who once said, “Outside of a dog, a book is man’s best friend. Inside of a dog, it’s too dark to read”?

## ANSWERS

1. “West Side Story” 2. Usually a lack of iodine 3. Berlin 4. Atlanta Rhythm Section 5. “Happy Gilmore” with Adam Sandler 6. Birds 7. Audio 8. Equine 9. A sentence that uses every letter of the alphabet 10. Groucho Marx.

## SPORTS QUIZ

- 1. Name the last N.L. pitcher before the Dodgers’ Clayton Kershaw in 2014 to win the regular-season MVP Award.
- 2. How many managers did the Chicago White Sox have during the decade of the 1980s?
- 3. Marshall’s Rakeem Cato, in 2014, set a Division I record for most consecutive games with at least one TD pass (46). Who had held the mark?
- 4. When was the last time before 2014 that the Boston Celtics, Los Angeles Lakers and New York Knicks all failed to make the NBA playoffs in the same season?
- 5. Name the coach who led Canada in 2002 to its first gold medal in men’s Olympic hockey following a 50-year drought.
- 6. Lionel Messi set a Champions League soccer scoring record in 2014 when he tallied his 72nd goal. Who had held the mark?
- 7. Name three of the six fighters Manny Pacquiao has lost to in his 65-bout pro boxing career.

## ANSWERS

1. St. Louis’ Bob Gibson, in 1968. 2. Tony La Russa (1980-86). Doug Rader (1986). Jim Fregosi (1986-88) and Jeff Torborg (1989). 3. Russell Wilson, who did it in 38 games with North Carolina State and Wisconsin (2009-12). 4. Never. 5. Pat Quinn. 6. Raul, with 71. 7. Floyd Mayweather Jr., Juan Manuel Marquez, Timothy Bradley, Erik Morales, Medgoen Singsurat and Rustico Torrecampo.

## My Stars★★★★

### FOR WEEK OF OCTOBER 19, 2015

**ARIES** (March 21 to April 19) Some flashes of Aries ire might erupt as you confront an unusually bewildering situation. But you should be able to keep your temper under control as you work through it.

**TAURUS** (April 20 to May 20) That marriage ‘twixt the arts and practicality that Taureans excel at once again highlights your enjoyment of much of the week. However, you need to watch any sudden urge to splurge.

**GEMINI** (May 21 to June 20) Even with all the plusses apparently outweighing the minuses, you still might want to defer an important decision to make sure you have all the facts you need.

**CANCER** (June 21 to July 22) One or two problems might threaten to derail otherwise smoothly running situations at work or at home. But a few well-placed words should help get things back on track quickly.

**LEO** (July 23 to August 22) This could be a good time for all you Leos and Leonas in the spotlight to open your generous Lion’s hearts and share the glory with those who helped you accomplish so much along the way.

**VIRGO** (August 23 to September 22) You might want to get advice from someone who’s been there and knows these situations better than you do, before investing time or money (or both) in a questionable matter.

**LIBRA** (September 23 to October 22) Be careful how you handle a workplace matter that seems out of place in the schedule you’ve prepared. Before you act, one way or another, find out who set it up and why.

**SCORPIO** (October 23 to November 21) Your entertainment aspect is strong this week. Besides providing a wonderful break from everyday obligations, sharing fun times brings you closer to those you care for.

**SAGITTARIUS** (November 22 to December 21) Having a weekend fun fest? Your friend or relative who’s down in the emotional dumps could perk up if you find a way to include him or her in your plans.

**CAPRICORN** (December 22 to January 19) If you’re in one of those “the Goat knows best” periods, you might want to ease up and try listening to what others have to say. You could learn something.

**AQUARIUS** (January 20 to February 18)

That new challenge is getting closer, and you should be out there now showing facts and figures to potential allies to help persuade them to rally to your support. Good luck.

**PISCES** (February 19 to March 20) Getting a head start on holiday plans could help free up some time later to spend on other projects. Meanwhile, a colleague has some ideas that you might find worth discussing.

**BORN THIS WEEK:** You are always there for others, and sometimes you need to be reminded that you need to be there for yourself as well.

## THIS WEEK IN HISTORY

- On Oct. 25, 1853, Paiute Indians attack U.S. Army Capt. John W. Gunnison and his party of 37 soldiers and railroad surveyors in Utah. Gunnison and seven other men were killed, but the survey party continued its work to find a route for a proposed transcontinental railroad.

- On Oct. 24, 1901, seeking fame, 63-year-old schoolteacher Annie Edson Taylor becomes the first person to plunge over Niagara Falls in a barrel. After a brief flurry of photo-ops and speaking engagements, Taylor’s fame cooled, and she was unable to make the fortune she had sought.

- On Oct. 23, 1921, in France, an American officer selects the casket of an unidentified soldier to be honored among the 77,000 U.S. servicemen killed in World War I. The “Unknown Soldier was buried in Arlington National Cemetery.

- On Oct. 22, 1965, President Lyndon Johnson signs the Highway Beautification Act, which attempts to limit billboards and other forms of outdoor advertising along America’s interstates.

- On Oct. 20, 1973, Solicitor General Robert Bork dismisses Watergate special prosecutor Archibald Cox, whose investigation of the Watergate break-in revealed that the burglary was one of many possible abuses of power by the Nixon White House. Two days later, the House Judiciary Committee began to consider the possible impeachment of President Richard Nixon.

- On Oct. 21, 1988, “Mystic Pizza,” a romantic comedy starring unknown actress Julia Roberts, opens in theaters. Roberts would skyrocket to international fame when she appeared in the 1990 blockbuster “Pretty Woman.”

- On Oct. 19, 1991, a fire starts in the hills of Oakland, California, and within an hour, 800 buildings are ablaze. The firestorm would kill 25 people and destroy thousands of homes. Even though fires had ravaged the same area in 1970 and 1980, people continued to build homes there.

## STRANGE BUT TRUE

- It was 20th-century Swiss playwright and novelist Max Frisch who defined technology as “the knack of so arranging the world that we need not experience it.”

- In the 1830s you could give someone a blizzard. Back then, of course, the word wasn’t referring to a snowstorm; rather, that phrase meant to give someone a piece of one’s mind.

- Men certainly aren’t lacking in the self-confidence department. A survey found that 76 percent of men believe they are “some-what” or “very attractive.”

- Thanks to arrangements made by his very powerful family, Theophylactus of Tusculum became Pope Benedict IX in 1032, at the age of 20. It seems he wasn’t suited to religious life, and he was accused of “many vile adulteries and murders.” The Catholic Encyclopedia calls him “a disgrace to the Chair of Peter.” After 12 years he was forced out of Rome, but he returned the following year, 1045, and ousted Pope Sylvester III. Later that same year, a pious priest named John Gratian offered Benedict a large sum of money to vacate the post, which he did, allowing Gratian to become Pope Gregory VI. Unsurprisingly, Benedict soon changed his mind, and with Sylvester III still claiming the papal seat, there were now three popes vying for supremacy. Finally, at the end of 1046, the Council of Sutri declared Benedict and Sylvester deposed, Gregory was encouraged to resign, and a German bishop was proclaimed Pope Clement II.

- Farmers in California are responsible for 95 percent of broccoli production in the United States. Now we know whom to blame.

## THOUGHT FOR THE DAY

“One dog barks at something, the rest bark at him.” -- Chinese proverb

## PUZZLE ANSWERS

IP ODS PRIDE LIBE SAGS  
NLWEL LINER LHE CANAL  
HOLLY HUNTER WIDE ANGLE  
AREA EGGED MESS BELLE  
L T DRING HAL HOLBROOK  
FASHIONER FKT NOI  
UNI CABREHA HEHEAT  
SLAC NIK ABS MOD ELLE  
MACH ERE NEA POL LACS  
ARCH SAD ARC SHY FTAT  
ROJE NTH NIPS  
1 JRI SKI AHA HUG HOOI  
ISAN AIH SON HEO ANNO  
ESTIE INK HOG OYL YSER  
SEERD SHAVERS DYE  
RAN APP FFPRESSOR  
HFDJAHOPPER SPOUT APJ  
ALASICLO KEELS ESPN  
CENTERICE HENRY HUDSON  
KNEESOCKS ONTOP REESE  
YARCBFGS COSTS FNDCE

HAY MIFF STOA  
IRE ODOR CRAB  
FIT SERE RITE  
IDI OTSDELIGHT  
ULT ZIP  
JUICY DEN YAP  
ITCH CUR FOCI  
BEE BOG ROUTE  
SUM TWO  
FOOLSPARADISE  
ALDA LOAN FUR  
LIEN ENID FRO  
LOST XENA YES

## ANIMALS IN WORDS

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





**Stuffed Yellow Squash On A Baking Sheet**  
2 medium-sized Florida zucchini or large yellow squash  
½ cup ricotta cheese  
1½ cups mozzarella cheese, shredded  
1 cup marinara sauce (your favorite)  
¼ cup Parmesan cheese, grated  
½ cup panko breadcrumbs  
Olive oil for cooking  
2 tablespoons fresh basil or 1 teaspoon dried  
Sea salt and fresh ground pepper to taste  
Cut off the stem side of the zucchini or yellow squash.  
Cut zucchini or yellow squash evenly in half lengthwise.  
Using a small spoon, scoop out the seeds from each half to create room to hold other ingredients.  
Preheat a large sauté pan over medium-high heat. Add 1 teaspoon of olive oil to the preheated pan.  
Season the zucchini or yellow squash with salt and pepper. Place the zucchini or yellow squash skin side up in the sauté pan and cook for about 2 minutes on both sides. Remove from pan and place on a cookie sheet skin side down.  
Preheat the oven to 375 degrees.  
In a small mixing bowl, combine panko breadcrumbs, 1 tablespoon olive oil, chopped basil and Parmesan cheese.  
Season ingredients to taste with salt and pepper, and stir to combine.  
Evenly distribute the ricotta cheese and marinara sauce on top of the zucchini or yellow squash. Top the yellow squash and zucchini with the shredded mozzarella cheese. Evenly sprinkle the breadcrumb topping mixture on top of the zucchini or yellow squash.  
Bake the stuffed zucchini or yellow squash for 10 minutes or until topping is golden brown and cheese is bubbly. Remove from oven and let cool slightly. Serve warm.✪



Stuffed Yellow Squash On A Baking Sheet

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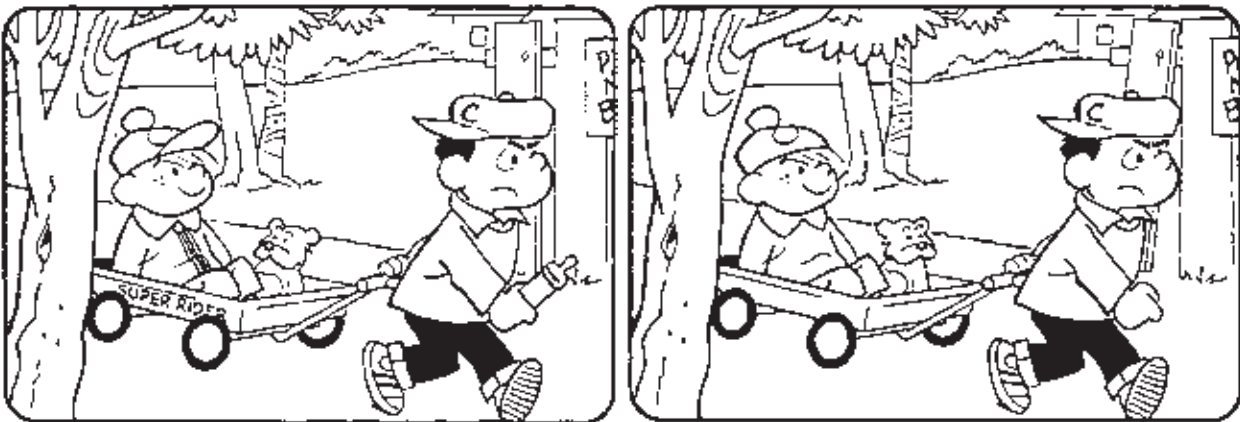
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**HOCUS-FOCUS** BY HENRY BOLTIHOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS

Differences: 1. Cup is different. 2. Zipper is missing. 3. Wagon dam is missing. 4. Today's word is turned. 5. Fence board is missing. 6. Boy's arm is missing.

**PUZZLE ANSWERS**

**SUDOKU**


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

**SCRAMBLERS**

*solution*

1. Brace; 2. Splice;  
3. Unify; 4. Save

*Today's Word*  
**SALARY**



### 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!

Grip  
**CRABE**        

Mesh  
**ECLIPS**           

Merge  
**FUNYI**               

Protect  
**VASE**   

**TODAY'S WORD**

\_\_\_\_\_

answer on page 27

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\*NS 10/9 CC TFN

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\*NS 7/3 BM TFN

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ANNUAL RENTALS SANIBEL

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Top 10 Real Estate Sales

Development	City	Days On Market	Square Footage	Listing Price	Selling Price	Year Built
Key West Courtyards	Fort Myers Beach	109	2,385	\$1,795,000	\$1,700,000	2005
Palmetto Point	Fort Myers	31	3,698	\$1,499,999	\$1,300,000	2002
Waterside	Bonita Springs	7	3,038	\$1,099,000	\$1,030,000	1998
Creekside	Bonita Springs	129	3,597	\$1,150,000	\$1,000,000	1994
Edgewater	Fort Myers	55	3,672	\$1,050,000	\$1,000,000	1998
Edgewater	Fort Myers	89	2,957	\$850,000	\$800,000	1999
Harborage	Fort Myers	109	4,093	\$679,000	\$669,000	2003
Cape Coral	Cape Coral	202	3,200	\$568,000	\$565,000	2007
Burtwood	Fort Myers	64	3,100	\$595,500	\$555,500	1952
Royal Tee Country Club Estates	Cape Coral	130	2,235	\$500,000	\$485,000	2015

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### HELP WANTED

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\*NS 9/25 NC TFN

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\*NS 9/4 NC TFN

### VOLUNTEERS NEEDED

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

\*NS 7/11 NC TFN

### VOLUNTEERS NEEDED

Volunteers needed for light general  
maintenance. Call (CHR) Community  
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\*NS 11/1 NC TFN

## HELP WANTED

### HELP WANTED

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To apply, send resume to  
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\*NS 10/16 CC 11/6

### ADMINISTRATIVE ASSISTANT

Busy Island Real Estate office needs full-  
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Good people skills a must.  
Experience with Excel and Word a plus.  
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\*NS 10/16 CC 10/23

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\*RS 3/13 CC TFN

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\*NS 10/16 CC 10/23

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\*NS 5/29 CC TFN

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Flexible schedule. Call 472-4886.

\*NS 9/4 BM TFN

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\*NS 7/17 BM TFN

## LEGAL NOTICE

### LEGAL NOTICE

American Towers LLC proposes to expand  
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and collocate antennas on an existing  
150-foot monopole telecommunications  
structure. The existing telecommunications  
facility is located at 2222 Wulfert Road,  
Sanibel, Lee County, Florida. American  
Towers LLC seeks comments from all  
the interested persons on any potential  
impact the proposed action could have  
on the quality of the human environment  
pursuant to 47 C.F.R. Section 1.1307,  
including potential impacts to historic  
or cultural resources that are listed or  
eligible for listing in the National Register  
of Historic Places. Interested persons  
may comment or raise concerns about  
the proposed action by submitting an  
e-mail to [enviro.servies@americantower.com](mailto:enviro.servies@americantower.com). Paper comments can be sent to:  
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Compliance, 10 Presidential Way, Woburn,  
MA 01801. Requests or comments should  
be limited to environmental and historical/  
cultural resource impact concerns, and  
must be received on or before  
November 15, 2015.

\*NS 10/16 CC 10/23

## FOR SALE

### CHRISTMAS TREE

Tall smocked Christmas tree purchased  
last year at Bailey's on Sanibel for \$400.  
Will sell for \$150. Will include ornaments  
and tree stand purchased separately.  
Total value \$600. 239-472-6623

\*NS 10/9 CC 10/16

### Shore Fishing:



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

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

- Hold the fish in the water while you unhook it if you're going to release it.
- The less you can touch a fish before release the better for the fish.

- If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

- Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

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



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

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

Bonita means beautiful in Spanish so it's a perfect name for me. I'm bouncy, bubbly and love to run, play and splash in the water. If you love being active, I'm the just the dog for you. My adoption fee is \$30 (regularly \$75) during Animal Services' Dogtober adoption promotion.

They call me Knight. I'm handsome, playful, sweet and all around charming. I guess they thought so too at the Platinum Coast Cat Fancier's Show since I earned a ribbon in the Household Cat category. My adoption fee is \$10 (regularly \$75) during Animal Services' 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.\*



Bonita ID# 639567



Knight ID# 630629



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

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

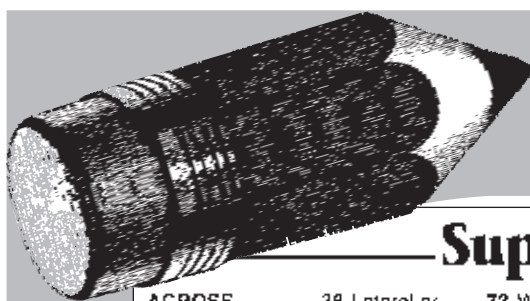
<b>CLUBS &amp; ORGANIZATIONS</b>	
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631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

<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
Esterio/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: [press@riverweekly.com](mailto:press@riverweekly.com)





# BEACH CHAIR PASTIME

answers on page 25

## Super Crossword

HOO'S HOO

### ACROSS

- 1 Nano and Shuffle  
6 Lion group  
11 Be in accord (with)  
15 Luses firmness  
19 Sit away post  
20 Eyelid makeup  
21 Albany-Buffalo waterway  
23 "The Piano" star  
25 Like a lens for seeing the big picture?  
26 Environs  
27 Goaded (on)  
28 Clutter  
29 Southern beauty  
30 Ignited  
31 Fetch  
32 "All the President's Men" actor  
34 One who designs something  
36 Barely obtain, with "out"  
37 "— certainly will not!"

- 38 Lateral or cycle lead-in  
39 2012-13 American League MVP Miguel  
42 Warm, as leftovers  
47 Refinery waste  
50 Suffix with beat  
52 Sit-up muscles  
53 '60s hipster  
55 Actress Fanning  
56 number (speed ratio)  
57 Prior to  
58 Teacher's Union Abbr.  
59 D.C. VIP  
60 Mille — (Minnesota county)  
61 St. Louis landmark  
62 Dejected  
63 Joan of  
64 Timid  
65 Coup d'— (revolution)  
66 Lecherous guy  
67 To the — power  
68 Bites lightly  
69 Matted earth  
70 Enjoy Vail

- 73 Woodcut  
74 Greet warmly  
77 Horseshoe's place  
78 "This outrage!"  
79 Go on TV  
80 Many an heir  
81 Very old O.C.s  
82 — Domini  
83 Italy's Villa d'—  
84 Writing 'told  
85 Sty animal  
86 Olive (Popeye's gal)  
87 Belgian river to the North Sea  
88 Re live  
90 Giffle tools  
93 Indigo, e.g.  
95 Operated  
97 Minicheck  
98 Starbucks orders  
103 O.C. Los Angeles Times gossip columnist  
108 Teapot part  
109 "The Simpsons" merchant  
110 Phony name

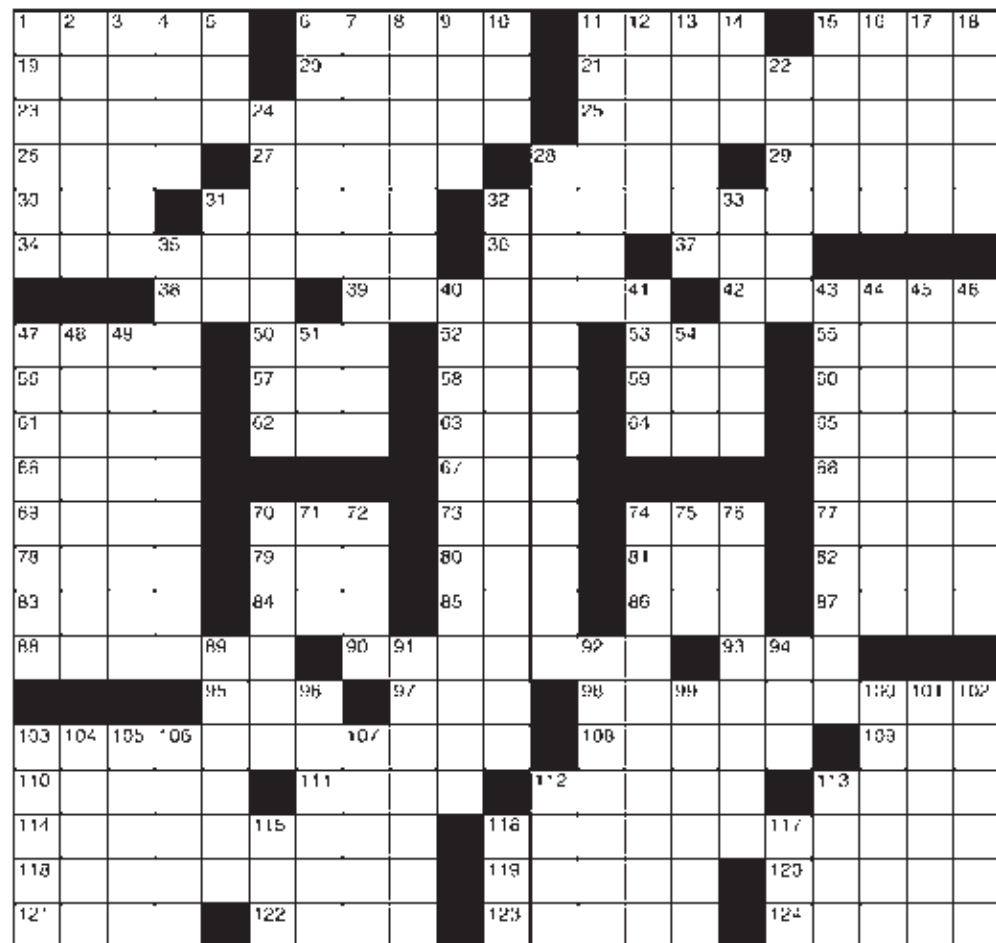
- 111 "I — you so"  
112 Parts of hulls  
113 Alternative to Fox Sports  
114 Hockey  
116 New York Bay explorer  
118 Ship-clothing  
119 All the arms  
120 Singer Della  
121 Fabric unit  
122 First lady after Eleanor  
123 Fees  
124 Was over

### DOWN

- 1 Split 50-50  
2 Illinois city  
3 Little birds with big eyes  
4 Oscar — Hoya  
5 Cagey  
6 Connect to get power  
7 Like some pheasants and ducks  
8 Former  
9 Act  
10 Slip up  
11 Gem setter  
12 From Erin

- 13 Tries to buy at auction  
14 Fat foot spec  
15 More stable  
16 — Saxon  
17 Family name in wine  
18 Lustrous  
22 Hack  
24 Main female characters  
28 Ones some modifying  
31 Storage box  
32 Depression president  
33 Noble  
35 Tycoon on "The City Next Door"  
40 Like some kitschy yellow phones  
41 Pumps (up)  
43 "Airport" Oscar winner  
44 Joyful feelings  
45 "Scarface"  
46 Tries to find diagnosis  
47 Know-it-alls  
48 Big name in French lexicography

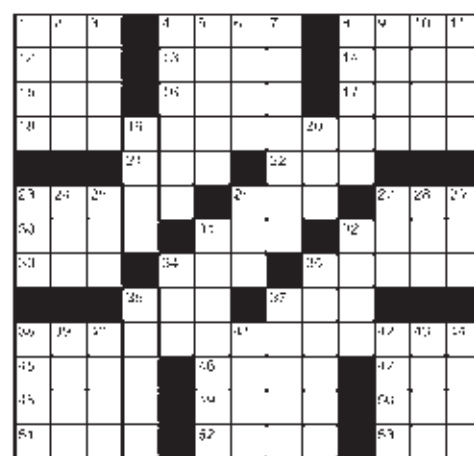
- 49 Precise  
51 S&I holding  
54 "— a-la!"  
70 Vocalized for the doc  
71 Next of —  
72 Perturbs  
74 1992 and '96 a so ran  
75 180 on the road  
76 Influx of forty-niners  
89 Rubs out  
91 Unlucky  
92 Chafes at  
94 Nevertheless  
96 Observe  
99 Coral colonists  
100 Gave lip to  
101 Fight against  
102 Soaked up some rays  
103 — Sack (football brand)  
104 Kagan of justice  
105 Boanery  
106 Outmoded  
107 Pitted scars  
112 Lotta relative  
113 Early garden  
115 Steal from  
116 On an ad — basis  
117 Suffix with strict



## King Crossword

### ACROSS

- 1 Dinner for Dobbin  
4 Anger  
8 Old parties  
12 Anger  
13 Stench  
14 Seafood selection  
15 Healthy  
16 Withered  
17 Ceremony  
18 1939 Shearer/Cable movie  
21 Last (Abbr.)  
22 Hurry along  
23 Succulent  
26 Lair  
27 Shriek bark  
30 Pruritic feeling  
31 Mongrel  
32 Points of concentration  
33 Spot down  
34 Cranberry territory  
35 GPS offering  
36 Total  
37 Pair  
38 Delusory happiness  
45 "M\*A\*S\*H" star  
46 Bank transaction  
47 Bear hair  
48 Property claim



- 49 Oklahoma city  
50 To and —  
51 Missing  
52 TV's warrior princess  
53 "Absolutely"

### DOWN

- 1 Stereo setup  
2 Salarian  
3 Bigfoot's cousin  
4 Pretty much  
5 That is (Italy)  
6 Han Solo portrayer  
7 Refrigerator section  
8 Temporary

- money  
9 Advanced math  
10 Solemn promise  
11 Drive the getaway car, maybe  
19 "That hurts"  
20 Jeremy of the NBA  
23 Triangular sail  
24 Vult purpose truck  
25 Lemieux midget  
26 Shovelled person  
28 Performance  
29 Sapstick missile  
31 Intricate  
32 Comestibles  
34 Clear the tables  
35 Kigali's land  
36 Point of view  
37 Touch by repetition  
38 Punnet  
39 A little of everything  
40 Rhyming tributes  
41 Top-notch  
42 Uncertain  
43 Certain  
44 Cupid's alus

## MAGIC MAZE • ANIMALS IN WORDS

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

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

- |         |          |          |           |
|---------|----------|----------|-----------|
| Beard   | Ducky    | Lovebird | Pyramid   |
| Billion | Elfish   | Mohawk   | Tornadoes |
| Box     | Goatee   | Moscow   | Yucatan   |
| Combat  | Leapfrog | Pigment  |           |



# DOC FORD'S

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### Ft. Myers Beach



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239.765.9660

### Captiva Island



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