





Vol. 14, No. 18

From the Beaches to the River District downtown Fort Myers

MAY 8, 2015

Alta Resources Contributed \$44,000 To United Way Effort



Andy Ramirez prepares for the dunk tank

mployees of Alta Resources in Fort Myers, with the boost of a corporate gift, raised more than \$44,000 to help United Way of Lee, Hendry, Glades and Okeechobee meet its 2015 fundraising goal. The total was raised through employee pledges, a corporate match and an outdoor carnival that kindled friendly competition among coworkers.

"When Alta Resources expanded into Lee County in 2013, it was great news for economic development, but also great news for United Way," said Cliff Smith, executive director of United Way of Lee, Hendry, Glades and Okeechobee. "Jim Beré, Alta Resources' chairman and chief executive officer, has been actively involved with the United Way for many years, which echoes across the entire organization. Stemming from its main facility in Neenah, Wisconsin, Alta Resources has a strong organizational culture of United Way support.

That tradition has continued in Lee County. Paul Makurat, managing director of Alta Resources' Fort Myers operations, has joined the board of directors of United Way continued on page 20





Coconuts are just one kind of tropical fruit that can be grown in Southwest Florida

papaya to a group of visitors at Fruitscapes Nursery of Pine Island

Growing Tropical Fruit Workshop At The Alliance GreenMarket

here is a Chinese proverb that says the best time to plant a tree is 20 years ago, and the second best time is right now. Well, spring is the best time to plant trees in Southwest Florida, so "right now" is the right time.

Mango, lychee, dragon fruit, coconut, starfruit - the semi tropical weather allows for an incredible variety of tropical fruits to be grown in the yard. Why plant just plain shade trees when you could harvest homegrown goodness and get the shade too?

continued on page 14

Summer Concert Series At Shell Point



Crossroads Quartet

C hell Point's 5th annual Summer Concert Series will feature four performances plus a bonus concert. The series offers diverse, affordable entertainment during summertime in Southwest Florida. All performances begin at 7:30 p.m. in The Village Church on The Island at 15100 Shell Point Boulevard, Fort Myers.

Kicking off the series on Saturday, June 13 is Crossroads Quartet. River City Brass Ensemble plays on Friday, July 10. Woodworks appears Tuesday, August 25. Dick Hyman presents a program entitled Big Bands & Combos on Thursday, September 10. A bonus concert will take place on Thursday, August 13 and features the Southwest Florida Chamber Symphony.

Individual tickets are \$20, or advance series tickets are available for all four Summer Concert Series performances for \$60, a savings of \$20. Purchase tickets online at www.shellpoint.org/concerts or call 454-2067.

"Many residents of Southwest Florida live here year-round and are searching for activities during the slower summer months," said Dawn Boren, director of resident life. "Based on positive feedback from previous seasons, Shell Point's Summer Concert Series is back with an engaging lineup of highly acclaimed, talented musicians.

Crossroads Quartet is a world-champion, a cappella quartet made up of four versatile,





Orchids in bloom

Upcoming Events At Edison Ford

here are a number of special events and programs coming up at the Edison & Ford Winter Estates and The Marina at Edison Ford, including:

Garden Talk: Orchids, Easy Tips and Hands-On Workshop, May 9, 10 a.m. on the museum west porch

Bring your orchids and a horticulturist will show you how to re-pot your orchid and you can purchase supplies and pots in the Garden Shoppe.

Orchids can be hugely successful in Southwest Florida if you have the know-how. They can also be a relatively carefree year-round bloomer. Debbie Hughes, Edison Ford senior horticulturist and orchid specialist, and Janice Schmidt, horticulturist and Garden Shoppe manager, will lead the workshop. There will also be some special orchids available for sale and just in time for Mother's Day.

There are a lot of reasons for the orchid workshop as a hundred years ago, Mina continued on page 5

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Historic Downtown Fort Myers, Then And Now:

Old And New At Jackson And First



by Gerri Reaves, PhD

Since this historic photo was snapped more than a century ago, almost everything has changed in this southward view on Jackson Street – except the Heitman Building on the right.

Evidence dates the photo to the first decade of the last century. Circa 1908, a photographer's studio was located just to the photographer's right in a wood-frame building, so it's tempting to speculate that the proprietor simply stepped outside the shop to take the picture.

The white fences around residential lots, the dirt streets and the endless leafy vista down Jackson, are among the details that

capture the feel of downtown just after the turn of the twentieth century. A dog safely stands in the middle of the street, the top of his head just visible front and left of the photographer.

A horse-drawn wagon fully loaded with supplies from Heitman's store looks ready for departure. Perhaps the man on the left is the driver.

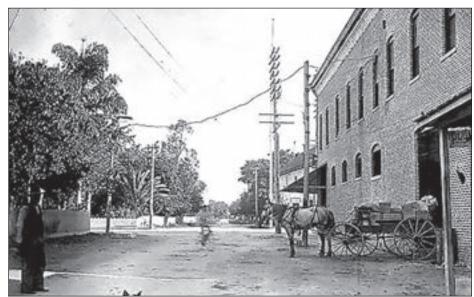
One rather mysterious photo detail is the fuzzy figure in the lower center. Magnification reveals that it is a bicyclist, which would account for the blurring.

The Heitman Building (far right), which was completed in 1898, is the business district's oldest brick structure, and thus a frequent historical and photographic reference point. Harvie E. Heitman built it on the site where he had established his first wood-frame store in 1893.

Both the power poles and lines entering the building suggest that the photo is post-1900.

The town's first public electric lights had lit First Street for the first time at dusk on New Year's Day 1898.

However, the separate line entering the upstairs window suggests that the photo is post-February 1900. That's when Gilmer M. Heitman, who was his brother's business



This southward view on Jackson taken in the first decade of the 20th century shows the intersection at First Street. The blur in the photo's lower center is a bicyclist. photo courtesy Florida State Archives

Only the Heitman Building (right) has survived the intervening decades

photo by Gerri Reaves

partner, started the Lee County Telephone Company above the store. While the Heitman Building presages the future at this major downtown intersec-

tion, the surrounding scene makes possible a glimpse into now-vanished pioneer era. Across First on the southwest corner (center right) stands the wood-frame building

that was originally the Towles & Hendry Store. Part of it served as a temporary Lee County Courthouse after the state legislature officially split Lee from Monroe County in May 1887.

That structure was demolished by 1910, when Harvie Heitman prepared to construct the Bank of Fort Myers Building, which opened in 1911 and still stands on the corner.

The east side of Jackson (left) has been entirely transformed since the historic photo was taken. Harvie E. and Florida Heitman's house stood on the northeast corner, where the Sidney & Berne Davis Art Center is today.

Across First Street stood the circa-1875 home of Confederate veteran Maj. Aaron and Mary Wall Frierson.

Today, the former site of that house (adjacent to the CenturyLink building) awaits redevelopment and bears no resemblance to the tropical garden for which Mary Frierson was known.

Walk down to Jackson and First to compare views that are more than a century apart.

Then, continue south a few blocks to the Southwest Florida Museum of History at 2031Jackson Street, where you can learn more about the residents and businesses at that intersection long ago.

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

Do you love local history? Then be sure to visit the Southwest Florida Historical Society's research center at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts.

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

Sources: *The Story of Fort Myers* by Karl S. Grismer and the archives of the Southwest Florida Historical Society.



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Fort Myers Public Art: Alliance To Celebrate Contributions Of Local Couple

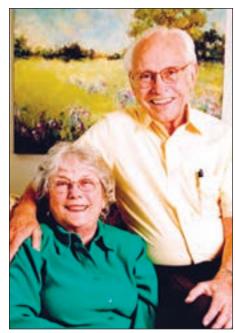


by Tom Hall

Wednesday, May 13, the Alliance for the Arts will celebrate the contributions made by longtime Fort Myers residents John and Ellen Sheppard to the cultural com-

munity. Guests will be treated to a booksigning with John, an exhibit featuring Ellen's paintings and a special reception with food and beverages generously provided by Leigh Frizzell Hayes. This special evening takes place from 4 to 6 p.m. at the Alliance for the Arts.

John Sheppard is a third-generation Lee County native who opened his private law practice in Fort Myers in the late 1950s. He is the author of eight books, including his most recent Impact: Six Degrees of Separation about the Lee county connection to the heroes and battles of World War I and World War II. Sheppard is a founder of the Southwest



Ellen and John Sheppard

Florida Community Foundation and a supporter of the Golisano Children's Hospital, Sidney & Berne Davis Art Center and the Alliance for the Arts. He also holds the Guinness World Record for most blood donated.

Ellen Sheppard has lived in Lee County since 1951. She is an impressionist acrylic painter who often depicts landscapes, seascapes and people. Mrs. Sheppard often shares her art by donating work to charitable fund-raising events

for organizations such as Arts for ACT, The Children's Hospital, American Cancer Society, and the Uncommon Friends Foundation. Her paintings are featured on the cover of six of John's published books and have been exhibited in many galleries around Southwest Florida.

Come join the celebration of this amazing couple and their boundless con-

Bunche Beach Great For Birding

•xperience the Beautiful Birds of Bunche Beach with a bird patrol ⊿guide on Thursday, May 14 at 5:30 p.m. Participants will meet on the beach located in South Fort Myers, off Summerlin Road. Drive south of John Morris Road until it dead ends.

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. The site is also great for viewing 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 parking fee of \$2 per hour (tour is approximately two hours). Restrooms are available in the building at the first parking lot.

tributions to Southwest Florida's art and cultural community. Please visit www. ArtInLee.org or call 939-2787 to learn more.

An arts advocate, Tom Hall guides weekly walking tours of the River District's public art collection in Fort Myers. For more information, go to truetours net 🛱



Piping plover photo by Meg Rousher For more information, call 707-3015 or visit www.birdpatrol.org.☆



GPS Coordinates: 26"27'23.41" N •81"57'15.18" W • www.nervousnellies.net • 1131 1st St., Ft. Myers Beach



Alliance for the Arts conducts art classes throughout the summer

Alliance Announces Summer Art Classes For Adults & Teens

Summer is nearly here and that means eight great weeks of Summer Camp at the Alliance for the Arts, with 120 children in kindergarten through sixth grade on campus each week immersing themselves in art. However, that doesn't mean the education schedule for adults and teens comes to a stop.

This summer, the Alliance is offering a wide variety of classes and workshops including more traditional offerings such as painting, photography, drawing and sculpting. But classes like graffiti and tattoo art, shoe painting, video production and yoga are also on the schedule. The summer schedule kicks off on June 2. Visit ArtInLee.org for class descriptions and instructor bios or to register online.

Engage your artistic nature this summer and join the community of Alliance members, artists, instructors, students and patrons. Consider an Alliance membership to get 20 percent off all classes, as well as many other member benefits including exhibition opportunities as well as gift shop and ticket discounts.

For more information or to register for a class online, visit ArtInLee.org. To inquire about teaching a class at the Alliance, email Education Director Brandi Couse at education@artinlee.org.to



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A Very Funny Play At Theatre Conspiracy



Jim Yarnes and Trevor Beauvois-Kinney

by Di Saggau

Laughter was abundant opening night of A Position of Relative Importance at Theatre Conspiracy. Winner of their annual New Play Contest, this play is truly funny and one everyone can relate to in one way or another. It deals with a young man trying to find a job in a company he knows nothing about and the crazy characters he runs into along the way.

The opening scene has Joseph Silverman (Jim Yarnes) bellowing into the phone saying, "I know it's not a nice word, that's why I chose it." Suddenly there is a pounding on his door and a distressed young man, Frank Truman (Trevor

Beauvois-Kinney), confronts Silverman about using his name on a blog. It's causing a lot of confusion. The banter between the two is hysterical, with some of the most clever dialogue I've heard in ages. Silverman comes up with a temporary solution. He then writes a letter of recommendation for Truman to apply for a job in a company where he used to work.

We next find Truman in the office of Trevor Stevens (Thomas Marsh), nephew of the CEO of a company called Sky Tek. Truman's only job experience is working at a Starbucks. He has a masters in philosophy, which so far has proved to be useless in helping him gain employment. Before Truman knows it, he is switching positions with Trevor and interviewing a young lady called Audrey Banks (Chelsea Salmon) who also is applying for the position. The twists and turns in the plot are a bit outrageous, but oh so funny.

In the final scene, we find Truman meeting Roger Billingsley (Dale Hoover), the CEO who will decide who gets the job. He puts Truman through one of the most bizarre interviews ever. This show is guaranteed to tickle your funny bone.

Playwright Hal Borden is an attorney in Philadelphia and in my opinion is a very promising new playwright. During a talk-back after the show, audience members praised Borden for his fine work. They loved the dialogue and crazy situations that take place. Borden said it was wonderful for him to see his play in a full production during this world-premiere.

The show is directed by Stuart Brown and it's one I highly recommend you see. The cast does a stellar job. *A Position of Relative Importance* plays through May 17 at Theatre Conspiracy, in the Alliance for the Arts, 10091 McGregor Boulevard in Fort Myers. For tickets, call 936-3239 or go to theatreconspiracy.org.

Read us online at IslandSunNews.com



From page 1 **Estates Events**

and Thomas and Clara and Henry planted hundreds of orchids in the trees in their two estates. Edison Ford has been managing and adding to their collection with great success and close to 500 orchids are located throughout the property.

Participants will receive a 20 percent discount in the Garden Shoppe. Cost: Edison Ford members \$5; non-members \$10. (Pre-register by emailing lcriswell@ edisonfordwinterestates.org, by calling Leeanne Criswell at 334-7419 or register the day of class.)

Note: Participants might want to park at the new Botanical Garden Shoppe entrance at the corner of McGregor and Larchmont. Look for the new walkway and a new wood pergola is coming. Enter through the bougainvillea hedge.

Mother's Day at Edison Ford, Sunday, May 10

In celebration of all the moms, Edison Ford will host several activities for Mother's Day and some of them in collaboration with The Marina at Edison Ford, next door, through the Coconut Grove. Consider visiting, dining, cruising or just enjoying a cocktail on the Caloosahatchee River.

• Free admission for moms on Mother's Day at Edison Ford and discounts in the Museum Store, Ford Cottage Shoppe and the Garden Shoppe.

• Morning and afternoon mimosas and lemonade in the Edison Coconut Grove, on the Caloosahatchee River. Cash bar provided by Pinchers, with tables in the shade to enjoy the river view. The public and members can easily

T That we accomplished and

Senator Bill Galvano's presentation to

Women's luncheon on Tuesday, May 19.

The Senate Majority Leader represents

the 26th District. He will discuss legisla-

tion passed and not passed in the 2015

legislative session. A question-and-answer session will be held following his formal

the monthly Fort Myers Republican

is the theme of Florida

what we didn't accomplish"

Republican

Women



Marie Dyer

come through the marina gate for access. Tickets for the Edison Ford may be purchased at The Marina at Edison Ford. Plenty of free parking will be available.

• Pinchers will be hosting a Mother's Day brunch buffet from 10 a.m. to 3 p.m. Adults \$35; children \$15. For reservations, call 245-7320. Menu items include a carving station of slow roasted prime rib, grilled salmon, eggs benedict with crab cakes and many other delicious items to choose from

• Mothers cruise free with Pure Fort Myers with a full-price child or spouse ticket. Take a break and enjoy a relaxing experience on the river with your family. Join "Mina Edison" and "Ćlara Ford"

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, May 14 and may be made by contacting Tina Laurie at 489-4701

For more information about the club. contact the president, Carole Green, at 850-590-2206.举



for Tea, Tuesday, May 19, 10 a.m., Lecture Hall in Southwest Florida Water Management Building

Just in time for Mother's Day, the program will focus on our two favorite mothers – Mina Edison and Clara Ford. Both Mina and Clara were very interesting and forthright women. They were both very positive influences in their husband's and their family life. Mina and Clara were active in the garden club movement and understood the power of women as the right to vote and other women's rights issues came to the forefront in the past century.

The program will include a short lecture by historian Nadia Kluesner on the lives of the two women; to be followed by a living history charrette featuring Mina Edison and Clara Ford (volunteers Jan MaGirl and Clara Schmidt). Refreshments will include hot and cold teas, and bakery items.

Scarf Art Workshop with artist Marie Dyer, Saturday, May 23, 9:30 a.m. to 2 p.m.

Join Southwest Florida artist Marie Dyer and create your own hand-painted silk scarf. Known for her vivid floral and landscape paintings, Dyer has been a featured artist at Edison Ford. She has taught scarf art workshops at locations throughout the New England area. Dyer will teach a variety of techniques to

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own "one-of-a-kind" scarf. The scarves can be worn or used as art pieces for the home. Scarf art classes will be held in the historic Edison Caretaker's House. Participants are encouraged to bring a lunch or drop by the Banyan Café or The Marina at Édison Ford. To register, call Leeanne Criswell at 334-7419 or email her at lcriswell@edisonfordwinterestates.org. Cost: Edison Ford members \$75; non-members \$80 (includes materials and scarf).

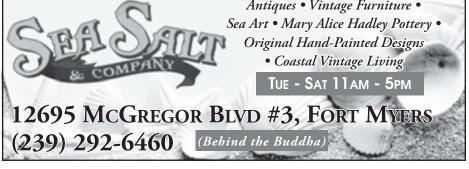
Memorial Day at Edison Ford, Monday, May 25

Every Memorial Day, the Edison & Ford Winter Estates honors veterans and their families with free admission from 9 a.m. to 5:30 p.m., which includes a self-guided audio tour. Active military are admitted free to Edison Ford all year round.

Veterans and their families will enjoy an audio tour of the winter homes and gardens of Henry Ford and Thomas Edison, the botanical laboratory, antique car collections and hundreds of inventions in the Edison Ford Museum.

Veterans must present a VA identification card or their DD214 papers to receive free admission. Current servicemen and women may also gain free admission by presenting an active military ID. 举









The Calendar Girls

Calendar Girls 5K Run For Kayla

The Calendar Girls cheered on all of the participants and performed at the Run For Kayla 5K in support of the special education program of Patriot Elementary in Cape Coral and Special Equestrians. For more information, visit www.calendargirlsflorida.com or call 850-6010.**

Online Tag Renewal Alert

ee County residents wanting to renew their vehicle registration online are advised to use the official site for the Lee County Tax Collector at leetc.com. Other websites listed through a search engine may appear before their site, but are privately-owned website services where customers will incur additional service fees of \$30 or more.

"We will always provide our customers safe and efficient online service for renewals and tax payments," said Lee County Tax Collector, Larry Hart. "It is not necessary for Floridians to pay additional fees to business service companies."

The Lee County Tax Collector's secure site and timely processing will ensure your payments are applied and decals mailed within 1 or 2 days.

Online Voter Registration Bill One Step From Becoming Law

A fter the Senate sent the Online Voter Registration Bill to Governor Rick Scott for his signature, Deirdre Macnab, president of the League of Women Voters of Florida, said, "This is a bill everyone can love. It will be cheaper, more accurate and make voter registration much easier. Legislators did the right thing by approving online voter registration." The bill would also make it possible for registered voters to go online to update their voter information.

Macnab said, "Scores of grassroots organizations as well as all 67 supervisors of elections worked tirelessly to bring Florida into the technology age for voting. Now it is up to Governor Scott to honor these efforts."

The League of Women Voters of Florida is a nonpartisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.

Lake Kennedy Senior Center Isle Of Capri Casino Bus Trip

Join the Kennedy Kruisers on Thursday, May 28 as they head to Pompano Beach for an excellent day of gaming fun at the Isle of Capri Casino.

Get ready to make your lucky selection with over 1,500 slot machines and 38 poker tables. The all you can eat buffet will definitely please your tastebuds, featuring delicious crisp salads, freshly baked breads, tender chicken and beef entrees, stone-baked pizzas, and savory side dishes. Each member will receive a \$10 free play and a \$4 off buffet coupon.

Participants should arrive by 7 a.m. prior to departing at 7:15 a.m. The bus will leave the casino at 4 p.m. prior to returning to Cape Coral at approximately 6 p.m. Preregistration is required. Lake Kennedy Senior Center is located at 400 Santa Barbara Boulevard in Cape Coral. For more information, call 574-0575.‡

Passport Saturday

The Lee County Clerk of Court's Recording Office will be open on Saturday, May 23 from 9 a.m. to 3 p.m. to process passport applications. This is a special benefit for families with children since children 15 and under must apply with both parents. Also, minors between the ages 16 and 17 must apply with at least one parent present. The special Saturday opening allows families to apply for passports in time for summer vacation without missing work or school time.

The Lee County Administration Building is located at 2115 Second Street, 2nd Floor in Fort Myers. No appointments are necessary. Regular passport service turnaround time is approximately four to six weeks. Expedited passport service turnaround time is approximately two to three weeks.

For more information on applications, what documentation you need to bring, and fees, go to www.leeclerk.org and select Passports or call 533-5007.*









Jessica Costello, Dan Roetz and Angela Powell Junior League Raises \$4,500 During Spring Fling Fundraiser

he Junior League of Fort Myers hosted more than 300 people at its Spring Fling to Spring Break fundraiser on April 25, which raised \$4,500 through raffles and donations. Held at the Fort Myers Brewing Company, the full-day event included various children's activities and games, raffle ticket sales and prizes, face painting by Faces by Joelle, stilt walker and balloon artist Way Too Tall Torrie, and live music by Troublemakerz. Fort Myers Brewing Company donated 20 percent of sales from all house brews to the Junior League, and three onsite food truck companies donated up to 15 percent of their sales to the Junior League. 3



Steven Ashford, Marina Cesar and Samantha Arends



TC Carter and Carol Feskanin



Jeremiah Morrow and Kristin McCormick



Karla Morgan and Kathy Morey



Connor Mackay and Dude



Elizabeth Crispin, Ashley Graham, Consuelo Benassi, Ashley Beal and April Voellmecke



Samantha, Allison and Abigail Studer



Julie and Danica Waples



Jessica Meyer, Charles Proudfit, Dawn Furdell and Jeff Livingston



Vinny Haramut



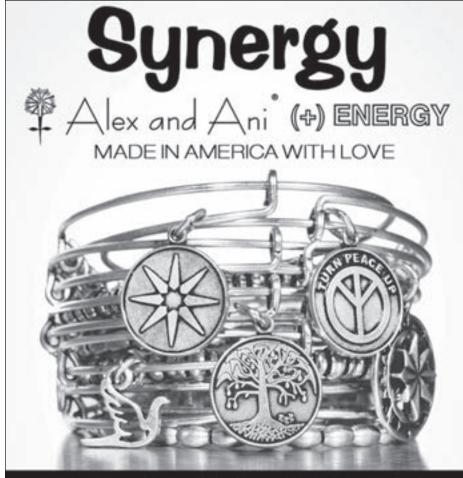
Kristie Sopher



Ron Volberding and Roger Spencer



Sea Salt & Co. sells beautiful furniture, home accessories, jewelry, sea glass and pottery including that of Mary Alice Hadley - that celebrate cottage and coastal living



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Treat mom to delicious Mother's Day meal at Sandy Stilwell's Sunshine Grille. The restaurant is serving a special Mother's Day brunch buffet from 10 a.m. to 3 p.m.

hether you're a short drive away or mere steps from the beautiful Gulf Coast, bring the beach inside your home with one-of-a-kind treasures from Sea Salt & Co. in Fort Myers.

"While I do specialize in beachy and nautical art, I also have antiques and vintage stuff. It's all mixed in," said Cindy Imrie, who owns the shop with her husband. "Jars, and jars with sea glass in it, things covered in seashells, pearls, hand-stiched pillows and shabby-chic. I do all of my own painting: I paint the furniture, I reupholster, I do a little bit of everything." Imrie gives new life to furniture, reclaimed wood and home accessories. She also makes and sells original art, including an adorable bathing suit made out of paper maps accented with faux pearls that hangs on the walls of the shop.

In addition to the pieces that Imrie makes, Sea Salt & Co. sells handcrafted American pottery by Mary Alice Hadley, one of Louisville, Kentucky's most iconic and well-known potteries, established in the 1930s. The blues and greens of the Hadley beach and nautical-themed pottery are reminiscent of relaxing, quiet times near the water. The Hadley Pottery line is highly-collectible and sought-after.

Sea Salt & Co. is located at 12695 McGregor Boulevard #3 in Fort Myers behind the golden Buddha. It is open Tuesday through Saturday from 11 a.m. to 5 p.m. and new merchandise arrives at the shop daily. For more information, call 292-6460.

The earliest record of Mother's Day is of the annual ancient Greek spring celebration honoring maternal goddesses. Ancient Romans celebrated a similar festival dedicated to Cybele, also a mother goddess. In the United States, Mother's Day was first celebrated in 1872 at the suggestion of writer, poet and activist Julia Ward Howe. She is most famous for penning the Civil War song, *Battle Hymn of the Republic*. This year, Mother's Day is Sunday, May 10. There are many dining options from

which to choose to show mom how much she is loved and appreciated.

It is going to be a beautiful Mother's Day at **Sunshine Grille**. Make your Mother's Day reservations today for the restaurant or a private party room. Special Mother's Day buffet is served from 10 a.m. to 3 p.m. The price is \$29.99 per person; kids 6 to 12 are \$12.99. Children 5 and under are free (limit two free children per adult). Sunshine Grille is taking reservations for parties of five or more.

The Mother's Day brunch features Belgian waffles, a "made to order" omelet station, prime rib roast with au jus, split King crab legs, Eggs Benedict, applewood bacon, Southern-style cheese grits, biscuits and sausage gravy, smoked salmon, assorted salads, and pastries and desserts.

Sunshine Grille is located at 8700 Gladiolus Drive in Fort Myers at the corner of Winkler. Call 489-2233 or go to www.sunshinegrillefm.com.

Sunshine Grille's sister restaurant, SS Hookers, is also serving a delectable Mother's Day buffet from 10 a.m. to 3 p.m. Located just before the Sanibel Causeway, it serves American cuisine with a Cajun twist on the waterfront for breakfast, lunch and dinner.

ŚS Hooker's Mother's Day brunch features a carving station with prime rib, leg of lamb and pork roast; omelette, pasta and waffle stations; chicken jambalaya; scrambled equs; spinach swiss quiche; French toast; biscuits and sausage gravy; Cajun chicken with étouffée; sweet potato casserole; mac-n-cheese; tossed salad; fruit salad; peel-neat shrimp; crab claws; pastries; and assorted desserts.

SS Hookers is located at 17501 Harbour Pointe Drive, Fort Myers. Call 689-3857 or go to www.sshookers.com.

Nervous Nellie's offers the perfect backdrop for a family gathering to honor mom. The casual restaurant with the fun-loving staff boasts a large selection of appetizers, fresh seafood, sandwiches and entrées. While relaxing on the deck, swing to the beats of live reggae, rock and island music from the area's premier musical talent.

The restaurant is open daily from 11 a.m. to 10 p.m. for lunch, dinner and snacks between. Special Mother's Day dishes include lobster tails, filet mignon, shrimp cocktail, crab-stuffed grouper and mimosas. Live music is provided by High Tide from 6 to 10 p.m. along with Magic Frank from 6:30 to 8:30 p.m.

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*

CORK & BARREL

After years of success in North Carolina, Dick Howard and Chef JR have brought their exceptional tapas dining experience to Southwest Florida. The Cork & Barrel celebrates one of the most significant aspects of the culture and social scene of Spain: tapas.

Tapas are served day in and day out in every bar and café in Spain. So much a part of the culture and social scene that the Spanish people invented the verb *tapear*, which means to go and eat tapas. The tapas dining experience at The Cork & Barrel encompasses the sharing of exceptional cuisine paired with the perfect wine, in a tranquil atmosphere, bonding people together.

15880 San Carlos Boulevard #110, Fort Myers. Call 208-8889.

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 bestselling 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



Ichiban, located in downtown's mosaic-tiled Post Office Arcade, boasts an extensive dinner menu that includes Bento boxes featuring traditional Chinese and Japanese dishes

grilled chicken sandwich and there's a well provisioned raw bar. Tropical drinks are a specialty, notably the signature rum drink, Island Mojito.

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

ICHIBAN

Ichiban is a downtown favorite for

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

1520 Broadway #106, Fort Myers.

Call 334-6991.

ISLAND COW

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

Island Cow is an airy bistro with french doors leading out to the front and back patios. It is open daily for breakfast, lunch and dinner. Dine under the stars while you listen to live music on one of Sanibel's only al fresco eating porches. 2163 Periwinkle Way, Sanibel. Call

472-0606.

NERVOUS NELLIE'S CRAZY WATERFRONT EATERY

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

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

Parking for your car or boat for free

continued on page 18



Churches/Temples ALL FAITHS UNITARIAN CONGREGATION (UUA)

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

RITE CATHOLIC CHURCH

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

ORTHODOX CHURCH

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

BETH SHILOH

MESSIANIC SYNAGOGUE 15675 McGregor Boulevard. Rabbi Judah Hungerman. Friday Service, 8 p.m., Saturday Service, 11 a.m. Shabbat School

Saturday Morning, Adult Hebrew Classes. Call for information 437-3171 BREAD OF LIFE MINISTRIES

CHURCH OF GOD

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

5620 Winkler Road, Fort Myers. Rabbi Yitzchok Minkowicz. 433-7708, rabbi@ chabadswf.org. www.chabadswf.org. Friday service 6:30 p.m.; Saturday Kab-balah 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. Reverendt Ted Althouse, Pastor revtedalthouse@aol.com

CHURCH OF THE CROSS

13500 Freshman Lane; 768-2188. Pastor Bud Stephens; A nondemonimational church emphasizing a personal relationship with Jesus Christ. Sunday Service: 9:15 a.m. Traditional, 10:45 Contemporary. CONGREGATIONAL CHURCH 1619 Llewellyn Drive Fort Myers. Just off McGregor across from the Edison/Ford Winter Estates 334-4978, Pastor Douglas Kelchner, Worship times Sunday's 9 and 10:30 a.m. Website: www.taecc.com

COVENANT PRESBYTERIAN CHURCH 2439 McGregor Boulevard, 334-8937 Reverned 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 Wor-ship, 7 p.m., Wednesday Prayer Meeting,

6:30 p.m. CYPRESS LAKE PRESBYTERIAN CHURCH

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

CYPRESS LAKE UNITED METHODIST CHURCH

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

6111 South Pointe Boulevard, Fort Myers, 278-3638. Sunday Worship, 10:30 a.m.; Voice of Faith, WCRN 13.50 AM Radio, Sunday, 1:30 p.m.; Thursday Service, 7:30 p.m.; Friday Youth Service, 7:30 p.m. Nursery care for pre-school children and Children's Church ages 5 to12 available. FAITH UNITED METHODIST CHURCH 15690 McGregor Boulevard, Fort Myers, 482-2030. Pastor David Stauffer. 9 a.m. Contemporary Worship. 10:10 a.m. Sunday School. 11:15 a.m. Traditional Service. 5:30 p.m. Youth Group. Go south on McGregor Paulared The aburgh in 1(mile past the Boulevard. The church is 1/2 mile past the intersection of Gladiolus and San Carlos Boulevard on the way to Sanibel FIRST CHURCH OF CHRIST, SCIENTIST 2390 West First Street, next door to Edison Estates. Sunday Morning Service and Sunday School, 10:30 a.m.; Wednesday Evening Testimony Meeting, 5:30 p.m. Child care provided at all services. Visit our Reading Room for quiet study at: 2281 First Street, River District. www.time4thinkers.com, www.christiansciencefortmyers. com. www.christianscience.com

FIRST CHURCH OF THE NAZARENE 13545 American Colony Boulevard off Daniels Parkway in the Colony, Fort Myers, 936-2511 Pastor Reverend Joey Brummett Sunday School: 9:30 a.m.; Morning Wor-ship, 10:30 a.m.; Sunday Evening, 6 p.m.; Wednesday Family Night, 7 p.m. FIRST UNITED METHODIST CHURCH

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

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

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST:

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

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

CATHOLIC CHURCH 881 Nuna Avenue, Fort Myers, 481-1143 Masses Friday and Saturday, 7 p.m.; Sunday, 8 and 10 a.m. and 6 p.m. KINGDOM LIFE CHURCH 2154 McGregor Boulevard, Fort Myers,

218-8343. Pastor Randy and Anita Thurman. 10:30 a.m. Sunday Service.

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

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

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

16120 San Carlos Boulevard, Unit 10. 985-8503. 9:45 a.m. Sunday School for all ages. 11 a.m Sunday Morning Worship. 7 p.m. Wednesday Evening Bible Study. NEW HOPE PRESBYTERIAN CHURCH 3825 McGregor Boulevard. Fort Myers. Pastor Eddie Spencer. 8 and 9:30 a.m. Traditional Worship. 11 a.m. Contemporary Worship. 8, 9:30 and 11 a.m. Sunday School. Youth and Children's programming runs concurrent to Sunday services. Nursery care provided at all services. 274-1230. www.newhopefortmyers.org. PEACE COMMUNITY CHURCH

Meets at Fort Myers Beach Masonic Lodge. 17625 Pine Ridge Road, Fort Myers Beach 267-7400. Pastors Bruce Merton, Gail and RC Fleeman. Adult Discussion Classes 9 to 10 a.m. Countdown to Worship 10:10 a.m. Amazing Grace Worship:10:30 a.m. 267-7400. peacecommunitychurch.com. peace1265@aol.com. PEACE LUTHERAN CHURCH Sunday Worship at 9:30 a.m. Peace a member of ELCA. Weekly communion with traditional liturgy, organ and choir. 15840 McGregor Boulevard, Fort Myers, on the way to Sanibel. 437-2599, www.peaceftmy-

ers.com, peace@peaceftmyers.com. REDEEMER LUTHERAN CHURCH 3950 Winkler Ext., Fort Myers, 274-0143 8:15 and 10:15 a.m. Sunday Services Daily early learning center/day care. RIVER OF LIFE ASSEMBLY OF GOD

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

Meditation classes. Guided meditations, methods to relaxe body and focus mind on virtuous objects. Bring peace and happi-ness into daily activity. 567-9739. www. MeditationInFortMyers.org. SAINT COLUMBKILLE

CATHOLIC CHURCH

12171 Iona Road, Fort Myers, off Mc-Gregor 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.

SAINT JOHN THE APOSTLE METROPOLITAN COMMUNITY CHURCH

3049 McGregor Boulevard, Fort Myers, 344-0012. Pastor Reverend Steve Filizzi. An Affirming and Inclusive Congregation Sunday Services 10 a.m. SAINT MICHAEL LUTHERAN **CHURCH & SCHOOL (LCMS)** 3595 Broadway, Fort Myers, 939-1218, Worship: Saturday 5:30 p.m., Sunday 8 and 10:45 a.m. Bible Study for adults and children Sunday at 9:15 a.m. SAINT PETER LUTHERAN CHURCH 3751 Estero Boulevard, Fort Myers Beach, 463-4251, www.stpeterfmb.com. Sunday worship service at 9:30 a.m. SAINT NICHOLAS MONASTERY Church and Bookstore. 111 Evergreen Road (southwest corner of Evergreen Road and Gail Street.) Liturgical services conducted in English and Church Slavonic; following the Julian (Old) Calendar.

Liturgical Services Sundays and Holy Days 9:30 a.m. Holy Liturgy 0 a.m. Call to confirm service schedule: 997-2847; Bookstore 691-1775. www.saintnicholasmonastery.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. School all ages. Junior Church grades one to five. Wee Church Pre-K to K. Evening Service 6 p.m. Wednsday Service 6 p.m. **TEMPLE BETHEL SYNAGOGUE** 16225 Winkler Road Fort Myers. 433-0018, www.templebethel.com. rabbi. barras@templebethel.com. Rabbi Jeremy Barras, Cantor Victor Geigner, Religious School Director Dale Cohen, Learning Tree Director Jesyca Virnig, Office Manager Inna Vasser. Union For Reform Judaism Shabbat Service Friday 7:30 p.m., Torah Study Saturday 9:30 a.m. Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. Learning Tree Monday through Friday. **TEMPLE JUDEA (CONSERVATIVE)** 14486 A&W Bulb Road, Fort Myers, 433-0201, Rabbi: Rabbi Marc Sack Minyan: Monday at 9 a.m. Religious Education: Sunday mornings and Wednesday evenings. Services Friday 6:15 p.m. and Saturday 9 a.m. www.tjswfl.org. THE NEW CHURCH

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

CHURCH FORT MYERS 13411 Shire Lane (off Daniels Parkway one mile west of I-75). Minister The Rever-end Allison Farnum. Sunday services and

religious education at 10:30 a.m. 561-2700. www.uucfm.org. UNITY OF BONITA SPRINGS

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

UNITY OF FORT MYERS

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

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

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. Eductional Hour. www.zionfm.org.☆

> Read us online at IslandSunNews.com

Jammies And Jeans At Temple Judea

n Friday, May 8 at 5:30 p.m., Temple Judea hosts Jammies and Jeans, a Shabbat evening especially for young children and their families. Held on the second Friday of each month, it is open to the entire community. The Jammies and Jeans Shabbat service is in addition to the regular 6:15 p.m. Shabbat service.

Throw on your jeans and get your kids in their jammies for a casual, warm and kidfriendly Shabbat service filled with singing, storytelling and lots of fun followed by dinner. The Shabbat service is held in the Synagogue, followed by dinner at 6 p.m.

To make dinner reservations, send an email to jenmanekin@yahoo.com. Rabbi Sack will help you enjoy and celebrate the joy of Shabbat with stories, songs, dancing and more.

Temple Judea is located at 14486 A & W Bulb Road in Fort Myers. For more information, call 433-0201 or go to www.tjswfl.org.

Program At Lakes Regional Library

riends of Lakes Regional Library will present a free program featuring Jerry Greenfield, The Wine Whisperer, on Friday, May 8 at 1 p.m. at the library. Greenfield has been teaching wine seminars since 2003 and writes a wine column for a local newspaper. He is the author of several books including Secrets of the Wine Whisperer, which was published in 2013.

All are welcome.

Lakes Regional Library is located at 15290 Bass Road in Fort Myers. 🌣

FSW Students, Faculty Give Back During United Way Day Of Caring



Florida Southwestern State University students and faculty at Special Equestrians

Norida Southwestern State College students and faculty volunteered for a United Way Day of Caring project at Special Equestrians. The FSW volunteers helped by clearing a new section of pasture of weeds, debris, fallen palm fronds and tree limbs.

"The concentrated efforts and thoroughness of the FSW volunteers made a huge difference and will keep the horses, riders and volunteers safe. We are very grateful for their help," said Priscilla Kovalsky, volunteer coordinator for Special Equestrians.

Our FSW students found volunteering with Special Equestrians extremely rewarding and relished the opportunity to give back to their community." said Crystal Maldonado, coordinator, Student Development for Student Affairs at FSW

Volunteers like the students and faculty of Florida Southwestern State University make a big difference for the children at Special Equestrians," said Cliff Smith, President of the United Way of Lee, Hendry, Glades and Okeechobee. "Volunteers help agencies by performing important work that the agencies' need done. Thank you FSW for your good work.

Special Equestrians is a United Way Partner Agency that offers therapeutic horseback riding classes and other equine assisted activities in Fort Myers. The agency services children and adults with disabilities.

The United Way's Day of Caring is a year-round program, coordinated by the United Way Volunteer Center which matches businesses' desire to help with the needs of the community. Many local groups and companies have participated such as Publix Supermarkets, Target, Lee Physician Group and the Lee County Tax Collectors Office.

The United Way Volunteer Center connects individuals and companies to volunteer opportunities throughout our community. Contact the United Way Volunteer Center by calling 433-2000 ext. 260 or by visiting www.unitedwaylee.org.

Shell Point

Summer Concert Series

CROSSROADS QUARTET



Saturday, June 13

Crossroads Quartet is a world-champion, a cappella quartet made up of four versatile, award-winning vocalists. Steeped in traditional barbershop harmony, Crossroads Quartet sings a variety of musical styles, including vocal jazz, blues, gospel, pop

2015

classics, and standards from the Great American Songbook.

RIVER CITY BRASS ENSEMBLE Friday, July 10

Dr. James Gourlay, a world-renowned tuba artist from Scotland, presents a new eight-piece ensemble with a unique repertoire, virtuoso musicians, and accessible performers in a special patriotic program.



WOODWORKS Tuesday, August 25



Founded by professional percussionist Thomas Suta, who incorporates four marimba instrumentalists and a talented vocalist into a well-rounded musical program. Enjoy traditional Mexican music, Sousa marches, and a Joplin rag, as well as classical favorites.

DICK HYMAN: BIG BANDS & COMBOS Thursday, September 10

Dick Hyman has had a long-standing career as

a pianist, organist, arranger, music director, and composer. Hyman's concert performance will feature documentaries and film clips of famous Big



Band recordings, followed by his own solo version.

Bonus Concert SOUTHWEST FLORIDA CHAMBER SYMPHONY

Thursday, August 13



This summer, Southwest Florida Symphony presents the works of two composers who found inspiration in the earth's life cycle in their respective parts of the world: Baroque-era Italian composer Antonio Vivaldi's The Four Seasons, and 20th century Argentina tango composer Astor Piazzolla's The Four Seasons of Buenos Aires.



Get your tickets today! Visit www.shellpoint.org/concerts or call(239) 454-2067

The Summer Concert

Series will be held in The Village Church Auditorium at 7:30 p.m.



Shell Point is located in Fort Myers, 2 miles before the Sanibel Causeway.

12 | THE RIVER - MAY 8, 2015 Cut Bait Tarpon Fishing

by Capt. Matt Mitchell

U ur May primetime tarpon fishing is now in full swing with these challenging angler favorites being hooked and caught all through our area by a wide variety of methods.

Daily conditions dictate which fishing method will be the most effective. Wind can often be the enemy of sight fishing for tarpon. In the perfect tarpon fishing world, it would always be slick calm and we would only pitch live baits to never ending rolling pods of approaching fish.

Reality is that we just don't get that many perfect light wind picture perfect tarpon days in a season to sight fish for them. During windy conditions though, you can still can have that chance to catch a tarpon, although it might not be like the way you saw it in your tarpon dreams.

Wind simply reduces your options when tarpon fishing. Cut bait is far from the most glamorous way to catch a tarpon but, day in day out it, catches more fish than any other method. My daily cut bait of choice while tarpon fishing is a fresh mullet. Even when conditions are only slightly windy, I like to anchor up and fish with both live and cut baits. Often, tarpon will eat a cut bait when they just won't eat anything else. My tarpon spread is to run cut baits out from the stern while having my clients pitch assorted live baits under floats out from the bow.

The fresher the mullet the better. I buy mine directly from a local commercial mullet fisherman that delivers them to my dock and supplies lots of fishing guides all tarpon season. Fresh mullet can be found at most bait stores or fish houses. Mullet hold well for a few days in a cooler packed on ice. A one- to two-pound mullet is the perfect size to cut into two chunk baits.

To prepare this tarpon snack, cut the mullet in the middle through the stomach cavity so that it does not hold air and will

Send Us Your Fish Tales

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

CLEAR YOUR GEAR It Catches More Than Fish





Gary Biltgen with a snook caught and released while mangrove creek fishing this week with Capt. Matt Mitchell

sink. Then cut off the mullet's tail to stop it from spinning in the current. Using these large chunks will deter catfish from being able to take the dead bait. Hook the bait with as much of the circle hook showing as possible. The idea is for the bait to pull off the hook when it gets picked up by a fish. If the bait does not come off the circle hook, a tarpon will spit it back at you, hook and all, on that first jump.

Catfish tails and cut ladyfish work well for tarpon cut baits too but for me, fresh mullet is hard to beat and is so easily available. Fresh cut Spanish mackerel and bluefish are well known prized cut baits too but both of these species are illegal to use as a bait since they have size and possession regulations in the state of Florida. To the FWC, there is no difference between using a chunk of Spanish mackerel or a chunk of snook as a tarpon bait.

While anchored up in your favorite tarpon spot, cast out the cut bait rods as far as you can throw them. Set them up in the rod holders leaving just enough slack in these lines that when a fish picks up the bait it has a chance to swim off before it comes tight. The key to getting hooked up on a cut bait with a circle hook is that the fish moves away, hooking itself. Most of the time a tarpon is hooked and jumping by the time you can even get the rod out of the rod holder.

My tarpon cut bait rigs are 30-50# class seven-foot heavy spinning rods with

7500 series spinning reels. I spool these reels full of 250 yards minimum of 50# braid. For leader, tie a line to line knot to a five- to six-foot piece of 80# fluorocarbon using a loop knot to attach a 12/0 cut bait circle hook. This is a very simple rig with the large chunk of cut bait being enough weight to hold it stationary on the bottom in most of the six- to eight-foot areas where I tarpon fish.

After taking a half dozen or so early season tarpon charters, I've managed to jump at least one fish or more on every trip but was yet to get one all the way to the boat for a leader release until this week. With approaching weather and windy conditions, I decided to sit in a favorite confidence spot in the middle sound. Setting up the four-rod spread of live and cut baits within 20 minutes, we had a roughly 80-pounder hooked up on a cut mullet. It always feels good to get the first tarpon of the year to the boat and the monkey off my back.

Cut bait fishing is probably not the way you dreamt of catching that fish of a lifetime but when it comes down to it, having a tarpon on the end of your line and a chance to close the deal is what it's all about.

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.**



THE RIVER - MAY 8, 2015 13

crow case of the Week: Loggerhead Turtle



by Patricia Molloy

n April 23, a wounded loggerhead turtle was delivered to CROW from Everglades National Park. The adult female had been hit by a boat, as evidenced by the large crack in the shell just above her tail. The presence of algae and barnacles on her head, flippers and shell indicated that her injuries had impeded her ability to swim well. After a thorough examination that included radiographs, Dr. Heather ordered that the patient, #15-1029, be prepped for surgery. The loggerhead turtle (*Caretta caretta*) was named for its exceptionally large head. They are meat eaters that forage for

shellfish that live in the deep ocean and have jaws so powerful they can crush hard-shelled prey – like clams, sea urchins and horseshoe crabs – with absolute ease. Their bony, heart-shaped carapaces (upper shells) range in length from 2.5 to 3.5 feet and they can weigh up to 375 pounds. The loggerhead is listed as "Threatened" under the U.S. Federal Endangered Species Act and "Endangered" by the International Union for Conservation of Nature and Natural Resources.

During the surgical procedure, a small section of the turtle's carapace was removed, along with the algae and barnacles that had grown on her body. Additionally, an intravenous line was inserted so that a high-caloric formula called TPN (Total Parenteral Nutrition) could be administered.

As part of her recovery, she was "dry-docked" in one of CROW's large outdoor turtle tanks; to keep a sea turtle with open wounds fully-submerge in saltwater would invite bacterial infection. Since dry-docking for long periods can be uncomfortable for such a heavy turtle, staff members regularly filled the tank with enough saltwater to allow her to float for short periods of time. It took two to three staff members to accommodate these therapeutic soaks.

"She's really depressed, but she has made some improvements," Dr. Brittany said several days into the patient's recovery period. "Without us even touching her – we were just getting near her – she lifted up her head and she moved her flippers a little bit. She now looks around and kind of knows what's going on in her surroundings more. She's still dehydrated and still sits around for long periods of time, but I think moving her up and down while letting her float has been helping. (Recovery) just takes time."

Ten days after surgery, the turtle's condition had improved significantly. "She



The loggerhead is shown "dry docked" at the bottom of a drained turtle tank. In between saltwater soaks, which are supervised by two to three staff members, the turtle rests on a padded mat and is covered with damp towels.

is swimming around now and eating solid food well and doing fine," beamed Dr. Heather. As soon as her wounds have fully healed and her strength and stamina have returned, the loggerhead turtle will be returned to her home in the Everglades.

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.crow-clinic.org.

Fisherman's Paradise: Fighting Frustration With Judge Brody And Colonel Wheeler



by Cynthia A. Williams

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

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

Chapter IX Part III

In Parts I and II of this chapter, Berry described his first encounter with a jewfish, which occurred in 1944 when he was a Lt. (JG) in the U.S. Navy, stationed at Navy Supply Depot 117 in Trinidad, BWI. Berry learned salt water fishing while in the Navy, stationed first in Jacksonville, and then in Trinidad.



Berry C. Williams with a Goliath grouper at Punta Rassa fish camp, 1958

His love of the sport may have been the most compelling reason for his move to Fort Myers from his hometown in Tennessee only seven years after the war ended.

When I moved to Fort Myers, I had no idea huge Goliath groupers roamed the waters in the area. I became aware of the fact one March when I was fishing at the continued on page 20



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Plant Smart Black Olive

by Gerri Reaves

This time of year, black olive trees (*Terminalia buceras*) are draped in clusters of tiny greenish-yellow flowers. This attractive evergreen is widely used as a shade tree in the commercial and residential landscapes of Florida.

Also called oxhorn bucida and gregorywood, it grows up to 50 feet tall and develops a rounded crown with a wide spreading canopy. It is usually single-trunked and the wood very hard.

Dense foliage with short spines makes it a good shade tree and nesting area for birds.

The alternate obovate or oblanceolate leaves are dark green, leathery and two to four inches long.

Dangling spikes of tiny flowers appear at the branch ends amid the leaves. Although small in themselves, they are so plentiful as to cast

a soft haze over the tree. Instead of petals, the flowers have cups composed of five sepals.

The tree's "olives" are not the common edible one, but fleshy black oval fruit



Black olive is a popular non-native shade tree photos by Gerri Reaves haze over the tree

of about one-half inch long. Take care where you plant the tree, for the fruit contains tannic acid that can stain paved areas or vehicles and be messy.

It requires full or partial sun, has both high drought and salt-air tolerance, and is pest resistant.



In spring or summer, spikes of small greenish-yellow flowers cast a haze over the tree

Some experts consider this native of Central American and the Caribbean to be a Florida native, but most do not, so consider planting a native species instead.

The South Florida Water Management District deems this tree not "storm hardy," especially if not pruned properly. Sources: 500 Plants of South Florida by Julia F. Morton, Florida Landscape Plants by John V. Watkins and Thomas J. Sheehan, edis.ifas.ufl.edu, lee.ifas.ufl. edu, and sfwmd.gov.

Plant Smart explores the diverse flora of South Florida.



Starfruit in bloom and fruiting

Form page 1 Alliance Greenmarket

But, how do you know which varieties to choose, and what techniques to use when planting? Get these questions and more answered at the Alliance for the Arts GreenMarket on Saturday, May 9 at 10:30 a.m. during a workshop presented by the owner of Fruitscapes Nursery & Market on Pine Island, Steve Cucura, who has vast knowledge of all aspects of growing fruit in South Florida and loves to pass it along.

A member of the Rare Fruit Council, Fruitscapes embraces diversity, manifested by dozens of varieties of mangos and a collection of rare tropical fruits not found



Lychees offer a subtle, luscious experience; they only fruit briefly, during the heat of summer, but the fruit is worth the wait

anywhere else. Fruitscapes is preserving food heritage and security by ensuring these trees are grown in Pine Island, Fort Myers and beyond. Their nursery is open to the public, and they run a year-round fruit stand that is well worth the trip to Pine Island.

Cucura's presentation is free, but small contributions are accepted to help the Alliance continue to bring these activities to the public. Think of a green, sustainable and delicious future, and come to the Alliance GreenMarket on May 9 so you finally get around to making your yard a fruit grove.

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



Mango varieties are almost endless in Florida. The Alliance for the Arts GreenMarket, now in its fifth year, features a variety of local growers, bakers and artisans, and gives back to the community by offering free yoga, gardening workshops, live music, art activities and opportunities to support and engage with environmental causes in Southwest Florida.



Steve Cucura and Jesse Avalos of Fruitscapes in Pine Island, a high quality grower of tropical fruit



Florida Burn Pennant and Elite Squad Prime, two of the top travel baseball teams in the country, competed in the Perfect Game WWBA East Memorial Day Classic Championship in 2014 at JetBlue Park in Fort Myers. This year, the East Memorial Day Classic will bring about 200 teams in three different age groups to Lee County over Memorial Day weekend.

Lee County To Host Perfect Game Memorial Day Classic Events

During Memorial Day weekend, May 22 to 25, Lee County will host about 200 baseball teams from across Florida during the Perfect Game WWBA East Memorial Day Classic. Events will include tournaments for 14-and-under, 16-and-under and 18-and-under teams. Games will take place at JetBlue Park, the Lee County Player Development Complex, the Cape Coral Sports Complex, the CenturyLink Sports Complex, City of Palms Park and Terry Park, along with Charlotte Sports Park in Charlotte County.

The Memorial Day Classic is expected to have a significant economic impact for Lee County, with 8,000 room nights, \$35,000 in resort taxes collected and \$2.9 million in total economic impact, according to Jeff Mielke, executive director for Lee County Sports Development. Last October, Lee County hosted Perfect Game's

LCBA's Annual Golf Tournament To Benefit Alliance For The Arts

The Lee County Bar Association (LCBA) announced its 5th annual Charity Golf Tournament, being held on Saturday, June 6 at Pelican Preserve Golf Club in Fort Myers, will benefit Alliance for the Arts' Youth Scholarships and ArtReach educational programming.

The day includes an 8:30 a.m. shotgun start, breakfast, lunch, silent and live auctions, and more fun and surprises. Non-golfers are welcome to attend and enjoy the many off-course activities that are planned.

Donated silent auction items are still being accepted, and include a dining experience for 12 by Chef Mike Gavala of G3 Catering, with an elegant five-course meal and a \$500 basket of wine to accompany each course. One music enthusiast will walk away with a collector's edition Gibson guitar. Several original fine art pieces have also been donated to date.

The Alliance for the Arts is the county's local arts nonprofit organization dedicated to infusing the community with arts programming through a diverse, innovative and balanced program of performances, events, community building and educational projects that reaches the widest possible audience. The Alliance's ARTreach offers people of all ages and economic levels the opportunity to participate in artistic and cultural endeavors and mentorship opportunities, and provides a healthy and safe environment. Engaging the arts is proven to increase self-esteem and enhance quality of life.

"The arts are a critical necessity in our society, not a luxury," said LCBA President and arts supporter Anne Dalton, Esq. "As Bar President, I feel that helping children acquire arts knowledge and hands-on theatrical experiences is a significant contribution to cultivating the next generation of leaders."

Golfer registration deadline is May 23. The fun begins with check-in for golf at 7 a.m., with a shotgun start at 8:30 a.m. Golf registration of \$135 for a single, \$500 for a foursome includes a continental breakfast and lunch. Single players will be joined

with a foursome. Admission to the lunch and silent auction is \$25 for non-golfers. Roetzel & Andress is the Title Sponsor. To register, become a hole sponsor, donate or volunteer, call LCBA's Executive Assistant Lisa Poulin at 334-0047, visit www.leebar. org or e-mail admin@leebar.org.

"In its fifth year, the LCBA Charity Golf Tournament continues to grow and exceed expectations," said LCBA Executive Director Sharon Brotherton. "Every year, we see greater participation from our members and the cititizens of Lee County, who enjoy a day of golf and fun while helping a great organization at the same time."

The LCBA's 4th annual Charity Golf Tournament raised more than \$20,000 in 2014 for the PACE Center for Girls of Lee County.⅔



WWBA Underclass World Championship, which brought 230 teams from around the country.

"We're excited to host Perfect Game's Memorial Day Classic," Mielke said. "With top-quality facilities like JetBlue Park, the newly renovated CenturyLink Sports Complex, the Lee County Player Development Complex, City of Palms Park and Terry Park, along with great hotel options and an endless number of activities for visitors, Lee County is among Florida's best locations for high school and college baseball tournaments."

Games begin at 4 p.m. Friday, May 22. A daily pass, with admittance to all games during that day, is available for \$10, and an All-Tournament Pass is available for \$25. Children 14 and younger are free. For more information, visit www.perfectgame.org.



LCEC United Way Grand Slam

Tournament Nets Over \$50k For United Way

A record-breaking 88 boats and 263 anglers participated in the 19th annual LCEC United Way Fishing Tournament on April 18 in Pine Island. The tournament raised \$51,000 for the United Way of Lee, Hendry, Glades & Okeechobee Counties. This amount includes much of the prize money which was donated back to the cause by the tournament winners. Congratulations to Grand Slam Winner, Team Island Inn, who weighed in at 18.2 pounds. Special thanks to the premiere sponsor of this year's tournament, Irby. LCEC is grateful for the continued support of sponsors, anglers and volunteers that give back to this community. For a complete list of winners, event photos and information on next year's milestone tournament, visit www.uw.lcec.net/fish. html. 🗱



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Comedy Night To Benefit SalusCare

ight local celebrities will headline Laughter Is the Best Medicine Comedy Night, a unique new event to ben-

efit SalusCare, the region's largest provider of treatment for individuals with mental health and substance use issues.

Each of the local celebrities will perform a five-minute stand-up routine and attendees will "vote" for the best comedic performance with their dollars.

The local celebrities who will exchange laughs for votes are:

 Michael Harris, The News-Press planning editor

 Larry Hart, Lee County Tax Collector · Gwendolyn Howard-Powell, owner of Gwendolyn's Café

• Doug Molloy, former Chief Assistant U.S. Attorney

Steve Russell, State Attorney for the 20th Judicial Circuit

Marni Sawicki, Cape Coral Mayor

Mike Scott, Lee County Sheriff
Dr. Glenn Whitehouse, Florida Gulf

Coast University associate dean, Planning & Assessment

"We wanted to develop something fresh that hasn't been done in this market before. Laughter Is the Best Medicine will not only showcase our local celebrities, but give everyone an opportunity to support a charity that provides mental health and substance use treatment for more than 18,000 people per year," said Mark Atkins, chair of SalusCare Development Committee.

In addition to the innovative concept, SalusCare is breaking new ground in the timing of the event, which is planned for the middle of summer, Saturday, July 25, at The Sidney & Berne Davis Art Center in downtown Fort Myers.

There are so many events during season that it's not pos-



Michael Harris, The News-Press planning editor



State Attorney Steve Russell, left, and Larry Hart, Lee **County Tax Collector**

sible for residents to attend all that they would like to. Yet, there is very little in the way of fundraising events in the summer when local residents might have more time to attend," Atkins said.

Organizers conferred with professional fundraisers and party planners who agreed that it is time to spread out the social calendar to incorporate the summer months.

The evening will include heavy hors-d'oeuvres, beer and wine served in a casual



Gwendolyn Howard-Powell, owner of Gwendolyn's Café



Dr. Glenn Whitehouse, FGCU associate dean, Planning & Assessment



Lee County Sheriff Mike Scott





Marni Sawicki, Cape Coral mayor



Sam Walch, FGCU professor and comedy trainer for the celebrities

Doug Molloy, former Chief Assistant U.S. Attorney

atmosphere. Attendees will have the opportunity to "vote" for the best comedic performance by placing cash or checks in containers labeled for each comic.

To help the celebrity comics prepare for the evening, Sam Walch, a professor at Florida Gulf Coast University, will work with them individually and as a group to perfect their routines.

Walch is a former touring stand-up comedian who teaches comedy and public speaking in the Communications Department at FGCU. He has performed in comedy clubs, casinos and cruise ships in the United States, Canada and the Caribbean and is the author of an online textbook on public speaking.

Tickets will be available beginning in May at $\$1\bar{0}0$ each or \$500 for a reserved table for four with table signage. Other sponsorships also are available from \$1,000.

Funds raised will be used to provide outpatient psychiatry and therapy to children and adolescents in this area whose families can least afford it. One in 10 children has serious mental health problems severe enough to impair how they function at home, in school or in the community, according to the National Center for Children & Poverty at Columbia University. Left untreated, mental illnesses can lead to more difficult to treat illnesses and to the development of co-occurring disorders.

For more information about sponsorships and Laughter Is the Best Medicine Comedy Night, contact Todd Cordisco at 791-1575 or visit www.saluscareflorida. orq.莽

From page 8 Along The River

Call ahead to reserve a spot in air-conditioned comfort or outside on the expansive waterfront patio. Nellie's staff will magically satisfy everyone with the very best food and drink without breaking the bank.

Nervous Nellie's is located at 1131 First Street, Fort Myers Beach. The GPS coordinates are 26"27'23.41" N • 81"57'15.18" W. It is open for lunch, dinner and snacks in between. Call 463-8077 or go to www.nervousnellies.net.

Lab Theater Summer Shows And Camps



The Underpants

Three summer shows are scheduled at Laboratory Theater of Florida as well as Shakespeare Summer Camp and Glee Camp. Steve Martin's comedy *The Underpants* is set in Duesseldorf,

Germany at the turn of the last century. Show dates are June 12, 13, 19, 20, 26, 27 at 8 p.m. and June 27 at 2 p.m.



Bette Midler plays Sue Mengers on Broadway

Another hilarious comedy, *I'll Eat You Last: A Chat with Sue Mengers* by John Logan, is scheduled for July 10, 11, 17, 18, 24, 25 at 8 p.m. and July 25 at 2 p.m. The high-powered, selfmade Hollywood agent Sue Mengers was recently played on Broadway by Bette Midler.

Presenting one of the most fascinating characters onstage, 20-something Eva, *Happy* examines four people who have a choice to be honestly unhappy or to pretend to be happy with their lives as they know them. The choices they make are scrutinized by the highly-critical sculp-



Aricka Schuck, Kaycie Lee, Jack Weld, Matthew DeNoncour and Marcos Martins perform in The Diary of Anne Frank

tor, Eva. Show dates are August 14, 15, 21, 22, 28, 29 at 8 p.m. and August 29 at 2 p.m.

The Laboratory Theater of Florida will also again present its Shakespeare summer camp for two weeks, Monday through Friday from June 22 through July 3. This year's play is As You Like It. Students ages 9 to 16 will learn costume design and construction, acting, set design, graphic design, history, stagecraft and more, and will then be able to choose "a major." Some students will act in the production, some will man the lights, some will manage make-up and other theater tasks.

The Glee Camp will have two sessions: the first is from July 27 to 31; the second is from August 3 to 7.

Season tickets go on sale on May 1 and will cover all shows and staged readings from June 2015 through May 2016. Season tickets are \$175 for adults and seniors, and \$100 for students.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers. For more information, call 218-0481 or visit www.labaratorytheaterflorida.com

HCR391-15

How Do You Know It's Time to Move to Assisted Living?

Friday, May. 15, 2015 at 10:00 a.m.



You and a guest are invited to attend a free assisted living presentation. Join McKenzie Millis, healthcare marketing specialist, as she reveals the top 10 signs that your loved one is in need of help. She will also explain how to cover assisted living costs.

This program is free, but registration is required by calling: (239) 454-2077

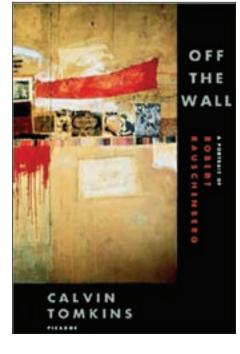
13901 Shell Point Plaza • Fort Myers, Florida 33908 • www.shellpoint.org The Springs Assisted Living is part of Shell Point's Integrated Healthcare System. Shell Point is a non-profit ministry of The Christian and Missionary Alliance Foundation, Inc.

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Book Club Discussion At Alliance

A liance for the Arts book club members will gather in the gallery on Tuesday, May 19 at 6:30 p.m. to discuss the book *Off the Wall: A Portrait of Robert Rauschenberg* by Calvin Tomkins. The Member Gallery Book Club meets the third Tuesday of every month.

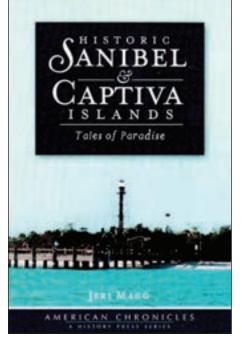
Tomkins first discovered the work of Rauschenberg in the late 1950s when he began to look seriously at contemporary art. While gazing at Rauschenberg's painting Double Feature, Tomkins felt compelled to make some kind of literal connection to the work, and it is in that spirit that "for the last forty years it's been (his) ambition to write about contemporary art not as a critic or a judge, but as a participant." Tomkins has spent many of those years writing about Rauschenberg, whom he rapidly came to see as "one of the most inventive and influential artists of his generation." So it seemed natural to make Rauschenberg the focus of *Off the* Wall, which deals with the radical changes that have made advanced visual art such a powerful force in the world.



Off the Wall chronicles the astonishingly creative period of the 1950s and 1960s, a high point in American art. In his collaborations with Merce Cunningham and John Cage, and as a pivotal figure linking abstract expressionism and pop art, Rauschenberg was part of a revolution during which artists moved art off the walls of museums and galleries and into the center of the social scene. Rauschenberg's vitally important and productive career spans this revolution, reaching beyond it to the present day. Featuring the artists and the art world surrounding Rauschenberg – from Jackson Pollock, and Willem de Kooning to Jasper Johns, Frank Stella, and Andy Warhol, together with dealers Betty Parsons, and Leo Castelli, and the patron Peggy Guggenheim – Tomkins' stylish and witty portrait of one of America's most original and inspiring artists is fascinating, enlightening and very entertaining. The Member Gallery Book Club continues the third Tuesday of every month. The

The Member Gallery Book Club continues the third Tuesday of every month. The June title is Joan Mitchell: Lady Painter by Patricia Albers. Alliance individual memberships are \$50 annually, families can join for \$75 per year, and college students can become a member for \$15. Membership benefits include 20 percent discounts on all classes and camps, free open studio sessions, discounts on concert and theater tickets, and member only exhibition opportunities. Visit ArtInLee.org or call 939-2787 for more information.

Book Signing



n Sunday, May 10, from 12 to 3 p.m., author Jeri Magg will be signing her book *Historic Sanibel and Captiva Islands, Tales of Paradise* at the Gulf Coast Book Store in downtown Fort Myers. The store is located at the Butterfly Estates, 1815 Flowler Street.

Magg has been a Sanibel resident for more than 35 years, and is a docent at the Sanibel Historical Museum and Village, as well as a freelance writer.**

From page 9 Island Fare

for patrons. The GPS coordinates are 26"27'23.41" N • 81"57'15.18" W. 1131 First Street, Fort Myers Beach

at the Fort Myers Historic Seaport at Nervous Nellie's Marina. Call 463-8077.

SS HOOKERS

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

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

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

SUNSHINE GRILLE

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

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

Email your editorial copy to: press@riverweekly.com

Fort Myers Beach Film Festival Award Winners Announced



Erik Alexander with Judy Copeland (Best Local Film – *Sisters*), Ryan Potter (Rising Star Award), Jeffrey Johns (Best Actor – *Waiting in the Wings: The Musical*), Darva Campbell (Best Feature Film – *Writers Cramp*), and Christopher Atkins (Star Achievement Award))

The 9th annual Fort Myers Beach Film Festival, presented by Beach Theater, The Beaches of Fort Myers and Sanibel, the FMB Friends of the Arts, the Town of Fort Myers Beach, and Fish Tale Marina, announced the winners of the 2015 competition on April 26 at Fish Tale Marina. Festival Chairman Georgia Reinmuth and local NBC-2 news personality and filmmaker Natasha Verma were on hand to present the awards. The Fort Myers Beach Film Festival screened films from April 22 to 26 at the Beach Theater and held a Dive-In Movie at Pink Shell and a movie on the beach at Outrigger Beach Resort.

The film review board juried over 76 films to designate awards for Rising Star, Star Achievement, Best Actor, Best Student Films, Best Feature Film, Best Short Film, Best Documentary, Best Local Film and People's Choice Award. Winners received a commemorative glass trophy.

"Again, we've delivered you a picture perfect week.... You've seen an amazing collection of films during the festival, films that made you laugh, films that unveiled injustice in the world, films that motivated you, and films that tugged at your heartstrings," said Reinmuth, who announced the first round of awards.

The Rising Star Award, recognizing young and innovative talent, went to Ryan Potter, the 19-year-old voice of Hiro Hamada in the Academy-Award winning Disney animated feature *Big Hero 6*. The Star Achievement Award was presented to Hollywood legend Christopher Atkins, best known for his role in the 1980 film *The Blue Lagoon*, and the television series *Dallas*. Atkins also appeared in *Waiting in the Wings: The Musical*, the recipient of the festival's 2015 People's Choice Award.

The final awards were announced by Natasha Verma of NBC-2. She is the awardwinning director of the documentary *Hardy*, which was also screened at the festival.

Jeffrey Johns, the lead actor and writer of *Waiting in the Wings: The Musical*, was recognized as Best Actor. The film *The Unearthing*, directed by 17-year-old Tristan Jensen, received the award for Best Student Film. The award for Best Feature Film was given to *Writers Cramp*, written and directed by Darva Campbell.

Falling to Pieces, written and directed by Chris and Vivian Connolly, received the award for Best Short Film. The honor for Best Documentary was awarded to the festival's opening film, *Heroes Behind the Badge: Sacrifice and Survival*, written and directed by Wayne Derrick. The final award, Best Local Film, was given to Sisters, directed by Mark Stolzenberg and produced by Mark Schulman and Judy Copeland.

NFL Rookies Become Sudden Millionaires, But How Will They Handle Their New Fortunes?



by Ed Frank

The National Football League 2015 draft is over and more than 200 players were selected last week with hundreds of millions of dollars committed to these athletes. But you have to ask yourself how will these young men handle and manage their newfound riches?

For example, Florida State quarterback Jameis Winston, the No. 2 overall pick selected by Tampa Bay, will receive a \$14.5 million signing bonus and will earn a total of approximately \$22.3 million over his four-year rookie contract.

Fellow quarterback Marcus Mariota, drafted No. 2 by the Tennessee Titans, will pocket \$21.3 million during his first four

years in the NFL, including a \$13.7 signing bonus.

Under a complicated NFL formula that calculates the league's salary cap and Rookie Compensation Pool, the signing bonuses and contracts diminish the further down the selection process.

But even the 32nd pick in the First Round that went to the Super Bowl Champion New England Patriots, defensive tackle Malcom Brown will earn just shy of \$7 million.

We ask this question regarding money management as numerous studies have shown that professional athletes often run adrift with these fortunes, sometimes referred to as "the sudden wealth syndrome."

An article several years ago in *Sports Illustrated* reported that 78 percent of former NFL players are either bankrupt or facing financial stress within two years after retirement.

No doubt this shocking statistic probably rings true for athletes in other professional sports.

The reasons are many and varied. Many of these young professionals come from humble backgrounds, are immature and often surrounded by "hangers-ons" or fall victim to shady investors.

To counter this huge problem, the NFL started its Financial Education Program to provide players and their families with important knowledge regarding money management and financial decision making. Similar programs also have begun in other professional sports.

For example, when the Minnesota Twins built their new Player Development Academy in the CenturyLink Sports Complex, classrooms were included for instruction in money management and other important matters.

The public at large often utters a collective gasp when these huge sports contracts are announced. However, many players generously commit funds to form foundations for worthy causes and other charity programs.

And some have become astute businessmen and women when their playing days are over.

Unfortunately, however, too many have become financial failures as noted by the *Sports Illustrated* study.

Perhaps we should look back in a few years to determine the financial fate of these young men drafted last week by the 32 teams in the NFL.

Everblades Need Comeback After Losing First Two Games in East Division Finals

If the Florida Everblades hockey team is to advance in the ECHL Kelly Cup Playoffs, they will have needed a sudden spark of winning hockey.

The local team lost the first two games in the best-of-seven series to the South Carolina Stingrays last week at Germain Arena.

The series moved to the North Charleston Coliseum for games three and four Tuesday and Wednesday nights. If a fifth game is necessary, it also will be played on foreign ice.

The Everblades will have needed to win two of those three game for the series to return here for games six and seven Monday and Tuesday nights.

Galloway Captiva Triathlon Registration Under Way

Registration is under way for the 5th annual Galloway Captiva Triathlon. Registration now guarantees participants a spot in the event (which has sold out earlier every year) and saves registrants money. Proceeds from the event will benefit the Community Cooperative Ministries Inc. (CCMI) School Pantry and Emergency Food Backpack program.

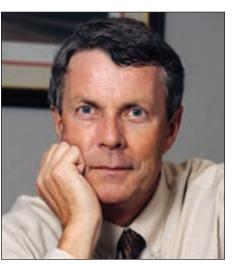
The event is scheduled for September 13 at South Seas Island Resort on Captiva and includes a quarter-mile open-water swim, 10-mile bike (on closed island roads) and 3.1-mile run along the gulf and Redfish Pass. Registration is available online at continued on page 23

Summer Semester Offers Classes On Art And History

The Academy of Lifelong Learning at Shell Point Retirement Community announced the start of its summer semester with two classes in May that focus on art and history. Reservations and advance payment are required by calling 489-8472.

Discover the unusual artistic style of batik with presenter Pat Smelkoff during The Batik Project: Water Lilies, which will be held on Saturday, May 9 at 9:30 a.m. in the Sabal Room at The Woodlands. Smelkoff will instruct participants in the batik method, which is a wax-resist process that uses hot wax and watercolor on Ginwashi rice paper to create unique works of art. Each guest will leave with a beautiful batik of Water Lilies in Bloom to frame. The cost to participate is \$55, and includes all supplies.

Professor Adrian Kerr will present Iran: Its History and Today in two Tuesday sessions on May 12 and May 19 at 10 a.m. in The Grand Cypress Room in The Woodlands. Kerr will trace how the leadership of Iran has become radical in recent times and has been at odds with the West. Session One will explore the history of Iran, examining its first inhabitants, the Fertile Crescent, and other highlights of the country's development. Session Two will delve into modern times, examining conflicts with rival



Professor Adrian Kerr

civilizations, the 1979 Revolution, Islamic Conquest, and many more milestones that affect current affairs. Tickets for each session cost \$10.

The Academy of Lifelong Learning at Shell Point is an educational initiative that provides approximately 80 classes each semester, and encompasses a well-rounded curriculum of instructive opportunities for senior adults. The Academy was named as one of 2008's most innovative active aging programs by the International Council on Active Aging (ICAA), an association that supports professionals who develop wellness and fitness facilities and services for age 50-plus adults.

To learn more, visit www.shellpoint. org or call 1-800-780-1131.[‡]





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Financial Focus Help Mom With Her' Retirement **Income Strategy**



by Jennifer Basey 'other's Day is almost here. This occasion may have special significance for you if you've been fortunate enough to have your mother around for your adult life. So natu-

rally, you'll want to bring mom some flowers or another gift. But if she's planning to retire soon, you may want to think about a longer-term way to improve her life - namely, by initiating a conversation about her retirement income strategy.

Of course, she may already have matters well in hand. But a great many people on the verge of retirement have not planned for those years, so you may be able to provide some valuable suggestions. Here are a few ideas:

• Boost contributions to retirement plans. If mom is still working, urge her to contribute as much as she can afford to her IRA and her employer-sponsored retirement plan, such as a 401(k). The chances are pretty good that she will be spending many years in retirement - in fact, the average life expectancy for a 65-year-old woman is 20.5 more years, according to the Centers for Disease Control and Prevention. So she'll want to accumulate as much as possible before she bids "adieu" to the working world.

• Discuss appropriate withdrawal rates. Encourage your mother to meet with a financial professional to determine an appropriate rate of withdrawal from her investments. To help ensure that she doesn't outlive her resources, she needs to avoid taking out too much during her early years of retirement.

• Take care of legal arrangements. If you haven't already done so, ask your mother if she has drawn up the important legal documents related to her estate plans. Does she have a will? Has she created a durable power of attorney, which allows her to name someone to make financial and health care decisions on her behalf if she becomes incapacitated? As you know, this is a sensitive topic, so you'll want to approach it with care.

 Evaluate Social Security options. Your mother is probably well aware that she can start taking Social Security as early as age 62, but will get much bigger monthly payments if she waits until her full retirement age, which will likely be 66 or 67. But she may not know that she might be able to benefit from a Social Security "spousal strategy" that could result in her receiving more income than she could get by just taking her own benefits. For example, if her spouse is the higher wage earner and can afford to delay taking benefits, your mother could eventually receive higher survivor benefits. Or, your mother and her spouse could employ a "file and suspend" strategy. Under this strategy, her spouse - upon reaching full retirement age - files for retirement benefits and then immediately requests to have those benefits suspended. As a result, your mother can file for spousal benefits, which would be larger than what she would receive at her full retirement age. To make sure they are

AppleJuice Using Apple AirPrint



by Carol Rooksby Weidlich, President, **SWACKS**

't's easy to print from your iOS device (iPad, iPhone or iPod) using Apple AirPrint when you have a compatible printer on your Wi-Fi network.

Many of today's printers offered by companies such as Brother, Canon, Dell and HP, to name a few, are AirPrint compatible.

With AirPrint, you can print documents from Apple apps like Mail, Photos, Safari and iPhoto as well as some thirdparty apps you may use. When you open a document in a program, look for the Share icon, which is normally shown as a small rectangle with an arrow pointing up from the top of the rectangle either at the top or at the bottom of your device screen. When using Safari, you may also find the icon in the "settings" menu at the top of the page. Look for the three dots in the upper right corner of your device's screen and tap to open other options.

When you tap the print icon you'll see options like "Tap to Share with AirDrop," social options like "Message," "Mail" and "Facebook" and a third row of icons to "Copy" and "Print." When you tap on "Print," you should open to a screen, which says "AirPrint." Tap on "AirPrint" > "Printer – Select Printer." If you are in Wi-Fi range of your home printer the printer's name should appear. Tap on the printer name and you'll roll back to the screen for "Printer Options." You can now decide if you want to print all pages, or just certain pages; how many copies of that document you'd like to print by tapping the plus (+) sign; and whether to print double sided which depends on current printer's functions. Now tap "Print" and the wireless printer will print your document.

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

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

making any Social Security-related moves correctly, though, your mother and her spouse will want to consult with a tax advisor who is thoroughly familiar with Social Security rules.

happy and active retirement. So, talk to her about the moves she can make to help turn that aspiration into reality.

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

You want your mother to enjoy a long,

From page 13 Fisherman's Paradise

Sanibel Ferry dock with two of my friends from Tennessee, Judge Robert S. Brady and Colonel Wheeler.

We were happily catching sheepshead and mangrove snapper when something unusual happened. I was using a light line on a small rod and reel and was just about to hoist a three-pound sheepshead into the boat when all of a sudden, a huge monster from the deep came right to the surface and - with part of its head out of the water tore the sheepshead from my clutches, sucking it in with one fell slurp. The small line I was using lasted less than a fraction of a second, for as soon as the Goliath realized it was caught, it made a head dive for the nearest pilings and buried its head in the sand. This instantly snapped my line. I wasn't sure it was a Goliath grouper, because I had seen very few of them, but I thought it was and I wanted to catch it.

All three of us were in a state of high excitement. I took up my big Calcutta cane pole that I had rigged into a rod with a twisted steel cable line, to which I had attached a 212-pound test leader wire attached to two large barrel swivels. I put on a 12/0Pfleuger Sobey forged steel hook and used as bait a small sheepshead, which I hooked through the back. This little "stripe jack" had hardly settled to the bottom when it was slurped up and I was battling for dear life with my old sheepshead stealer.

To be continued next week....

From page 1 United Way

of Lee, Hendry, Glades and Okeechobee directors and serves on one of its allocations teams.

'Alta Resources is committed to Fort Myers, and we are delighted to give back to the place that has welcomed us so warmly," Makurat said. "United Way has helped us to quickly become part of the community.

Chairman and CEO Beré was the featured speaker at the United Way of Lee, Hendry, Glades and Okeechobee 2015 dinner for major donors. During his visit to Fort Myers, he toured two United Way agencies with Makurat and United Way staff members.

Formed in 1995, privately held Alta Resources is a leading provider of customer management business process outsourcing for many of the world's bestknown brands in a variety of industries, including consumer-packaged goods, health care and insurance, and entertainment. With its comprehensive service lines – care, sales, e-commerce, back

office and fulfillment - working in tandem, clients can seamlessly integrate their core business processes through a single partner. In turn, Alta Resources helps clients improve and better manage their customer experiences across every touch point, online and offline, ultimately delivering results that provide sales growth and/or cost savings.

With headquarters, a main campus and a fulfillment facility in Neenah, Wisconsin, Alta Resources has additional operations in Michigan, California and the Philippines, as well as Florida. The Fort Myers campus is on Gateway Boulevard, just east of I-75 and north of Daniels Parkway.

To learn more, visit www. AltaResources.com.

The United Way of Lee, Hendry, Glades and Okeechobee 2015 campaign raised more than \$9 million, bringing the total raised and distributed since 1957 to more than \$137 million. All money raised in the campaign stays in the local community to support 82 United Way partner agencies and 200 programs. For more information, call 433-2000 or log onto www.UnitedWayLee.org.☆

Cadets To Receive Scholarships

TROTC cadets from Cape Coral schools will receive scholarships during the monthly breakfast meeting of the Calusa Chapter of the Military Officers Association of America (MOAA) on Saturday, May 16. The 9 a.m. meeting will be held at Gulf Coast Village, 1333 Santa Barbara Blvd. in Cape Coral. All military officers and spouses are invited to attend.

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

The Calusa Chapter of MOAA will be on hiatus during the summer and will resume regular monthly meetings in September.

The Military Officers Association of America is a national organization representing

the interests of the military. Florida is the third largest state of membership. Information about the Calusa Chapter of MOAA may be obtained by contacting the Calusa Chapter President Nick Hubbell at 240-381-3975. Membership information may be obtained by contacting Tim Cook at 945-6155.



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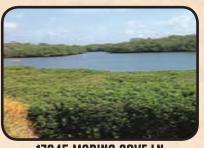
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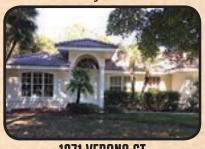
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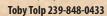
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22 | THE RIVER - MAY 8, 2015 Lecture On Healthy Living

The next free monthly lecture from Lee Memorial Health System is designed to cover a variety of health care topics to help improve your physical and mental well-being. These interactive and informative lectures are presented by Dr. Sal Lacagnina, vice president of health and wellness and medical director of the wellness centers in Cape Coral and Fort Myers.

You may have heard about the HealthyLee initiative in Lee County and the Blue Zone initiative in Collier County, but have you heard about the Healthy Me initiative? These initiatives are attempts to create environments in which individuals and populations can become and stay healthy. This interactive and informative presentation on the Healthy Me initiative will afford you the opportunity to improve your health, change your present life and give you the ability to live a better quality and a longer life.

This month's topic is Healthy

Communities Start With Me and will be

held on Monday, May 18 at 12:30 p.m. at Lee Memorial Hospital Auditorium, 2776 Cleveland Avenue in Fort Myers.

Salvatore Lacgnina

Dr. Lacagnina is board certified in internal medicine and has been in practice since 1993. He is passionate about preventive health care and shares his knowledge of simple and effective ways to age gracefully and healthfully.

Seating is limited and reservations are requested. Call 424-3232 or email pknudson@leememorial.org.

The Healthy Living lecture series is presented as a program of Healthy Lee, a community resource that was created to empower and inspire the people of Lee County regarding healthy lifestyle choices through education and action. Visit www.healthylee. com for more information.

Scotlynn USA Employees Participate In United Way's Day Of Caring



Scotlynn USA Division employees at Special Equestrians

Special Equestrians during a United Way Day of Caring. Special Equestrians is a United Way Partner Agency that offers therapeutic horseback riding classes and other equine assisted activities in Fort Myers. The agency services children and adults with disabilities.

"Landon Mullinax and his team from Scotlynn USA Division came to help out at Special Equestrians recently," said Priscilla Kovalsky, volunteer coordinator for Special Equestrians. "Using their muscles and grit, they carefully dismantled two areas of old fencing to make way for another group of volunteers to build new fencing. They also cleaned up debris and weed whacked in the drainage ditches. We are very thankful for their help in making our property safer for the riders, horses and volunteers."

The United Way's Day of Caring is a year-round program, coordinated by the United Way Volunteer Center which matches businesses' desire to help with the needs of the community. Many local groups and companies have participated such as Publix Supermarkets, Target, Leslea Ellis, LLC and the Lee County Tax Collectors Office.

"Volunteers like the great people at Scotlynn really make a difference for these children and Special Equestrians," said Cliff Smith, president of the United Way of Lee, Hendry, Glades and Okeechobee. "They help agencies stretch their budgets by performing important work that needs to be done at the agencies. Thank you, Scotlynn, for giving back to our community through United Way and Special Equestrians."

The United Way Volunteer Center connects individuals and companies to volunteer opportunities throughout our community. You can reach the United Way Volunteer Center by calling 433-2000 ext. 260 or by visiting www.unitedwaylee.org.



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

Assisted Living Seminar On Benefits Of Supportive Care For Seniors

Shell Point Retirement Community invites senior adults and their family members to learn the facts and weigh the benefits of assisted living at a free seminar on Friday, May 15 at 10 a.m. at The Springs.

During this informational presentation, Shell Point's assisted living expert, McKenzie Millis, will identify the top 10 signs that indicate the appropriate time for a move to assisted living. Also, learn the difference between independent living, assisted living and skilled nursing care.

"Many people wait until a medical crisis before investigating, considering or making the move to assisted living," said Millis. "But the most difficult time to make such an important – and sometimes complicated – decision is when your health is in question and you are feeling weak."

Assisted living provides support with medication administration and management, meal preparation, activities of daily living and housekeeping, along with the benefits of having a physician, pharmacy and lifestyle amenities in close proximity. Making the decision to relocate early can allow you to stay independent and make the choices that are best for you or your loved one.

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

FSW Names New Assistant Baseball Coach



Steve Singleton

Florida SouthWestern State College (FSW) head baseball coach Jamie Corr has named former Minnesota Twins farmhand Steve Singleton as the program's first assistant baseball coach. Singleton joins the FSW staff after a six-year minor league playing career, in which he reached the AAA level in 2011. The three-time Minor League All-Star has been pursuing his master's degree in sports management and athletic administration since retiring in 2012 from playing baseball.

Singleton will serve as the recruiting coordinator and work with the Buccaneer hitters and infielders.

"Steve brings a contagious enthusiasm to our program and a true love for developing players," said Corr. "He played the game with fire and intensity that I know he will translate to his coaching career and our players."

An 11th round selection by the Twins in the 2006 MLB Draft, Singleton spent the 2008 and 2009 seasons with the Fort Myers Miracle as the starting second baseman, garnering Florida State League All-Star honors in 2009.

The Oakland, California native attended Bishop O'Dowd High School, where he was an All-State selection during his senior year in 2003. He then signed with the University of San Diego, where he was a three-year letter winner as the Toreros starting shortstop.

The FSW Buccaneers will kick off their inaugural season in the fall at City of Palms Park in Fort Myers. For more information and updates, visit www.fswbucs.com.

deaRPharmacist How To Cook Glutathione In Your Cells



by Suzy Cohen, RPh

ear Readers In a minute, you'll see what kind of late-night reading I do, it's usually studies that would bore you to tears. But you see my mission in life is your health! If you

have chronic fatigue syndrome, myalgic encephalitis, multiple sclerosis (MS), Lyme disease, Parkinson's, Alzheimer's, depression, psoriasis, lupus, cancer or any other complex chronic illness today's column could be a huge game changer for you.

We make glutathione in our liver, all of us do. It's natural to humans, but the compound is also sold in supplement form. I wrote about this sulfur-based antioxidant in 2000 when it was being used 'quietly' at only the most progressive clinics in the country. Today it's no secret that IV glutathione and special oral supplements can be used in the body as powerful medicine, even though the

compound is natural and sold over-thecounter. Glutathione is the antidote to toxic adverse effects of acetaminophen (paracetamol). If you regularly take acetaminophen, you may need glutathione. Hundreds of other drug muggers deplete glutathione, as does wine, beers and constant hangovers.

Without adequate glutathione, getting rid of cellular garbage is impossible and all the toxins you are exposed to become exponentially worse because you can't get eliminate them. It becomes a free radical shopping spree, but it's a bad bargain for you!

There was a recent article in Molecular Neurobiology entitled "The glutathione system: A new drug target in neuroim-mune disorders." Glutathione ramps up efficiency in your neuroimmune system. You need a highly functional neuroimmune system or infections will run you over and keep you chronically ill.

Well-known nutrients can increase glutathione concentrations. Taking glutathione pills is a little challenging because the nutrient is big and awkward so it doesn't penetrate your cells very well. It has to be made intracellularly. You will often see glutathione supplements tied to fatty molecules so they can be made "liposomal" and shuttled past your fat-coated cell membrane. You can cook it up in your cells if you have 3 amino acids on board:

N-acetyl cysteine (NAC)

- Glycine

- Glutamine

You can also crank up glutathione production with curcumin supplements, resveratrol and cinnamon. Our favorite methylation B vitamin called "folate" can help too, along with hyperbaric oxygen therapy (HBOT).

This researchers recommendation to make glutathione a new drug target will open the door for more worldwide awareness (and probably very expensive medications one day). In the meantime, taking natural glutathione support (however you want to do it) is an excellent consideration if you have chronic illness and I think you should ask your doctor if supplements are right for you.

If you'd like to read a more comprehensive version of this article, visit my website and sign up for my free newsletter. I will email it to you. One more obvious thing, please eat a nutrient dense organic diet that focuses on cruciferous veggies which are full of sulfur, and other sulfur rich foods which support glutathione production.

THE RIVER - MAY 8, 2015 23

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.☆

From page 19 Galloway Captiva Triathlon

www.CaptivaTri.org. The nonrefundable cost to register is \$75 for individuals, \$85 for elite amateur athletes and \$180 for relay teams of two or three people. If the tri doesn't sell out first, registration increases June 1 to \$85, \$95 and \$200 respectively.

"It's all about staying in shape, challenging yourself and staying active," said race director Kate Gooderham. "Participants enjoy a great sense of accomplishment and at the same time, our community benefits from the donation to an important local charity.'

The Captiva Tri also will host a shorter Children's Fun Tri on September 12, also at South Seas. The race will not be timed and all finishers will earn a medal. Children will compete in three age groups: 6-8, 9-10 and 11-13 - with the distances of each race varying. Registration is \$25.

Information and event registration for both races is available at www.CaptivaTri.org. The Galloway Family of Dealerships is the title sponsor of the event. CCMI uses the event proceeds to benefit its program that provides backpacks of food to children who otherwise may not have easily accessible meals at home.

Email your editorial copy to: press@riverweekly.com

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

I think younger people are so mean to those who are over the hill. They have more education and know more about what is in books, but I am not stupid and some of them don't even know how to hang up their own clothes.

I don't know computers and the new

things like that but I can add up numbers and do subtraction and they all have their little machines that do all of the work.

Can you tell me what to do and say to shut them up? Freda

Dear Freda,

I have heard many very successful people complain that their adult children belittle their accomplishments in spite of their rising to the top of their professions. If young people intimidate you, just

ignore their company and concentrate on people in your own age group.

Many people, young and old, seem to enjoy making others miserable but I think it is all part of human nature.

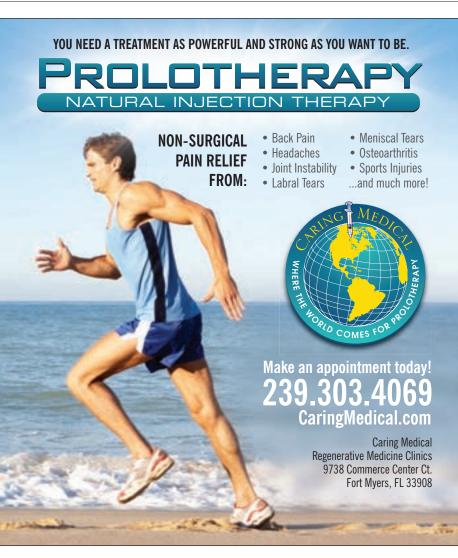
Lizzie

Dear Freda,

Instead of taking the time focusing on what to say to them to "shut them up," take the extra time to learn about computers and new technologies. As we age, we still learn, it just takes a little longer.

Remember, some younger folks may be mean, impatient or arrogant. If you get upset with them, it does not change them, it just ruins your day, and one day those younger folks will be older as well. Pryce

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



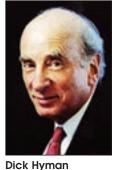
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River City Brass Ensemble

From page 1 Concert Series

award-winning vocalists. Though steeped in traditional barbershop harmony, Crossroads Quartet sings a variety of musical styles including vocal jazz, blues, gospel, pop classics and standards from the Great American Songbook.



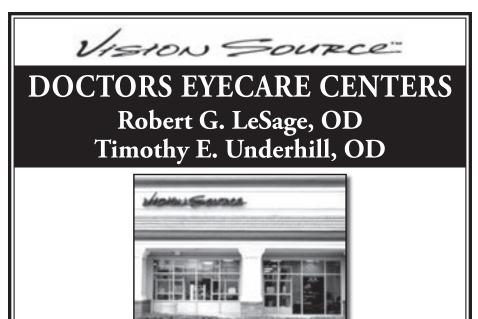
ngbook. Die River City Brass

will perform a patriotic program with a new eight-piece ensemble and a unique repertoire of virtuoso musicians and accessible performers. River City Brass is joined by Dr. James Gourlay, a worldrenowned tuba artist from Scotland.

Woodworks is a musical group founded by professional percussionist Thomas Suta. Woodworks incorporates Suta's percussion skills along with four marimba instrumentalists and a vocalist to offer a well-rounded musical program that includes traditional Mexican music, Sousa marches, and even a Joplin rag, as well as popular and classical favorites.

Dick Hyman has a long-standing career as a pianist, organist, arranger, music director, and composer, and has researched and recorded piano music of greats like Joplin, Gershwin, Jelly Roll Morton and Duke Ellington. Hyman brings his distinctive style to Shell Point with a performance that features documentaries and film clips of famous Big Band recordings, followed by his own solo version.

Southwest Florida Chamber Symphony presents the works of two composers who found inspiration in the Earth's life cycle in their respective parts of the world: Baroque-era Italian composer Antonio Vivaldi's *The Four Seasons*, and 20th century Argentina tango composer Astor Piazzolla's *The Four Seasons* of Buenos Aires.



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Southwest Florida Chamber Symphony



Woodworks

A Plan Of Action To Promote Longer Living



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

Scientific studies suggest that about 25 percent of our lifespan is dictated by our genes and the other 75 percent by our lifestyles choices. The inhabitants of the Blue Zones, areas where people live measurably longer lives, share common lifestyle characteristics. According to the Blue Zone Project researchers, these characteristics can extend one's life by a decade.

What's a reasonable action plan to incorporate a Blue Zone lifestyle?

Family first – Centurions make family priority. Families are core, built around spouse and children, often with up to five generations in the same household. Eat at least one meal daily with family. This time is sacred. Don't just eat... talk!

Constant moderate physical activity-Create an environment that keeps you moving. Walk, bike, garden and work outside. More plants, less meat – Garden vegetables, whole grains and specifically beans (legumes) are the cornerstones of Blue Zone diets. Eat four to six servings of vegetables daily. Eat less, and stop eating before you're full.

Social engagement – People of all ages are socially integrated and active. Create time each day to be with friends and family. Choose friends who practice healthy lifestyles.

Purpose – Centurions have a strong sense of purpose of why they get up each day. Craft a personal mission statement and have someone you confide in help you fulfill it.

Faith – Blue Zone communities are strong religious communities, fostering larger social networks with emphasis on positive, healthy behaviors. Participate in a spiritual community.

Rest – Centenarians have routines that reduce disease causing stress. Take naps mid-day. Reduce the electronic noise. Turn the TV off.

When we make family a priority, eat right, appreciate friends, worship God, exercise, create a purposeful life and rest... our bodies are able to heal, repair and refresh. To read more about the Blue Zones, check out the book by Dan Buettner.

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

ID YOU KN

TRIVIA TEST

- ANIMAL KINGDOM: What is a group of sea turtles called? 1.
- SCIENCE: For what field of science was Tycho Brahe best known? 2.
- LITERATURE: How many book-length novels about Tarzan did Edgar Rice 3. Burroughs write?
- GEOGRAPHY: What part of the world was once called Caledonia by the Romans?
- 4. HISTORY: Which French king greatly expanded the Palace of Versailles and moved 5. his court there?
- MATHEMATICS: How many zeros are in the number 1 billion?
- PRESIDENTS: Who was the only Roman Catholic president of the United States? 7.
- 8. MOVIES: What early movie star made a career based on his portrayal of The Tramp?
- LANGUAGE: What word describes the next-to-last event or item? 9
- 10. ANATOMY: What is the scapula more commonly known as?

ANSWERS

lie Chaplin 9. Penultimat 10. Shoulder blade. I. A bale 2. Astronomy 3. 24 4. Scotland 5. Louis XIV 6. Vine 7. John F. Kennedy 8. Char-

My Stars ★★★★

FOR WEEK OF MAY 11, 2015

ARIES (March 21 to April 19) A seemingly stalled romantic situation could benefit from your reassurance that you want this relationship to work. And if you do, use a tad more of that irresistible Aries charm.

TAURUS (April 20 to May 20) Going to new places and meeting new people appeals to both the Taurean's romantic and practical sides. After all, you never can tell where those new contacts can take you. Right?

GEMINI (May 21 to June 20) That career-change opportunity that didn't work out when you first considered it could come up again. But this time, remember that you have more to offer and should act accordingly

CANCER (June 21 to July 22) There could be some tensions in relationships -domestic or workaday. But a calm approach that doesn't raise the anger levels and a frank discussion soon will resolve the problem.

LEO (July 23 to August 22) It's a good idea to begin preparing for that career change you've been thinking about for a while. Start to sharpen your skills and expand your background to be ready when it calls.

VIRGO (August 23 to September 22) Bless that Virgo skepticism that has kept you from falling into traps others seem to rush into. But you might want to give a new possibility the benefit of the doubt, at least on a trial basis.

LIBRA (September 23 to October 22) Travel and career are strong in your aspect. Perhaps your job will take you to someplace exotic. Or you might be setting up meetings with potential clients or employers. Whatever it is, good luck.

SCORPIO (October 23 to November 21) Someone might use deception to try to push you into making a decision you're not fully comfortable with. But those keen Scorpio senses should keep you alert to any such attempt

SAGITTARIUS (November 22 to December 21) Romance dominates this week when Cupid spears the Archer, for a change. Positive things also are happening in the workplace. Expect important news to arrive by the week's end.

CAPRICORN (December 22 to January 19) Anyone trying to bully the Sea Goat -- whether it involves a personal or a professional matter -- will learn a painful lesson.

Others also will benefit from the Goat's strong example.

AQUARIUS (January 20 to February 18) Congratulations. With things going the way they are, you should be able to spare some time and take a break from your hectic schedule for some well-earned fun and games

PISCES (February 19 to March 21) Your sharp Piscean intuition should be able to uncover the true agendas of those who might be trying to catch the Fish in one of their schemes

BORN THIS WEEK: Your flair for innovative art and design keeps you at least a step ahead of most everyone else.

THIS WEEK IN HISTORY

• On May 13, 1607, some 100 English colonists arrive in Virginia to found Jamestown, the first permanent English settlement in North America. The first colonial council was held by seven settlers whose names had been chosen and placed in a sealed box by King James I.

• On May 14, 1904, the Third Olympiad of the modern era opens in St. Louis, Missouri. Like the Second Olympiad, held in Paris in 1900, the St. Louis Games were poorly organized. There were few entrants other than Americans in the various events, and, expectedly, U.S. athletes won a majority of the competitions.

• On May 16, 1849, the New York City Board of Health is finally able to establish a hospital to deal with a cholera epidemic that would kill more than 5,000 people. The disease took hold on Dec. 1, 1848, when a ship arrived from France carrying the bodies of seven passengers who had died from cholera.

• On May 15, 1937, Madeleine Albright, America's first female secretary of state, is born in Prague, Czechoslovakia (now the Czech Republic). After immigrating to the United States in 1948, her father, Josef Korbel, became dean at the University of Denver, where he would later train another female secretary of state, Condoleezza Rice.

• On May 12, 1957, race-car driver A.J. Foyt scores his first professional victory, in a U.S. Automobile Club midget car race in Kansas City, Missouri. Foyt raced midgets and stock cars before moving up to bigger things in 1958, when he entered his first Indianapolis 500 race.

• On May 17, 1970, Norwegian ethnologist Thor Heyerdahl and a multinational crew set out from Morocco across the

SPORTS OUIZ

- 1. In 2014, Penn State turned two triple plays in one game, only the second time it happened in NCAA Division I baseball history. Who did it first?
- Who was the last Chicago White Sox rookie before Jose Abreu (2014) to be selected to the All-Star Game?
- 3. Who holds the Pittsburgh Steelers record for most rushing yards in a season?
- 4. When was the last time before 2014 that Villanova's men's basketball team won the Big East regular-season title outright?
- 5. How many players were on all four of the Montreal Canadiens' Stanley Cup winners between 1976 and 1979?
- 6. When was the last time before 2010 and 2014 that Canada's men's hockey team won back-to-back Olympic gold medals?
- Name the three men in golf's modern era to have top-five finishes in each of a PGA season's four majors.

ANSWERS

and Rickie Fowler. yards in 1992. 4. It was 1982. 5. Fifteen. 6. It was 1948 and 1952. 7. Jack Wicklaus, Tiger Woods 1. Gonzaga, versus Washington State in 2006. 2. Ron Kittle, in 1983. 3. Barry Foster, with 1,600

Atlantic Ocean in Ra II, a papyrus sailing craft modeled after ancient Egyptian sailing vessels. The Ra II crossed the 4,000 miles of ocean to Barbados in 57 days.

• On May 11, 1985, 50 people die in a fire in the grandstand at a soccer stadium in Bradford, England. The wooden roof, which burned in just four minutes, was scheduled to be replaced by a steel roof later that same week.

STRANGE BUT TRUE

• It was noted 20th-century British playwright Tom Stoppard who made the following sage observation: "It is better to be quotable than to be honest."

· You've probably seen ventriloquists perform, but you may not realize that it's a skill not limited to humans. The crested bell-

bird, which can be found in the wetlands of Australia and Venezuela, throws its voice in order to misdirect predators.

• Bibliophiles beware: Using a public library can carry hidden risks, as a 20-yearold woman in Wisconsin discovered when she checked out "White Oleander" and "Angels and Demons." Heidi Dalibor never returned the books, and she didn't respond to letters or phone calls requesting that she return the books and pay the overdue fine. Eventually, Dalibor was arrested by local police, who handcuffed and fingerprinted her, and she wasn't released until her bail was paid.

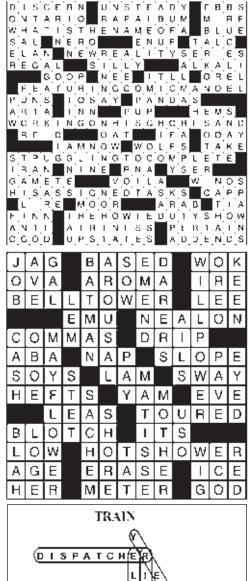
• We've all heard the childhood tale of George Washington chopping down a cherry tree, then 'fessing up because he could not tell a lie. Most history books don't mention other aspects of his childhood, though; for instance, did you know that our first president, when he was 10 years old, was a champion wrestler and long jumper?

• If you were a member of the middle class in Victorian England, you might have spent an enjoyable afternoon with friends on a boat, searching for bizarre sea creatures. This popular pastime was known as "monster spotting.

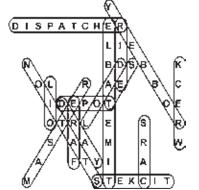
• Those who study such things say that the smallest vertebrate in the world is a type of carp: The Paedocypris progenetica grows to be less than half an inch long.

THOUGHT FOR THE DAY

"A husband is what is left of the lover after the nerve has been extracted." -- Helen Rowland



PUZZLE ANSWERS





Wine-Steamed Clams 2 dozen littleneck clams, rinsed well 2 cups white wine 1 small red onion, sliced 2 tablespoons garlic, chopped 2 teaspoons fresh ginger, chopped 1 tablespoon fresh cilantro, chopped

2 bay leaves 1 teaspoon whole black peppercorns

¹/₄ cup butter

 $\frac{1}{4}$ cup lemon juice

Place all ingredients except clams in a large sauce pan. Simmer on medium heat for 3 minutes; add clams and cover. Simmer until clams open, stirring frequently.

Transfer clams to a large bowl. Boil remaining liquid until reduced to 1 cup.

Pour broth over clams and serve.

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Wine-Steamed Clams

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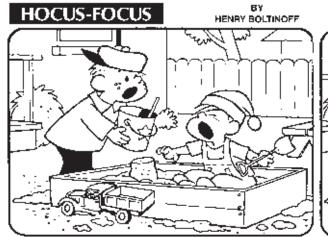




GENERAL CONTRACTOR



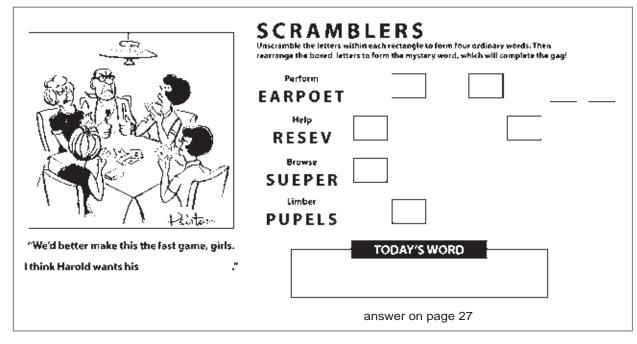
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Differences: 1. Ralling's lower, 2. Steve is shorter. 3. Thork is missing. A. Fence top is efferent, 5. Cop is missing. B. Shorter is intesting.



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PUZZLE ANSWERS

SUDOKU

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

SCRAMBLERS

solution 1. Operate; 2. Serve; 3. Peruse; 4. Supple Today's Word SUPPER

Shore Fishing: Don't Harm The Fish

by Capt. Matt Mitchell

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

• Hold the fish in the water while you unhook it if you're going to release it.

• The less you can touch a fish before release the better for the fish.

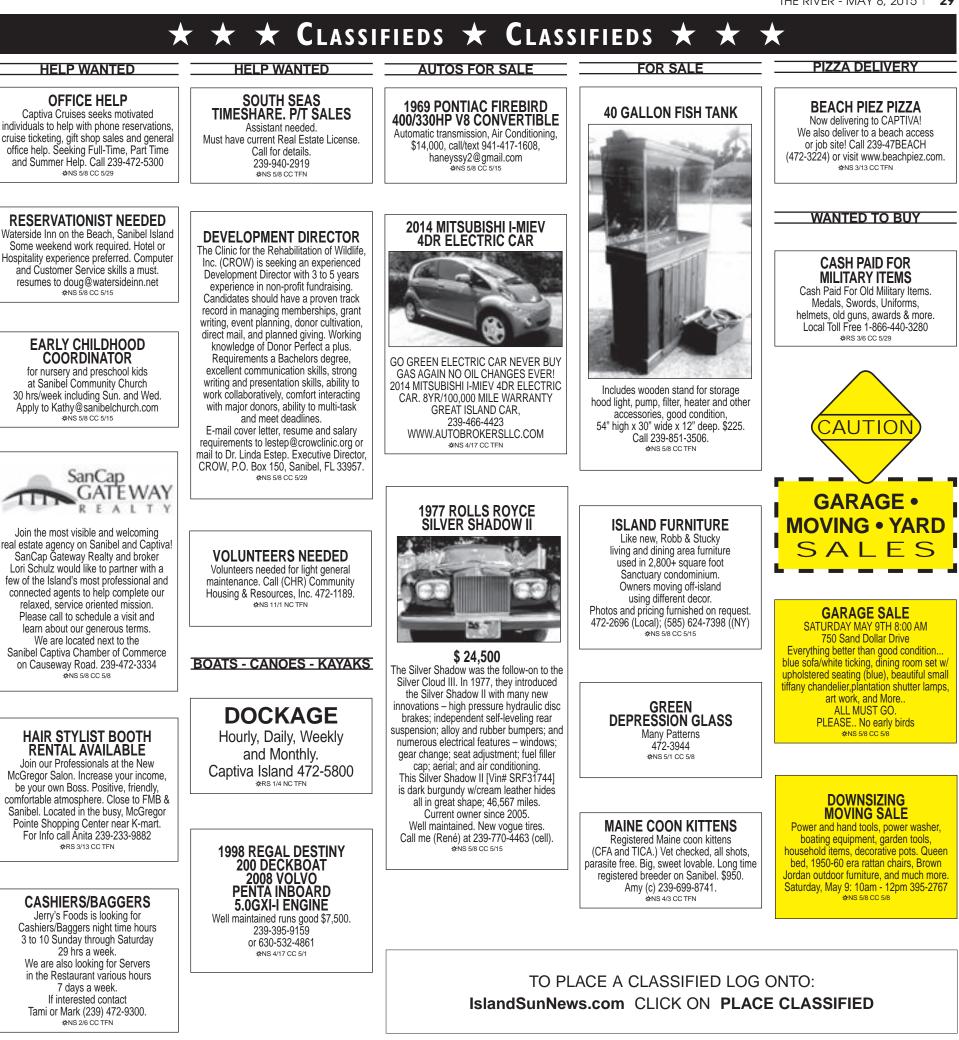
• If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

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

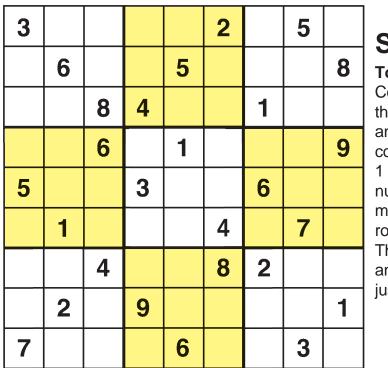
• Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.



 \star \star Classified Deadline Friday at Noon \star \star \star



 \star \star Classified Deadline Friday at Noon \star \star \star



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

I'm Argos, a pretty special little dog. Besides being cute and personable, I am a Lee County Cell Dog graduate. That means I was trained through a special program offered through the Sheriff's Department. I got to live with the inmates who took care of me 24/7. Dog trainers and inmates worked with me to learn lots of basic skills so I'm pretty smart and ready to show you what I got! Come see me and the other Cell Dog graduates who are available for adoption. My adoption fee is \$75

They call me Leesa and I am very exotic looking with my gorgeous gold eyes and soft-as-silk fur. The reason you will want to adopt me though is my personality. I'm so lovable and affectionate, I melt right into a puddle whenever someone pets me. My adoption fee is \$25 (regularly \$50) during Animal Services' Recycled Pets Are the Best adoption promotion.

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

The shelter is open for adoptions from 11:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive, 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.☆



Argos ID# 611201



Leesa	ID#	618748	

	WEEKLY NEWS	
Emergency	TRONT THE BEACHES TO DOWNTOWN FORT MITHS	911
Lee County Sh	heriff's Office	477-1200
Elorida Marine	e Patrol	332-6966
Florida Highwa	ay Patrol.	278-7100
	l	
	1-800	
	mber of Commerce	
Foundation for	r Quality Childcare	. 423-2083
Fort Myers Be	ach Chamber of Commerce	. 454-7500
Fort Myers Be	ach Library	. 463-9691
Lakes Regiona	al Library	. 533-4000
Lee County Ch	hamber of Commerce	. 931-0931
Post Office)-275-8777
Visitor & Conv	ention Bureau	. 338-3500
ARTS		
Alliance for the	e Arts	. 939-2787
Arts For ACT (Gallery & Studio	. 337-5050
Art League Of	Fort Myers	. 275-3970
Barbara B. Ma	ann Performing Arts Hall	. 481-4849
BIG ARTS		. 395-0900
Broadway Palr	m Dinner Theatre	278-4422
Cultural Park 1	Theatre	772-5862
Edison Festiva	al of Light	334-2999
Elorida Report	tory Theatre at the Arcade	332-4488
	Arts	
Fort Myore Svi	mphonic Mastersingers	200 2525
Gulf Coact Su	mphony	180 1000
Guil Coast Syl	rue Charles Suttor Dres	. 409-1000
	rus, Charles Sutter, Pres	
	rmonic	
The Schoolho	use Theater	. 472-6862
SW Florida Sy	/mphony	. 418-0996
	piracy	
Young Artists	Awards	. 574-9321
CLUBS & OR	GANIZATIONS	
Angel Flight		AN-ANGEL
Animal Refuge	e Center	. 731-3535
American Busi	iness Women Association	. 357-6755
Audubon of SV	WFL	. 339-8046
	ety	
	ee Chapter DAR	
Caloosahatche	ee Folk Society	321-4620
Cape Chorale	Barbershop Chorus	5-425-3631
Cape Coral St	amp Club	542-9153
duPont Compo	any Retirees	151-1083
		115-2181
	ain Artists.	
Embroiderers	Guild of America - Sea Grape Chapter23	9-267-1990
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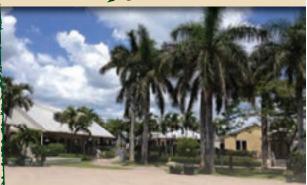




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