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THE RIVER WEEKLY NEWS

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Vol. 15, No.30

From the Beaches to the River District downtown Fort Myers

JULY 29, 2016

Celebrate Henry Ford's Birthday This Saturday At The Estates



Henry Ford behind the wheel

photos courtesy Edison & Ford Winter Estates

The public is invited to celebrate Henry Ford's 153rd birthday at Edison & Ford Winter Estates on Saturday, July 30. The day starts off with free birthday cake served on the museum west porch at 10 a.m. Highlights of the day include tours of Ford's winter estate, a Ford Model T presentation and photo opportunities with Clara and Henry Ford living history characters.

Schedule of events:

- Behind-the-scenes tours of The Mangoes, Ford's winter estate home, will be offered at 11 a.m., noon and 1 p.m.
- Automotive curator James Moss will give a quadricycle presentation and 1923



The Mangoes, Henry Ford's winter estate

Ford Model T talk and demonstration at 11:30 a.m. and 12:30 p.m.

- Visitors can take photos with Clara and Henry Ford living history characters from 10 a.m. to 2 p.m.

In honor of Ford's birthday, active and retired Ford Motor Company employees will receive free admission, including a self-guided audio tour of the historic homes, gardens, lab and museum.

Henry Ford and his wife, Clara, purchased their winter retreat in Fort Myers, next door to Thomas and Mina Edison in 1916. The purchase price was \$20,000 for about three acres of riverfront gardens and a Craftsman-style bungalow. Visitors will learn more about the home and Henry Ford during the behind-the-scenes tour.

There is no admission charge for the birthday celebration, with cake, on the museum west porch. Behind-the-scenes tours of Ford's home are included in general admission of \$20 (July 30 only). Free for active and retired Ford Motor Company employees.

For more information, call 334-7419 or visit www.edisonfordwinterestates.org.

Comedy Improv Hit Coming To Off Broadway Palm Theatre



Comedy Improv Troupe cast of *Harry's Senior Moment*

photo courtesy Off Broadway Palm Theatre

After two sold-out shows at the Alliance for the Arts, *Harry's Senior Moment* Comedy Improv Troupe is playing at The Off Broadway Palm Theatre on Friday, August 5 for one performance only.

Harry is 82 and has been fighting cancer, not just with treatments, but through comedy improv and laughter with help from his much younger improv troupe family. Based on audience suggestions, they lead the audience on an imaginative, made-up-on-the-spot, comedic romp through time and space.

Think *The Dating Game* meets *The 3,000-Year-Old Man*. The show is hilarious and touching as audience suggestions trigger memories and situations producing side-splitting laughter as skits take unexpected twists and turns that amuse young

continued on page 5

Edison Ford Joins Pokémon Craze

Edison & Ford Winter Estates, with 12 PokéStops and a gym, is now offering players a chance to explore the historic riverside where Pokémon are most active.

So far, more than 60 different Pokémon have been captured onsite, and the number continues to grow.

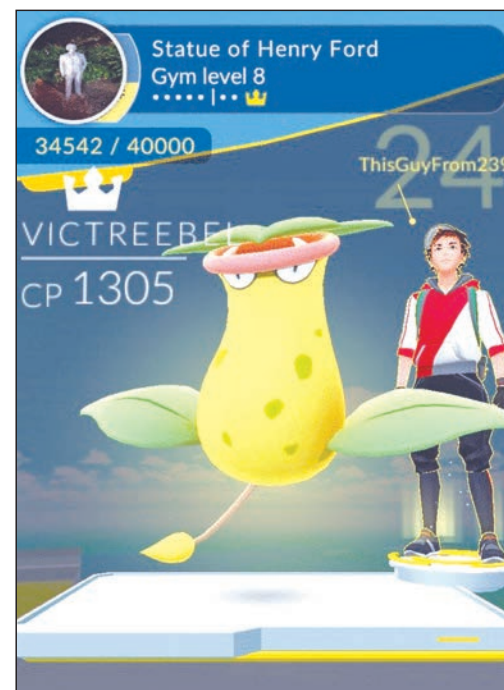
"There are a ton of Pokémon at Edison Ford, and they are so easy to find," said Matt Dougherty, education intern. "People will be surprised by how many rare Pokémon we have here."

Now through Sunday, July 31, Pokémon players can purchase tickets at The Marina at Edison Ford, 2360 West First Street in Fort Myers, in the Pinchers restaurant lobby. Tickets are \$10 for adults, 13 years and over, and \$5 for children, 12 years and under.

Tickets admit visitors to the riverside of the estates only, and do not include guided tours, audio wands or the museum and laboratory. Pokémon ticket holders will be able to upgrade to a more comprehensive site visit.

Edison Ford is open from 9 a.m. to 5:30 p.m. and is located at 2350 McGregor Boulevard in Fort Myers.

For more information, call 334-7419 or visit edisonfordwinterestates.org.



Victreebel Pokémon caught at the Edison Ford Statue Gym

image courtesy Edison Ford

Historic Downtown Fort Myers, Then And Now:

Woman’s Club Reading Room



by Gerri Reaves, PhD

The small off-angle, one-story structure in this circa-1906 photo might look like a storeroom tacked onto its neighbor, but it was the second home of one of today’s most important local institutions.

Pictured is the Woman’s Club Reading Room on the southwest corner of First and Jackson, the beginnings of the Fort Myers Public Library, which eventually became part of the extensive multi-branched Lee County Library System.

The first name given to that library forerunner appropriately emphasizes the role that the Woman’s Club had in the founding of today’s library system.

The reading room was started by club president, Julia Hanson, and offered books, newspapers and magazines to the public for free.

It first opened in March 1903 in the rear of what had once been the Marion Hendry store, built in 1875 on the northeast corner of First and Hendry.

The front space had recently been the *Fort Myers Press* office, but was a cigar store when the structure had to be vacated when Harvie E. Heitman commenced work on the Bradford Hotel.

The room reopened in February 1906 on the southwest corner of First and Jackson in a small structure previously occupied by Frank C. Alderman, Sr.’s law office.

In the announcement of the move, the *Press* noted that young men were especially invited to drop by the reading room, implying that it served a social as well as a cultural function in the community.

The room added cultural diversity to a block that included Powell and Hawkins Murray Hill Club saloon, just two doors away, as well as a couple of other saloons, a billiards parlor, a barbershop, a livery stable, a restaurant and an assortment of other



In 1906, the Woman’s Club Reading Room moved into this small corner building at First and Jackson, its second location
courtesy Bill Turner Collection; photo by Marcus Travers



The commencement of construction of the Bank of Fort Myers building on the corner forced the reading room to move in 1909
photo by Gerri Reaves

establishments. (The saloons had to close in 1908, however, when the county voted to become dry.)

The reading room was next door to McDougald’s store, where the legendary M. Flossie Hill had gained her first brief retail experience before deciding she could run a store herself and opened a women’s shop across the street.

The telephone pole and lines seen in the photo’s center had been up only a few years when the photo was taken. That small iron balcony (far right) opened into the office of the Lee County Telephone Company that Gilmer Heitman had founded in January 1900 in the brick Heitman Building.

The library’s early history was an itinerant one, and it had to move yet again in 1909, this time just one block down First Street to the Roberts Building in a space facing Lee Street. By that time, it was called a library – a sign of progress.

The little building in the photo, along with the larger one next to it (one of the town’s first stores), were torn down in preparation of the construction of Heitman’s Bank of Fort Myers building, completed in 1911 and still standing today.

Walk down to First and Jackson and imagine a tiny reading room that grew into the beautiful modern library that opened just two blocks east in 2013.

Learn more about the history of the library and the women who made it possible by visiting the Southwest Florida Historical Society’s research center.

The all-volunteer non-profit organization is open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts.



Call 939-4044 or visit swflhistoricalsociety.org for more information.


Stay tuned to the website of the Southwest Florida Museum of History for the reopening date after renovations: museumofhistory.org.


Then be sure to tour the exhibits at 2031 Jackson Street and learn more about local history. Call 321-7430 for information.

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

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Save A Life At Blood Drive, Bone Marrow Search

The Lee Memorial Health System Blood Centers are participating in a blood drive and bone marrow search from 9 a.m. to 5 p.m. on Saturday, July 30 at the Lani Kai Island Resort on Fort Myers Beach.

This drive celebrates Kenny Conidaris' 10-year cancer survival anniversary, while raising awareness about bone marrow needs and saving lives through blood donation. There will be food, live music, giveaways and other activities.

Kenny was diagnosed at the age of 12 with severe aplastic anemia, a disease where the bone marrow stops making enough red and white blood cells and platelets for the body. Patients with aplastic anemia are at risk for life-threatening infections or bleeding. As a result of his aplastic anemia, Kenny also was diagnosed with paroxysmal nocturnal hemoglobinuria, or PNH, a disease that occurs when abnormal blood-forming stem cells produce red blood cells with a defective protective layer. Kenny relies on bi-weekly infusions, which he will need for the rest of his life unless he finds a match and undergoes a bone marrow transplant.

Each year, more than 20,000 people are diagnosed with a life-threatening

disease that is best treated with a bone marrow or blood cell transplant. Patients often do not have a matched donor in their family, so they rely on the National Marrow Donor Program to find a match. Kenny is among those looking for a match.

All blood collected by Lee Memorial Health System Blood Centers and the bloodmobile stay in the community to serve patients in the health system's facilities. Lee Memorial Health System is home to the regional Trauma Center and Golisano Children's Hospital of Southwest Florida, the only children's hospital between Tampa and Miami, so the need for blood is constant. All blood types are currently needed. From one donation – one pint of blood – platelets, red blood cells and plasma can be separated to help three people suffering from various diseases or trauma.

- Blood donors must:
- Be a minimum of 16 years of age (no upper age limit)
 - Weigh at least 115 pounds
 - Have adequate iron levels
 - Have not traveled to certain countries within the past year

The requirements for bone marrow are similar to blood donation, except the age requirement is between 18 and 60

The Lani Kai is located at 1400 Estero Boulevard.*

Love That Dress Fashion Show Preview

Miromar Outlets and Embassy Suites by Hilton

have partnered together to host the first ever Love That Dress Fashion Show Preview. The show will take place on Thursday, August 4 from 11 a.m. to 2 p.m. at the Embassy Suites by Hilton, Fort Myers-Estero. Attendees will get an exclusive sneak peek of the fashion pieces which will be featured

at the main Love That Dress!8 event on August 24. The fashion show will include models from PACE Center for Girls and community leaders. Some of the pieces will be available to the highest bidder on the spot. In addition to the one-of-kind pieces collected throughout the collection party season, additional fashions will be provided by Miromar Outlet's premier retailers. A unique Vendor Village full of products and services will also be available.

Tickets are \$50, with tables for eight guests for \$400. Reservations are requested and no clothing donations are required. Tickets include lunch and raffle entry.

This year's goal is to generate an inventory of over 4,000 dresses and raise \$120,000. All proceeds generated by the Love That Dress events benefit PACE Center for Girls of Lee County.

For more information, contact Allyson Ross, special projects associate for PACE Lee, at Allyson.Ross@pacecenter.org or 470-7548.*



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Fort Myers Art:

Southwest Florida Artists Return To Davis Art Center Via Colorado Springs



by Tom Hall

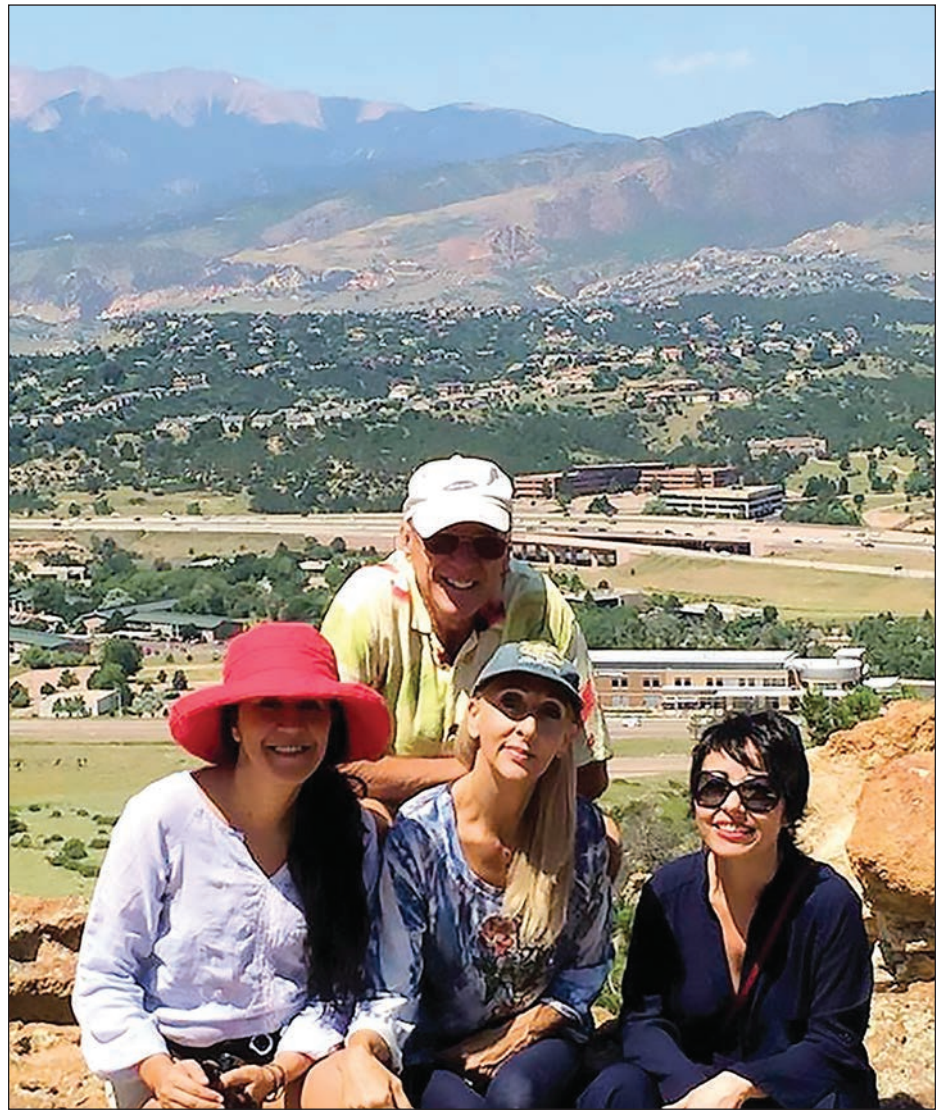
Avant garde fashion designer Mariapia Malerba and performance artist Leila Mesdaghi have achieved another milestone in their respective careers. Both have become the first Southwest Florida artists to be invited by Sun Peaks Center for Art & Sustainability in Colorado Springs, Colorado to participate in its two-week artist residency program. The works they create will be presented during August Art Walk at the Sidney & Berne Davis Art Center (SBDAC).

Sun Peaks Center for Art & Sustainability is a non-profit educational organization that explores new designs and ideas which embody a new balance between current technology and future possibilities, bringing breakthroughs in environmental science down to a comfortable, understandable human scale. It is a collaboration between Ray Armstrong, the developer of the property, and Marne Adler, an internationally known artist and arts educator and advocate, in which their unique vision of combining science and art to inspire a model of sustainability in the areas of water conservation, renewable energy, gardens, Koi ponds and art and design has come to life.

Malerba and Mesdaghi will return home at the end of the month to present the work they create in their own exhibit opening on August 5 at the SBDAC. Titled *Symbiotic: Malerba/Mesdaghi*, the show will represent their reflection and meditation on their creative processes in a setting that preserves the integrity of earth's natural resources.

Malerba is an Italian-American artist who was born in Puglia, a region in Southern Italy. She studied art in high school and then went on to study at Accademia di Belle Arti, a fine art institute in Florence, Italy. After earning a degree in art, with primary coursework in scenography, set design and costume history, Malerba moved to Lake Como in Lombardy, Italy to work as a textile designer. She has created textile designs for well-known fashion designers, including Dolce and Gabana, Versace and Roberto Cavalli. Working in Italy was an extraordinary time for Malerba to grow as an artist.

Malerba was born with a strong penchant to examine the beauty of life. Every morning, she wakes with enthusiasm to bring her ideas and her art to life. Colors, objects, and shapes fascinate her. She enjoys combining concepts that are diverse.



Leila Mesdaghi (far left) and Mariapia Malerba (far right) at Sun Peaks Center

photo courtesy artswfl.com



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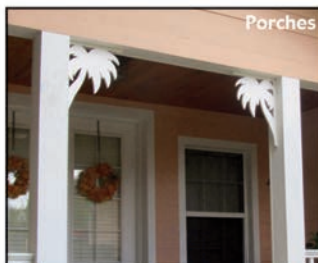


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With work ranging from abstraction to hyperrealism, Malerba's art has been showcased in various galleries all over Italy and America, winning the Raffaello Sanzio first-place award in Rome in 2006.

Malerba was featured as a signature designer during the opening night of SBDAC's Art Walks The Runway Fashion Show this year. For more information on Mariapia Malerba, visit Maria-pia-art.com.

Mesdaghi is an Iranian-American Artist living in Fort Myers. She holds a bachelors of arts in Law from Tehran Azad University, Iran, and a bachelor of arts in Arts from Florida Gulf Coast University. Her art is a merger of emotional experiences and social responsibilities in which she seeks to connect with viewers in a visceral, evocative, emotional manner. She often stands on uncomfortable ground and challenges how we observe, react and respond to social and political issues like war in the Middle East, the negative reflections of social media in society, the housing crisis in the U.S., and the price and promise of progress. In addition to years of traditional painting, Mesdaghi has explored disciplines and mediums such as sculpture, printmaking and installation. In her most recent works, she has been merging performance with video and photography, exploring the spaces between presence and absence.

Mesdaghi is SBDAC's 2016 Best In Show winner from the June Juried Exhibition, in which she presented a performance piece titled *Deeper Than Sorrow II*. For more information on Mesdaghi, visit leilamesdaghi.com.

Later this summer, fellow Southwest Florida artists Renee Rey, Kelly Wise and Leila Younes will join Sun Peaks in the next artist-in-residency session. For more information on the Sun Peaks Residency program, visit sunpeaksartandsustainability.org.

Symbiotic: Malerba/Mesdaghi will open during Art Walk on August 5. Art Walk operates every first Friday of the month from 6 to 10 p.m. The August exhibit will run through August 23. Gallery hours are from 9:30 a.m. to 4:30 p.m. Call 333-1933 or visit www.sbdac.com for more information. The gallery is located in the historic United States Post Office Building that was completed and dedicated in 1933. The Sidney & Berne Davis Art Center is located at 2301 First Street in the downtown Fort Myers River District.

Arts For ACT To Feature Co-op Artists In August

For August, Arts for ACT Gallery in the River District will feature Isabel Squires, Gayle Smock and 14 of the ACT Co-Op Artists.

For Isabel Arias-Squires, naïve art has been a strong influence on her style, vivid color palette, and innocent themes based on her own experiences. Isabel began painting art in 2008. She attributes her formation in technique to her studies at

The Art Center of Williamson County in Round Rock, Texas and with artists Michael Hammons and John Howell at the Cordovan School of Arts. Isabel's motifs include still life, landscapes and portraits. Her subjects have exaggerated eyes, applications of vibrant colors, and her use of trees, flowers and plants from Central America define Isabel's unique passion and style. Isabel has utilized art to inspire others, especially children with special needs, to express themselves. She has called Fort Myers home since 1995.

Gayle Smock is a full time professional artist who has lived in Fort Myers since 1971. She enjoys a long involvement with music, art and photography. From the Chicago area, she received her education at the American Academy of Art, the Art Institute and the Illinois Institute of Technology and Design. Gayle won many awards for her work while in the Chicago area. She retired from the News-Press as an advertising artist after 29 years and currently hosts the Art Social Group at the Share Club, Wa-Ke Hatchee Park in South Fort Myers.

Artists Linda Benson, Scott Guelcher, Kim Kraft-Beckler, Kyra Belan, Michelle Rothacker, Susan Mills, Kate O'Connell, Michael Pohlman, Marie Cahill, Becky Sandbek, Lynne Van Sciver, Cavin Guenther, Vic Delnore and Claudia Goode will be exhibiting new works. Expect to see realism, mixed media, painted gourds and furniture, colored pencil drawings, mixed media collage, handmade paper art, recycled and restyled and photography in this group exhibit. This group of artists support and volunteer their time to the ACT Gallery and ACT Shelter.

Arts for ACT Gallery is located at 2265 First Street in the century-old Arcade Building in the heart of the downtown Fort Myers River District. The exhibit opens with a reception from 6 to 10 p.m. on Friday, August 5 (which is correlative with Art Walk). The exhibition will remain on display through August 29.

For additional information, call 334-7419 or visit www.edisonfordwinterstates.org.

*Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled Art Detective. A former tax attorney, he lives in Estero with his fiancé and their four cats.**

From page 1

Broadway Palm



Harry's Senior Moment cast members, back from left, Leigh Shein, Steve Cobb and Bill Owens; front from left, Harry Lichtsien and Marilu Holmes

photo courtesy Off Broadway Palm Theatre

and old alike. Every performance is a completely "new" experience for both the actors and the audience.

"We want to give our Broadway Palm patrons a chance to enjoy, laugh and participate in a special improv experience," said Will Prather, owner of Broadway Palm Dinner Theatre. "We are excited to give this home-grown improv troupe the chance to grow and be seen by our audience."

Harry's Senior Moment combines the energy of youth and the wisdom of the ages in a creative and hilarious frolic on stage that is exhilarating for everyone involved. *Harry's Senior Moment* will be performed in The Off Broadway Palm Theatre, an intimate, 100-seat theater located inside Broadway Palm, on Friday, August 5 at 7:30 p.m. Tickets are \$45 for dinner and the show or \$25 for just the show only. Reserve your seat today by calling 278-4422, by visiting

BroadwayPalm.com or stopping by the box office located at 1380 Colonial Boulevard in Fort Myers.*

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Opening Reception For Krystman Exhibit

Located in the Fort Myers River District, the Blue Dahlia Salon is a favorite spot not only for hair styling enthusiasts. The owner, Jamie Stuart, has made room in her small space to host art exhibits of many great local artists. In the past, she has showcased the unique photography of Mila Bridger, paintings by Dharma Lefevre, Nick Masiello and many others.

September's Art Walk will mark the opening exhibit of local artist Yvonne Krystman. Samples of her eclectic Positively Undefined collection of metal assembles and paintings will be on display throughout the month of September.

"My art does not come from a happy place; my art is leading there," said Krystman. "Each piece I create is simultaneously a bridge from the past, where I've come from as well as a preview of the future, where I'm going."

An opening reception will be held on Friday, September 2 from 6 to 9 p.m. Wine and light refreshments will be provided. The Blue Dahlia Salon is located at 1414 Bayview Court, behind Capone's Pizza in downtown Fort Myers. For more information, visit www.winnerschoice.net or Facebook event page www.facebook.com/events/837160799747904/.*

Grief Counseling Offered For Club Victims

As a public service, professional counselors from Hope HealthCare Services are available to help anyone who is experiencing grief and trauma as a result of the tragic incident at Club Blu in Fort Myers. Call 482-4673 for assistance.

"This is a very difficult time for so many and, as always, Hope strives to be of help to the community," said Hope HealthCare Services President and CEO Samira K. Beckwith.

With generous community support, Hope is able to offer grief counseling programs designed for adults, teens and children; lesbian, gay, bisexual and transgender; bereaved mothers; those who have experienced the suicide of a loved one; as well as crisis support for community schools and businesses.

To learn more, visit www.HopeHCS.org/counseling.*

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Artists, Organizations Sought For Fall Festival



A past Fall for the Arts family festival at the Alliance for the Arts
photos courtesy Alliance for the Arts



Families taking part in arts and craft activities

The Alliance for the Arts is now accepting applications for Fall for the Arts 2016. This campus wide-event showcases the many fun and enriching ways community members can get involved with the local arts community. This 14th annual free family festival will be held from 10 a.m. to 3 p.m. on Saturday, October 15 on the field at the Alliance.

Artists can demonstrate their talents and sell their work, and organizations can present their upcoming seasons. Fall for the Arts features live performances throughout the day, with plenty of fun games, craft stations, face painting and great food from local vendors. This year the festival will be expanded thanks to a \$10,000 grant from the National Endowment for the Arts (NEA).

Participating organization booths include Art League of Fort Myers, ArtFest Fort Myers, Florida Repertory Theatre, Fort Myers Symphonic Mastersingers, G-Force Dance Company, Gulf Coast Symphony, Gulf Coast Writers Association, Human Trafficking Awareness Partnerships, Kellyn Celtic Dance Academy,



A local drum squad



Celtic dancers performing

Midwest Cheer Elite Florida, Southwest Florida Symphony, and SWFL Fine Craft Guild.

Participating individual artists include Good Luck Wishes Creations, Jeanette Igoe (Jigs Up art), Keren Perez, Marc Harris and Susan MacIntire.

Online registration must be completed by August 15 to ensure inclusion in event marketing materials. The fee is \$50 for Alliance member artists and organizations or \$70 for non-members. The fee includes a covered 10x10-foot vendor space, six-foot table and two chairs. Visit www.ArtInLee.org/FFTA for more information or to register online.

Fall for the Arts 2016 is sponsored in part by Pediatric Dentistry of Fort Myers-Dr. Tim Verwest, Caloosa Tent & Rental, Publix Supermarket Charities, the News Press Media Group and *Lee Family News Magazine*.

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

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Visit the local galleries for featured exhibits

Experience The Ambience Of Downtown During Art Walk

The historic River District in downtown Fort Myers comes alive artistically on the first Friday of each month during Art Walk from 6 to 10 p.m. and the following Saturday from 11 a.m. to 4 p.m., giving artists the opportunity to showcase their work. The next Art Walk is scheduled for Friday, August 5.

More than 14 galleries open their doors to show off art in a variety of mediums. On Fridays, First Street is closed to traffic and artists set up in the street to sell their work. Other activities include face painting and a "make it/take it" table for children of all ages. Saturdays invite a more leisurely stroll among the galleries.

The Art Walk spans the core of downtown Fort Myers and includes the Gardener's Park area and West First Street. The family-friendly walk is free, as is street parking. The event is held rain or shine and pets are welcome.

For directions, a list of participating galleries and other information, visit fortmyersartwalk.com.✱

Calendar Girls Attend 90th Birthday



The Calendar Girls with the birthday girl

photo courtesy Calendar Girls

The Calendar Girls surprised Sheila on her 90th birthday with a special song and dance performance. For more information how you can have The Calendar Girls pay a surprise visit, call Katherine at 850-6010 or visit www.calendargirlsflorida.com.✱

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Along The River

Six Bends Harley-Davidson will host a season finale party – dubbed **Grease and Glamour** – for Love That Dress!8 this Friday, July 29 from 6 to 9 p.m. The party will conclude a summer of dress collection events around the county. All proceeds from Grease and Glamour, to be held at 9501 Thunder Road in Fort Myers, will benefit PACE Center for Girls of Lee County.

The Grease-inspired evening will include a car show, swing dance demonstration by instructors from the Fred Astaire Dance Studio of Fort Myers and a 1950s costume contest for the most authentic outfit. Guests will have a chance to win raffle prizes and place bids on silent auction items donated by local businesses. Complimentary diner food and a cash bar will be available for all attendees throughout the evening.

Admission is \$20 or \$15 with the donation of new or gently loved dresses, shoes, accessories and/or handbags. This year's Love That Dress!8 goal is to generate an inventory of over 4,000 dresses and raise \$120,000 for PACE Center for Girls. Tickets for Grease and Glamour are available online at www.LoveThatDress.org.

For more information, contact Allyson Ross, special projects associate for PACE Lee, at Allyson.Ross@PACECenter.org.

Love that Dress! Lee County will be held on August 24 at the Embassy Suites Fort Myers-Estero. Tickets are available beginning Monday, August 1. Visit www.pacecenter.org/love-that-dress/ to purchase tickets and for more information.



Test the water during the Pure Florida Marine Science Kids Cruise Saturday

photo courtesy Pure Florida

Boat cruises and science are back. **Pure Florida's** Fort Myers location will offer a **Marine Science Kids Cruise** this Saturday, July 30 from 10 to 11:30 a.m. The Marine Science Kids Cruises are free to children with paid adult admission as part of Pure Florida's Kids Cruise Free Saturdays at 10 a.m. program.

Children will cruise along the Caloosahatchee aboard the *M/V Edison*

Explorer, collect water and perform water quality experiments to test the levels of nitrates, phosphates, ammonia, pH and salinity. Pure Florida's Pure Education team will work alongside students as they record their results and explain the importance of each element in its relation to the health of the waterways and the marine wildlife that inhabit Southwest Florida estuaries and rely on healthy water.

The Marine Science Kids Cruise is an excellent way for children to get hands-on right in their environment to learn the history of Southwest Florida waterways and best practices for clean water preservation. Children and their families can enjoy sightseeing along the Caloosahatchee at the conclusion of the science portion of the cruise. While Pure Florida cannot guarantee animal sightings in the wild, potential wildlife sightings include dolphins, eagles, manatee, native birds and more.

Reservations can be made by contacting the Fort Myers reservation office at 919-2965. Admission is \$32 for adults, with free child admission with every paid adult. Additional child admission is \$16. The *M/V Edison Explorer* departs from The Marina at Edison Ford, located at 2360 W. First Street in Fort Myers. For more information, visit www.PureFL.com.

Lions, tigers and bears... not quite! **Edison & Ford Winter Estates** is offering **petting zoo** opportunities beginning this Sunday, July 31 from 1 to 4 p.m. Attendees will have the chance to pet a goat, duck, chicken, pig, sheep, calf and rabbit. This is a great learning experience for children that may not otherwise have exposure to farm animals.

During his day, Thomas Edison had several animals at his winter estate. Like most working farms, he had dogs and cats, plus a cow, horse and many chickens. Reportedly, he drank a lot of milk so he purchased a cow in 1908. He used a horse to pull the lawn mower and for transportation into town. He also had a lot of chickens and sold the eggs at the nearby market. In 1917, Edison had more than 60 chickens living on the property.

The petting zoo will be set up in the



Beginning Sunday, Edison & Ford Estates is offering a Petting Zoo

photo courtesy Edison Ford Estates

Heritage Gardens at the Garden Shoppe. Seating is available on the nearby covered museum porch that has ceiling fans. Parking is available in the main parking lot off McGregor Boulevard and along Larchmont Avenue.

Other petting zoo dates include August 28, September 25 and October 30. Cost is \$1 per child.

For more information, call 334-7419.

While you're at the **Edison & Ford Winter Estates**, check out the **new audio tour** on campus.

Family groups with children and summertime children's group tours will enjoy a new entertaining twist to the regular tours. It is available on an audio wand just right for children to enjoy.

The audio is set up with numbered stops throughout the historic gardens, and the device has quiz questions and investigations just right for students. Voice actors portraying both Thomas Edison and Henry Ford narrate the new tour while taking students through 20 stops. There is a map also with additional information and way finding. The audio and map are available in English, French, German and Spanish.

The narration includes comparisons to technology and life today so that children will understand some interesting science and history. To make the audio program extra interesting for kids, the audio includes sound effects of animals, trains, music playing and even the family splashing in the swimming pool.

The tour highlights include Edison's winter home and guest house, his study, pier, swimming pool, Moonlight Garden and caretaker's house, plus Ford's winter home, caretaker's house, garage and the famous Mysore Fig tree. A self-guided tour of the museum and Edison's Botanic Research Laboratory, as well as the gardens is included. And there is a question-and-answer form for children to complete and return to staff for a prize in the museum store.

The audio is geared toward children and families; however, anyone visiting can select this tour option during the audio orientation. Visitors should allow at least an hour for the audio tour; however, two hours or more is recommended for touring the entire property, museum and laboratory.

Also, dining at Edison Ford has been expanded with lunch, dinner and snack

continued on page 24

IL TESORO RISTORANTE

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COURTNEY'S CONTINENTAL CUISINE

Courtney's is a family business run by Executive Chef Dale, his wife Betty and their son, Courtney. The warm and welcoming bar is great for libations and lots of laughter. Relax in comfort with friends and enjoy discounted drinks and appetizers during happy hour, served from open to close daily. The dining room offers a wonderful dinner variety; if you're an early diner, be sure to check out the Sunset Dining Specials from 4 to 5:30 p.m. Summer hours are Tuesday through Thursday from 4 to 9 p.m. and Friday and Saturday from 4 to 10 p.m.

20351 Summerlin Road (across from Sanibel Outlets in Publix Sanibel Beach Place), Fort Myers. Call 466-4646

DOC FORD'S RUM BAR & GRILLE

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

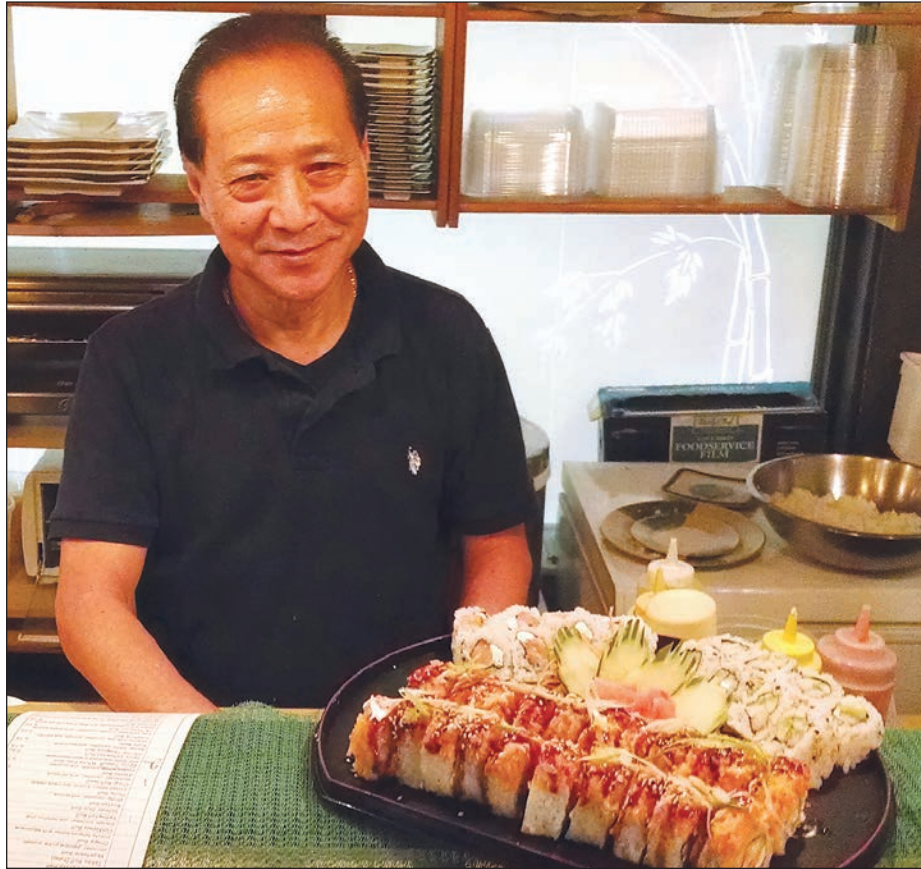
It's a well-known gathering place with indoor and outdoor patio seating. The combined menu offers all the lunch and dinner items from 11 a.m. until closing. It includes cedar plank salmon topped with a mango chipotle glaze or a marinated grilled chicken sandwich and there's a well provisioned raw bar.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

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

ICHIBAN

Ichiban is a downtown favorite for Chinese and Japanese cuisine. The name means "Number One" in Japanese and offers its customers the perfect balance of great quality and affordable prices. Ichiban has been family owned and operated for 11 years and its enduring popularity is a testament to its exceptional, friendly service.

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



Ming Chung of Ichiban with a large plate of sushi

photo by Bob Petcher

IL CIELO

Il Cielo offers creative American cuisine and internationally inspired specials in an upscale casual atmosphere. From locally caught fish, American lamb and grass-finished beef to farm-fresh organic produce, there is a thoughtfully prepared dish on the menu for everyone.

Il Cielo is located at 1244 Periwinkle Way on Sanibel and open Tuesday through Saturday from 4:30 to 9 p.m. Happy hour is from 4:30 to 6 p.m. and features signature small plates, appetizers and half-priced house wines, domestic beers and well drinks. Enjoy live piano music by Scott McDonald on Wednesday, Thursday, Friday and Saturday nights, beginning at 7 p.m.

Call 472-5555 for reservations.

IL TESORO

Il Tesoro serves authentic Italian food "with the taste and feel of a Tuscan holiday," according to owner Chef AJ Black. He infuses flavors from the old world to the new world of cooking using only fresh seasonal ingredients to bring his dishes to life. Daily specials focus on pairing authentic meals with a bold array of fine Italian wines.

Il Tesoro (The Treasure) serves dinner seven nights a week from 5 to 10 p.m. 751 Tarpon Bay Road, Sanibel. Call 395-4022.

ISLAND COW

Where can you go when you're in the "moood" for some great cookin', 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.

JACARANDA

The Jac, as it is known to regulars, has been serving excellent seafood for three decades and offers the best of two worlds: dining room seating or dinner under the stars in the screened garden patio. The patio lounge is home to some of the best nightlife on the islands, seven nights a week. Bands include Renata, Wildfire Blues Band and Cruzan Vibes' reggae on the weekends.

The patio lounge menu includes a selection of "happy apps" starting at \$5.95 and half price drinks during happy hour, 5 to 7 p.m.

Dinner reservations are suggested. 1223 Periwinkle Way, Sanibel. Call 472-1771.

STANDARD RESTAURANT

The Standard Restaurant offers legendary food, cocktails and hospitality in a relaxed atmosphere. The combination of iron beams, old brick walls and thick wooden table tops add to the restaurant's ultra-modern feel. Noted executive chef Katlyn Johnson serves fresh home-cooked style dishes from her "made from scratch" kitchen.

The Standard Restaurant is open six days a week, serving lunch and dinner each day from Tuesday through Sunday as well as brunch with bottomless mimosas on Saturdays and Sundays.

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Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION (UUA)
2756 McGregor Boulevard, Fort Myers. Sunday Services 9 and 11 a.m., Adult Education Workshop 10 a.m., Reverend Margaret L. Beard, Minister. 226-0900. www.allfaiths-uc.org

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

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

BETH SHILOH MESSIANIC SYNAGOGUE
15675 McGregor Boulevard. Rabbi Judah Hungerman. Friday Service, 8 p.m., Saturday Service, 11 a.m. Shabbat School Saturday Morning, Adult Hebrew Classes. Call for information 437-3171

BREAD OF LIFE MINISTRIES CHURCH OF GOD
16581 McGregor Boulevard, 267-3166 Just past the Tanger Outlet Mall. Pastor Barry Lentz, 281-3063. Sunday Worship, 10:30 a.m., Wednesday Bible Study, 7 p.m.

CHABAD LUBAVITCH OF SW FLORIDA ORTHODOX
5620 Winkler Road, Fort Myers. Rabbi Yitzchok Minkowicz. 433-7708, rabbi@chabadswf.org. www.chabadswf.org. Friday service 6:30 p.m.; Saturday Kabbalah class 9 a.m.; Shacharit 10 a.m.; Kiddush at noon. Minyan Monday and Thursday 7 a.m.

CHAPEL OF CYPRESS COVE
10200 Cypress Cove Circle Fort Myers 850-3943, Located at Cypress Cove Retirement Center on HealthPark Campus An ecumenical non-denominational community of believers. Sunday Worship Service, 10 a.m.; Wednesday Bible Study, 7 p.m. Reverend Ted Althouse, Pastor revtedalthouse@aol.com

CHURCH OF THE CROSS
13500 Freshman Lane; 768-2188. Pastor Bud Stephens; A nondemonimational church emphasizing a personal relationship with Jesus Christ. Sunday Service: 9:15 a.m. Traditional, 10:45 Contemporary.

CONGREGATIONAL CHURCH
1619 Llewellyn Drive Fort Myers. Just off McGregor across from the Edison/Ford Winter Estates 334-4978, Pastor Douglas Kelchner, Worship times Sunday's 10:30 a.m. Website: www.taecc.com

COVENANT PRESBYTERIAN CHURCH
2439 McGregor Boulevard, 334-8937 Reverend Dr. Jeffrey DeYoe, Senior Pastor Reverend David Dietzel, Pastor Emeritus. Traditional Sunday service 10 a.m. Nursery available.

CYPRESS LAKE BAPTIST CHURCH
8400 Cypress Lake Drive, Fort Myers, 481-5442 Randy A. Alston, Reverend. Sunday Services: Bible study, 9:45 a.m. Morning Worship, 11 a.m., Evening Worship, 7 p.m., Wednesday Prayer Meeting, 6:30 p.m.

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

Combined Traditional/Praise 10 a.m.

CYPRESS LAKE UNITED METHODIST CHURCH
8570 Cypress Lake Drive, Fort Myers, 482-1250, 8 and 11 a.m. Sunday Traditional Service 9:30 a.m. Praise Service Sunday School all times.

FAITH FELLOWSHIP WORLD OUTREACH MINISTRIES
6111 South Pointe Boulevard, Fort Myers, 278-3638. Sunday Worship, 10:30 a.m.; Voice of Faith, WCRN 13.50 AM Radio, Sunday, 1:30 p.m.; Thursday Service, 7:30 p.m.; Friday Youth Service, 7:30 p.m. Nursery care for pre-school children and Children's Church ages 5 to 12 available.

FAITH UNITED METHODIST CHURCH
15690 McGregor Boulevard, Fort Myers, 482-2030. Pastor David Stauffer. Traditional Service Sunday 8:45 a.m., Contemporary Service Sunday 10:30 a.m. Go south on McGregor Boulevard. The church is ½ mile past the intersection of Gladiolus and San Carlos Boulevard on the way to Sanibel.

FIRST CHURCH OF CHRIST, SCIENTIST
2390 West First Street, next door to Edison Estates. 10:30 a.m. Sunday Service and Sunday School; 12 noon Wednesday Testimony Meeting. Child care provided at services. Reading Room located in church building for quiet study and information about Christian Science. Monday and Friday noon to 4 p.m., Wednesday 1 to 4 p.m. christiansciencefortmyers.net, christianscience.com

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

FIRST UNITED METHODIST CHURCH
Downtown Fort Myers River District, 2466 First Street, 332-1152. www.fumcftmyers.org. Sunday Services: 9:30 a.m. Sunday School; 10:30 a.m. Blended Church Service; 5:30 p.m. Youth Group.

FORT MYERS CHRISTIAN CHURCH (DISCIPLES OF CHRIST) A STEPHEN MINISTRIES CONGREGATION
5916 Winkler Road, Fort Myers, 437-4330 Pastor Reverend Mark Condrey. Sunday Worship 10:30 a.m., Church School 9:15 a.m.

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;
8210 College parkway, Fort Myers, 482-3133. Reverend Anton DeWet, pastor. Morning Worship: 10 a.m., Church School: 10:15 a.m. Friendship Time follows worship.

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

JESUS THE WORKER CATHOLIC CHURCH
881 Nuna Avenue, Fort Myers, 481-1143 Masses Friday and Saturday, 7 p.m.; Sunday, 8 and 10 a.m. and 6 p.m.

KINGDOM LIFE CHURCH
2154 McGregor Boulevard, Fort Myers, 218-8343. Pastor Randy and Anita Thurman. 10:30 a.m. Sunday Service.

LAMB OF GOD CHURCH
A few federated Lutheran (ELCA) and Episcopal Congregation. 19691 Cypress View Drive, Fort Myers. 267-3525. www.lambofgodchurch.net. Reverend Dr. James Reho. Sunday 7:45 and 10 a.m. Sunday's Cool for Children 10 a.m.

NEW BEGINNINGS CENTER

New Home Church, 8505 Jenny Cae Lane, North Fort Myers, 656-0416. Weekly Friday meeting meet and greet 6:30 p.m.

Kingdom Teaching 7 p.m. Fellowship and refreshments. nbcministry@embarkmail.com, www.facebook.com/nbcministry. Alex and Patricia Wiggins, Ministers

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

NEW HOPE BAPTIST CHURCH OF FORT MYERS
16120 San Carlos Boulevard, Unit 10. 985-8503. 9:45 a.m. Sunday School for all ages. 11 a.m. Sunday Morning Worship. 7 p.m. Wednesday Evening Bible Study.

NEW HOPE PRESBYTERIAN CHURCH
3825 McGregor Boulevard. Fort Myers. Pastor Eddie Spencer. 8 and 9:30 a.m. Traditional Worship. 11 a.m. Contemporary Worship. 8, 9:30 and 11 a.m. Sunday School. Youth and Children's programming runs concurrent to Sunday services. Nursery care provided at all services. 274-1230. www.newhopefortmyers.org.

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

PEACE LUTHERAN CHURCH
Sunday Worship at 9:30 a.m. Peace a member of ELCA. Weekly communion with traditional liturgy, organ and choir. 15840 McGregor Boulevard, Fort Myers, on the way to Sanibel. 437-2599, www.peaceftmyers.com, peace@peaceftmyers.com.

REDEEMER LUTHERAN CHURCH
3950 Winkler Ext., Fort Myers, 274-0143 8:15 and 10:15 a.m. Sunday Services Daily early learning center/day care.

RIVER OF LIFE ASSEMBLY OF GOD
21580 River Ranch Road, Estero. 495-0400, Senior Pastor Todd Weston. 8 and 9:45 a.m. Services; 11:30 a.m. Legacy Service, multi-generational.

SAMUDRABADRA BUDDHIST CENTER
Meditation classes. Guided meditations, methods to relax body and focus mind on virtuous objects. Bring peace and happiness into daily activity. 567-9739. www.MeditationInFortMyers.org.

SAINT COLUMBKILLE CATHOLIC CHURCH
12171 Iona Road, Fort Myers, off McGregor and north of Gladiolus. 489-3973. Father Lorenzo Gonzalez. Monday 6:30 p.m., Tuesday through Saturday 8 a.m. Saturday 4 p.m.; Sunday 8, 10 a.m. and 5:30 p.m. Reconciliation Saturday 9 a.m. or by appointment.

ST. FRANCIS XAVIER CATHOLIC CHURCH
2157 Cleveland Avenue, Fort Myers, 334-2161. Masses: Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 12:15, 4 Creole and 6 p.m.

SAINT JOHN THE APOSTLE METROPOLITAN COMMUNITY CHURCH
3049 McGregor Boulevard, Fort Myers, 344-0012. Pastor Reverend Steve Filizzi. An Affirming and Inclusive Congregation Sunday Services 10 a.m.

SAINT MICHAEL LUTHERAN CHURCH & SCHOOL (LCMS)
3595 Broadway, Fort Myers, 939-1218, Worship: Saturday 5:30 p.m., Sunday 8 and 10:45 a.m. Bible Study for adults and children Sunday at 9:15 a.m.

SAINT PETER LUTHERAN CHURCH
3751 Estero Boulevard, Fort Myers Beach, 463-4251, www.stpeterfmb.com.

Sunday worship service at 9:30 a.m.

SAINT NICHOLAS MONASTERY
Church and Bookstore. 111 Evergreen Road (southwest corner of Evergreen Road and Gail Street.) Liturgical services conducted in English and Church Slavonic; following the Julian (Old) Calendar. Liturgical Services Sundays and Holy Days 9:30 a.m. Holy Liturgy 0 a.m. Call to confirm service schedule: 997-2847; Bookstore 691-1775. www.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. Sunday 11 a.m. Nursery 9:45 a.m. Sunday School all ages. Junior Church grades one to five. Wee Church Pre-K to K. Evening Service 6 p.m. Wednesday Service 6 p.m.

TEMPLE BETHEL SYNAGOGUE
16225 Winkler Road Fort Myers. 433-0018, www.templebethel.com. rabbi.barras@templebethel.com. Rabbi Jeremy Barras, Cantor Victor Geigner, Religious School Director Dale Cohen, Learning Tree Director Jesyca Virnig, Office Manager Inna Vasser. Union For Reform Judaism Shabbat Service Friday 7:30 p.m., Torah Study Saturday 9:30 a.m. Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. Learning Tree Monday through Friday.

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

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

UNITARIAN UNIVERSALIST CHURCH FORT MYERS
13411 Shire Lane (off Daniels Parkway one mile west of I-75). Minister The Reverend Allison Farnum. Sunday services and religious education at 10:30 a.m. 561-2700. www.uucfm.org.

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

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

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

WORD OF LIFE CHURCH
2120 Collier Avenue, Fort Myers. 274-8881. Sunday 10 a.m.; Wednesday 7 p.m. Bishop Gaspar and Michele Anastasi

ZION LUTHERAN CHURCH
7401 Winkler Road, Fort Myers. 481-4040. Pastor Curtis Deterding. Sunday 8 a.m. Traditional, 10:45 a.m. Blended, 9:30 a.m. Eductional Hour. www.zionfm.org✽

Blu Sushi Hosts Fort Myers Dining Club



From left, Diana Smith, Illona Peters, Beth Haely, Helmut Peters, Donna Durelli, Brian Johnson and Gina Barfield

photos courtesy Fort Myers Dining Club

Blu Sushi hosted a group from the Fort Myers Dining Club on July 22 at its McGregor Boulevard location for the club's July rally. The restaurant set out a complimentary tray of tuna and salmon sushi as well as a variety of rolls. The club raised \$15 in the raffle for the Lee Memorial Health System Military Support Program, the club's new beneficiary.

A number of Fort Myers Dining Club members walked across the courtyard after the rally to the new French restaurant, Blanc, also owned by Chris and Kaitlyn Whitaker.



From left, Beth Haely, Amy Lawrence of Blu Sushi and Gina Barfield

The next Fort Myers Dining Club Rally will be an ice cream social at Love Boat on Saturday, August 20 starting at 8 p.m. To become a member, go to FortMyersDiningClub.com or visit Naumann Law in person. For more information, call Brian Johnson at 910-3099.*

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Mangrove Snapper Invasion



by Capt. Matt Mitchell

Anglers experienced another week of outstanding fishing action on a great mixed bag of species. Having lots of small shiners made catching fish

a breeze, with my main species being mangrove snapper. As in summers past, we see lots of bigger mangrove snapper push into the passes and sound. This year has proved no different. With many of these snapper well over the 10-inch minimum size, they make for fast-paced action and a tasty fresh fish dinner.

Mangrove snapper, although in huge numbers throughout our area, can be a very terminal tackle-shy fish. Downsizing both your leader and hook can make all the difference between catching only a few or limiting out.

Small, free lined shiners fished on a 1/0 or smaller light wire hook with 20# or even lighter fluorocarbon leader fooled these fish time and time again.

Deeper docks and structure in and around the passes was a great place to get started. Captiva Pass was one of the most productive areas for me this week, with docks on the Cayo Costa side being loaded up with snapper. A few scoops of live chum was all it took to get these fish fired up. Another option to catch mangrove snapper was to add a split shot to your rig and drift through the deeper areas in the pass. Sand humps inside both Redfish and Captiva passes – where the water shallows up to around three feet – were also loaded up with snapper during the incoming tide, although they also held a mix bag of other species including trout, ladyfish, jacks and Spanish mackerel.

Redfish action also continued to improve this week, with the good high tide pattern helping out a lot. Small to medium tail hooked live pinfish fished up tight to the trees resulted in a few keeper redfish here and there. Most of my time on the water was spent fishing for snapper, but when the tide was just right, we would switch it up and target redfish. Areas from Demiere Key to



Ray Salas and his friend, John, caught a limit of redfish while fishing with Capt. Matt Mitchell this past week

Regla Island all held these redfish. Pick a mangrove shoreline that the wind direction allows you to anchor well out and get to work. If you don't get a bite within 10 minutes, pick up and move down. Cover lots of shoreline and you will find these fish.

Despite all the reports on the news of how bad the water quality is, it really does not seem to have affected our fishing... at least short term. After being on our local waters for more than 35 years, the color of the water we are experiencing is certainly not something new. Fishing in brown water is no different than in summers past. We are an estuary where fresh water and saltwater naturally meet, so during our

summer rain patterns, the water around the mouth of the river is never clear.

Something does need to be done to stop "Big Sugar" from storing water on Lake Okeechobee for their benefit alone. As long as these multi-million dollar sugar companies continue to finance the re-election campaigns of government officials, how could it happen?

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

Send Us Your Fish Tales

We 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 a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

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Dave Doane



Low-maintenance grasses like native muhly grass add shimmering color and reduce yardwork
photos by Gerri Reaves



Hardy native mistflower attracts butterflies and self-propagates



Mowing is optional for Florida-friendly grassnut

Plant Smart
**Escape
The Mower**

by Gerri Reaves

Do you look at your yard with dread because you need to mow, weed, or water it in the summer heat?

One way to minimize the drudgery is to replace at least part of that turf with low-maintenance species that also have the advantages of attracting birds and butterflies and reducing the need for chemicals and irrigation.

Pictured here are three of the countless choices to help free-up your summer.

Native grasses come in various heights, and feathery muhly grass (*Muhlenbergia capillaris*) is one of the most beautiful and popular, in both white and purple-pink. The blooms that peak in fall and winter float and shimmer above tightly rolled stiff leaves.

This adaptable species tolerates salt, cold and drought and can help prevent erosion.

Self-propagating mist flower (*Conoclinium coelestinum*) will create swathes of blue or violet most of the year without any gardener's help.

Each soft fuzzy cluster holds up to 70 nectar-rich flowerheads that attract butterflies such as the zebra longwing.

This prolific beauty's weed-like tendency to thrive and spread can be an advantage for a low-maintenance

wildlife-friendly landscape. Give it a space and it will spread via rhizomes, horizontal underground stems, and by self-seeding.

Just give this hardy, resilient perennial a moist area in full to partial shade.

Who wouldn't prefer grassnut's (*Arachis glabrata*) cheerful golden flowers to turf grass's never-ending demands for mowing and chemicals?

To see how pretty and practical this Florida-friendly groundcover can be, take a walk in downtown Fort Myers, where it adorns medians and sidewalk borders.

Resistant to drought, salt, and pests, once established, this long-lived groundcover doesn't need the attention conventional turf grass requires – and mowing is optional.

Also called perennial peanut, it can be walked on just like regular turf and the flowers are edible.

It spreads by nitrogen-fixing rhizomes that produce nutrients for the plant and enrich the soil to boot. The dense mat of growth also helps suppress weeds.

Reducing yard labor can be as simple as installing a few islands of native grasses, ferns, wildflowers, groundcovers, or even pine straw or an environmentally responsible mulch.

And remember, butterfly gardeners, keep your yard free of pesticides and herbicides.

Plant Smart explores the diverse flora of South Florida.

Plant Smart explores the diverse flora of South Florida.*

**Nature Walk At
Powell Creek Preserve**



Hikers at Powell Creek Preserve photo courtesy Powell Creek Preserve

Come explore a beautiful manmade filter marsh with a volunteer naturalist at Powell Creek Preserve on Saturday, August 6 at 9 a.m. The 77-acre Conservation 20/20 Preserve is located at 15601 Hart Road in North Fort Myers.

The free 90-minute walk over a 1.1-mile trail provides visitors with information about how filter marshes improve water quality and provide valuable wildlife habitat.

No reservations are required. Participants should dress for the weather and wear boots or waterproof shoes. For more information, call 204-1125.*

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Conservancy Of Southwest Florida Addresses Water Concerns



Jennifer Hecker, director of natural resource policy for the Conservancy of Southwest Florida, taking samples of the water from the Caloosahatchee in Fort Myers

photos courtesy Conservancy of Southwest Florida

The Conservancy of Southwest Florida is working locally, regionally and nationally to address the current water crisis. “We have a full team of scientists and policy analysts advancing short and long term efforts to address the root cause of the issues, said Robert Moher, Conservancy president and CEO. “We are communicating and advocating for common sense conservation solutions.”

On July 15, Jennifer Hecker, Conservancy director of natural resource policy, joined U.S. Senator Bill Nelson, Fort Myers Mayor Randy Henderson and others to survey impacted areas in Cape Coral. The group met along the Caloosahatchee in Fort Myers to discuss the proposed solutions.

On July 14, Hecker joined other environmental activists in Washington, DC to speak to congressional leaders about polluted waters here in Southwest Florida.

The Bipartisan Lagoon/Gulf Action Day, created by Congressman Patrick Murphy with support from Rep. Curt Clawson, brought together environmental advocacy groups, concerned citizens and federal representatives from the Interagency Working Group on the Harmful Algal Bloom and Hypoxia Research and Control Amendments Act, which includes representatives from the following groups:

- Environmental Protection Agency (EPA)
- Center for Disease Control (CDC)
- United States Geological Survey (USGS)
- National Aeronautics and Space Administration (NASA)
- National Oceanographic and Atmospheric Administration (NOAA)

In addition to addressing the current status of Florida’s polluted waters and potential solutions, attendees – including Hecker – delivered bottles of polluted water to members of congress.

“The takeaway message is that some of the Everglades Agricultural Lands south of Lake Okeechobee need to be purchased, and the state of Florida would need to be willing to do so,” said Hecker. “These events allowed members of the congress to see physical evidence of the polluted waters, to hear an explanation of what is to be anticipated if this problems is not addressed, and to discuss what the



Rep. Curt Clawson speaking during the press conference in Washington, DC

federal governments can do to improve conditions.”

In the past two weeks the Conservancy of Southwest Florida has been working around the clock to communicate the polluted water’s impacts to Southwest Florida.

The Conservancy of Southwest Florida is a not-for-profit environmental protection organization with a 50 year history focused on the issues impacting the water, land wildlife and future of Collier, Lee, Charlotte, Hendry and Glades counties.

To help the Conservancy’s efforts to stop polluted water’s ripple effect, visit www.conservancy.org/ripple-effect.



Sen. Bill Nelson with Jennifer Hecker of the Conservancy of Southwest Florida

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Input Sought On Venomous Reptiles

The Florida Fish and Wildlife Conservation Commission (FWC) wants to know the attitude of the public regarding the possession and management of venomous reptiles by zoos as well as individual residents in their homes.

FWC Captive Wildlife staff was directed by the commission in November 2015 to evaluate existing regulations and develop a range of regulatory options for the commission’s consideration. In order to effectively receive information and direction from the public, the agency has developed an online survey – located at www.surveymonkey.com/r/VR-Rule – and will be accepting survey responses and recommendations through July 27.

“This survey is designed to solicit opinions from members of the public about Florida’s venomous reptile rules, as well as gauge what they think about venomous reptiles being possessed in Florida in general,” said Capt. Kara Hooker with the Captive Wildlife Section. “There are a number of questions designed to gather important input on how we can best move forward on this subject.”

The FWC has also created a link for

recommendations from the public on this subject at MyFWC.com/License/Captive-Wildlife/.

FWC staff have been working with a Technical Assistance Group (TAG) consisting of industry experts and other interested parties to refine proposed changes to existing rules, including a possible venomous reptile classification system. Staff will present a draft rule at a future commission meeting.

“Our meetings with the TAG have been very productive and now we would like to get additional input from members of the public. This combined data will allow us to present a comprehensive package to help our commissioners make an informed decision about future venomous reptile rules,” added Hooker.

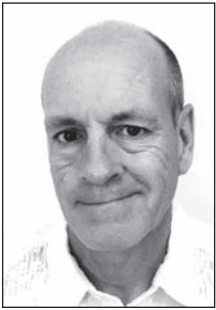
Based on reviews of existing regulations and recommendations received, proposed changes to the existing rules include modified training, caging and handling requirements to increase biosecurity, and minimizing the risk to licensees and the general public due to escapes and/or bites from venomous reptiles.

Staff will present draft rule language regarding venomous reptile ownership at the September commission meeting for consideration.

For more information about captive wildlife permitting, visit MyFWC.com/License. Click on “Captive Wildlife.”

CROW Case Of The Week:

Opossum Ambassador



by Bob Petcher

The opossum, also known as the possum (depending on what part of the country you hail from), is a scavenger mammal that often times appears to have a nasty disposition. Originally from

South America, possums were said to enter North America during the era of the Great American Interchange when, centuries ago, the formerly separated continents were bridged or connected together. The word "opossum" was originated by members of the Jamestown colony in the early 1600s. Apparently, it was derived from an ancient word that meant "white dog" or "white beast/animal."

Many have heard the term "play possum," but some may not know how perfectly representative it is of the animal. When threatened or harmed, possums have an uncanny ability to mimic and smell like a sick or dead animal. They do so by closing or half-closing their eyes, drawing their lips back, baring teeth, creating saliva foam around their mouths and secreting a foul-smelling liquid from their anal glands. For a period of up to



CROW Education & Outreach Coordinator Rachel Rainbolt with Bashful, current animal ambassador and former patient #16-1741

photo by Kenny Howell

four hours, they also somehow develop unconsciousness to the point that their bodies become stiff, curled and unaffected when being prodded, flipped over and/or carried off.

Opossums also have a remarkably robust immune system, which makes them partially or fully resistant to the venom of rattlesnakes, cottonmouths and other harmful snakes. In fact, studies suggest they are roughly eight times less

prone to carry rabies than other wild animals. Incredibly, supportive statistics state only one in 800 possums are infected with that virus.

Opossums also boast a flexible diet. While labeled omnivores, they don't mind dining on nuts, fruit, grass, insects and other ground crawlers as well as carrion, mice, birds, snakes, chickens or various leftovers when raiding garbage dumpsters.

Even with such vitality, the opossum lifespan averages only two to four years in length, an unusually short span for a mammal of its size. The female species' reproductive habits make opossums successful colonizers and survivors in many different locations and conditions, allowing for the animal to be nomadic in nature. The nocturnal mammals relish dark, secure areas to inhabit, like underneath porches or under the ground.

Contrary to popular belief, adult possums do not generally hang from trees by using their tails. While that particular hind part of an opossum is considered to have great strength, it is not strong enough to support a mature adult's weight. Instead, the animal utilizes its tail as a brace or as a fifth limb when climbing as well as a clutch to carry bunches of leaves or bedding materials to its nest.

The imposing factor of a possum, other than its toothy snarl, is its deep growl or raised pitch as it becomes threatened. Other possum noises include a clicking "smack" out of the side of its mouth as they wander in search of a mate. Young possums utilize a sneezing sound to signal their mother.

At CROW, an opossum was recently added to the teaching hospital's animal ambassador family. Bashful is a male Virginia opossum, the most notable of the 60 different species of possum and said to be one of the most common species of patient that CROW treats every year.

Bashful was brought to CROW on May 21 from Fort Myers after it was

continued on page 17



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Proceeds From Cruises To Benefit Local Schools



Family fun on the water

photos courtesy Pure Florida

To honor the start of the 2016-2017 school year, Pure Florida is extending an invitation to the Southwest Florida community to join in supporting local public schools during August. Portions of cruise or activity proceeds from the company's Fort Myers location will benefit The Foundation for Lee County Public Schools.

The company's contribution will assist the foundation in funding tools and resources for teachers and students. Cruises depart from Pure Florida's Fort Myers location each Monday, Wednesday, Friday and Saturday at noon, 2 p.m., 4 p.m. and one hour before sunset.

"We are excited to support The Foundation for Lee County Public Schools as we enter into a new school year, and hope that the community will join us in making a positive impact on Lee County students," said Lance H. Julian, co-founder of Pure Florida. "The funds raised during the month of August will support our mission to provide local schools and teachers with the resources they need to continue providing high-quality educational experiences for our students."

"Pure Florida is another great community partner that understands the importance of supporting education throughout Lee County and our greatest asset, students," said Marshall T. Bower, Esq., president and CEO, The Foundation for Lee County Public Schools.

For more information, visit PureFL.com or LeeSchoolFoundation.org.✱



Children find plenty to explore on a Pure cruise

Spiny Lobster Season To Begin

The 2016 spiny lobster season opened with the two-day recreational sport season on July 27 and 28, followed by the regular commercial and recreational lobster season, which runs from August 6 to March 31.

The Florida Fish and Wildlife Conservation Commission offers rules and advice prior to season.

- Lobsters harvested while diving must be measured while they are in the water, so measuring devices are required. If the carapace length is not larger than three inches, it must be left in the water.

- To protect the next generation, the harvest of egg-bearing females is prohibited. Lobsters have hundreds of thousands of eggs that are easily visible and attached under the tail. While most lobsters have completed reproduction by the start of the fishing season, finding lobsters with eggs is common in July and August.

- Stick to the bag and possession limits so there will be enough lobsters for all your friends and family. During the two-day spiny lobster sport season, recreational divers and snorkelers can take up to six lobsters per person daily in Monroe County and Biscayne National Park waters or 12 lobsters per person daily in other Florida waters. You may possess no more than the daily bag limit of lobsters when you are on the water. When you are off the water, you may possess no more than the daily bag limit on the first day of the

sport season and no more than double the daily bag limit on the second day.

During the regular season, the daily recreational bag and on-the-water possession limit is six spiny lobsters per person for all Florida waters.

- While the waters may be less crowded at night, diving for spiny lobsters after the sun goes down is not allowed in Monroe County during the two-day sport season.

- Lobster harvest is always prohibited in Everglades National Park, Dry Tortugas National Park, Biscayne Bay/Card Sound Spiny Lobster Sanctuary, certain areas of John Pennekamp Coral Reef State Park and no-take areas in the Florida Keys National Marine Sanctuary. During the two-day season, all harvest of lobster is prohibited throughout John Pennekamp Coral Reef State Park. Visit FloridaKeys.gov. Visit NOAA.gov/regs/mc_lobster.pdf to learn more about areas in Monroe County that are open to spiny lobster harvest.

- Spiny lobsters must remain in whole condition until they are brought to shore. Do not take spiny lobster with any device that might puncture, penetrate or crush its shell.

- A recreational saltwater fishing license and a spiny lobster permit are required to recreationally harvest spiny lobsters unless you are exempt from recreational license requirements. Information about these licenses and permits is available online at MyFWC.com/License or you may purchase your license today at GoOutdoorsFlorida.com.

- While diving for spiny lobsters, help remove invasive lionfish that negatively impact Florida's native wildlife and habitat. If you plan to take lionfish with a spear,

be aware of no-spearfishing zones and always check with your local law enforcement agency before planning your spearfishing trips. Visit MyFWC.com/Lionfish to learn more or to participate in the Lionfish Challenge reward program.

- Divers, even those who wade in, should stay within 300 feet of a properly displayed divers-down warning device (red with a white diagonal stripe on a flag or buoy, for example) when in open water and within 100 feet of a properly displayed divers-down warning device if on a river, inlet or navigation channel. Boat operators must slow to idle speed if they need to travel within 300 feet of a divers-down warning device in open water or 100 feet of one on a river, inlet or navigational channel.

- Divers-down warning symbols displayed on vessels must be at least 20 inches by 24 inches. If you are using a flag, a stiffener is required to keep it unfurled and it must be displayed from the highest point of the vessel, must be visible from all directions and must be displayed only when divers are in the water. So when the divers are out of the water, don't forget to take it down. Divers-down symbols towed by divers must be at least 12 inches by 12 inches. More information on divers-down warning devices is available online at MyFWC.com/Boating by clicking on "Boating Regulations."

Additional information on recreational spiny lobster fishing, including how to measure spiny lobster, is available online at MyFWC.com/Fishing by clicking on "Saltwater Fishing," "Recreational Regulations" and "Lobster."✱

Seeking Young Agriculturalists

The Florida Farm Bureau Federation seeks young agriculturists between the ages of 18 and 35 to apply for its 2016-18 Young Farmers & Ranchers Leadership Group.

The group consists of young men and women who are interested in production agriculture and the farm families who make it successful.

Members develop and refine their leadership abilities by focusing on personal growth, public speaking, media training, legislative awareness, issue advocacy, business management and service leadership.

"Some of the benefits of being selected for the Leadership Group include personal and professional growth and networking opportunities," said Elise Stoddard, leadership programs coordinator. "The relationships that are built while traveling the state and nation while promoting agriculture are those that will serve you for years to come, long after your days as a young farmer and rancher."

Those interested must be a member of a local county Farm Bureau. Submit an application by Monday, August 1 to floridafarmbureau.org/programs/young-farmers-and-ranchers/ or contact Elise Stoddard at 352-317-6013 or elise.stoddard@ffbf.org to learn more.✱

Lightning Alarm System Installed At Edison Ford



A lightning detection system has been installed at the Edison & Ford Winter Estates
photo courtesy Edison & Ford Winter Estates

Edison & Ford Winter Estates now has a lightning detection system to help warn visitors of impending lightning strikes that accompany summertime thunderstorms. This new system, from Thor Guard, includes lightning rods that sit atop the museum and ticket building and other locations throughout the site, as well as a siren. Edison Ford is also equipped with security cameras from Expert Security Services, Inc.

To ensure visitors safety, Edison Ford closes the riverside of the property should lightning strike within 10 miles of the estates. Edison Ford security staff uses the WeatherBug lightning detector app to identify lightning and monitor and track area storms. Any visitors that are on the riverside of the property will be escorted to safe buildings, such as the museum, and the riverside gates are locked until it is deemed safe for visitors to continue touring.

"We may be overly diligent, but visitor safety is our first concern," said Chris Pendleton, president and CEO. "For years, we have watched weather maps to monitor storms without the technology of sirens and lightning detectors. With the new systems, we'll be able to better monitor the weather and prepare for impending thunderstorms," added Pendleton.

David LaCroix, security chief; Brent Newman, site curator; Rob Solomon, facilities

director; visitor services staff; and Edison Ford information technology guru Tom Hottovy were all instrumental in securing this new technology.

During the summer rainy season, visitors should check the status of open areas at the estates before arriving.

"The museum is always open and sometimes in the summertime, we err on the side of caution while we watch storms move across southwest Florida," added Pendleton.

For more information, call 2334-7419 or visit www.edisonfordwinterstates.org.

Director Lauded By Aviation Administration

The Federal Aviation Administration's Southern Region Airports Division named Robert M. Ball, AAE, executive director of the Lee County Port Authority, the 2015 Air Carrier Airport Manager of the Year at the Florida Airports Council Annual Conference held in Bonita Springs.

The award is given annually to an airport professional that exemplifies excellence in airport management, demonstrates exceptional aviation leadership, works to promote the aviation industry and has achieved efficiencies and improved productivity within their organization. Ball received this prestigious honor once before.

Among the accomplishments honored by the award were Southwest Florida International Airport's Terminal Access Road expansion, Baggage Handling System Recapitalization and Optimization, updates to Part 139 runway markings and airfield signage,

utilization of a new Safety Management System and continued loss prevention and safety committee programs.

As executive director, Ball directs the administration, operations and development of Southwest Florida International Airport and Page Field. Ball is currently on the board of directors for Airports Council International-North America and has served as a past president of the Florida Airports Council, as well as a member of its board of directors. He serves on the Florida Gulf Coast University College of Business Advisory Council and is on the advisory board to the School of Aeronautics for the Florida Institute of Technology, where he earned his bachelor's degree in air commerce/flight technology. Ball is accredited by the American Association of Airport Executives and is a licensed Private Pilot.

The FAA Southern Region Airports Division oversees airport planning, environmental, compliance, design and safety programs for airports located in the southeastern United States, Puerto Rico and U.S. Virgin Islands.

For more information, visit www.flylcpa.com.

From page 15

CROW Case

found wandering around off balance in a residential area. Due to neurological issues that appear to have resulted in long-term disorientation, he was regarded as non-releasable and became a full-time resident of CROW for educational reasons.

"Due to the nature of this trauma, Bashful is incapable of surviving in the wild without human interference," said CROW Education & Outreach Coordinator Rachel Rainbolt. "Because he is still young and in good physical condition otherwise, he was a great candidate to become an animal ambassador."

CROW officials call animal ambassadors "the backbone of CROW's wildlife education programs enabling guests to get up close and personal with amazing local wildlife." As well as being an ambassador on campus at CROW, Bashful will also be useful at local community events, school presentations and CROW events, just like his distant cousin, Trouper the blind raccoon.

"During a program in CROW's education center or out at a community event, guests are taught how to approach animal ambassadors in a respectful way," Rainbolt said. "Once the program has concluded, the level of interaction with an

animal ambassador is monitored by one of CROW's staff or trained volunteers. These interactions may include a meet-and-greet with the caretakers or photography opportunities."

Bashful joins Sneezzy, another opossum that serves as a CROW animal ambassador. The name is fitting for his shy demeanor, CROW officials say, but Bashful may become more outward as he grows older and more accustomed to public exhibition.

"Since animal ambassadors have become a regular experience in CROW's programming, we have seen a drastic increase in the level of excitement of individuals and families alike," added Rainbolt. "As members of our education team, they help us to share our mission with audiences of all ages, allowing us to promote coexistence with wildlife and encourage their protection and preservation."

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

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The Firing Of Twins GM Terry Ryan Reminds Us That Sports Is A Business



by Ed Frank

While professional sports provide exciting entertainment and a great diversion from the problems of life, we should not forget that it is a business. And while an owner may profess that the principal objective is to bring winning baseball, football, basketball, hockey, etc. to the fans, the bottom line of the profit and loss statement is still the No 1 priority.

That adage rang true last week when Minnesota Twins Owner Jim Pohlad fired his long-time general manager Terry Ryan as his team struggled with the worst record in the American League despite signs of recent improvement.

A losing team – the Twins started this week with a 37-61 (.378) season record – doesn't draw fans. Through 49 home games, Minnesota was averaging only 24,566 fans per game, ranking 24th of the 30 Major League teams.

Remember as recent as just five years ago, the Twins were drawing more than 39,000 per game in their magnificent new Target Field.

Yes, we know baseball is a business, but if you will allow me to digress, I must tell you that I was saddened by Ryan's dismissal. He was a friend who year after year was always available to answer my often stupid questions.

Terry was one of the very first Twins I met when I began this assignment 16 years ago. Admittedly knowing little or nothing about the Minnesota Twins, he guided me to the right people and was a source of great information.

When I reached him this past week after his firing he simply said, "I couldn't get us going this year no matter what I tried. No excuses."

And so the Ryan era comes to a close. He twice served as Twins GM, 1997 to 2004 and 2011 to 2016. He began his professional baseball career in 1972 when the Twins drafted him as a pitcher. His long tenure in baseball includes a number of scouting positions and administrative positions along with many awards, including Baseball America's Major League Executive of the Year in 2004.

Don't be surprised if the 62-year-old Ryan emerges in another baseball role with another team or, after a cooling off period, he returns to the Twins in another capacity.

His long-time assistant GM, Rob Antony, has been named interim GM and no doubt will be a candidate for the permanent position. He has been a member of the Twins organization for 29 years.

There are many in baseball, however, including numerous Twins fans, that believe it is time for Pohlad to reach outside the Minnesota organization and hire an executive with a fresh look at the problems that surfaced this season.

In addition, several of the new breed of baseball general managers are not baseball "lifers."

This fact was detailed last week in an article by Phil Miller in the Minneapolis StarTribune who listed Los Angeles Dodgers GM Farhan Zaidi, who studied economics at MIT; Milwaukee GM David Stearns, who earned a degree in political science at Harvard; and Houston GM Jeff Luhnow, who was a corporate executive after getting an MBA at Northwestern.

Sure they don't fit the mold of a Terry Ryan. They are younger and no doubt look at the complexities of running a team far different than Ryan who still relishes the task of scouting the highways and byways for talent.

With Ryan's firing, Sandy Alderson of the New York Mets is the only GM in Major League baseball over 60 years old.

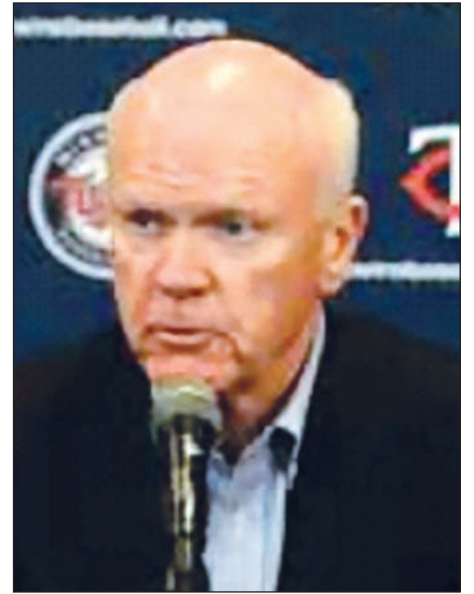
Whatever course Pohlad decides to follow in the hiring of a new GM, this reporter will miss Terry Ryan and not forget his help and cooperation.

Miracle Slip To Third-Place

The Fort Myers Miracle baseball team started this week after losing six of the last seven games and dropping to third-place in the Florida State League South Division. The team was atop the division just a week before.

The Miracle are home this weekend at Hammond Stadium for a four-game series against the Clearwater Threshers, the first-place leaders in the North Division.

The first pitch tonight, Friday, is 7:05 p.m. followed by a 6:05 start Saturday, a Sunday matinee at 4:05 and the series finale Monday at 7:05.*



Terry Ryan

photo courtesy Minnesota Twins

SPORTS QUIZ

1. In 2015, Mike Trout and Prince Fielder became the ninth and 10th players to hit for the career cycle in the All-Star Game. Name four of the first eight to do it.
2. Who was the last Cincinnati Reds pitcher before Johnny Cueto in 2014 to win 20 or more games in a season?
3. Seven NFL franchises have won consecutive Super Bowls. Name five of them.
4. How many times has the Gonzaga men's basketball team reached the NCAA Tournament's Elite Eight?
5. Washington's Braden Holtby tied an NHL record in the 2015-16 season for most goalie wins in one season (48). Who else holds the mark?
6. Name the last driver for Joe Gibbs Racing to win the Daytona 500 before Denny Hamlin did it in 2016.
7. In 2016, tennis star Roger Federer's streak of playing in consecutive Grand Slam events ended. How many was it?

ANSWERS

1. Ernie Banks, George Brett, Roberto Clemente, Steve Garvey, Willie Mays, Mike Schmidt, Lou Whitaker and Ted Williams. 2. Danny Jackson won 23 games in 1988. 3. Green Bay, Miami, Pittsburgh (twice), San Francisco, Dallas, Denver and New England. 4. Twice -- 1999 and 2015. 5. Martin Brodeur of the New Jersey Devils in the 2006-07 season. 6. Dale Jarrett, in 1993. 7. He was in 65 consecutive Grand Slam events.



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Dean Selected For Leadership



Dr. Larry Miller photo courtesy FSW

Dr. Larry Miller, Florida SouthWestern State College (FSW) School of Education dean, has been selected to the second class of the Leadership Florida's Leadership in Education program.

Each session of Leadership in Education provides program participants – as well as the communities they serve – with a comprehensive look at K-12 education from international, national and statewide perspectives for the purpose of advancing K-12 outcomes in Florida and securing the state's place as a top tier education leader.

Finding the path to vault Florida's K-12 public schools to national prominence is the central goal for Leadership Florida's Leadership in Education statewide class participants. The 39-member class includes accomplished superintendents, school board members, principals, teachers, state education department professionals, education foundation representatives, association leaders, business partners and other public officials. The class will intensively focus on critical education, issues, problems, obstacles and challenges in four rigorous program sessions.

"I look forward to engaging with educational thought leaders from across the country, sharing knowledge and determining how we can strengthen Florida's K-12 educational system," Dr. Miller said. "With a clear understanding of the system's strengths and the obstacles students in the K-12 system face, FSW can better provide the best educational services and meet the needs of our incoming college students."

The Leadership in Education Program has been made possible through a unique partnership between the Bill and Melinda Gates Foundation and Florida Department of Education, endowing Leadership Florida with new resources to create and produce this program. This partnership recognizes Leadership Florida's unique position as the state's most respected non-partisan convener of leaders on critical issues facing Florida's future. Each organization recognizes that no issue is more important than education – an education that enhances the opportunity for all young people to have the life they deserve.

Visit www.leadershipflorida.org to learn more.✱

President Of PR Firm To Speak At Conference



Samantha Scott

photo courtesy Diana Leadley

Samantha Scott, APR, president of Pushing the Envelope, Inc., will be a guest speaker at the 2016 Florida Public Relations Association (FPRA) Annual Conference in Tampa. The conference will be held at the Innisbrook Golf & Spa Resort in Palm Harbor, Florida from August 7 to 10. It brings together public relations professionals

from all over the state of Florida to learn from industry leading experts about the latest trends in communication, sales, marketing, media and public relations.

Scott will present Top 10 Apps for Today's PR Pro by discussing a number of the available industry-related apps to take advantage of, as well as how to keep up with and master them. She will share suggestions as to which of the thousands of apps are worthwhile and how to fully leverage each. The presentation will take place Tuesday, August 9 from 12:55 to 2:05 p.m. and 2:20 to 3:30 p.m.

Register to attend the 2016 FPRA Annual Conference at FPRAstore.org or fill out the registration form and fax to (941) 906-1556 or email to state@fpra.org. Form can also be mailed to: FPRA, 40 Sarasota Center Blvd., Suite 107, Sarasota, FL 34202. For more information, visit FPRA.org.

The annual conference is sponsored by the following FPRA chapters: Capital, Central West coast, Dick Pope/ Polk County, Gainesville, Jacksonville, Northwest Florida Coast, Ocala, Orlando, Pensacola, Southwest Florida, Space Coast, Tampa Bay, and Treasure Coast. Additional sponsors include: AAA, Publix, Kissimmee Utility Authority, The George Washington University, Florida Trend, Liquid Creative, Solo PR Pro, Two-Head Video and Alta.

Scott is a national speaker on the topic of public relations, marketing, social media, etc. To see a full schedule or secure her or other PTE staff, visit www.getpushing.com/services/speaking-events/topics.✱

Bowl-A-Thon

Junior Achievement of Southwest Florida will host its annual Bowl-A-Thon fundraiser from 6 to 8:30 p.m. on Thursday, August 25 at HeadPinz Entertainment Center, located at 14513 Global Parkway in Fort Myers. Registration will begin at 5:30 p.m.

The event will raise funds to support Junior Achievement of Southwest Florida programs throughout schools in Southwest Florida.

Junior Achievement of Southwest Florida encourages businesses, colleagues, neighbors and friends to join the fun. The participation fee is \$1,500 for a team of six players, and includes food, beverage, two adult beverages, shoes and lane rental. The event provides local businesses the opportunity to implement fun team-building activities leading up to the event, as employees can collaborate to fundraise for the team fee, and departments can challenge each other from fundraising all the way to the bowling lane.

Fundraising efforts for the Bowl-A-Thon 2016 will have a direct impact

on the community, as approximately every \$30 raised will grant one student in Southwest Florida access to Junior Achievement programs.

To register, learn more or to donate, visit www.firstgiving.com/JASWFL/bowl-a-thon-2016.✱

Toasters Club To Be Honored

LCEC Electric Toasters Club #5701 has been named Southwest Florida's Club of the Year for 2015-16, according to Lee County Electric Cooperative.

LCEC's onsite toastmasters international club will be honored at the 2016 Southwest Florida Toastmasters Celebration at the Holiday Inn Fort Myers Airport at Gulf Coast Town Center on Saturday, July 23.

LCEC Electric Toasters Club meets every second and fourth Wednesday at noon at LCEC's headquarters, 4980 Bayline Drive, in North Fort Myers. Membership is open to all interested parties. For more information, call 656-2262. ✱

Available at
www.AMAZON.COM
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Female Pioneers of Fort Myers

Women Who Made a Difference in the City's Development

By Robin C. Tuthill and Thomas P. Hall

"Packed with facts and employing an engaging storytelling style, [Female Pioneers of Fort Myers] both teaches and entertains. Local history buffs and newcomers to history will value Tuthill and Hall's research and appreciate the accessible format, too."

Geri Reaves, PhD, author of *Legendary Locals of Fort Myers* and *Fort Myers, Then & Now*

Financial Focus

Investing: A Marathon, Not A Sprint



by Jennifer Basey

Next week, the 2016 Summer Olympics begin in Rio de Janeiro. One of the most compelling events is the marathon, a 26.2-mile endurance contest with roots dating

back to ancient Greece. It may be that we've kept our interest in the marathon because it can teach us much about life – and it certainly has lessons for investors.

In fact, if you were to compare investing to an Olympic sport, it would be much closer to a marathon than a sprint. Here's why:

• **Long-term perspective** – Sprinters are unquestionably great athletes, and they work hard to get better. Yet their events are over with quickly. But marathoners know they have a long way to go before their race is done, so they have to visualize the end point. And successful investors,

too, know that investing is a long-term endeavor, and that they must picture their end results – such as a comfortable retirement – to keep themselves motivated.

• **Steady pacing** – Sprinters go all out, every second and every stride. But marathoners have to pace themselves – too many spurts of speed could tire them out and doom their performance. As an investor, you, too, should strive for steady, consistent progress. Rather than attempting to rush success and achieve big gains by chasing after supposedly “hot” stocks – which may already have cooled off by the time you hear about them – try to follow a long-term strategy that emphasizes diversification among many different investments. (Keep in mind, though, that while diversification can reduce the impact of market downturns that primarily affect one type of asset, it can't guarantee success or prevent all losses.)

• **Ability to overcome obstacles** – When sprinters stumble or fall, they are finished for the race; there's simply not enough time to recover, so they typically just stop. But over 26 miles, a marathoner can fall and – providing he or she is not injured – get up again, compete and possibly even win. When you're investing for the long term, you have time to overcome “mishaps” in the form of market volatility. So, instead of dropping out of the “race”

and heading to the investment sidelines, stay invested in all types of markets. As you near retirement, and you have less time to recover from market downturns, you may need to adjust your portfolio to lower your risk level – but even then, you don't need to call it quits as an investor.

• **Proper fueling** – Sprinters have to watch what they eat. But world-class marathoners have to be ultra-diligent about their diets, especially in the period immediately preceding a race. Because they must maximize the oxygen their bodies can use while running, they need a high percentage of their calories to come from carbohydrates, so they “carbo-load” when needed. When you invest, you also need to periodically “refuel” your portfolio so it has the energy and stamina needed to keep you moving forward toward your goals. And that means you must add dollars to those areas of your portfolio that need beefing up. Regular reviews with a financial professional can reveal where these gaps exist.

As an investor, you can learn a lot from Olympic marathoners – so put this knowledge to good use.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Jennifer Basey is a financial advisor in Fort Myers. She can be reached at jennifer.basey@edwardjones.com.✴

Court Records Online Access

The Lee County Clerk of Courts Office announced that online viewing of its records have become effective as of July 25.

Two Florida Supreme Court Administrative Orders now permit viewing case images and documents over the internet. Previously, online viewing only provided case docket entries and required a trip to the Justice Center or an online request.

The Florida Supreme Court's Security Matrix created 13 levels of online court record images and documents falling into three viewing categories:

• **Anonymous Public** – No registration is required for viewing court records, indexes and dockets, as well as non-confidential document images.

• **Registered Users** – Not a party to a case and not an attorney of record.

• **Party To A Case** – You are a party in the case. Also includes an officer, owner or employee of a business named as party with authority to view court records.

The complete Security Matrix is available for viewing on the Court Records Inquiry screen.

“Protecting confidential and sensitive information remains a top priority of this Clerk's Office,” said Clerk of Court Linda Doggett. “Therefore, a Viewable on Request may be required before the release of a document for online viewing.”

Records that are expunged or sealed are automatically confidential, and juvenile, probate and family law cases are not available online.

Learn more by visiting leeclerk.org.✴

Foundation Seeks Business Award Nominations

The 2016 Uncommon Friends Foundation Business Ethics Award nomination deadline has been extended to September 1 to accommodate the arrival of the new Florida Gulf Coast University Chair of Business Ethics, Dr. Eric Dent, who will help lead the nomination team. The chair of business ethics position is funded in part by an endowment offered through the Uncommon Friends Foundation and is a staple of its mission to raise the bar of the ethical culture of businesses in Southwest Florida.

Businesses and individuals who

demonstrate a commitment to ethics within their organizations are encouraged to apply for the award. Companies are asked to provide examples of ethical leadership and decision making in their everyday business and customer interactions, as well as with their marketing, communications and sales practices.

Former Uncommon Friends Foundation Business Ethics Award winners include CRS Technology Consultants, Inc., Sunshine Ace Hardware, Ted Todd Insurance, HomeBanc Mortgage Corporation, WilsonMiller, Inc., Bonita Bay Group, Shell Point Retirement Community, Markham Norton Mosteller Wright & Co., Conditioned Air, and Hope Healthcare Services.

Nominees from Lee, Collier, Charlotte, Hendry and Glades Counties

are eligible to apply at <https://uncommonfriends.org/business-ethics>. The Business Ethics Award winner will be announced at the 2016 Uncommon Evening event on Thursday, November 3, from 6 to 9 p.m. held at the historic Burroughs Home and Gardens at 2505 First Street in downtown Fort Myers. For more information on the nomination process or Uncommon Evening, contact angela@uncommonfriends.org.✴

Lee County Port Authority Earns Award

The Florida Department of Transportation (FDOT) honored the Lee County Port Authority with the 2016 General Aviation Airport of the Year Award for Page Field (FMY). The airport was presented this top award at the Florida Airports Council Annual Conference in Bonita Springs. This is the third time FMY has received this prestigious honor.

“I am so proud to have Page Field acknowledged by the Florida Department of Transportation,” said Robert M. Ball, AAE, executive director of the Lee County Port Authority. “You cannot win this type of award without a total team effort and I applaud the employees at Page Field for making FMY an outstanding example of excellence in airport operations

and service to general and business aviation.”

The FDOT Aviation Office awards the General Aviation Airport of the Year annually to one of the more than 100 public-use general aviation airports in the state of Florida. To be considered, the airport must demonstrate exceptional safety and security standards and have superior achievement in all aspects of aesthetics, management and customer service. Airports must successfully manage financial resources, have adequate and current master plans, and knowledge of and compliance with state and federal rules and regulations.

Page Field accommodated nearly 97,000 aircraft operations in 2015. No ad valorem (property) taxes are used for the operation or improvement of the airport. For more information, visit www.flylcpa.com/fmy.✴

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Openings In Pre-K Program

Lee Memorial Health System (LMHS) has openings in its Voluntary Pre-Kindergarten (VPK) program at their three Child Development Centers. The free VPK program is for children who are 4 years old on or before before September 1, 2016. The program follows the same calendar as the Lee County School System and operates from 9:30 a.m. to 12:30 p.m.

VPK teaches children what they need to know in advance of kindergarten and provides opportunities to practice these skills.

LMHS' Child Development Centers also offer a wraparound program, for before and after the VPK program. It is designed for children from infancy to 12 years old. The operating hours are from 6 a.m. to 6:30 p.m. Monday through Friday.

The centers are located adjacent to area hospitals:

- Cape Coral Hospital, 636 Del Prado Boulevard in Cape Coral. Contact Julia Neal at 424-3855.

- Lee Memorial Hospital, 2335 Clifford Street in Fort Myers. Contact Marie Liebensohn at 343-3096.

- HealthPark Medical Center, 16150 RoseRush Court in Fort Myers. Contact Joan Bray at 343-6130.

For more details, visit leememorial.org.✱

Lake Kennedy Senior Center

Inaugural Senior Prom August 26

Join your friends and neighbors at Lake Kennedy Senior Center for the inaugural Senior Prom, hosted by emcee KJ Mike on Friday, August 26. Doors open at 6:30 p.m. and the fun starts at 7 p.m.

Nominate yourself, a family member or friend to be crowned Miss Lake Kennedy. All nominations must be received as early as possible. Applications are available now at the Lake Kennedy Senior Center. A total of five legendary ladies of the community will be entered for the inaugural Miss Lake Kennedy crown.

Guests will experience a ballroom showcase featuring dance instructor Judy Noe and her performance team, followed by open dancing with emcee KJ Mike. The winner will be crowned and will receive free entry for two at every show held at the center for one full year of her reign. She will be requested for appearances as well. All contestants must be 50 or over. Entries are limited to the first five applicants. Appetizers and beverages will be served.

Cost is \$10 per nominee, \$10 per member and \$15 per non-member. BYOB. Preregistration is required.

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

Nominations Sought For Everyday Hero

Do you know someone who should be recognized for doing good deeds in the community? Someone who has quietly gone above the call of duty to help other people, animals, the environment or a local neighborhood?

This summer, Tropical Financial Credit Union is asking for the public's help to identify a 2016 Local Hero. And as a thank you for the good work, the credit union will present the local hero with a \$4,500 check and make a \$1,000 donation to a charity of their choice.

"As a credit union, we consider our members to be everyday heroes for pooling their hard-earned money together to help each other financially," said Rich Helber, CEO/president of Tropical Financial. "But we know there are other heroes out there who are doing selfless acts to make our communities better places to live and work. We want to know about them and recognize one who is doing something particularly special."

Tropical Financial is focused on finding its local hero in one of the seven counties in which it conducts business: Miami-Dade, Broward, Palm Beach, Martin and St. Lucie counties in southeast Florida as well as Collier, Lee and Hendry counties

on the west coast of the state.

The public can nominate their hero now through 5 p.m. Friday, August 19 by logging on to www.SubmitAHero.com. They will be asked to submit a short write-up on why that person deserves consideration.

"The more descriptive and compelling the story, the more likely it is to resonate with the public and judges," said Helber.

Once the month-long nomination period ends, all of the stories will be shared on the website and the public will have one week between August 19 and August 26 to vote for their favorite. The top 10 nominees, based on number of votes, will then be placed in front of a panel of judges who will select the 2016 Local Hero.

There will be three criteria for judging: the nominee's impact on the community, number of people impacted by his or her actions and the compelling nature of their story.

Judges will also choose two runner-ups and make donations to charities of their choice.

The 2016 Local Hero will be announced in early October.

Last year, Tropical Financial named Elliot Scholes its first ever Local Hero. Scholes, a Miami-Dade police officer, was nominated for his work rescuing German shepherds and feeding families at the Ronald McDonald House in Miami.

A complete list of the rules can be found at www.SubmitAHero.com.✱



Joanne Smith

photo courtesy DVIC

Disabled Veteran Graduates

Disabled Veterans Insurance Careers (DVIC), the non-profit organization that helps train, educate and create meaningful employment opportunities within the insurance industry for disabled veterans, celebrated the graduation of Joanne Smith on June 30. Smith completed DVIC's insurance training program. The five-month program prepares disabled veterans with the knowledge

and skills needed to embark on a customer service career in property/casualty insurance, with an emphasis on personal auto and homeowners lines.

"I am so happy for Joanne," said Gary Bryant, president and CEO of DVIC. "She spent the last six months training and working toward the goal of completing the program, and she accomplished that. With her military training and insurance training combined, she has a very successful career ahead of her."

In fact, Smith's career is now underway, as she was recently hired by the Gary Green Insurance Agency, a State Farm agency in Fort Myers, thanks in part to her training from DVIC.

If you would like to hire a disabled veteran with insurance training, visit DVIC.us or call 209-1479.✱

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Book Review

The Master Switch



by Di Saggau

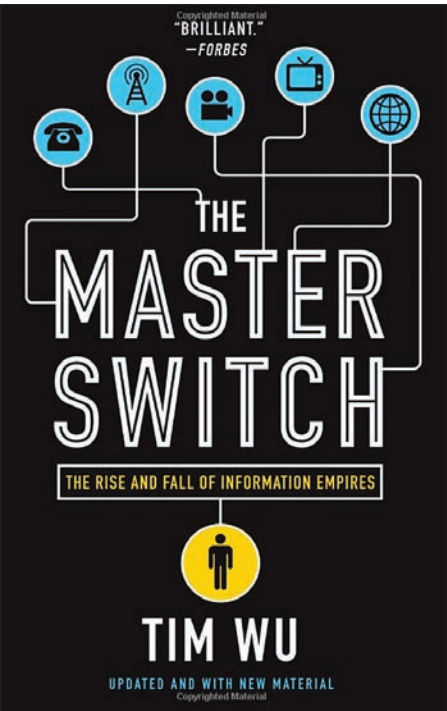
If you are interested in the rise and fall of information empires, *The Master Switch* by Tim Wu will be right up your alley. The author refers to something called “the cycle,” which is powered

by disruptive innovations that upend once thriving industries, bankrupt the dominant powers and change the world. Such innovations are exceedingly rare, but they are what makes the cycle go.

The story covers the history of phones, radio, television, movies and, finally, the Internet. All of these businesses are susceptible to the cycle because all depend on networks, whether they’re composed of cables in the ground or movie theaters around the country. Once a company starts building such a network or gaining control over one, it begins slouching toward monopoly. Wu says, if the government is not already deeply involved in the business by then, it soon will be. He argues that not only are communications businesses particularly prone to consolidation, but the political effects are far greater than they would be in other industries.

The book’s title comes from a line by Fred Friendly, the longtime CBS News executive, in which he distinguished between free speech laws and “exclusive custody of the master switch.” They are two different things, but either has the ability to shape the flow of information.

AT&T is the star of Wu’s book. He talks about how in the late 19th century, Western Union tried to put AT&T out of business by commissioning Thomas Edison to design a better phone and then rolling



out tens of thousands of telephones to consumers, rendering AT&T a “bit player.” But AT&T survived. You’ll also read about the AOL Time Warner saga, during which Ted Turner is reported to have lost \$7 billion, most of his personal worth.

Wu, a professor at Columbia University, is listed as one of Harvard’s one hundred most influential graduates. In *The Master Switch*, he argues that the Internet risks becoming a closed system unless certain steps are taken. In his telling, information industries, including radio, television and telecommunications, begin as relatively open sectors of the economy but get co-opted by private interests, often abetted by the state. What starts as a hobby or a cottage industry ends up as a monopoly or cartel. The book is a stirring illumination of a drama that has played out over decades and now culminates with terrifying implications for our future.✧

Alliance Member Book Club Discussion Group

The Alliance for the Arts continues its Member Gallery Book Club on Tuesday, August 16 with a discussion of Sue Roe’s *The Private Lives of the Impressionists*. Join fellow Alliance members in this monthly exploration of literature focused on art, artists, art history, and art appreciation.

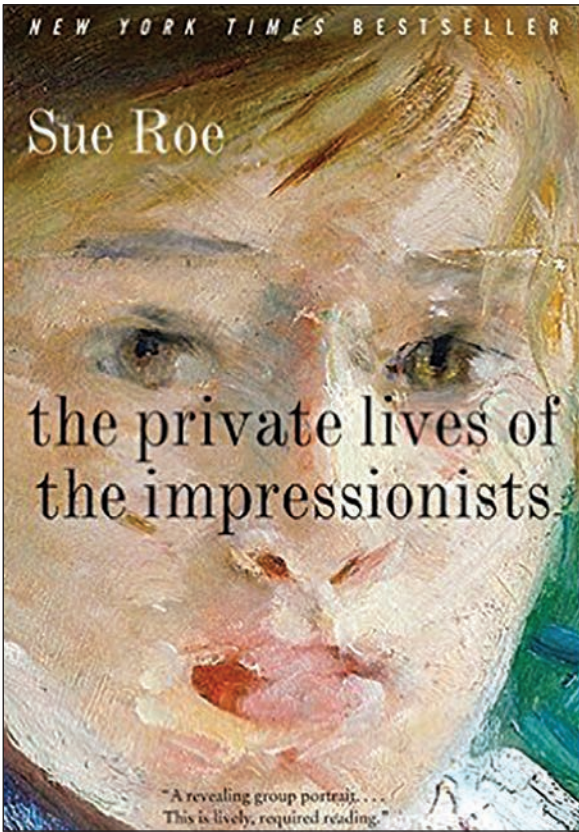
Though they were often ridiculed or ignored by their contemporaries, today astonishing sums are paid for their paintings. Their dazzling works are familiar to even the most casual art lovers – but how well does the world know the Impressionists as people?

Sue Roe’s colorful, lively, poignant, and superbly researched biography, *The Private Lives of the Impressionists*, follows an extraordinary group of artists into their Paris studios, down the rural lanes of Montmartre, and into the rowdy riverside bars of a city undergoing monumental change. Vivid and unforgettable, it casts a brilliant, revealing light on this unparalleled society of genius colleagues who lived and worked together for twenty years and transformed the art world forever with their breathtaking depictions of ordinary life.

The Member Gallery Book Club meets from 6:30 to 8:30 p.m. on the third Tuesday of every month. Club members must purchase their own copy of each book, but an active Alliance membership is all that’s required. This is one of many benefits of an Alliance membership!

You must be a member in order to participate. Individual memberships are \$55 annually or family memberships are \$80. No experience is necessary. Visit www.artinlee.org or call 939-2787 to become a member.

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



School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, Several of my friends who have kids with ADHD take them off their medication during the summer. They have encouraged me

to do the same with my daughter. My friends say it really helps their children but I’m not so sure. Please help me understand some of the pros and cons to this idea.

Janet P., Sanibel

Janet,

Parents of children who take stimulant medication for ADHD often wonder whether their kids should take a “drug holiday” during the summer months. A drug holiday, or what clinicians call a structured treatment interruption, is a deliberate, temporary

suspension of medication. Since children with ADHD don’t need to perform academically during the summer or on extended holidays, parents wary of side effects often seize the opportunity to take kids off their regular regimen of Ritalin, Adderall or other drugs for ADHD. On the other hand, some parents are very wary of an interruption in medication and fear that their children’s behavioral problems will rebound, making them too difficult to handle.

There are certainly pros and cons for prescribing a drug holiday. Sometimes a doctor will prescribe a drug holiday in order to evaluate a child’s progress and determine if medication treatment is still indicated. Another concern is that there is some evidence that taking stimulant medications can affect a child’s physical development early on in the treatment course – an effect parents hope to mitigate with a summer drug holiday. For some kids, what’s most noticeable, and most concerning, is weight loss due to the fact that the medications suppress appetite. If kids are eating far too little and it becomes an issue, Dr.

Ravitz suggests it may be appropriate to go off the medication. It is important to note, however, that another study last year showed that in children followed for 10 years, into adulthood, there were no differences in height or weight between those who had taken stimulant medications and those who hadn’t.

Conversely, child and adolescent psychiatrist Alan Ravitz, MD, recommends against drug holidays unless there is a compelling reason for them as the data shows that children with ADHD who stick with their treatment program year-round reap better results than those who experience interruptions. That’s because it’s a misnomer to think that ADHD affects only their performance in school. “Kids who are being treated for ADHD do better in more than just the classroom,” Dr. Ravitz said. “Medication has to do with managing behavior in a variety of different circumstances.” Children’s social behavior and emotions are still developing in the summer months; they still have to get along with family and friends and function effectively in group activities like sports and day camp.

Overall, a parent should consider how a drug holiday would affect her child’s well being. Because ADHD affects social development as well as academic performance, the conservative approach is to avoid disrupting the prescribed treatment plan, according to Dr. Ravitz. However, there are no hard and fast rules on this issue; ultimately, decisions should arise from a conversation between the family, the child and health practitioner. Consultation with the child’s physician is paramount to the safety of your child when considering the issue of a drug holiday.

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

Senior Safety Education

Seniors are invited to attend a series of safety education seminars on Tuesdays in August and September with the Lee County Sheriff's Office, who will address topics and provide tips on protecting you and your property.

- August 9 at 10 a.m.: Residential security – Are you burglar proof?
- August 30 at 1 p.m.: Responding to an active shooter – Do you know what to do?

- September 13 at 10 a.m.: Sheriff's office traffic unit – Safety on the road.
- September 27 at 1 p.m.: Social Security benefits – Are your benefits safe from hackers?

A question-and-answer session follows each presentation. Light refreshments will be provided. There is no cost to attend.

The seminars will take place at the UnitedHealthcare MedicareStore in the Daniels Crossing Shopping Center, 6900 Daniels Parkway 23-C in Fort Myers. RSVP by calling 561-9142.*

Chronic Disease Management Workshops

Lee Memorial Health System's Lee Health Solutions, in partnership with many local community agencies and supported in part by a grant from the Southwest Florida Community Foundation, is offering a research based chronic disease self-management program developed by Dr. Kate Lorig of Stanford University.

The program, called It's All About You, is designed for people ages 18 years and older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

The workshop is 2.5 hours once a week for six weeks and there is no charge to attend. The workshop will be offered on Wednesdays beginning August 3 from 4:30 to 7 p.m. at The Rose Garden of Fort Myers, 2117 Earl Road.

For more information or to register, call 424-3122.*

Safety Program For Alzheimer's Caregivers

The Alvin A. Dubin Alzheimer's Resource Center is offering a safety program for Alzheimer's caregivers in Lee County. The Dubin Alzheimer's Resource Center's safety program was created to provide caregivers with tools to implement an emergency plan to prevent crises. Each safety program packet includes two components:

- an emergency plan kit
- an identification bracelet application

The safety program packet is provided at no charge to caregivers caring for a loved one with memory loss in their homes in Lee County. Each packet contains all the items necessary to participate in the safety program. Instructions to put the emergency plan in place are included with each packet and assistance is available from the Dubin Alzheimer's Resource Center.

The emergency plan kit is intended to help eliminate the possibility of a crisis situation if the caregiver of a loved one with Alzheimer's disease or a related disorder requires emergency care. The emergency workers who come to rescue the caregiver may not know a memory impaired adult resides in the home, and therefore, may leave the person with Alzheimer's alone when they take the caregiver to the hospital.

The safety program symbol, included with the emergency plan kit, is designed to alert emergency workers that a memory-impaired person resides in the home. The symbol hangs on the front of the home's refrigerator. The corresponding packet of forms, which contain important emergency contacts and care instructions provided by the caregiver, are located inside the

refrigerator. Once a trained emergency worker sees the symbol, he or she will automatically know to search for an Alzheimer's client in the house and, using the information in the refrigerator, take appropriate measures to see that care for this person is provided.

The Dubin Alzheimer's Resource Center caring staff works closely with local law enforcement and emergency workers throughout Lee County to help train them on how the safety program can assist them when they respond to an emergency involving the caregiver of an individual with memory loss.

The safety program also stresses the importance of having an identification bracelet for individuals with memory loss to wear at all times. Identification bracelets help local law enforcement identify individuals who are separated from their caregivers and are unable to find their way home or even tell someone where they live due to memory impairment. Each bracelet (or necklace) is engraved with the person's first name or nickname, a code number which matches their application number, the words "memory-impaired" and the phone number for the Lee County Sheriff's Office. Both the Dubin Alzheimer's Resource Center and the Lee County Sheriff's Office maintain records of enrolled persons' application numbers and identifying information. Being able to look at a bracelet, make a phone call, and escort the lost person to his/her home reduces the time memory-impaired persons are away from their homes and saves police departments valuable effort. A brochure with an application to obtain a bracelet is included in each safety program packet.

The Alvin A. Dubin Alzheimer's Resource Center's office is located at 12468 Brantley Commons Court in Fort Myers. For more information about the safety program, or to find out more about the services offered, call 437-3007.*

Volunteers Needed To Deliver Meals



Meals On Wheels volunteers at work

photo courtesy Community Cooperative

Community Cooperative will be increasing deliveries to its Meals On Wheels clients to six days per week beginning on Saturday, August 6. The organization is looking for 17 additional Saturday morning drivers to assist in completing that work.

Multiple routes available throughout Lee County, with many convenient pick-up locations. Routes can typically be completed in less than two hours.

For more information about becoming a volunteer, call Rachell Mays at 332-7687 ext. 100.*

Captiva Triathlon Registration Open

Registration is currently open for the 6th annual Galloway Captiva Triathlon, which has sold out earlier every year since its 2011 inception and is limited to 750 participants for the Sunday adult sprint event. Proceeds from the event will benefit the Community Cooperative's Healthy School Pantry program.

The adult event is scheduled for September 11 at South Seas Island Resort on Captiva Island 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 www.CaptivaTri.org.

The nonrefundable cost to register is \$85 for individuals, \$95 for elite amateur athletes and \$200 for relay teams of two or three people. Registration fees increase on August 1 to \$95, \$105 and \$210, respectively.

The Captiva Tri also will host a shorter Children's Fun Tri on Saturday, September 10, 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 to 8, 9 and 10, and 11 to 13 – with the distances of each race varying. Registration is \$25 (which does not increase on August 1). All three age groups are limited in size, and have sold out before the adult event in years' past.

To register, go to www.CaptivaTri.org.*

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dearRPharmacist

Five Ice Cube Recipes To Help You Lose Weight



by Suzy Cohen, RPh

Dear Readers I bet some of you drink pure filtered water and try to get your friends and relatives to do the same but they won't listen. Drinking water instead of soda can be the

fastest, simplest way to lose weight and improve health. Why?

Because we all need fresh water to dilute poisons in our body and filter toxins through our kidneys. When you become dehydrated with sugar-laden drinks, this filtration function gets harder. Blood sugar increases. Remember, water is essential to life because it keeps us hydrated. Having enough water on board can reduce your risk of migraines while improving energy.

Yet despite the common sense aspect to drinking water and staying hydrated, some people insist on

drinking tainted water that was perfectly good before some giant food company turned it into a liquid missile.

Drinking chemical liquids has become the norm. Millions of people worldwide choose to drink what I call "messed up water;" water that has been manufactured to contain lab-created dyes some of which trigger anxiety and asthma, various artificial sweeteners or preservatives, a few known carcinogens as well as refined sugar. But wait, there are ADHD drugs that offset the effect of drinking liquid excitotoxins. (Yes, I'm being sarcastic.)

I'm sure you'd be willing to at least offer your children a cleaner, healthier version of water if you knew how. So my intention today is to teach you how to make water prettier, tastier, and fresher with something cheap and easy like ice cubes. I can show you how to make them medicinal by infusing them with fruits or herbs. Then whenever you're ready you can slowly tilt yourself in the direction of clean, pure water or fizzy seltzer drinks. Changing from soda to water is easy if you want to. It's just a choice, so try this:

Blueberries – Add three blueberries to each cube and freeze. When these melt in your water later on, you can eat them. Seltzer water is ideal. Blueberries enhance cognitive function, vision and cholesterol/triglyceride ratios.

Mint – Put a tiny sprig each ice cube.

When it melts in your water it will add a minty zing and freshen your breath. Mint is great for energy and may improve digestion.

Strawberries– Use organic ones. Wash them and cut the stems then slice thinly. Put a slice in each cube. Strawberries have 113 percent of the daily value of Vitamin C, plus a lot of manganese which makes your SOD (detoxification) enzyme work better.

Matcha – Brew some matcha green tea at half strength and then freeze it. These make beautiful green cubes and matcha infuses your water with EGCG (epigallocatechin gallate) which is a known cancer fighter and fat-burning compound.

Greens – Make superfood ice cubes out of your favorite brand of greens, I make mine at half-strength.

To receive more of my medicinal ice cube recipes, go to my website and sign up for my free newsletter at suzycohen.com

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 8

Along The River

options at The Edison Ford Marina and Pinchers restaurant and the onsite Banyan Café.

The cost of the self-guided audio tour is \$20 with options to add in a guided tour. For additional information, call 334-7419 or visit www.edisonfordwinterstates.com.

Peace Lutheran Church is presenting **The Servant Church** this Sunday, July 31 at 3 p.m. It is the church's 9th annual Last Sunday in July **Concert** and 5th Sunday Hymn Sing.

The readers each represent an organization that Peace Lutheran Church helps and serves in some capacity in the Southwest Florida community. "Equipping disciples" is an integral part of the life of this community and not just part of a saying.

The readings are written by Susan Palo Cherwien and the hymns are by composers and poets across the ages and well known to singers everywhere. Ric Jaeggi, director of music at Peace Lutheran Church, will play the hymns.

Peace Lutheran Church is located at 15840 McGregor Boulevard in Fort Myers. Visit peaceftmyers.com or call 437-2599 to learn more.✱✱

To advertise in *The River Weekly News* call 395-1213

Doctor and Dietician

Is Your Health Off Track? Get Back To Basics



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

If your health is starting to go off track, the solution is often not that difficult. It typically requires asserting more control of your lifestyle. The results of doing so will save you financially, emotionally and physically, because taking care of yourself today, lessens the likelihood of developing diseases later in life. You can never underestimate the power of food and lifestyle.

If you are developing high blood pressure, high cholesterol, obesity, diabetes, and are also inactive, sedentary, eat mostly processed non-nutritious food, not getting enough sleep and feeling stressed out – we strongly suggest you take it seriously and get your health back on track. Do it for yourself and for your

family and friends who want to see you be healthy.

10 Tips For Getting Your Health Back On Track:

1. You are what you eat. Dump the junk food.
2. Eat fresh. Veggies are the most neglected food on most Americans' plates.
3. Cook your own food from scratch, not from a box, can or frozen package.
4. Treat others like you would want to be treated. Smile. Life is too short.
5. Get at least seven hours of sleep per night.
6. Start moving. Exercise at least one hour per day for a minimum of four days per week. The benefits are enormous.
7. Practice being positive and encouraging.
8. Be thankful.
9. Don't let stress ruin your life – it's the number one killer. Everyone has some stress, but if you are chronically overloaded, it negatively affects your biochemistry. You must make a change.
10. Simplify. Focus on the most enriching aspects of life, such as nurturing relationships, spending time with family or friends, connecting with nature, spiritual growth and being a blessing to someone in need.

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.✱✱

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

I guess I am very old fashioned, but when I give a gift, am I out of touch with reality to expect a thank you?

I tried to teach my adult children to send thank you notes, but one son never learned. I tried all kinds of ways to improve his behavior, but nothing works. He even told me that he is so appreciative that his in-laws never expect a thank you, so I guess I will wait a long time.

He is also going to wait a long time because I plan to leave my wealth to more appreciative people. Your comments, please.

Harvey

Dear Harvey,

It would appear for many people that a common thank you is beyond their ability.

I was once in charge of a program for elderly women who knitted scarves and mittens all year and gave them to local churches at Christmas time.

One year, the women waited and waited but no thank you ever came. Come March, I realized that their adult children were wondering if I had secretly sold these items, so I approached the local priest,

He told me that the women and I were expecting far too much to be thanked and they should be satisfied with their "very act of giving." I was embarrassed when I had to tell the ladies what the priest had said and I cancelled their wonderful program.

Lizzie

Dear Harvey,

I know showing appreciation for gifts of all sorts is very important. I am sorry your adult children have disappointed you in this regard. It appears that this issue is so important to you that you think about it a lot. If their unappreciative ways are one of many disappointing behaviors, I can understand your concern and your decisions. If your adult children are otherwise good, loving and supportive, I encourage you to revisit how important the thank you note is to your overall relationship.

We all have our warts and behaviors that need to be improved.

Pryce

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

PETS OF THE WEEK



Allie

Allie ID# 622143



Cliff

Cliff ID# 666619

photos courtesy Animal Services

Hello, my name is Allie. I'm a 6-year-old tan and white, spayed female Jack Russell terrier mix. I'm very petite and agile with quite a bit of energy. I love to run and chase the water stream from the hose, leap high into the air and even do backflips. Call my name, and I will come running to you. I'd love to be your new best friend!

Adoption Fee: \$25 for pets age 6 years and older

Hi, I'm Cliff. I'm a 3-month-old black and white male domestic short hair. There's no question about it, I'm adorable. What you may not know is that there are many more beautiful black or mostly black kitties at the shelter just waiting for their forever homes. Since all cats and kittens are 2 for 1, you can get a great companion for your new little beauty too!

Adoption Fee: \$10 (regularly \$75) during Animal Services' "It's Raining Cats and Dogs" Adoption Promo

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

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food.

The adoption package is valued at \$500.✱

THE RIVER WEEKLY NEWS FROM THE BEACHES TO DOWNTOWN FORT MYERS

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

ARTS

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

CLUBS & ORGANIZATIONS

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

Kiwanis Clubs:

Fort Myers Beach	765-4254 or 454-8090
Fort Myers Edison	694-1056
Fort Myers South	691-1405
Gateway to the Islands	218-5768
Iona-McGregor	482-0869

Lions Clubs:

Fort Myers Beach	463-9738
Fort Myers High Noon	466-4228
Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

AREA ATTRACTIONS

Bailey-Matthews Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

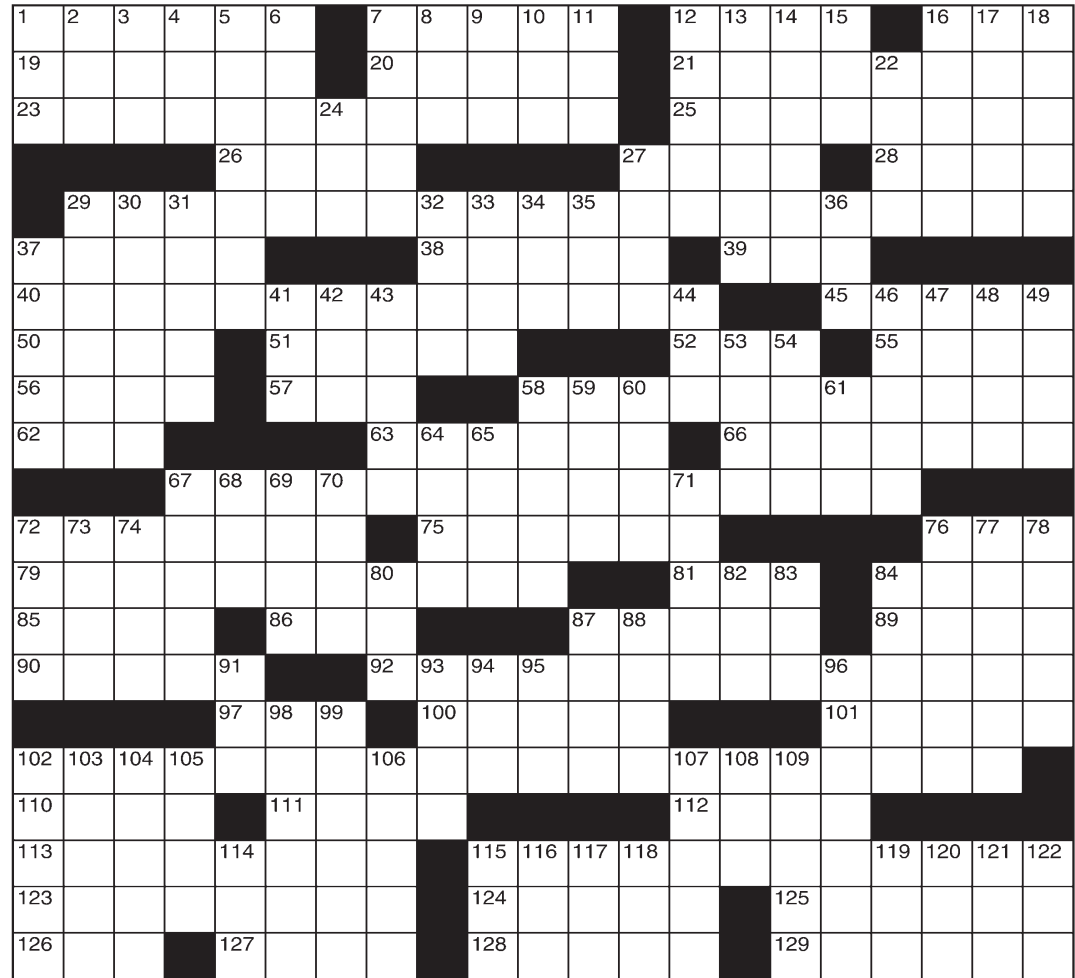
To be listed in calling card email your information to:
press@riverweekly.com

PUZZLES

Answers on page 29

Super Crossword WHERE DID IT GO?

- ACROSS
- 1 Cover again, as a gift
- 7 Slyly spiteful
- 12 The "E" of NEA: Abbr.
- 16 "Hulk" director — Lee
- 19 R&B singer Keys
- 20 Degrade
- 21 Bite-size Nabisco treat
- 23 Actress Swank comes next?
- 25 "That's been canceled"
- 26 Large truck
- 27 Singer — James
- 28 Sign of good or ill
- 29 Disobeys established rules on how to make and serve meat sauce?
- 37 Shaped like a bagel
- 38 "What —!" ("How dull!")
- 39 Ship locale
- 40 Donkey serving morning meals?
- 45 Biblical land with a queen
- 50 "Say it — so, Joe!"
- 51 Cuts into small cubes
- 52 Chi preceder
- 55 Landfill woe
- 56 Classic autos
- 57 Made in the manner of
- 58 Hairdo for folks going after prey?
- 62 Detroit-to-Nashville dir.
- 63 "Mr. —" (1983 hit for Styx)
- 66 Ropy
- 67 Sun blockers worn while on vacation?
- 72 Ireland's longest river
- 75 Events for bulldoggers
- 76 Cut grass
- 79 Business that makes flag holders?
- 81 Join together
- 84 Lion growth
- 85 "— further review ..."
- 86 Grassy area
- 87 In harmony
- 89 Met solo
- 90 Must-haves
- 92 Positively charged atom moving very quickly?
- 97 One may shout "Out!"
- 100 Brutish types
- 101 Is defined as
- 102 Groups with no university teachers as members?
- 110 Sector
- 111 Hipsters' talk
- 112 Roman poet
- 113 Shrink
- 115 Thing influencing the decision to use whitewash?
- 123 Aardvark lookalike
- 124 Bring to mind
- 125 Bit of ado
- 126 Part of UCLA
- 127 Ship's left
- 128 Keyed in
- 129 Biting writing
- DOWN
- 1 Rally cheer
- 2 — Lilly
- 3 Wheaton of TV and film
- 4 Blu-ray
- 5 Ill from flying
- 6 Check endorser
- 7 "Pipe down!"
- 8 Crunchable muscles
- 9 Upsilon preceder
- 10 Mao — -tung
- 11 "It's true"
- 12 Gives forth
- 13 Quaint paper copies
- 14 Hazardous
- 15 Org. in "Homeland"
- 16 Eatery lure
- 17 Israeli desert
- 18 Stupid or thuggish
- 22 — about (circa)
- 24 Mime duo?
- 27 Fancy jug
- 29 Fishing rowboats
- 30 Before this time, to bards
- 31 Royal decrees
- 32 Abhorrence
- 33 Fades away
- 34 Coach Holtz
- 35 Part of ETA: Abbr.
- 36 Sedan liquid
- 37 Some ski lifts
- 41 Rx org.
- 42 Bring pain to
- 43 Neck cover
- 44 Make a pick
- 46 Neighbors of Navajos
- 47 Ideal garden
- 48 Tennis' Björn
- 49 Military force
- 53 Cat sound
- 54 Really liking
- 58 "Hiya"
- 59 — Reader (alternative magazine)
- 60 De — (anew)
- 61 Cur's sound
- 64 Other, to Tomás
- 65 Great asset
- 67 Sideways up
- 68 Dad's bro
- 69 Wrench, e.g.
- 70 "This one's —" ("I'll buy")
- 71 "The battle —"
- 72 Rotated
- 73 Expect
- 74 Emollient plant
- 76 "Maid" of Robin Hood
- 77 Kin of leeks
- 78 Gets off the bottle
- 80 Faux follower
- 82 H.S. class
- 83 Winter mo.
- 84 San — (Bay Area city)
- 87 Yemen city
- 88 "Of course, Señor!"
- 91 Spanish for "south"
- 93 Skin feature
- 94 Grade A item
- 95 Slice of history
- 96 "Star Wars" queen
- 98 Rum cocktail
- 99 Xanax maker
- 102 Tennis' Rafael
- 103 Maine university city
- 104 Pond creatures
- 105 Window part
- 106 Open to view
- 107 Divided into districts
- 108 Batting stat
- 109 Slight fights
- 114 Enervate
- 115 "— me go!"
- 116 It climbs walls
- 117 Do a floor job
- 118 "I Like —" ('50s slogan)
- 119 Abridge
- 120 Angle lead-in
- 121 Bobby of the rink
- 122 Dark deli loaf



King Crossword

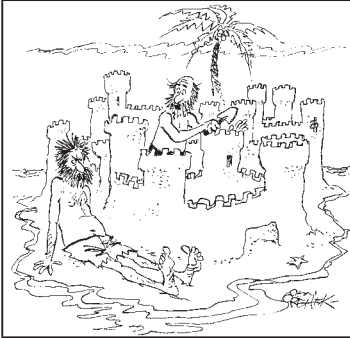
- ACROSS
- 1 Rd.
- 4 "Little Women" woman
- 8 Colorless
- 12 Wrestling win
- 13 Met melody
- 14 Libertine
- 15 Vindicating
- 17 Count counterpart
- 18 A billion years
- 19 Gold measure
- 20 Heathen
- 22 "Just the facts, —"
- 24 Low-pH
- 25 Gaffer's responsibility
- 29 Pale
- 30 Wise lawgiver
- 31 Born
- 32 Tabloid event re Elvis
- 34 Check bar codes
- 35 Highly-rated
- 36 Upper crust
- 37 Tweet
- 40 Elevator name
- 41 Parliament figure
- 42 At it
- 46 First victim
- 47 Between jobs
- 48 Compete
- 49 Inquisitive
- 50 Active sort
- 51 Shade provider
- 11 Region
- 16 Boss
- 19 Actress Madeline
- 20 Handles clumsily
- 21 Antioxidant berry
- 22 Winnie-the-Pooh's creator
- 23 Enthusiastic, plus
- 25 Pork cut
- 26 Impressively direct
- 27 Spruced up
- 28 Kelly or Hackman
- 30 Halt
- 33 Almost not at all
- 34 Skirt feature
- 36 Old anesthetic
- 37 Family
- 38 Vagrant
- 39 Ticks off
- 40 Leer
- 42 Newton fruit
- 43 Bachelor's last words
- 44 Zero
- 45 Sparkler
- DOWN
- 1 Spring mo.
- 2 Twilight hour, in a way
- 3 Attractive
- 4 Majorette's prop
- 5 Burnett of CNN
- 6 Can makeup
- 7 Crone
- 8 Fantasized
- 9 Bellow
- 10 Emanation

MAGIC MAZE — PARK

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

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

- Amusement
Ball
Belmont
Double
- Estes
Gosford
Hyde
Industrial
- Memorial
National
Oak
Theme
- Trailer
Wildlife
Winter



"No wonder you're bored!"

What you need is a _____!"

answer on page 29

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Calm
BESALT _____

Cranky
YORNER _____

Feral
TUBER _____

Rubble
HARTS _____

TODAY'S WORD

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

SUDOKU

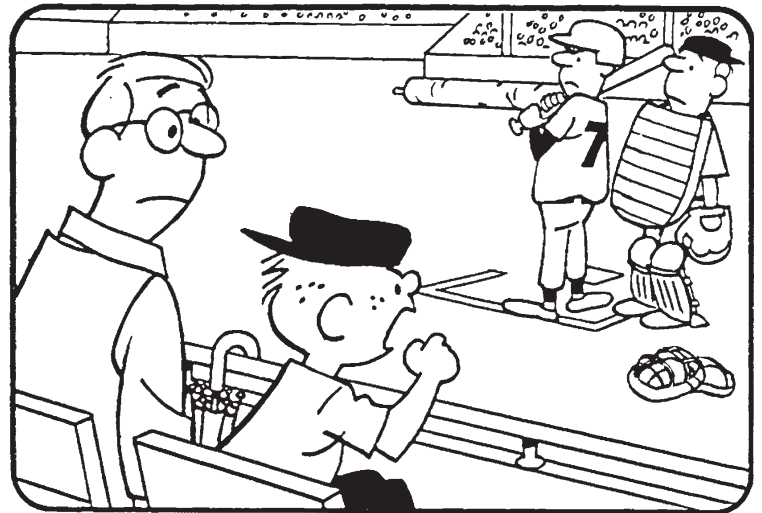
To play Sudoku:

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.

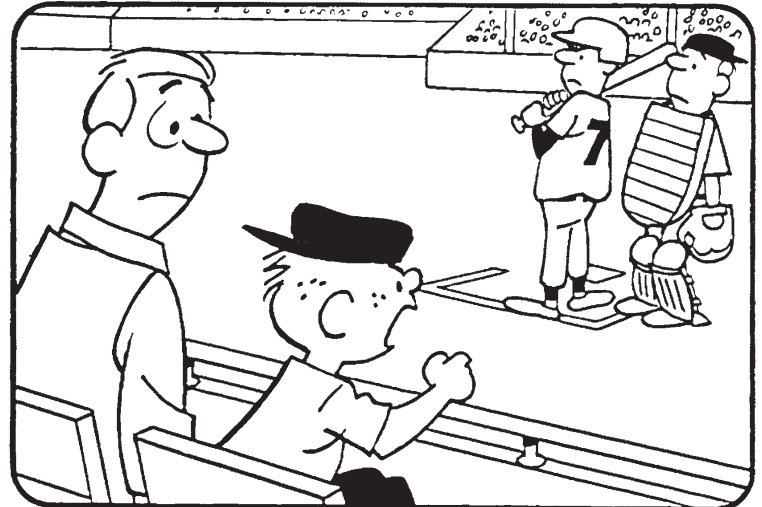
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Glasses are missing. 2. Umbrella is missing. 3. Arm is moved. 4. Tarp is missing. 5. Chest protector is different. 6. Mask is missing.

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Herb-Crusted Baked Grouper

- 4 six-ounce grouper fillets
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- Salt, to taste
- Black pepper, freshly ground, to taste
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 4 tablespoons butter, melted
- 1 small yellow onion, sliced

Preheat oven to 350 degrees F. Coat grouper liberally with olive oil. In a flat dish, crumble the herbs and mix well. Roll each filet in herb mixture, lightly coating each side. Season the filets with salt and fresh ground pepper. Place filets in a baking dish with onions; drizzle the melted butter evenly over the herbed filets. Place in oven and cook for 20 minutes until opaque in the center. Remove and serve filets topped with onions.

Yields four servings.✪



Herb-Crusted Baked Grouper

photo courtesy Fresh From Florida

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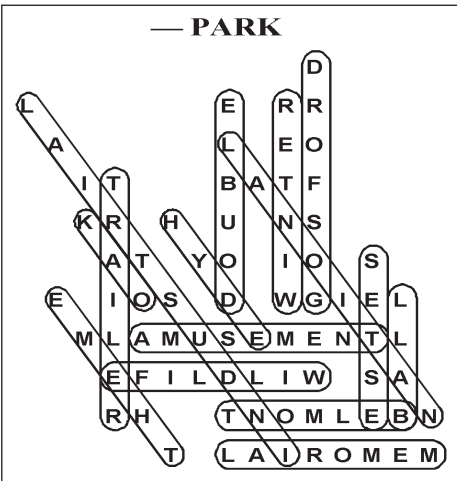
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

My Stars ★★★★★

FOR WEEK OF AUGUST 1, 2016

ARIES (March 21 to April 19) A misunderstanding tests the temperament of the sometimes headstrong Aries. Instead of blowing your top, take time for a pleasant diversion while things cool down.

TAURUS (April 20 to May 20) A workplace problem could make the divine Bovine see red. But talk it out before you consider walking out. Some surprising facts emerge that change your earlier focus.

GEMINI (May 21 to June 20) You face a choice between ignoring your uneasy feelings about your relationship with that special person and demanding explanations. A close friend offers wise counsel.

CANCER (June 21 to July 22) A change you'd been hoping for carries an unexpected complication. Stay the course, and things will work themselves out. Be sure to make time for family and friends.

LEO (July 23 to August 22) Aspects favor spending time with loved ones. On the job, new ideas are generally welcomed. But some demands for changes could cause problems. Be ready to defend your choices.

VIRGO (August 23 to September 22) Good news: That workplace problem is close to being resolved with results that should please everyone. Take time off to indulge your love of fun and games.

LIBRA (September 23 to October 22) Most of the time you are the most unflappable person around. But be ready to be thrown off-balance in the nicest way when Cupid takes aim in your direction.

SCORPIO (October 23 to November 21) It's not often when someone tries to "sting" the sharp-witted Scorpion. But it can happen. Continue to be skeptical about anything that seems too good to be true.

SAGITTARIUS (November 22 to December 21) Your strong sense of self-esteem helps you serve as a role model for someone who needs personal reassurances. Your efforts pay off in an unexpected way.

CAPRICORN (December 22 to January 19) Someone close considers revealing a painful secret. Withhold judgment. Instead, open your generous heart, and offer dollops of your love and understanding.

AQUARIUS (January 20 to February 18) Your talents as a peacemaker are called upon once more as an old problem re-emerges with new complications. Move cautiously in order to avoid falling into hidden traps.

PISCES (February 19 to March 20) Your artistic side is enhanced with the reception given to your new project. Use this success as encouragement toward fulfilling your larger goals.

THIS WEEK IN HISTORY

BORN THIS WEEK: Your natural sense of leadership is combined with a deep sense of responsibility. People trust you to give them both guidance and understanding.

• On Aug. 2, 1776, members of Congress sign an enlarged copy of the Declaration of Independence. Fifty-six delegates signed the document, going by state from north to south, beginning with New Hampshire and ending with Georgia.

• On Aug. 7, 1782, Gen. George Washington creates the "Badge for Military Merit," a purple silk decoration to be presented to soldiers for meritorious action. In 1932, the U.S. War Department announced the creation of the Purple Heart.

• On Aug. 5, 1914, the world's first electric traffic signal is put into place in Cleveland. Four pairs of red and green lights, each mounted on a corner post, served as stop-go indicators.

• On Aug. 6, 1928, renowned pop artist Andy Warhol is born in Pittsburgh. He took literally the advice of an art teacher who said he should paint the things he liked. Warhol liked ordinary things, such as canned soup and soft drinks, and so he painted them.

• On Aug. 4, 1944, the Nazi Gestapo captures 15-year-old Jewish diarist Anne Frank and her family in a sealed-off area of an Amsterdam warehouse. The Franks had taken shelter there in 1942 out of fear of deportation to a Nazi concentration camp and were aided by Christian friends.

• On Aug. 1, 1966, Charles Whitman goes on a shooting spree at the University of Texas, killing 14 people and wounding 31 from atop a 300-foot tower. He had told his doctor that he was thinking about shooting people from the tower with a rifle, but the doctor never followed up.

• On Aug. 3, 1977, "The Spy Who Loved Me," starring Roger Moore as James Bond, is released in theaters. The film features one of the most memorable Bond cars ever -- a sleek Lotus Esprit that does double duty as a submarine.

STRANGE BUT TRUE

• It was 20th-century Japanese engineer and industrialist -- and founder of the Honda Motor Company -- Soichiro Honda who made the following sage observation: "If you hire only those people you understand, the company will never get people better than you are. Always remember that you often find outstanding people among those you don't particularly like."

• Actress Shirley MacLaine claims that in a past life, she was a gypsy who had an affair with Roman Emperor Charlemagne.

• Unless you live in a snowy mountain town, you've probably never heard of skijoring. In what is probably the most popular contemporary version of this sport, a skier is pulled by one or more dogs wearing a harness that allows the dogs to be directed. The racecourse can be short, for sprints, or as long as 270 miles in cross-country competitions. Equestrian skijoring is rather more like water-skiing: A horse with a rider pulls a skier on a towline through a series of jumps and obstacles. Equestrian skijoring was a demonstration sport at the 1928 Winter Olympics in Switzerland.

• Those who study such things say that honey is the only food that doesn't spoil. So, next time you run across some 3,000-year-old honey, feel free to chow down.

• At a Mets game at Citi Field, a woman lost a gold tooth down a toilet, and she decided to reach in after it. Unfortunately for her, the restrooms there use a high-vacuum system, and she was pulled in up to her armpit. Unable to extricate herself, she had to spend several hours in this undignified position until a plumber could come to her aid.

THOUGHT FOR THE DAY

"There is no greater fallacy than the belief that aims and purposes are one thing, while methods and tactics are another." -- Emma Goldman

SCRAMBLERS

solution

1. Stable; 2. Ornerly; 3. Brute; 4. Trash

Today's Word
HOBBY

TRIVIA TEST

- Geography: Where are the Atlas Mountains located?
- Literature: Who wrote an 1841 essay called "Self-Reliance"?
- Ad Slogans: Which fast-food company urged customers to "think outside the bun"?
- Music: Which band performed the gender-bending hit "Lola"?
- Psychology: What is the fear represented in panophobia?
- Movies: Which movie contains the line, "The problems of three little people don't amount to a hill o' beans in this crazy world"?
- Firsts: Who was the first recorded person to swim the English Channel?
- Art: Who painted the 1665 work titled "Girl with a Pearl Earring"?
- U.S. Presidents: Who were the two presidents whose first names were Andrew?
- Food & Drink: The hybrid Ugli fruit is a cross between which three fruits?

TRIVIA ANSWERS

- Northwest Africa
- Ralph Waldo Emerson
- Taco Bell
- The Kinks
- Fear of everything
- "Casablanca"
- Capt. Matthew Webb
- Johannes Vermeer
- Andrew Jackson and Andrew Johnson
- Tangerine, orange and grapefruit

★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

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 *RS 4/29 CC TFN

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 *NS 7/22 CC TFN

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 *NS 4/24 CC TFN

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ANNUAL RENTALS SANIBEL

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 *RS 7/29 BM TFN

HOUSE FOR RENT, FURNISHED

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 References required.
 *NS 7/8 CC 7/29

QUIET NEIGHBORHOOD

2BD/2BA in quiet neighborhood now available. 1/2 of duplex. Enclosed lanai with a/c. Center of the island. w/d hook-up. Pets okay. \$1,800/month. Year lease. Text only: 239.728.1920
 *NS 7/29 BM 8/5

HOUSE FOR RENT

West Gulf Dr., long term, 2,000 sq.ft. 3Br,2B, loft, 2 car garage. 2 enclosed lanais off MB & LR. Private Deeded Beach. \$2,500, first, last, security. 239-910-6430 or email Luvavantis@aol.com
 *RS 6/24 CC TFN

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 *RS 1/23 BM TFN

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 *NS 7/22 CC 8/5

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LOST AND FOUND

ENGAGEMENT RING LOST

Engagement ring lost at the Lighthouse Beach by the big driftwood tree on 4/28/16 in the water. If anyone finds, please contact the Sanibel Police or call 864-704-5135.
 *NS 5/13 NC TFN

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 Tel: (239) 332-5346 or (800) 332-5346
 *NS 7/1 NC TFN

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Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous

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Turtle Nesting Season Guidelines

With the official start of sea turtle nesting season now upon us, the City of Sanibel, in partnership with the Sanibel-Captiva Conservation Foundation (SCCF), is asking all residents and visitors to do their part in protecting these threatened and endangered species.

On Sanibel, nesting and hatchling emergence typically occur between May 1 and October 31.

The nesting ritual of the loggerhead sea turtle is one of the most remarkable natural phenomena occurring on Sanibel's gulf beaches. This natural process has happened on Sanibel for centuries and our 11 miles of gulf shoreline have more nesting activity than any other beach in Lee County. Sought by predators and susceptible to dehydration, sea turtle hatchlings have only a one in one thousand chance of survival. Human activities can further reduce that chance.

By following these simple guidelines, you can do your part to ensure the survival of these magnificent creatures:

- Turn off or shield lights near the beaches. Artificial beach lighting can inhibit female sea turtles from nesting and disorient hatchlings. Most beachfront lighting issues can be addressed by turning off all unnecessary lights, repositioning or modifying light fixtures or closing blinds and drapes.

- Remove furniture and other items from the beach and dune area when not in use, between the hours of 9 p.m. and 7 a.m. Items left on the beach, including beach furniture, toys and trash, may be barriers to nesting or result in entanglement and predation of hatchlings.

- Level all sandcastles and fill any holes dug during play. These are fine during the day but may pose additional hazards at night. Please leave the beach as you found it, so that sea turtles and hatchlings are not hindered on their way to nest or to the water.

- Pick up all trash. Sea turtles mistakenly eat debris, especially plastic, which results in death.

- Honor the leash law. All dogs on the beach must be on a leash and not allowed to disturb nesting turtles or hatchlings.

Gulf-front property owners should make sure that their properties are in compliance with the city's sea turtle protection ordinances and ensure that artificial lighting from the property is not illuminating the beach (Sanibel Code Section 74-181-74-183, Section 126-996-126-1002).

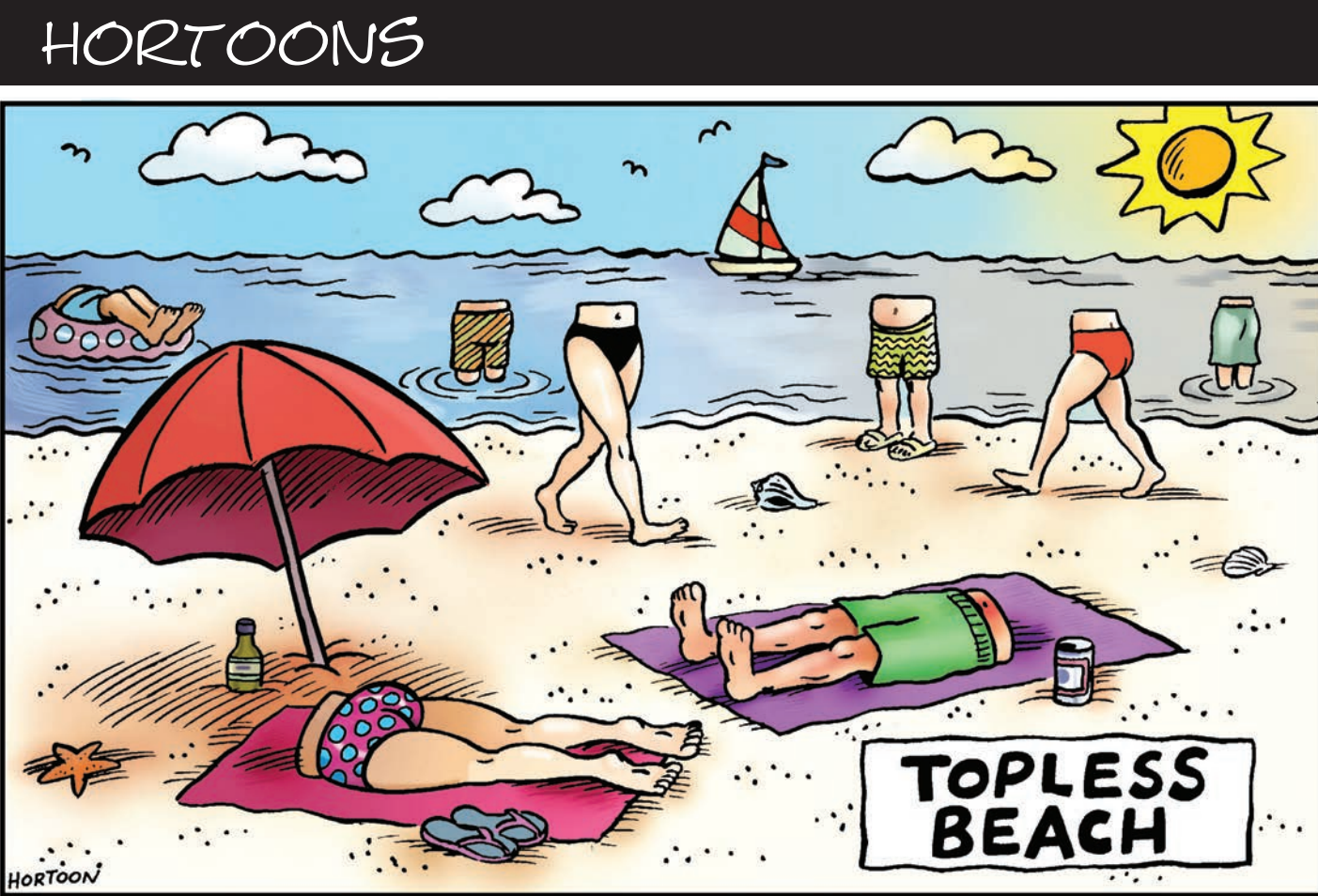


A loggerhead sea turtle hatchling making its way towards the water
photo by Jeff Lysiak

An easy way to test if your property is in compliance is to stand on the beach on a moonless night and look seaward. If you can see your shadow cast towards the water, there is too much light behind you. This light could potentially deter female turtles from nesting or disorient hatchlings as they emerge from the nest.

We look forward to another successful sea turtle nesting season and hope to uphold Sanibel's reputation as having one of the darkest and most "turtle friendly" beaches in the state. We ask for your continued compliance with city's sea turtle protection ordinances and remind all residents and visitors that violations of these ordinances may be subject to city, state, and/or federal fines and penalties. Violations should be reported immediately to the Sanibel Police Department at 472-3111, Sanibel Code Enforcement at 472-4136, or Natural Resources at 472-3700.

For more information regarding sea turtles on Sanibel, visit the city's website at <http://mysanibel.com/Departments/Natural-Resources/Protecting-Our-Beaches/Sea-Turtles>.



Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Grand Ole Man	Fort Myers Beach	1987	2,236	\$ 1,588,000	\$ 1,508,000	53
Woodlake At Bonita Bay	Bonita Springs	1989	3,343	\$ 895,000	\$ 850,000	44
Paseo	Fort Myers	2014	2,876	\$ 754,990	\$ 593,058	698
Laguna Shores	Fort Myers Beach	1970	2,931	\$ 739,000	\$ 710,000	0
Belle Lago	Fort Myers	2006	3,147	\$ 699,990	\$ 677,000	10
The Masters	Estero	2001	2,080	\$ 665,000	\$ 640,000	0
Whiskey Creek Club Estates	Fort Myers	1985	3,531	\$ 639,000	\$ 610,000	25
Bonita Beach	Bonita Springs	1990	2,766	\$ 634,500	\$ 600,000	0
Palm Acres First Addition	Fort Myers	1980	2,551	\$ 599,000	\$ 535,000	91
Crown Colony	Fort Myers	2006	2,543	\$ 595,000	\$ 574,000	123



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