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Vol. 15, No. 34

From the Beaches to the River District downtown Fort Myers

AUGUST 26, 2016

Exhibition At Art Center To Spotlight Shell Point Artists

Shell Point Retirement Community and the Sidney & Berne Davis Art Center (SBDAC) are partnering to present a month-long exhibition titled Ageless Creativity: The Artists of Shell Point, which will open concurrently with the annual Art Fest Fort Myers on Friday, February 3 at 2301 First Street in downtown Fort Myers.

Sponsored by FineMark National Bank & Trust, the show will feature 188 jury-selected artworks, many of which will be available for sale. All work has been produced during the retirement years of the 49 Shell Point resident artists, who range in age from the late 60s to mid-90s. Represented media include acrylic, watercolor, oil, pastels, pencil, charcoal, clay, fabric, stone, metal, shells, wood, mixed media and photography.

"The goal of the exhibition is to demonstrate that creativity is neither limited nor defined by age," said Marge Lee, Shell Point resident and professional exhibition interpretive planner who conceived the event. "Genius can often find new

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Photography has been a part of Dotty Morrison's life for many years, but she credits the recent influence of the Shell Point Photography Club and Caloosa Bird Club for inspiring and developing her skills as a photographer. Her work, *Flamingo at Rest*, will be in the show. images courtesy Shell Point



June Lockhart's clay sculpture, *Maasai Warrior*, represents the majesty of African people

Bluegrass Music Returns To Alliance



Captain Joe and the Bottom Feeders

photo courtesy Alliance for the Arts

Live bluegrass music returns to the Foulds Theatre at the Alliance for the Arts on Sunday, September, 11 from 2 to 5 p.m. Presented by Palmgrass.org-The Acoustic Music Society of Southwest Florida, the popular bluegrass series continues monthly through April 2017.

The September concert features Captain Joe & the Bottom Feeders and the Bugtussle Ramblers. Tickets are \$10 and available online at www.ArtnLee.org/tickets or at the door. Seating is open and first come, first served. Children 12 and under are admitted at no charge if accompanied by an adult. Doors open at 1 p.m. Visit ArtnLee.org or call 939-2787 for more information.

To learn more about bluegrass and acoustic music in Southwest Florida, visit www.Palmgrass.org.

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



Pirate Festival Returning In October

The Fort Myers Beach Chamber of Commerce and its partners present the 11th annual Pirate Festival, a swashbuckling time scheduled for Columbus Day weekend, October 7, 8 and 9 on Old San Carlos Boulevard.

Visitors will be invited to check out the pirate bazaar, themed live music and performances, ship battles, children's activities and the Pub Quest, for those 21 years and older.

Adult entry (ages 12 and up) is \$5, with proceeds going toward the Fort Myers Beach Chamber of Commerce and its affiliated charities.

Event sponsors include Code Rum, Lighthouse Resort Inn & Suites, Nervous Nellies, Old San Carlos Boulevard, Salty Sam's Waterfront Adventures, Shipwreck Treasures & Motel, Smokin' Oyster Brewery, Sunset Beach Tropical Grill and Yucatan Beach Stand.

To participate as a performer or goods vendor, contact Belinda Hadcock at reelpirates@comcast.net or call 777-1727. For more information, visit fmbpiratefest.com.*

Historic Downtown Fort Myers, Then And Now:

Transitions For First Baptist Church



by Gerri Reaves, PhD

A couple of years ago, a quiet transition took place in one of Fort Myers's historic churches. Cross-denominational CityGate Ministries was created in a merger of downtown's historic First Baptist Church and Elevation Ministries.

The First Baptist Church had been constituted in 1889 and was one of the first churches in town. Founding members included Capt. JJ Dinkins, Mary F. Hill (mother of M. Flossie Hill, who became a leading merchant), John L. and Anna Wilhelm, Dr. Lyle C. and Mary C. Washburn, Dr. Robert B. and Martha E. Leak, Mary Wall Frierson, and Mrs. John (Anna) Braman.

They met in the public school until the first sanctuary was built in 1893 on land donated by Frierson. The modest one-room building stood on the east side of Jackson Street, roughly mid-block between First and Second. Dr. Washburn donated one-half of the funds to build it.

Flowers from Frierson's renowned garden at First and Jackson and Streets graced the sanctuary of the Baptist as well as the Methodist church each Sunday.

Dr. Leak, a schoolmaster and founding church member, donated the \$50 annual minister's salary.

The substantial bell in the belfry provided a vital public service in 1903, when it alerted citizens to a fire that threatened much of the small downtown constructed of mostly wood buildings.

The church remained there until 1907 (one source cites 1905), when it was relocated slightly south to the spot pictured here, on the southeast corner at Second.

On the right side of the circa-1907 photo is the public school on the site where the Andrew D. Gwynne Institute was built in 1911. That wood-frame school was the second one on that site, the first one having been lost to fire.



This postcard image shows the First Baptist Church circa 1907, the year it moved to the southeast corner of Second and Jackson from a site about a half-block north. To the right is the public school.

photo courtesy Southwest Florida Historical Society, Sara Nell Gran Postcard Collection



Only the lower part of the sanctuary dedicated in 1959 is visible beyond the foliage. The Andrew D. Gwynne Institute replaced the two-story wood-frame school in 1911.

photo by Gerri Reaves

That second school was built in 1887 and the second story added in 1902, creating the L-shaped structure in the photo.

As for the one-room Baptist church on the opposite corner, it was subsequently remodeled and enlarged in 1913, and the spire increased from 40 to 56 feet.

It suffered significant damage in the 1926 hurricane, so in 1929, a cream-colored stucco, T-shaped church was completed. A Hammond organ was also installed in the sanctuary.

The old church, which had been moved to the rear of the lot, was used for Sunday-school rooms.

The church continued to grow, and in September 1958, the last service was held in the existing sanctuary. Services were held in the Arcade Theatre while the new sanctuary was constructed.

The current Georgian-Colonial-style sanctuary opened in 1959.

Stroll down to Second and Jackson and see the third sanctuary of what was one of the town's oldest churches.

Learn more about local history at the following venues. The Southwest Florida Historical Society's research center is an all-volunteer non-profit organization 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.

Be sure to visit the Lee County Black History Society research center at 1936 Henderson Avenue and the Williams Academy Museum at Roberto Clemente Park.

Hours for the all-volunteer non-profit organization are 10 a.m. to 4 p.m., Wednesday through Friday.

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Dining Club Meets For Ice Cream



Members of the Fort Myers Dining Club welcomed Betty Compestre, far left
photos courtesy Fort Myers Dining Club

The Fort Myers Dining Club held a rally at Love Boat Ice Cream on Saturday, August 20. The club welcomed new member Betty Compestre. The club thanks owner Brian Borst and his Love Boat staff for their hospitality.

Club members are looking forward to Love Boat's new building just down the road on San Carlos Boulevard, which is now under construction. They were thinking of Beth Haely's son, the late Tommy Jardas, who used to work at Love Boat.

To sign up for the club, go to FortMyersDiningClub.com or visit Naumann Law at 15065 McGregor Boulevard, Suite 2, across from Gulf Harbour.*



Love Boat staff serving up ice cream

Solid Waste Holiday Schedule

The City of Fort Myers Solid Waste Division will observe Labor Day on Monday, September 5, by closing the City's Solid Waste and Utility Billing offices. City Hall and City offices will also be closed. There will be no residential or commercial trash or recycling collection on that day.

Trash and recycling collection for residential and commercial customers will be serviced one day later on Tuesday, September 6 through Saturday, September 10. All regular collection schedules will resume on Monday, September 12.*



Join the staff at The Standard Restaurant for a Beer and Bourbon Dinner on August 25
photo by Bob Petcher

Downtown Restaurant Offers Beer And Bourbon Dinner

The Standard Restaurant in the downtown Fort Myers River District will be hosting its inaugural Beer and Bourbon dinner on Thursday, August 25. Seating is at 7 p.m.

The four-course dinner will involve an appetizer, salad, entrée and dessert, paired with beer and bourbon. The first course is Oysters Rockefeller with Kolsch beer; the second course will include a fruit and nut salad with Town Branch Bourbon; the third course features boneless beef shortribs with Kentucky Bourbon Ale; and the fourth course is chocolate cheesecake with Blue Grass Bourbon.

Cost for the evening is \$65 per person, which includes tax and gratuity.

The Standard Restaurant is located at 1520 Broadway, in the Post Office Arcade building. Call 219-6463 to make reservations.*

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Fort Myers Art:

Thank God For Indie Mondays Resumes Film Analysis On Labor Day



by Tom Hall

Thank God for Indie Mondays’ seventh season continues on Monday, September 5 inside the Sidney & Berne Davis Art Center. Continuing on the first Monday of every month through February 6, 2017, the popular event invites indie film enthusiasts – known as cineastes – to comment on submissions from all over the world that are being considered for inclusion in the 7th annual Fort Myers Film Festival in March of 2017.

Dialogue is the keynote among TGIM participants. Some people love particular entries. Other people could not hate them more. But as long as audience members are not ambivalent, Fort Myers Film Festival director Eric Raddatz and producer Melissa Tschari DeHaven regard a screening as successful. That’s because the objective of “Intellectualization Mondays” is to get people thinking, talking and engaging in a respectful (albeit sometimes spirited) exchange of ideas that help TGIM’s participants to define and refine how they feel about a wide range of political, social and personal issues.

Last season, for example, TGIM’s celebrity judges and audiences took advantage of the opportunity to preview and critique:

- A film in which a doctor develops a technique that allows people to travel in their mind back in time to relive experiences they had not yet been fully able to process (*AGAIN*)
 - A video journey that illustrated the distance water travels on its trek through Florida’s Everglades ecosystem (*Flow*)
 - A documentary that provided insight into the world of Lee County law enforcement by following one of its finest as he discharged his duties over the course of a shift (*Proud To Serve*)
 - A short in which a man betrayed by his wife and their best friends resolves to avenge their infidelity as the new year rings in (*Resolution*)
 - A short featuring area actors and locations that dealt with the deadly sin of envy (*RING*)
 - A six-minute film that involved a couple who go to bed mad at one another only to have their night interrupted by a intruder downstairs (*Sh-h-h*)
 - A film about a curious photographer who lives through her camera and views the world through her lens but find that in so doing, she may be losing touch with humanity and the art of interpersonal communication and connection (*Touch*)
- Last month’s films included:
- A 4-minute short film that featured a woman with an ax screaming with an



Fort Myers Film Festival Director Eric Raddatz speaks at last year’s TGIM event
photo courtesy FMFF

- abject expression on her face as she ran through and around a warehouse (*Rinse*)
- A 4-minute animated film in which a man at a beach loses his head and then ventures out into the ocean in a fruitless attempt to find it again (*Head*)
 - A 10-minute film in which a kindly old man suffering from Alzheimer’s is confronted by a young woman he raped when she was but a child (*Reflection*)
 - A 10-minute film in which a couple on the way to their wedding in the backseat of an Uber driver deal with the bride’s sudden disclosure that she’s had an affair with her fiancée’s 17-year-old brother followed by the groom’s admission that he’s quit his lucrative six-figure job at her father’s company so that he can pursue a career as an artist (*The Wedding Ceremony*)

As this survey underscores, the storylines are as unpretentious as they are varied, and even where the running times are measured in mere minutes, the films can give rise to deep and complex commentary on people, life and the human condition. You don’t need to be a producer, director or actor to have an opinion, and what you think is just as valued and important as what TGIM’s celebrity judges may espouse.

So, make plans to join Eric Raddatz, Melissa Tschari DeHaven and people just like yourself who appreciate the art of film and enjoy sharing thought-provoking opinions and lively discussion about the often edgy but always novel cinematic offerings of first-time, amateur and aspiring world-class filmmakers. And don’t be surprised if you become so inspired that you want to join the TGIM group for the afterbuzz at Twisted Vine after the show for late night happy hour and appetizers.

The 7th annual Fort Myers Film Festival will be held March 8 to 12, 2017 at the Barbara B. Mann Performing Arts Hall, Sidney & Berne Davis Art Center, Alliance for the Arts and Broadway Palm Dinner Theatre, with dinners and after-parties at Twisted Vine Bistro, Firestone and other select venues.

As usual, the festival will open in style with a Black Tie Red Carpet Gala on March 8 at the Barbara B. Mann Performing Arts Hall. The festival rolls out the red carpet at 5 p.m., with photographers, reporters and paparazzi on hand to greet participants, which always includes actors, directors, producers and other filmmakers along with local politicians, theater and art world luminaries who gather in the lobby for cocktails, hors d’oeuvres and lively conversation.

Lab Theater To Hold Exclusive Fundraiser On September 24

Laboratory Theater of Florida is holding an exclusive fundraising event on Saturday, September 24, in The Barrel Room at Twisted Vine Bistro. Interested participants will experience enticing previews of the theater’s upcoming fresh and edgy productions, delightful live music and a sampling of hard-to-find bourbons and delicious tapas.

“As a thank you for your donation of \$250, we will engrave the name(s) of your choice on a brass plaque for one of our new theater seats,” stated a theater official. “Plus, you’ll get admission for two to this exciting event.”

Can’t make it? No problem. You can still donate and order your brass plaque.

The event starts at 6:30 p.m. The Barrel Room at Twisted Vine Bistro is located at 2214 Bay Street in Fort Myers.

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 Exhibition Shell Point

expression with age, when one is free to explore art without restriction. Here at Shell Point, many residents are developing their creative instincts and honing their artistic abilities,” said Lee.

Resident artwork for the exhibition was selected by a panel of four independent jurors, who judged submissions according to artistic merit, creativity and overall excellence. “The resulting show will be filled with vibrant, dynamic pieces that reflect artistic expression and quality of execution,” said Jim Griffith, founder and executive director of SBDAC. “Shell Point offers robust amenities to nurture and enrich its residents’ creative interests, and SBDAC is proud to provide premium gallery space to showcase the rich visuals that will be unveiled.”

Cash prizes for Ageless Creativity artists are made possible by financial support from The Legacy Foundation at Shell Point. Additional funding is being provided by The Sharp Family Foundation, courtesy of Shell Point residents Phyllis and Bart Sharp.

The Ageless Creativity exhibition will be open for viewing in SBDAC



Anita Putnam uses colors, patterns and shapes to capture the joy of being alive, young and female in her work, titled *Fresh Paint*

beginning on Friday, February 3 and concluding on Tuesday, February 21 during Art Talk Tuesday. General admission to the exhibition is free, including opening night, but donations will be accepted at the door. For more information, visit shellpoint.org/agelesscreativity.✪✪

It's time to give Lizbeth Benacquisto her PINK SLIP.

NOTICE OF TERMINATION

Employee's Full Name:

Lizbeth Benacquisto

REASON(S) FOR TERMINATION:

Incompetence

After six years in office, our water-quality problem is worse than ever and at crisis stage.

Inappropriate Relationship

Too cozy with Big Sugar. Pockets \$90,000 in 2014-15 from interests responsible for polluting our waterways when she's supposed to be working for us.

Incapable of Following Instructions

Despite repeated warnings, refuses to recognize the conflict between her choice of political partners and her job responsibilities.

RECOMMENDATION:

Terminate Lizbeth Benacquisto!
Vote Jason Maughan on August 30!

Marty Stokes Band Wins Blues Challenge Award



Marty Stokes Band

photos courtesy SWFL Blues Society

The Marty Stokes Band captured the band award and was presented with the people’s choice award during the Road to Memphis International Blues Challenge, sponsored by the Southwest Florida Blues Society. The competition was held at The Rhythm House in Fort Myers.

The 33rd International Blues Challenge will be held from January 31 through February 4 in downtown Memphis, Tennessee, taking place in the historic Beale Street Entertainment District.

The band consists of Marty Stokes on vocals and guitars, Jennifer Mazziotti on saxophone, Daryl Best on bass and Carveth Clausen on drums.

This summer, the band has been in the studio working on Marty Stokes’ third CD. He has recently signed with Lake House Records. His second CD, *Leavin’*



Jennifer Mazziotti, saxophonist with The Marty Stokes Band

Blues, was recently released in Europe and is getting great response and an expanded audience through radio airplay. He received Album of the Week accolades on England’s #1 blues podcast, and is enjoying a wide audience in both France and the Netherlands.✪✪

Continental Women’s Club Meeting

Steven Norris with Prison Ministries will be the featured speaker at the luncheon meeting of the Continental Women’s Club of Greater Fort Myers at Colonial Country Club on Thursday, September 1 at 11:30 a.m.

Norris is a retired Navy Submarine veteran. He is passionately involved in Prison Ministries and will explain the important, strictly volunteer program that is brought to the incarcerated.


The club’s monthly meetings are held on the first Thursday of the month. Cost for the luncheon is \$19. Call 672-8683 before 8 p.m. on Sunday, August 28 to make a reservation for luncheon.

Colonial Country Club is located at 9181 Independence Way in Fort Myers. For more information on club membership, call 561-8973.✪✪

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The church, which was constituted in 1889, is now CityGate Ministries photo by Gerri Reaves

From page 2

Baptist Church

For information, call 332-8778 or visit leecountyblackhistorysociety.org.

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

Sources: Archives of the Southwest Florida Historical Society, *Pages from the Past* by Prudy Taylor Board and Esther B. Colcord, and floridamemory.com.✪✪



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Along The River

Junior Achievement of Southwest Florida is hosting its annual **Bowl-A-Thon** fundraiser at **HeadPinz Entertainment Center** from 6 to 8:30 p.m. tonight, Thursday, August 25. Registration will begin at 5:30 p.m.

The benefit 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.

Participation fee is \$1,500 for a team of six players. The cost includes food, beverage, two adult beverages, shoes and lane rental. The event provides local businesses the opportunity to implement 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.

HeadPinz Entertainment Center is located at 14513 Global Parkway in Fort Myers.

To register, gain more information or to donate, visit firstgiving.com/JASWFL/bowl-a-thon-2016.

Learn more about our pre-historic friends of the sea this Friday at **Lovers Key State Park** on Fort Myers Beach.



Southwest Florida Symphony

Join a park ranger for **Sea Turtle Talk** from 10 to 11:30 a.m. It is free with regular park admission.

The talk will explain about the fascinating life of the marine turtles that visit Lovers Key each summer. Interested participants will be informed about nesting behavior and what can be done to help protect them.

Due to limited space, reservations are required. Call the ranger station at 463-4588. Lovers Key State Park is located at 8700 Estero Boulevard.

On Friday, August 26, the **Southwest Florida Symphony** kicks off its 56th season a few months early with a **Summer Staycation Concert**, featuring a show entitled All About Piano at 8 p.m. The Southwest Florida Symphony will perform with multi-award-winning teenage pianist sensation

and local celebrity Noah Waddell. The lineup includes *Eclogue for Piano and Strings* by Gerald Finzi; Ernest Bloch's *Concerto Grosso No. 1*; Joseph Haydn's *Piano concerto in D*; *Eine Kleine Nachtmusik* by W.A. Mozart; and *Pizzicato Polka* by Johann Strauss.

Waddell has performed at concert halls, performing arts center, and churches. Noah's Concert for the Kids at the BIG ARTS on Sanibel raised more than \$30,000 for the new Golisano Children's Hospital of Southwest Florida. He currently donates some of his time and talents weekly to The Arts in Healthcare Program at Lee Memorial Hospitals.

After winning a concerto competition at 12 years old, Waddell made his orchestral debut, performing three concerts as a soloist with the Tampa Bay Symphony. Since then, he has performed with the Coral Gables Chamber Symphony. In 2014, Waddell won his first international piano competition that was held in Fort Collins, Colorado. Just recently, he performed on NPR's nationally syndicated radio show *From The Top* with host Christopher O'Riley.

Tickets may be purchased at www.swfso.org, by visiting the Southwest Florida Symphony Box Office located at 8290 College Parkway, Suite 103 in Fort Myers, or by calling the Symphony Box Office at 418-1500.

On Sunday, August 28, children will love the **petting zoo** at **Edison & Ford Winter Estates** 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 kids that may not otherwise have exposure to farm animals. Cost is \$1 per child, while adults are admitted free of charge. Tickets can be purchased at the main ticket office.

The petting zoo will be set up in the 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.

For more information, call 334-7419. Other petting zoo dates include September 25 and October 30.

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

photos courtesy SBDAC



Edison & Ford Winter Estates petting zoo

photo courtesy Edison Estates

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.

On Monday, August 29, **Lee Memorial Health System** will offer a **free lecture** presented by Dr. Sal Lacagnina, system medical director of wellness and employee health, at the Lee Memorial Hospital Auditorium from noon to 1 p.m.

The lecture is part of a series designed to cover a variety of health care topics to help improve your physical and mental well-being. The world we live in and are exposed to tremendously affect all aspects of health. It is said that on a daily basis we are exposed to hundreds of chemicals. Even though the individual levels of exposure are low, in combination, they can be life threatening.

Dr. Lacagnina's informative and interactive presentation will aid in understanding what you can do to minimize exposure to toxins and how detoxifying lowers the lifetime risk of cancer and many chronic illnesses.

Seating for the lecture is limited and reservations are requested. Call the Health and Wellness registration line at 424-3234 to reserve space.

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

Visit www.healthylee.com for more information.*

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For more information, check out our advertisers in this week's *The River Weekly News*

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

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.

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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

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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.

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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.

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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.

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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.

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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

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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.

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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.

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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.

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3049 McGregor Boulevard, Fort Myers, 344-0012. Pastor Reverend Steve Filizzi. An Affirming and Inclusive Congregation. Sunday Services 10 a.m.

SAINT MICHAEL LUTHERAN

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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

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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.

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9065 Ligon Court, Fort Myers, across from HealthPark Hospital, 481-2125. Pastor: Byron West. Sunday Services: 9:30 a.m. Discipleship Classes for all ages, 10:30 a.m. Fellowship & Coffee, 10:45 a.m. Corporate Worship.

WORD OF LIFE CHURCH

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

ZION LUTHERAN CHURCH

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

Laboratory Theater Adds Two New Board Members



Dr. Jerome Roberts

photos courtesy Laboratory Theater



Dave Yudowitz

This summer, The Laboratory Theater of Florida inducted two new community members to its board of directors: Dave Yudowitz and Dr. Jerome Roberts.

Yudowitz, 79, holds two masters degrees; one is in secondary education and the other in educational guidance and counselling. He worked in education in New York for 20 years, and, after a little bit of travel and exploration, moved into retail, selling jewelry in Provincetown on Cape Cod. In 1994, he and his late wife became full-time residents of Sanibel Island (snowbirds since 1978), where Yudowitz was bitten by the acting bug, performing and working in various administrative and fundraising roles for local theaters, including the Pirate Playhouse and The Schoolhouse Theater. At Schoolhouse Theater, he raised around \$40,000 annually, plus garnered sponsorships during his tenure.

Yudowitz first worked with the Laboratory Theater on one of the theater's earliest productions, *The Interview*. More recently, and as one of his proudest

artistic moments, he performed in *Standing on Ceremony: The Gay Marriage Plays*. He understands the creative appeal of the stage, and he balances that with a gift for fundraising and business acumen.

Since joining the board, he's helped the Laboratory Theater attract donors and sponsors. He believes the theater is adaptable and in good administrative hands, and he wants to see it go further.

"My biggest aim would be to find an angel for The Lab Theater," said Yudowitz, who has been instrumental in encouraging others to discover the theater. Along with the troupe's ongoing marketing efforts and positive word of mouth, The Laboratory Theater's season subscriber base increased for 2016-17 by 40 percent over its subscriptions for 2015-16.

Roberts, 60, also hails from an educational background. His first job was serving as a middle school English teacher in the western suburbs of Chicago. He is retired now, but his influential career shows his talent for money management. He helped eliminate an \$11 million deficit, and over eight years, he left a surplus cash flow upwards of \$100 million when he moved on.

Roberts is a Rotarian and a lifelong member of Omega Psi Phi Fraternity, both of which, along with his new commitment to the Lab Theater, speak to his commitment to "servant leadership," as he refers to it.

"I admire entrepreneurs who are utilizing their talents and skills in the service of youth and the community," he said. "Lab Theater not only is providing a quality service to the community in the form of live theater, but provides educational programs that encourage young people to explore the arts and acting as a possible career path."

As a board member, Roberts' experience in curriculum construction, pedagogical strategies, staff development, and personnel management make him a crucially beneficial ally as the Lab Theater strives to grow its staff and position itself for future success.

Artistic Director Annette Trossbach said new board members are carefully considered and chosen to serve. She is not just adding more voices around the table to rubber-stamp decisions. She looks at them as partners.

"Togetherness is so important to the growth of our theater. We invite people to be a part of the theater and use their skills to make art, and in some cases to help govern," Trossbach explained. "I decided to incorporate the theater into a 501(c)3 because I want the board; I want everyone's opinions and personal and financial stake in the company to carry weight. I see the Lab Theater as a joint effort; the board and I, along with creative team members, are in this together."

Board members are inducted to serve for two-year terms, and many continue longer than that. Potential board members are considered throughout the year.✱

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Fall Fishing Is Right Around The Corner



by Capt. Matt Mitchell

Full moon tide flow made for some great fishing action this week on a variety of species. Packing the live well full of quality-size shiners and heading off to see how the day's

charter plays out led to a mixed bag of fish throughout the bay and passes. During the first part of the week, as we experienced late morning high tides, redfish were the target species. Later in the week, with lower water conditions, the action switched over to catch-and-release snook and lots of large keeper mangrove snapper. Channels running through the grass flats within close proximity to the passes helped keep the action going even during the short no tide window. The channels on the bay side of the passes held lots of trout, ladyfish, jacks and more mangrove snapper.

Most of the week was as hot, temperature wise, as we have to deal with all year. Many days, by mid-morning, there was just not a breeze at all, and the combination of high humidity and direct sun made it hard to fish anywhere for more than about a half-hour. When it gets this hot, it's time to fire up the motor and go for a ride to cool off while heading to the next spot. With Labor Day just around the corner, it's getting closer to some of our the best fishing of the year. This will happen as our days begin to get shorter, water temperature finally starts to cool off and massive amounts of bait push into the back country.

When clients ask me, "What's your favorite month to fish?" my answer has always been September. September 1 is the opening of snook season and always one of the best months of the year to get that keeper. Labor Day weekend will be a busy time on the water, although the next few weeks following are nice and quiet out on the water, and the snook get very little fishing pressure. During the first few weeks of September, I spend the majority of my time targeting the bigger snook, both in the passes and out on the beaches. Plan your snook fishing trips around the low falling tides for the most success in the passes, or the first few hours after sun-up if you plan on fishing them out on the beaches.

While many anglers spend their time in September chasing snook, redfish action will just keep getting better and better. Hungry schools of over-slot redfish are already starting to appear. This fishery will peak by the end of October. Often these huge schools of redfish are caught by anglers targeting snook in the passes. Keep your eyes open for these schools on the flats, just inside the passes. During calm conditions, these shallow water redfish schools can be seen from a long distance away as they push across a flat while showering baitfish run for their lives.

September and October will also give anglers one last shot at good numbers of tarpon. The fall bite on tarpon can be crazy action with the fish packing on the pounds before they migrate out of our area. This time of year, these tarpon, when located, have little if any angler pressure and feed better than any other time of year. Look for these tarpon out along the beaches to be mixed in with the bait fish and mackerel.



Dick Boehning with a slot-size redfish caught while fishing with Capt. Matt Mitchell this week

Fall fishing offers anglers lots of options and is now just around the corner. Even though we won't see a huge change in our weather anytime soon, it only takes a few degree drop in water temperature to fire up the fish after a long, hot summer.

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. ✨

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A Tale Of Two Vines



The native muscadine grape climbing these pine trees produce fruit sought after by many species of birds and other wildlife
photos by Gerri Reaves

by Gerri Reaves

A glance at these two photos taken along a local nature trail are likely to evoke the word “take-over.”

These two natural scenes exist only yards apart, and in both, the slash pines and saw palmetto are draped in a dominant vine, one native and one invasive.

Do you know which scene is likely to be a better food source for birds and other wildlife, and which spells eventual disaster for native vegetation?

The photo of four large pine trees shows how even a native vine, in this case, muscadine grape (*Vitis rotundifolia*), might seem to be out-of-control. But remember, this isn't a yard, but a natural area.

Besides, as the colder weather comes on, this grapevine sheds its leaves, thus opening up the canopy somewhat and allowing the pines and other plants more sunlight.

The small shiny blue-black fruits feed a host of birds, among them blue jays, bluebirds, brown thrashers, cardinals, catbirds, cedar waxwings, chickadees, downy woodpeckers, finches, flycatchers, mockingbirds, nuthatches, robins, rose-breasted grosbeaks, sparrows, tree swallows, thrashers, titmice, vireos, warblers, wood thrushes and woodpeckers.

Muscadine grape is also the larval host plant for nessler sphinx and mournful sphinx moths.

Other species like them too, including people, who use them to make jellies, jams, juices and wines.

Of course, a homeowner would likely prevent the woody vine from climbing to a tree canopy and duplicating this natural scene, but there's something beautiful in seeing the vine run riot in the wild.

The prognosis for the habitat in the other photo is more perilous. Those heart-shaped leaves voraciously traveling horizontally and vertically belong to the category-1 invasive species, air potato (*Dioscorea bulbifera*).

The Florida Exotic Pest Plant Council designated it so because it is one of the most ecologically damaging species in Florida.

This native of tropical Asia and sub-Saharan Africa was introduced to the state more than a century ago and promptly began smothering the landscape.

So destructive is it and so effective in taking over that the University of Florida Institute of Food and Agricultural Sciences (IFAS) recommends that air potato “be removed from public and private properties to help protect the state's natural areas.”

It's hard to misidentify because of the pretty pleated leaves and the light brown smooth potatoes – or tubers – it produces.

And, by the way, don't even think about eating them, for they are toxic.

It's also very difficult to eradicate, even on a small scale. Left to itself, as seen here, it engulfs an area with stems of more than 70 feet long, out-competing native trees and understory plants.

Instead of providing food for other creatures, it steals nutrients from native plant species as it progresses toward the creation of a mono-culture.

Underneath the thick coating of air potato, plants such as muscadine grape



Air potato, a category-1 invasive vine with heart-shaped leaves, smothers native trees and understory plants. Its removal is difficult, but the release of a leaf beetle offers promising biological control.

and Virginia creeper are struggling to hold their own – not to mention the saw palmettos, pines and other species.

Air potato is almost impossible to get rid of. Chemical applications and even physical removal prove to be either ineffective or too labor-intensive or expensive.

More promising is a new type of biological warfare, the leaf beetle (*Lilioceris cheni*), which resembles a ladybug. The Eurasian insect feeds exclusively on air potato leaves and is not believed to be a threat to Florida's environment.

If your yard, neighborhood or subdivision is harboring air-potato and you'd like to join the eradication effort, contact the following website for information and an application for beetle release: <http://bcrcl.ifas.ufl.edu/airpotatobiologicalcontrol.shtml>

Sources: edis.ifas.ufl.edu, fleppc.org and freshfromflorida.com.

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OBITUARY

**BETTY R. GRANT**

Betty R. Grant of Sanibel, Florida passed away on Friday, August 19, 2016 in Fort Myers, Florida. Betty was born on September 11, 1923 in Alabama, New York. She graduated at the age of 14 from the Genesee County High School. She graduated from the University of Rochester School of Nursing as an RR in May of 1944. Betty enlisted in the United States Army as a 2nd Lt. RN in May of 1945, and served as an emergency room nurse for the 9th Station Hospital in Okinawa, Japan. While stationed there, she met her future husband Richard S. Grant. They were

married in Fairfield, Iowa on January 10, 1947 and moved to Mission, Kansas. After moving to Toledo, Ohio in 1956, she became an active volunteer with the Maumee Valley Hospital while raising three children before moving to Sanibel Island, Florida in 1982.

She is survived by her husband of 69 years, Richard S. Grant; her three children, Sherrie (Dave) LeMoine of Rio Verde, Arizona; Stuart (Pat) Grant of Silver Lake, Ohio; and Steven (Sandy) Grant of Alpharetta, Georgia. Grandmother of Doug (Mara) LeMoine, Brian (Heather) LeMoine, JR (Emily) Grant, Megan (Ric) Chura, Jen (Rodney) Grant and Kristen (John) Swartz. Great grandmother of Ella, Connor, Patrick, Olivia, Max, Emma and Steven.

Betty was a member of the Glendale Presbyterian Church in Toledo, Ohio and the Sanibel Congregational Church of Christ. She was also a member and supporter of The University of Rochester Alumni Association, The Smithsonian Historical Society and The Iowa State University Parents of the Year Society.

A memorial service with visiting will be held on Thursday August 25, 2016 starting at 9:30 a.m. at Harvey-Engelhardt Funeral Home, 1600 Colonial Boulevard in Fort Myers, Florida. Interment will be at a later date in Arlington National Cemetery. In lieu of flowers, the family suggests contributions be made to the University of Rochester School of Nursing, Betty Pixley Grant Scholarship Fund, 300 East River Rd., P.O. Box 278996, Rochester, New York 14627-8996. Visit www.harvey-engelhardt.com to leave a condolence.✱

Yoga Fundraiser

Join local instructor Becky Lang for a special Yoga on the Beach class fundraiser. All proceeds will go to benefit Senior Paws Sanctuary Dog Rescue here in Southwest Florida. The Yoga class and fundraiser will take place Saturday,

August 27 from 8:30 to 9:30 a.m. on Fort Myers Beach just north of the pier in front of the Edison Beach House. Minimum suggested donation is \$10.

No pre-registration required. Hourly parking is available nearby in the Times Square area. For more information call 791-6528.✱

OBITUARY

**RAYMOND PAVELKA**
APRIL 7, 1949-AUGUST 16, 2016

Raymond Pavelka was born in Cleveland, Ohio, the son of Stan and Agnes Pavelka. He graduated in 1971 with an engineering degree

from Cornell University, where he captained the wrestling and lightweight football teams.

He arrived on Sanibel/Captiva in the fall of 1972 and spent the rest of his life in love with the islands. Ray held senior management positions with The Mariner Group and later as the owner/operator of Mariner Properties Development and Little Pine Island Mitigation Bank. He enjoyed longtime involvement with Sanibel CHR, Harry Chapin Food Bank and Sanibel Community Church and would welcome donations to these organizations in lieu of flowers.

Ray is survived by his sister Alice Pego, daughters Betsy Hanks and Amy Pavelka, his wife Maryelle Sanford Pavelka and her daughters Valerie Davis and Caline McDermott, plus eight beautiful grandchildren. Ray was preceded in death by both parents and by his wife, Deborah White Pavelka. Ray lived a life full of joy, deeply loved Jesus and is ready to spend his eternity in the presence of his savior.

A memorial service will be held on Friday evening, September 16 at the Sanibel Community Church.✱

Chronic Disease Program

Lee Memorial Health System's Lee Health Solutions, in partnership with local community agencies and supported in part by a grant from the Southwest Florida Community Foundation, is offering It's All About You, a research-based, chronic disease self-management program.

Developed by Dr. Kate Lorig of Stanford University, the program is

designed for people age 18 years or older to help them learn how to better manage chronic conditions and symptoms.

The six-week workshop is held on Fridays, beginning September 9, from 10 a.m. until 12:30 p.m. The workshop is free and will be held at the Harlem Heights Community Center, 7340 Concourse Drive, in Fort Myers.

For information or to register, call 424-3122. Learn more at leememorial.org.✱

Agricultural Grants

Pre-kindergarten, elementary, middle and high school teachers can grow their budgets by teaching students about agriculture.

Florida Farm Bureau Federation is offering multiple \$250 mini-grants to certified Florida educators engaged in classroom instruction at the pre-K to 12th grade levels for the 2016-17 school year.

The grants, up to \$250 each, will be awarded for original and creative activities or programs that increase the understanding of agriculture among students.

"Agriculture has no subject boundaries," said Elise Stoddard, Florida Farm Bureau leadership programs coordinator. "We encourage teachers who are incorporating agricultural principles into any subject area to apply for the grant."

Grant applications are due by Thursday, September 15. Winners will be notified no later than Tuesday, November 15 via email. Apply for the grant by visiting <https://floridafarmbureau.formstack.com/forms/grant>.✱

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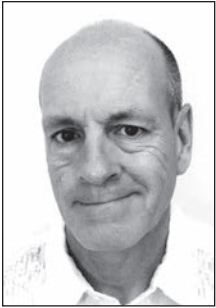
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WE SHIP!

CROW Case Of The Week:

E8 Released



by Bob Petcher

One of the famous camera cam American bald eagles is back in the wild. Again.

E8, the offspring of celebrated parents Ozzie and Harriet, was released back to

its home area at Dick Pritchett Realty at 6601 Bayshore Road in North Fort Myers last Thursday, August 18, after spending more than three months at CROW rehabilitating from injuries. The realty site is home of the popular Southwest Florida Eagle Cam, a three-camera setup that began filming during the 2012-13 nesting season and has provided 24/7 live streaming at dickpritchettrealestate.com/eaglefee.html for millions and millions of viewers.

The eaglet arrived at CROW (for a second time this year) on May 13 with a broken femur in its right leg after being attacked by a great horned owl on May 7. After hearing about reports that E8 was lying on the ground, CROW volunteers were sent to pick up the eaglet on May 8, but it ran into the woods and hid. The following Friday, May 13, CROW volunteers successfully rescued E8 across the street from the eagle cam at Daughtrey Creek.

E8 was a patient at the clinic in February 2016 after its leg became entangled in fishing line in the nest at the Southwest Florida Eagle Cam location. The entanglement caused swelling to the affected limb.

During his most recent visit to CROW, E8 underwent surgery to repair the broken femur and spent the next month recovering until the leg pins were removed. The juvenile eagle (the sex of E8 is unknown) was transferred to CROW's outdoor flight enclosures and spent several weeks in CROW's large flight enclosure building strength in his right leg and learning how to master basic hunting skills needed to survive before he was released. Since 80 percent of a bald eagle's diet consists of fish, CROW officials say, there is much focus on catching fish during the eaglet's later rehabilitation period.

E8's rehabilitation plight was longer

than expected. After arriving thin, dehydrated, very weak and in critical condition, surgery was performed on May 14 and pins were inserted to repair the fracture. E8 was then placed on strict cage rest with a guarded prognosis and was later moved to a larger enclosure to encourage movement. The eaglet received pain medication, but remained in critical and guarded condition.

On May 20, E8 received a second x-ray and its condition was upgraded to guarded based on blood work and clinical condition. However, protein levels were still reported to be dangerously low. E8 was able to stand and walk normal but still spent a majority of its time down and sleeping. At that point, the eaglet moved from a predominately liquid diet to a soft solids diet. CROW officials were encouraged that E8 was willing to bear weight on its leg and use its foot and claw in a normal fashion, indicating normal nerve function.

On May 25, the patient's condition was upgraded to fair and it was seen routinely standing and using the injured leg. While still frequently requiring assistance when eating, the eaglet began consuming a diet of semi-soft fish fillets and meat.

On June 1, E8 was moved to an outside small flight enclosure to give it more space to spread its wings and take small flights to help strengthen its right leg. The focus was to relax the stressed eaglet and encourage it to begin eating without assistance. It began perching, vocalizing and taking small flights.

On June 8 and 9, E8's pins were removed, and the eaglet was observed bearing more weight on the leg while utilizing its right talon. Also, the eaglet was stated to be more responsive and eating more frequently without assistance.

On June 13, E8 was reportedly fighting an infection in the broken bone and began receiving daily antibiotics. A culture was taken to identify the bacteria causing the infection, and its blood work came back normal. It was moved back indoors until the infection cleared.

On June 20, E8 was still fighting a serious infection in its right leg. However, it was moved back outside to the small flight enclosure to help reduce stress and allow the eaglet more room to move after it was seen putting more weight back on the leg.

On June 27, E8 was moved to a



E8 takes flight after being released

photo by Kenny Howell

large outside flight enclosure. X-rays showed improvement in the infected leg, and tests were taken to see how well the antibiotics were working. Two days later, the eaglet took its first flight from the large flight enclosure and began daily conditioning to build strength and endurance to increase flight duration.

On July 1, E8's bacterial culture test results were reported to indicate the antibiotics improved the bone infection. It received an oral and safer antibiotic for two more weeks to clear the remainder of the infection. X-rays showed overall improvement and blood work remained positive.

On July 12, E8's leg infection improved to the point that antibiotics were no longer required. Its pectoral

muscles were stated to have increased in strength to aid in building endurance, agility and flight duration. Affixed carpal bumpers and tail guard were removed. The eaglet weighed in at 7.9 pounds.

On July 22, E8 began practicing hunting skills with dead prey in the large flight enclosure before live prey was introduced a couple of days later. That latter testing was deemed critical to help the eaglet thrive in the wild and increase chances for a successful return to its native area.

On July 28, E8's flying skills were said to be more coordinated with both feet being used to land. The right leg was no longer being favored.

continued on page 20

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Southwest Florida Community Foundation Hosts Prima Donors



Adriana White, Kappy King and Robbie Roepstorff
photos courtesy SWFL Comm. Foundation



Diana Willis and Carolyn Rogers

The Southwest Florida Community Foundation recently hosted more than 20 of its Women's Legacy Fund's Prima Donors for a dinner at its Community Hub. The evening featured dinner conversations exploring housing, homelessness and affordable housing for women. Prima Donors are local women who have contributed \$10,000 or more to the Women's Legacy Fund (WLF) endowment and are committed to making an impact in their community through charitable giving. The WLF also offers a contributor-giving level at \$250 a year. The fund was established in 2007 by the Community Foundation to enable women in Southwest Florida to direct their giving in focused, strategic ways. Its mission is to engage women in affecting change in our community through collective philanthropy. The Southwest Florida Community Foundation is celebrating its 40th

anniversary in 2016. As leaders, conveners, grant makers and concierges of philanthropy, the Southwest Florida Community Foundation is a foundation built on community leadership with an inspired history of fostering regional change for the common good in Lee, Collier, Charlotte, Hendry and Glades counties. For more information about the Southwest Florida Community Foundation, call 274-5900 or visit www.floridacommunity.com.✱



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Jane deLisser, Rusty Brown, Carolyn Conant and Maddie Stewart



Jeannie Martin, Tessa LeSage and Christine Harris Schwinn



Sarah Owen, Nancy Near, Dawn-Marie Driscoll and Tina Parker

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PACE Center And Partners Health And Wellness Initiative



Top: GiGi, Judith, Jasmine, Alexandria, Ashley; Bottom: Alize, Brandy, Cassandra Golden
photos courtesy PACE

PACE Center for Girls of Lee County, Lee Memorial Health System, Culinary Solutions at LeeSar and LeeSar Cooperative Services recently partnered to launch a new Health & Wellness Initiative that promotes healthy living through nutrition. The program recently offered a six-week cooking course for PACE students that teaches them how to plan, shop and prepare healthy and affordable meals for themselves and their families, incorporating the "2Generation" approach to help support multiple generations and increase family health and sustainable thinking. The program recently culminated with a celebration dinner for the students and their families, prepared by the staff at Culinary Solutions at LeeSar.

Throughout the six-week course, the PACE students learned how to prepare a new meal and were given the recipe and all ingredients needed to make the meals



Heather Wayco, Chef Katie Hallisey, Alexandria, Cassandra Golden

at home. As community partners, LeeSar Cooperative Services and Culinary Solutions at LeeSar has provided its facility, and Lee Memorial Health System has provided its chef, dietician and supplies. During the culmination dinner, girls received certificates of completion, chef's hats and a surprise gift, a fully stocked professional kitchen set including pots, pans and utensils.

PACE is a year-round school serving at-risk girls, ages 12-18, through a balanced emphasis on academics and counseling. PACE provides girls and young women an opportunity for a better future through education, counseling, training and advocacy. The Health & Wellness Initiative program is part of PACE's Transition Program, bringing together both current PACE students and young women who have completed the PACE program and transitioned back to school or on to higher education or employment. The Transition Program is designed to help girls stay engaged with PACE once they leave and supports PACE's motto of "Once a PACE girl, always a PACE girl!"

For more information about PACE Center for Girls, or to learn more about how your business or organization can support local girls and young women, call PACE 239-425-2366 or visit www.pacecenter.org/locations/lee.✱

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Arrest Of Football Players Follows Olympic Swimmer’s Stupid Antics



by Ed Frank

Just as the inspiring and exciting 2016 Olympic Games came to a close, three ugly incidents involving four Olympic swimmers and six Notre Dame football players ripped across the headlines that tarnished the Games and the storied Notre Dame football program.

But should the inexcusable acts of these athletes have a long-lasting effect on these two institutions? We hope not.

First to the Olympics. Despite the highly publicized alarms about crime, pollution, the Zika virus, unfinished venues, transportation woes and uninhabitable athletes’ housing in Rio, the 2016 Summer Olympics were a smashing success according to nearly all reports.

We marveled at the talents and skills of the 11,000 participating athletes, particularly Team USA that came home with a record 121 medals, a margin of 51 over second-place China.

For the fourth consecutive Olympics, swimmer Michael Phelps left with more medals than anyone. He won six in Rio, pushing his Olympic total to 28. Gymnast Simone Biles and swimmer Katie Ledecky each won five. All told, U.S. women took 27 golds, by far the most of any team.

The success of these Summer Games also is attributed to the beauty of Rio and the friendliness of the Brazilian people. This reporter has visited Brazil and Rio twice and can attest to the warmth and hospitality of Brazilians.

But in the closing days of the Games, the fabricated story of swimmer Ryan Lochte that he and three teammates, Gunner Bentz, Jimmy Feigen and Jack Conger, were robbed at gunpoint after a late-night party played into the fears that had plagued the Olympics. Lochte has now lost some of his sponsors, and rightfully so.

As the Lochte episode garnered worldwide attention – an embarrassment to so many

– reports followed that six Notre Dame football players had been arrested in two separate incidents after the conclusion of training camp.

Let’s give credit to Notre Dame football coach Brian Kelly, who acted swiftly by booting starting safety Max Redfield from the team and suspending cornerback Devin Butler indefinitely. Redfield had been sent home from the Fiesta Bowl last season for violating team rules.

Redfield and four other reserves were arrested near South Bend last weekend on charges of possession of marijuana and possession of a handgun without a license.

In a separate incident, Butler was charged with resisting arrest and battery of a police officer outside a South Bend bar.

In announcing the swift action against the players, Kelly said, “Their conduct fell short of what we expect from those who represent our football team and this great university.”

Good for you, Coach Kelly. Too often we have seen coaches and school officials sidestep, even ignore, the misdeeds of their players.

Time Running Out On Miracle’s Hope To Reach Playoffs

Losing two of three home games last weekend to first-place Jupiter dampened the chances for the Fort Myers Miracle baseball team to reach post-season play as the 2016 regular season winds down to the last two weeks.

The Miracle began this week with a second-half season record of 29-28, two games behind Jupiter and St. Lucie who were in a virtual first-place tie in the Florida State League South Division.

As of Tuesday, only 13 games remain, nine this month and four in September.

Fort Myers will have the opportunity to catch Jupiter again this weekend when they face the Hammerheads for three games in Jupiter. The Miracle end the regular season at home at Hammond Stadium hosting Bradenton from September 1-4.

With three first-round draft picks of the Minnesota Twins on the Miracle roster at the season’s start, it appeared the Miracle would have a competitive team. And it has been a successful season. They finished the first-half 34-35, 4-1/2 games out of first-place.

Shortstop Nick Gordon, the 2014 first-round selection, has had a solid year, batting .296 through 105 games. He’ll likely move up to Double A next season.

The other two first-rounders, pitchers Tyler Jay (2015) and Kohl Stewart (2013), had solid season starts here before being moved up to Double A Chattanooga.*

Golf Tournament

Candlelighters of Southwest Florida will host the 22nd annual Gold Ribbon Classic Golf Tournament on Saturday, September 10 at Bonita Bay Club East, located at 3700 Wildwood Boulevard in Naples.

Proceeds will assist local children with cancer or blood disorders.

This year in the United States, over 15,780 children will be diagnosed with cancer, and one in 530 young adults between the ages of 20 and 39 will be a survivor of childhood cancer.

The tournament is open to the public. There will be a variety of raffle prizes offered including hotel stays, tickets for Busch Gardens, photography sessions, rounds of golf , gift certificates to area Restaurants and much more.

Check-in begins at 8 a.m., followed by a shotgun start at 9 a.m.

The entry fee is \$150 for an individual player, which includes 18 holes of golf with cart, range balls, golfers goodie bags, a buffet lunch with an awards presentation immediately following play.

Pre-registration is required. For additional information, visit the Candlelighters website, make a tax deductible donation or sign up to play at www.CandlelightersSWFL.org.

Non-golfers can help, too. Make a monetary donation, donate a gift certificate or raffle item or perhaps an item for the golfers goodie bags. Show your support and help local children battling childhood cancer and blood disorders.

Contact Candlelighters at 432-2223, visit CandlelightersSWFL.org or follow them on Twitter and Facebook. *

SPORTS QUIZ

- Who were the first two pitchers from the Dominican Republic to be inducted into the Baseball Hall of Fame?
- In 2015, Mike Trout became the fastest Angels player to reach 30 home runs in a season (97 games). Who had been the fastest?
- Earl Morrall was a quarterback in the NFL for 21 seasons (1956-76). In how many of those did he start at least 10 regular-season games?
- Which two men’s basketball coaches share the record for most appearances in the NCAA Tournament’s Final Four?
- Who holds the mark for most goals in an NHL season by a player 5 feet 9 inches or shorter?
- When was the last time before 2015 that the U.S. women’s soccer team lost a match on their home soil?
- Which horse was the last before Nyquist in 2016 to win the Kentucky Derby from the No. 13 post?

ANSWERS

1. Juan Marichal (inducted in 1983) and Pedro Martinez (2015). 2. Troy Glas, who did it in 100 games in 2000. 3. Four seasons. 4. Duke’s Mike Krzyzewski and UCLA’s John Wooden, with 12 each. 5. The Los Angeles Kings. Marcel Dionne had 59 goals in the 1978-79 season. 6. It was in 2004. The team then went unbeaten in 104 consecutive home games. 7. Smarty Jones, in 2004.



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Bar Association's Young Lawyer Division Hosts Holidays In July



While on summer vacation in sunny Southwest Florida, Santa Claus delivered holiday cheer to children and their foster families with a little help from the Young Lawyers Division of the Lee County Bar Association

photo courtesy Lee County Bar Association

When Santa Claus needs a break from the icy chill of the North Pole, he trades in his sleigh and reindeer for a hammock and some plastic flamingoes in sunny Southwest Florida. In addition to working on his tan on Saturday, July 23, he paid a special visit to the foster families of the Children's Network of Southwest Florida for the Holidays in July celebration, presented by the Lee County Bar Association's Young Lawyers Division (YLD) at the Imaginarium Science Center.

About 40 foster kids enjoyed the visit from Santa, which was coordinated by the big jolly man's local attorney, Spencer Cordell. Along with presents, the families indulged in holiday treats, songs, games and plenty of fun. It was the first time the children had seen Santa in flip flops and Bermuda shorts. Every year, the YLD successfully applies for a grant from The Florida Bar to fund its Holidays event, which was moved from January to July beginning in 2016.

Lee County Bar Association President Scott Atwood said, "These foster families tend to receive a little extra attention during the winter holidays. The YLD decided it is important to provide a celebration and morale booster during the summer months, too. We're proud of our YLD and the difference they make for children in the community."

"Although this was the first time that our 'Holidays' event took place during the summer, Holidays in July ended up being a massive success. It was wonderful to see the smiles and laughter spread across the room as the children opened gift after gift from Santa," said YLD President Thomas G. Coleman. "I am very



LCBA lawyers visiting with Santa at their Holidays in July gathering

grateful to the members of the LCBA who donated and took time to volunteer, ensuring that the event would be successful and have a positive impact on our community."

Holidays in July is not the only event the YLD presents for foster kids through the Children's Network of Southwest Florida. This year the group has introduced the "Tryathlon," a three-part event scheduled throughout the year to encourage youngsters to try fun new activities. In the first and second quarters of 2016, the children and their foster families were treated to bowling and miniature golf. The YLD's Tryathlon was awarded by The Florida Bar for being the Most Creative Presentation during its local YLD affiliate project grant funding process.

In addition to Coleman, the YLD officers are vice president Kayla E. Richmond, secretary Candice L. Michael, treasurer Kristalyn J. Loson, social chair Blake Hampton and recruitment chair Joel Hyatt. Spencer Cordell is a past president of the YLD, and a current board member of the Lee County Bar Association.✧

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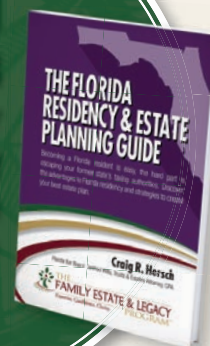
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Financial Focus

Consider All College Savings Options



by Jennifer Basey

August is back-to-school time. If you have young children going to public schools, your biggest expenditures may be on pens, pencils and notebooks. But if you want those

same kids to go to college someday, you'll eventually face considerably larger costs, so you may want to start preparing soon.

College is costly. For the 2015-16 school year, the average expense (including tuition fees, room and board) was nearly \$20,000 at a public, four-year school and more than twice that amount at a four-year private school, according to the College Board. Of course, cheaper alternatives are available. Your children could go to a local community college for two years at a very reasonable cost and then transfer to a four-year school.

Still, if your child does go on to get

a bachelor's degree, those big bills will eventually arrive. As you consider how you can best deal with these costs, ask yourself these questions:

How Much Can I Afford To Contribute?

As much as you'd like to help your children pay for college, you also have to think about your own needs – specifically your retirement. Think very carefully before reducing contributions to your retirement plans, such as your IRA and 401(k), to help fund a college savings plan. After all, your children may be able to get scholarships and grants, and even if they have to take out loans, they'll have many years in which to repay them – but you can't postpone saving for retirement without jeopardizing your ability to enjoy a comfortable lifestyle. When it comes to prioritizing your financial goals, putting yourself first is not necessarily a selfish act.

What College Savings Plan Should You Consider?

A number of college savings options are available. For example, you could contribute to a 529 plan that offers potential tax advantages and high contribution limits. You might also consider a custodial account, such as an UGMA or UTMA, although when your children reach the age of majority, they are free to do whatever they want with the money – and their plans may not include college.

What Will Be The Effect Of A College Savings Plan On Financial Aid?

When colleges determine financial aid packages, they will evaluate your child's assets differently than your assets. Your child typically would be expected to contribute 20 percent of his or her assets, while you are only expected to contribute up to 5.6 percent of your assets. Consequently, you may be better off saving for college in your name, rather than your children's. Under the federal financial aid guidelines, an UTMA/UGMA account is classified as a student asset, while 529 plans are counted as parental assets if parents are the account owners. (The rules on financial aid are not always so clear-cut, however, so it might be worth your while to contact a financial aid officer at a local college or university to ensure that your chosen method of saving will still allow for the greatest possible assistance.)

As you can see, you've got several factors to think about when it comes to helping your kids meet their higher education goals. Study up on these options, so you can find the right answers for your family's needs.

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.✴

Three Chosen For Leadership Class

Connect Florida has named three Southwest Florida young professionals to Class VII of its Statewide Leadership Institute.

Those selected include Ryan King, revenue management analyst I, Hertz Corporation; Tony Lee III, director of major gifts, Florida Gulf Coast University; and Cee Cee Marinelli, director of commercial real estate, Barron Collier Companies.

"We are thrilled to announce the members of Class VII and welcome them into the Connect Florida family," said Chester Spellman, chairman of the Connect Florida board of governors and a Class IV graduate. "Connect Florida will provide these young leaders with incredible opportunities in the year ahead, and we look forward to seeing members develop as individuals, professionals, community servants and Florida leaders."

Connect Florida, created in 2007, is a program of Leadership Florida and geared for professionals ages 25 to 40. The organization is designed to enhance leadership skills, provide practical experience in community service and offer interaction with state leaders.

For more information, email Tina Ekblad at tekblad@m-da.com or call 337-3993.✴

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Sailor's Toy Shoppe 312-8144

Pak-n-ship of Sanibel 395-1220

Macintosh Books 472-1447



Edison Festival Earns Awards

The 2016 Edison Festival of Light was recently recognized by the Florida Festivals and Events Association during the annual awards ceremony and conference.

The festival was awarded first place in its budget category for Best Social Media Campaign and second place in Best Educational Program for STEMtastic/Day of Discovery, run in conjunction with the Foundation for Lee County Public Schools.

"It was a great honor to be recognized by the Florida Festivals and Events Association for the hard work of the staff, board, volunteers and partners of the Edison Festival of Light," said Kevin Anderson, 2016-17 Edison Festival of Light board president. "We look forward to creating memorable experiences for this year's festival, which will be held February 11 to 19."

In preparation for the upcoming festival, the organization will be opening applications for food vendors, crafters, entries for the Junior Parade and the Grand Parade, and Junior Run applications in early September. A new website will also be unveiled.

Visit edisonfestival.org for more information or follow on Facebook.com/edisonfestival, Twitter and Instagram (@edisonfestival).✴

From page 15

CROW Case

E8 was cleared for release by CROW's veterinary staff on August 12 due to continued success in live prey testing and improvement in skills needed for catching live fish. Prior to release, CROW's veterinary staff members appeared satisfied that E8 was now in top physical condition after mastering needed hunting skills.

E8, who weighed 7.25 pounds on May 15 and 8.09 pounds on August 10, was banded prior to release.

"Since CROW does not have a permit to band, the Florida Fish and Wildlife Conservation Commission placed a band on E8's right leg at CROW the morning of his release," said Dr. Heather Barron, CROW's hospital director. "This band has a number on it and will be used to identify him if found injured or deceased."

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

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New Specialist



Jackie Rodriguez

Lee County Visitor & Convention Bureau (VCB) recently announced Jacqueline "Jackie" Rodriguez as its new administrative specialist.

Rodriguez's duties will include providing administrative, technical and analytical support to the communications team, as well as assisting with journalist visits, media inquiries and travel calendars. Additionally, she will coordinate communications supplies, familiarization tours and assist the VCB with Tourist Development Council (TDC) meetings.

In her previous position as administrative assistant at Lee County Transit (LeeTran), Rodriguez prepared travel arrangements, managed customer service calls and worked with management to complete special projects.

Prior to her work at LeeTran, Rodriguez worked for Carnival Cruise Lines. During her seven-year tenure, she supported the sales, marketing, event planning and customer service departments. Rodriguez earned the Presidential Diamond Award and the Centurion Sales Award.

Rodriguez brings more than 12 years of customer service experience to the VCB. She is fluent in English, Spanish, and American Sign Language.✱

Award Of Excellence



Toni Primeaux, center, was one of the recipients of this year's Lee Memorial Health System's board of directors Commitment to Excellence Doc Coggins Award, which honors exceptional employees and is the highest formal award given to non-management staff. Also pictured is Cathy Maxwell, co-worker, and Dr. Steve Brown, board member.

photo courtesy LMHS

New Board And Leadership Team

The Florida Public Relations Association Southwest Florida Chapter (FPRA) will install its new board of directors and leadership team for the 2016-17 year.

The new officers will be announced at the next luncheon meeting of FPRA on Tuesday, September 13 from 11:30 a.m. to 1 p.m. at The Edison Restaurant & Bar, located at 3583 McGregor Boulevard in Fort Myers.

The new officers for the organization will be President Jessica Potts; Immediate Past President Trish Robertson; President-Elect Tiffany Whitaker; Treasurer Michelle Dean; Secretary Laura Puerto, APR; Vice President of Communications Randy Mitchelson, APR; Vice President of Member Relations Lisa Murray; Vice President of Professional Development Kate Gooderham, APR, CPRC; and Vice President of Community Relations Kate Walter, MA, APR.

The FPRA luncheon will also include a panel discussion re-capping the annual FPRA State Conference, which was held

August 8 to 11 in Palm Harbor. Panelists will discuss the highlights and new trends in the PR industry. Conference scholarship recipients will share their experiences from the event where leaders from major corporations, agencies and non-profits imparted their business knowledge.

The cost for attending the meeting is \$25 for members, \$30 for non-members and \$15 for students. Guests must RSVP online at fpraswfl.org.✱

Author To Speak At Lakes Regional Library

The Friends of Lakes Regional Library will host local author Tim Jacobs on Friday, September 9 beginning at 1 p.m. at the library.

Jacobs has written several books and numerous articles for magazines and newspapers. He will discuss his latest book, a biography about a Civil War soldier. A book signing follows the program, which is free and open to the public.

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

FGCU Alumni Bowling Fundraising

The Florida Gulf Coast University Alumni Association's annual bowling fundraiser will celebrate a decade of generating Eagle pride and scholarship support.

Tickets are available for Strikes for Scholarships to be held at HeadPinz Entertainment Center on Saturday, September 10 at 4 p.m. Last year's sold-out event raised more than \$20,000 for student scholarships.

"It's so gratifying to have our alumni support this annual tradition and the impact it makes for our students," said FGCU Alumni Relations Director Kimberly Wallace. "It's a great opportunity for our alumni and friends to reconnect while making a difference for the next generation of Eagles."

About 300 alumni bowl, network for two hours and support the silent auction all while enjoying refreshments. Bowlers can sign up individually or as a team at \$30 per adult and \$15 per child (age 7 and younger), including shoe rental. Prizes will be awarded for top bowler, most spirited team and top turkey.

To register, visit alumni.fgcu.edu. For more information, call Assistant Director of Programs Angela Kunkle at 745-4343. HeadPinz is located at 14513 Global Parkway in Fort Myers.✱

Safety Seminars

On Tuesday, August 30, the Lee County Sheriff's Office will continue its series of free senior safety education seminars. The seminars, which will run through September 27, will take place at the UnitedHealthcare Medicare Store in the Daniels Crossing Shopping Center, located at 6900 Daniels Parkway, Suite 23-C in Fort Myers.

For additional information, call 561-9142.✱

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Book Review

We Are Not Ourselves



by Di Saggau

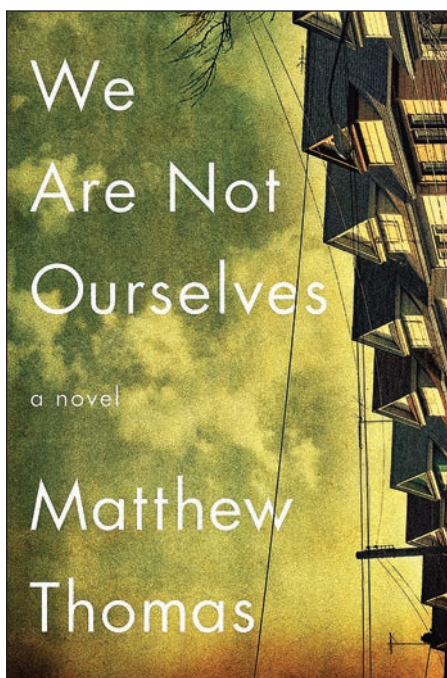
The New York Times describes *We Are Not Ourselves* as “A long, gorgeous epic, full of love and caring...one of the best novels you’ll read this year.”

Through the lives of his characters, Matthew Thomas charts a stunning story.

Eileen Tumulty, born in 1941 in Woodside, Queens, is raised playing caretaker to her drinking Irish parents and dreaming of a better life away from her turbulent upbringing. The mood in the apartment ranges from humor to heartbreak, depending on how much alcohol is consumed.

Eileen wants to live elsewhere. She sets her sights on the American Dream. She falls in love with Ed Leary, a handsome young scientist. Unlike any man she grew up with, Eileen believes he’ll deliver her to the cosmopolitan existence she desires. She quickly discovers Ed doesn’t aspire to the same, ever bigger stakes in the American dream.

Eileen wants more in life, better friends, a better house. Through the



years, her determination to better their lot never wavers but just when her goal of a house in the suburbs is within reach the family is dealt a devastating blow that may rob them of any future at all.

Ed’s resistance to Eileen’s dreams is due to the ravages of early-onset Alzheimer’s. After hearing his diagnosis at age 51, Ed asks, “What are we going to do?” Eileen replies, “We are going to carry this with dignity and grace.” Unfortunately, this disease is one that doesn’t just take down the sufferer; it takes down the entire family and friends.

Eileen is the hero of this sweeping, multigenerational novel. She is a compelling and intelligent character who refuses to let anything take her down. The novel is not only about Alzheimer’s, it’s a tribute to the resilience of the human spirit and how love can overcome life’s adversities. We see Eileen become bewildered as Ed begins to act more strangely. We see how it affects his work and his relationship with his son.

The writing in *We Are Not Ourselves* is so extraordinary, the insightfulness about human emotion so sharp, that it’s easy for the reader to become invested in Eileen’s tale. I was fortunate to hear Thomas speak at a book group in Fort Myers, where one member told him he should win a Pulitzer Prize for this book. It’s a gripping family saga that has received rave reviews.✱

School Smart



by Shelley M. Gregg, NCSP

Dear Readers, Going back to school is tough. So many schedules and time demands to cope with and that doesn’t even include the dreaded

homework hassles.

Here are some apps – recommended by experts – which might help with some of the issues that families face when returning to a busy school schedule. These apps are free, easy to download and use. Most of them can be used on either an iPhone or Android. I’m sure at least one of these apps will be helpful for you and your family.

Here are some apps for organization. Good organizational skills are essential for everyone:

MyHomework

This app is a digital homework checklist and a helpful study reminder. It allows instant access to assignments and due dates for upcoming papers, tests and homework. Once you’ve completed a task, you can swipe right to clear it from your list. It’s for free for both iPhone and Android and you can find it at myhomeworkapp.com.

Cozi Family Organizer

Cozi has a built-in calendar and to-do list, plus shopping and journal functions, to help you easily organize your family’s daily assignments, practices and events. Color code each member of your family and insert their appointments, share the calendar and organize your day. Cozi also includes a chore function that allows each family member to check off tasks they’ve accomplished. It’s free for both iPhone and Android at cozi.com.

Learning how to make and prioritize a To-Do list is a survival skill that all kids should learn. Here’s a great “to-do” app:

Any.Do

This simple to-do list app makes adding and completing tasks easy and satisfying. Any.Do allows you to create as many lists as you need, prioritize your items, add notes and set reminders. You can list your tasks as today, tomorrow, upcoming and someday and you’ll never forget something again. No more mental checklists. It’s free for both iPhone and Android at any.do.

When your child needs some extra academic help, here’s a great app to use:

Khan Academy

Kids can sharpen their skills outside

the classroom with this interactive app, which offers practice exercises, instructional videos and in-depth articles on a variety of school subjects. Great for keeping skills sharp, prepping for standardized tests, or even for parents looking to brush up on the basics. It’s free for both iPhone and Android at itunes.com.

Here’s another great academic app. This one is for studying a foreign language. I have used this one many times to help me refresh my foreign language skills:

Duolingo

You can learn Spanish, Danish, French or any number of languages with this super fun app. You earn points for right answers and multiple-choice challenges will test how far you’ve come. A counter motivates you to log in every day. It’s free for both iPhone and Android at duolingo.com.

Here are two stress-busting apps for kids and their parents.

The school bus creates lots of anxiety – no one wants to miss the buss. This app can help with this:

Here Comes The Bus

This easy-to-use app tracks the location of the bus (your school needs to make it available to parents), so you can accurately plan for its time of arrival. Updates and alerts can give you a five-minute heads up, which is especially helpful on days with bad weather. The app will also send notifications regarding last-minute route changes, and can alert you when the bus arrives safely at school. It’s free for both iPhone and Android at herecomesthebus.com.

Last but not least is a clever app that will ease the chore of making a healthy daily lunch:

Lala Lunchbox

This meal-planning app puts some fun into lunch prep and gets the kids involved in making smart, nutritious choices. Kids select their favorites using monsters, colors and sounds, and their picks then translate to a grocery list for parents. Options range from fruits and veggies to proteins and snacks. And you can save the meal to your library. It’s free but for iPhone users only at itunes.com.

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

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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.”

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

Donors Make Back To School Gathering At United Way Possible



A mother and daughter attending CAC's Back To School event

photo courtesy Children's Advocacy Center

Last week, the Children's Advocacy Center (CAC) of Southwest Florida held its annual back to school event at the East Fort Myers United Way House, where CAC is the lead agency at this family resource center.

A special thank you was given to the Kiwanis Club of Fort Myers Gateway to the Islands for donating 100 backpacks, which got the entire event off the ground. CAC also thanked Cintas of Fort Myers and Blackbelts Tae Kwondo in Cape Coral for their school supplies donations, and to the people of Team Moose Rescue who donated so many new clothes that CAC was able to provide new back to school outfits for everyone.

Thank you was also given to all the hardworking volunteers, including Aurelio Torres, a retired



A family attending the back to school event

barber who gave the boys haircuts, and Stacy Lopez from G Studios in Lehigh, who provided new styles for the girls.

Since 1981, the Children's Advocacy Center of Southwest Florida, a United Way partner agency, has worked to improve the lives of children and their families through a coordinated response to child abuse and neglect, offering a safe and friendly environment in which to heal. CAC provides abuse determination services as well as therapeutic counseling, parenting education and prevention programs in Lee, Hendry, Glades and Charlotte counties. All services are provided free of charge.

For more information, call 939-2808 or visit www.cac-swfl.org.



Stacy Lopez cutting a child's hair

LCEC Wins Two Image Awards

Lee County Electrical Cooperative (LCEC) was recognized during the Florida Public Relations Association's Golden Image Awards banquet held in Palm Harbor on August 9.

LCEC accepted two Awards of Distinction, one for a television commercial campaign featuring more than 20 employees telling their story, and also for a 75th anniversary book highlighting the cooperative's history.

An Award of Distinction is presented to entries that meet a standard of excellence set by a panel of judges.

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deaRPharmacist

Are You Taking A Medication That Causes Anxiety?



by Suzy Cohen, RPh

Dear Readers: You wake up at 4 a.m. feeling tired, but wired and you keep twirling some person or event in your head, never going back to sleep.

Something bad is going to happen today and you just know it.

Your chest pounds and you feel dread when you think about going to that event or speaking to a certain someone.

These are the symptoms of anxiety and some of you live with this every day, several times a day. Ruminating in a state of fear, panic or anxiety can cause other symptoms in your body that over time, wear your adrenals out and lead to severe insomnia, depression and high blood pressure. Stress can also cause ulcers.

There's a difference between an anxiety or panic attack and generalized anxiety disorder or GAD. The difference in one is finite and quick and the other is constant. GAD sufferers often expect the worse, when there's no real reason for concern or they may fret about health, money, family or work issues. When you find that these intrusive thoughts are occupying much of your day, it's time to do something about it. As a pharmacist, I bet you think that I'm going to recommend a tranquilizer, but I'm not. That is the worst, possible thing you could do and I rarely recommend drug treatment for this. In fact, I hold the opposite belief. I actually want you to consider the fact that a medication you take is causing the anxiety and changes in your mood.

For almost seven million folks with GAD, it's very possible that most of them are taking a medication that induces anxiety. Here's the list of some of the worst possible offenders, you are going to be stunned. If you take any of these, speak to your doctor because you will need to find a suitable alternative or follow very careful tapering instructions. Stopping suddenly could be a disaster. Here goes:

Tranquilizers. Shocker isn't it?! The medicine you may be taking to relax can actually lead to anxiety and panic attacks. According to a 1995 study, it was known that in almost

half the patients seeking advice for anxiety, panic and phobias, the cause was either alcohol or benzodiazepine drugs like clonazepam, alprazolam, lorazepam and others. The mechanism is complicated, but it's due to a rebound arousal. Getting off these drugs is a nightmare, so I'd say don't even start.

Allergy Medicines. It's in the pseudoephedrine, which is a decongestant. This is a stimulant and can cause you to feel anxious.

Sleeping Medicine. It's hard to believe but these drugs don't put you into a restful, natural sleep. Oftentimes, they steal your REM sleep, and so, over time, you actually become sleep-deprived. Anxiety sets in.

Asthma Inhalers. The albuterol in these medications is the offender, it's great to help open up breathing passageways, but it causes a person to feel stressed and hyperactive. For a more comprehensive list of medication categories that spark anxiety, 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.✱

App Offers Autism Support

Autism Behavior has launched an Apple App to help parents deal with challenging autistic behavior at home and in the community. This is particularly important during the holiday season when the school safe zone is missing and parents have 24-hour responsibility.

Autism affects approximately one in 68 children. Many parents struggle to understand and manage the associated behaviors.

The new app deals with challenging behaviors associated with autism and provides parents with instant strategies to manage the behavior at home and in the community. It covers all autistic behavior from aggression to wandering and deals with the most concerning topics like meltdowns in a public place. It helps parents to remain in control and maintain a calm and happy environment.

Find the app at the Apple Store. Look for Autism Behavior Toolbox for Families – Challenging Behaviors.

For more information on autism, visit autismbehavior.org.✱

Doctor and Dietician

Weight Gain And Lifestyle Changes



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

Weight gain tends to be a problem at varying times in our lives, especially in times of change, such as during our college years, after marrying, while traveling, during retirement and around stressful and emotional periods in our lives. We believe it is possible to maintain positive lifestyle habits at most points in our lives, and to reconsider the typical excuses like "I'm too stressed" before continuing to make poor food choices.

Eating healthy is crucial, and may help you better deal with the stress of change. You can never underestimate the power of food.

Get back to basics. The first "stress foods" to kick out are processed foods and simple carbohydrates such as white pasta, pizza, burgers, frozen meals, fast food, boxed meals and sugar-laden

foods. Also, eliminate chemical-laden "energy drinks" and excessive caffeine. Unfortunately, these are typical eating habits when we feel the pressures of life and forego good judgment for a fast-paced lifestyle. Instead, eat real food. Fresh, preferably organic foods are recommended, along with filtered water and teas.

Shop the perimeter of the store, and purchase and cook whole foods. It really doesn't take that long to do, especially when you consider the benefits. You'll be amazed at how your weight will drop and your energy will increase. You might even notice the added benefit of decreased body pains.

Add exercise and strength training to this improved way of eating. Strength training can help change your physiology from fat-producing to muscle-producing. Exercise with friends for another bonus that's not only fun, but actually an additional factor in promoting health.

Get started now and get a hold of your health. Stop weight gain and the diseases that come with it in their tracks. Improving your diet will benefit you for a lifetime.

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,

We were thrilled when our daughter-in-law told us she was pregnant with her second child. The medical procedure she had to help her become pregnant worked.

However, three months later we were told the heart-breaking news that all the tests showed their child would be severely handicapped.

The doctors told her an abortion would be available to her if she decided to go that route.

It is against our religious beliefs to even consider an abortion, so now it is being left to God to give us the strength we need.

My daughter-in-law, our son, her parents and my husband and I are all going through a terrible, worrisome time.

Do you have any suggestions to help us cope?

Sylvia

Dear Sylvia,

I am sorry to hear about your family situation. Just as our ethics, morals and beliefs guide our behavior and actions, the same ethics, morals and beliefs provide comfort and support during difficult times. I cannot even begin to understand the journey ahead for your family. My thoughts are with you all.

Pryce

Dear Sylvia,

I am so sorry about this developing problem. It is only in recent years that families know in advance about the condition of a developing child.

Handicapped children are accepted in many families with open arms and love; in others, it is extremely difficult. It is difficult for mothers, fathers, siblings and grandparents. Many marriages cannot survive and the financial costs can be enormous.

It is time for you to come to terms with your own feelings and ask yourselves if you can accept the burden and the responsibility.

Professional counseling by a licensed mental health professional may help you consider all of the available options.

Lizzie

Lizzie and Pryce's e-mail address is momandmeaging@hotmail.com.

Lizzie

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

PETS OF THE WEEK

Hello, our names are Cindy and Churchill. Cindy is a 9-year-old spayed female Puggle and Churchill is a 6-year-old neutered male English bulldog. Don't let our ages fool you – we are very energetic and playful. We love playing with the other dogs here at the shelter... especially one another. Maybe you could adopt us both, since we are the very best of buddies and would enjoy spending the rest of our lives together in a forever home.

Our adoption fee is \$15 (regularly \$25) during Animal Services' Olympic Pet Adoption Deals.

Hello, my name is Gabby and I'm a 4-month-old domestic short haired spayed female. But don't worry... I'm not overly talkative. I am adorable, though. I'm also pretty, bright, alert, playful, sweet and just what you're looking for in feline friend.

My adoption fee is \$30 (regularly \$75) during Animal Services' Olympic Pet Adoption Deals.

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.✱



Cindy and Churchill ID# 381895 and 668827



Gabby ID# 662304

PAWS Of Sanibel

Remy

Two-month-old Remy needs a new home. She was recently adopted to a loving family, but it turns out that two family members are allergic. She's black with green eyes, loves to be petted, sweet as can be and so cute.

To adopt Remy, call PAWS volunteer, Renae, at 671-1981.✱



Remy

THE RIVER WEEKLY NEWS

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

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IslandSunNews.com

PUZZLES

Answers on page 29

Super Crossword

THE FIRST REVERSED

- ACROSS**

1 Signal-enhancing audio equipment

9 Ukrainian port

15 Judge, during a case

20 Not digital, as a clock

21 Largest "little piggy"

22 As a result

23 Gave some merchandise an awful review?

25 Cultural values

26 Film's name, e.g.

27 Actress Wray

28 Winning tic-tac-toe line

29 Sans — (carefree)

30 Ancient Aegean region

31 Jazz band's job

32 Lowers a lady again while tangoing?

35 Yule libations

36 Election winners

37 Took a load off

38 Alarm clocks, when going off

39 Fashions articles out of yarn incessantly?

45 Osaka cash

46 Partner of parks, briefly

47 City grid: Abbr.

48 Sac fly stat

49 "Of course, amigo!"

53 Spicy Korean cabbage

55 Data about unstimulating java?

58 Antares, e.g.

61 Edible hero

64 Roo's donkey pal

65 Never took off one's teal jumper?

71 Bushes' successors

72 D major's relative key

73 Sloop feature

74 Casual pants dug out of the earth?

78 Fly in Zambia

81 Granola bits

82 Most populous Idaho county

83 Shar- — Jr.'s junior

86 Boise-to-Las Vegas dir.

89 Magazine devoted to razor sharpeners?

94 Weather map line

98 '80s sitcom

99 Name of 13 popes

100 Broad valley

101 Thorough way to steal someone's milk shake?

105 Hostile dog

106 Clingy wrap

107 Like wet weather

108 Bruins' Bobby

109 Lass

110 Months before Octs.

111 Make amends (for)

112 What makes thin sheets stick together?

117 Calculus pioneer

118 Leonhard

119 Reciprocal

120 German Lechers' looks

121 Get garbed

122 Devours greedily
- DOWN**

1 Golf number

2 Evenly matched

3 Inviting to enter with a hand motion

4 Snobby sort

5 Missouri city

6 Film critic

7 Strong java

8 Home aquarium inhabitant

9 Comply with

10 Make a hole

11 Self-love

12 Endured

13 "Ditto"

14 Fable figure

15 Saint-Saëns cello piece

16 Won back

17 Bury

18 Nissan Leaf, for one

19 Ingredients in plastics

24 Witch

30 Like pen smudges

31 Small Italian dumplings

32 Fans' shouts

33 Ordinal ending

34 Fin. neighbor

36 Bit of news

37 P.D. rank

40 Mumbai Mr.

41 Hoops Hall of Famer — Thomas

42 Poet's "before"

43 "Castle" ailer

44 By way of

49 Bully's retort

50 Twenty: Prefix

51 Houston baseball team, briefly

52 "— a Letter to My Love" (1981 drama)

53 Krispy — (doughnut shops)

54 Boiling

55 Slicer site

56 Store suffix with "two"

57 Extra charge

58 Replay mode

59 Bone of the lower leg

60 — -garde

62 Chinwags

63 "Smarter planet" co.

66 Pa

67 Financial paper, briefly

68 "— then ..."

69 Canon line

70 Novelist Theodore

75 Stud locale

76 Hue and cry

77 Midday break

79 Bandleader

80 Francis Drake's title

83 Aspirin unit

84 Santa's aide

86 Launching

87 Haile — (Rastafarian savior)

88 Site of delight

89 Workers cutting timber

90 La-la lead-in

91 "My Gal —"

92 Wail loudly

93 Kind of plug

94 Haifa locale

95 Figurine, e.g.

96 Yankee rival

97 Pennant

102 Nick of films

103 Like comics

104 Knight wear

105 GoPro, e.g.

106 Manage

109 Singer Marvin

110 Comfy-cozy

113 — Jima

114 Apprehend

115 First Bible bk.

116 TV hosts

1	2	3	4	5	6	7	8		9	10	11	12	13	14		15	16	17	18	19
20									21								22			
23								24									25			
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101							102	103	104				105				106			
107							108					109				110				
111							112			113	114				115					116
117							118							119						
120							121							122						

King Crossword

- ACROSS**

1 Express

4 Leprechauns' dances

8 Quest

12 Area 51 vessel

13 Arm bone

14 Sandwich treat

15 Tatter

16 "Consider it done"

18 Pat down

20 Charged bit

21 Consider

24 "Greetings, pardner"

28 Nolan Ryan specialty

32 Soft cheese

33 Brewery product

34 One's performances?

36 401(k) alternative

37 Peel

39 "Don't sweat it"

41 Trig ratio, for short

43 "Peter Pan" dog

44 Atmosphere

46 Lowly soldier

50 Super-easy decision

55 Fish eggs

56 British noble

57 Leslie Caron role

58 Pistol

59 Salver

60 Bit of plank ton

61 Conclusion

8 Rub elbows

9 Web address

10 Born

11 Male turkey

17 Reaction to fireworks

19 "Star Wars" initials

22 Harrow rival

23 Crenshaw, for one

25 Legal document

26 Tragic

27 Calendar period

28 DEA agent

29 Hodgepodge

30 Coop group

31 Actress

35 Punch-bowl contents, maybe

38 With all one's heart

40 Pitch

42 Spy org.

45 Latvia's capital

47 Incite

48 Proper subject?

49 Incline

50 Profit

51 Rowing need

52 Lingerie item

53 Zero

54 Early bird?
- DOWN**

1 Go from website to website

2 In the distance

3 Boo-boo's mentor

4 Promotional trips

5 UN workers agcy.

6 Econ. statistic

7 Ganges garment

MAGIC MAZE ● NBA'S FIRST ALL-STAR GAME

W G D Z W P T Q N K H D A X U
K R P M J H G Y D A X V S Q N
K C I S F I E D A X V T Q O M
J D I C H L S F C A Y W U R P
N L R H U L E D J H F D B Z X
V T R A C I I R Y Q O M K N I
N H C Y E P V A F S S D A A T
B A Z E Y B A L D N U K Z W S
M V I S T R D L Q O I O L N U
N E D R A G L O K M R I C U O
H F D C B A Z P X G 1 5 9 1 F

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

- 1951 Beard

Brian Cousy
- Davies Foust

Fulks Groza
- Kundla Lapchick

Macauley Mikan
- Phillip Pollard

Schayes



Baked Vegetable Tortilla Towers

- 12 flat hard shell corn tortillas (tostada size)
- 1 tablespoon vegetable oil
- 1 red onion, thinly sliced
- 2 cups Florida mushrooms, thinly sliced
- 2 Florida carrots, sliced as thin as possible
- 1 medium Florida zucchini, thinly sliced
- Kosher salt and fresh ground pepper to taste
- 1½ cups low-fat jack cheese (or your favorite), grated
- 1 cup home made Florida vegetable salsa (or your favorite store-bought)
- ¼ cup low fat sour cream
- ½ cup scallions, chopped

Pre-heat oven to 400 degrees. Heat oil over medium-high heat in a large sauté pan. Add onion and sauté, stirring frequently for 3 to 4 minutes. Add all other vegetables and continue cooking, stirring occasionally, until vegetables are crisp-tender, about 5 minutes. Remove from heat and season with salt and pepper.

Place four tortillas on baking sheet. Evenly distribute spoonfuls of the sautéed vegetables on each tortilla, then add a small amount of the cheese. Repeat so that you have four stacks with three tortillas each. Make sure to save some cheese for the top of the last layer.

Bake for 6 to 10 minutes until the stacks are heated thoroughly. Garnish the top of each stack with salsa, sour cream and scallions. Serve warm.*



Baked Vegetable Tortilla Towers

photo courtesy Fresh From Florida

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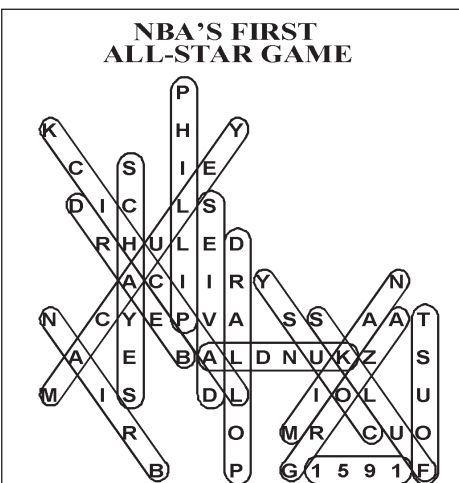
SUPER CROSSWORD

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

S	A	Y		J	I	G	S		H	U	N	T	
U	F	O		U	L	N	A		O	R	E	O	
R	A	G		N	O	P	R	O	B	L	E	M	
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			D	E	E	M			H	O	W	D	Y
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A	L	E		S	O	L	O	S		I	R	A	
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			A	I	R				G	R	U	N	T
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MAGIC MAZE



SUDOKU

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

My Stars ★★★★★

FOR WEEK OF AUGUST 29, 2016

ARIES (March 21 to April 19) The typically tidy Ram or Ewe might want to butt out until things are settled on the home front. But get involved and let your Ovine sense of order help restore domestic tranquility.

TAURUS (April 20 to May 20) The Bovine's flair for fine-tuning complicated fiscal dealings comes in handy when an unexpected financial problem arises. Stay with it until it's resolved to your satisfaction.

GEMINI (May 21 to June 20) Family aspects remain strong. There might be some unresolved difficulties, but continued attempts to smooth things over eventually prove to be successful. A major purchase looms.

CANCER (June 21 to July 22) A promise that was made but never kept suddenly re-emerges in your life. You now have to decide if you're still interested in what it offers or if you've moved past it.

LEO (July 23 to August 22) Romance comes to unattached Leos and Leonas who have been waiting for Cupid to target them for far too long. Domestic purr-fection is also enhanced for paired Felines.

VIRGO (August 23 to September 22) You need to take a much-needed break from that demanding project before too much energy-draining tension sets in. And don't be ashamed to ask for help.

LIBRA (September 23 to October 22) Change makes demands that you might find unwelcome at this time. But instead of concentrating on the short run, look toward potential benefits down the road.

SCORPIO (October 23 to November 21) You have a gift for reviving projects that seem beyond repair. Use that same ability to restore a relationship that seems to have turned from loving to lifeless.

SAGITTARIUS (November 22 to December 21) Expect to be asked to use your combined wisdom and humor to resolve a problem. After all, folks not only value your advice, they also like how you give it.

CAPRICORN (December 22 to January 19) Most people consider you solid and steady. But you also can be quite capricious (which is a Latin word for "describing the behavior of Goats") when

it suits your needs.

AQUARIUS (January 20 to February 18) People treat you as you wish to be treated. So if you want a change in your relationship, make it happen. Also expect someone to reveal some long-held secrets.

PISCES (February 19 to March 20) Stay with the decision you made, despite a sudden torrent of advice to the contrary from well-meaning people. Remember: You know your needs better than anyone.

BORN THIS WEEK: You like things tidy, with no loose ends. You also enjoy research and would make an excellent investigative reporter or scientist.

THIS WEEK IN HISTORY

- On Sept. 4, 476 A.D., Romulus Augustus, the last emperor of the Western Roman Empire, is deposed by Odoacer, a German barbarian, who proclaims himself king of Italy. Although Roman rule continued in the East, it marked the end of the original Roman Empire.
- On Aug. 29, 1533, Atahualpa, the 13th and last emperor of the Incas, dies by strangulation at the hands of Francisco Pizarro's Spanish conquistadors. The execution of the last free reigning emperor ended 300 years of Inca civilization.
- On Aug. 31, 1897, Thomas Edison receives a patent for his movie camera, the Kinetograph, which used celluloid film. In 1898, Edison sued Biograph Pictures, claiming patent infringement. However, in 1902, the U.S. Court of Appeals ruled that Edison only owned rights to the sprocket system that moved perforated film through the camera.
- On Sept. 2, 1959, Henry Ford II introduces his company's newest car, the Falcon. The compact car was an overnight success. In just one day, dealers had snapped up every one of the 97,000 cars in the first production run.
- On Aug. 30, 1967, Thurgood Marshall becomes the first black American to be confirmed as a Supreme Court justice. He would serve for 24 years before retiring for health reasons, leaving a legacy of upholding the rights of the individual.
- On Sept. 3, 1982, Apple co-founder Steve Wozniak's US Festival opens in San Bernardino, California. Entertainment included The Police, The Kinks and Fleetwood Mac, along with games for the Atari Video Computer System. The Apple

Macintosh was still 18 months away.

- On Sept. 1, 1998, the Intermodal Surface Transportation Efficiency Act of 1991 finally goes into effect. The law required that all cars and light trucks sold in the U.S. have air bags on both sides of the front seat.

STRANGE BUT TRUE

- It's still not known who made the following sage observation: "Thousands of years ago, cats were worshipped as gods. Cats have never forgotten this."
- You probably won't be surprised to learn that 92 percent of teens say that they use social media -- the only question there is why the other 8 percent aren't using it. It is surprising, though, that, according to a recent survey, 54 percent of teens feel their teen years would be happier if social media didn't exist.
- This contentious election season is a good time to increase your vocabulary. Between now and Nov. 8, you may find ample opportunity to use the word "calumniate," which means "to maliciously make false statements about someone."
- President Lyndon B. Johnson owned four beagles while he was in the White House: Edgar, Freckles, Him and Her.
- In 2011, a Denver woman named Susan Cole went to great lengths to avoid jury duty. When she arrived at the courthouse -- with curlers, mismatched shoes and deliberately botched makeup -- she handed District Judge Anne Mansfield a sob story about domestic violence, military service and post-traumatic stress disorder. She was excused from jury duty, and if she'd been smart, that would've been the end of the matter. However, a few months later, a radio talk show's featured topic was avoiding jury duty, and Cole couldn't resist telling her story in detail. Unfortunately for her, Judge Mansfield also was listening, and Cole was charged with first-degree perjury.
- Sometimes a group of rabbits will get really excited and start to jump around wildly. When that happens, it's called a binky.

THOUGHT FOR THE DAY

"Men rarely (if ever) managed to dream up a god superior to themselves. Most gods have the manners and morals of a spoiled child." -- Robert A. Heinlein

SCRAMBLERS

solution
1. Robust; 2. Remote;
3. Mingle; 4. Patrol

Today's Word
BURRITO

TRIVIA TEST

- Advertising: The character of Elsie promoted which company's brands?
- Anatomy: What human organ contains special cell clusters called the islets of Langerhans?
- Movies: What famous singer joined Mel Gibson as stars in the movie "Mad Max Beyond Thunderdome"?
- Religion: In what country is the Shinto religion based?
- History: When did the Suez Canal open to navigation?
- Geography: What is the capital of British Columbia?
- Automobiles: Which car company produces the Accord and the Civic?
- Animal Kingdom: The llama belongs in the same family as what other type of animal?
- Literature: Where was the novel "Anne of Green Gables" set?
- Famous Quotations: Which 19th-century American poet wrote the line, "A little madness in the spring is wholesome even for the king"?

TRIVIA ANSWERS

- The Borden Dairy Co.
- Pancreas
- Tina Turner
- Japan
- 1869
- Victoria
- Honda
- Canada
- Prince Edward Island
- Emily Dickinson
10. Famous Quotations: Which 19th-century American poet wrote the line, "A little madness in the spring is wholesome even for the king"?

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ANNUAL RENTALS SANIBEL

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*NS 8/26 CC 8/26

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New Client Incentives
Sanibel Captiva Iona McGregor
239-233-2152 #14948
*NS 8/19 CC 10/21

HOLISTIC HOME CLEANING

Optimize your health and home
Utilizing vinegar, hydrogen peroxide,
citrus, soda, and isopropyl alcohol
Sonya @ 239-246-7007
*RS 8/19 CC TFN

HELLE'S CLEANING SERVICES

Residential Cleaning to Satisfaction
Sanibel & Captiva • 239-565-0471
Sanibel Lic. #11412 Lee Co. Lic. #051047
*NS 1/4 PC TFN

SERVICES OFFERED

SANIBEL HOME WATCH

Retired Police Captain
Lives on Sanibel
Will Check Your Home Weekly
Very Reasonable Rates
(239) 728-1971
*RS 1/4 BM TFN

POOL & SPA SERVICES

Aqua Smart Pool & Spa Services, Inc.
772-1955
Servicing Residential & Commercial Pools!
* Weekly Maintenance Service
License & Insured
*NS 5/20 CC TFN

BOATS - CANOES - KAYAKS

DOCKAGE

Hourly, Daily, Weekly
and Monthly.
Captiva Island 472-5800
*RS 1/4 NC TFN

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

HELP WANTED

JERRY'S FOODS WAITRESSES OR WAITERS

Part Time Evening And Weekend Front
End Associates Needed. Looking for
energetic, personable, and fun
individuals, with open availability
Monday through Sunday.
If interested call and ask for
John, Tami, or Norm 472-9300.
*NS 5/6 BM TFN

BECOME A SENIOR COMPANION VOLUNTEER

Volunteers provide companionship and
friendship to frail elderly individuals who
are homebound and generally living
alone. Seniors Receive: Tax-free Stipend
of \$2.65/hr., Mileage reimbursement of
\$.40/mile, Paid Holiday, Vacation, & Sick
leave. Volunteers, age 55 and older, able
to volunteer at least 15 hours per week are
urged to call today.
Dr Piper Center for Social Services, Inc.,
Tel: (239) 332-5346 or (800) 332-5346
*NS 7/1 NC TFN

HELP WANTED

FRONT DESK MANAGER

Sanibel Historical Village.
Hours Tuesday through Saturday,
9:30-4:30 October through April,
9:30-1:30 May through August,
September off. Duties include opening
and closing facility, greeting guests,
taking admission fees, and working with
the docent on duty to orient visitors.
The person will also assist the museum
manager with special projects as needed.
Applicant must be personable, well
organized, and completely dependable.
Compensation is \$15 per hour. Send
resume to info@sanibelmuseum.org or
mail to PO Box 413, Sanibel, FL 33957.
*NS 8/26 CC 9/2

REAL ESTATE ADMINISTRATOR

Royal Shell Real Estate is seeking a
dependable, well-qualified individual
for an extremely busy office.
Part-time weekend position & possibly
other days as needed. Email resume to:
danielle@royalshellsales.com
*NS 8/5 CC TFN

DISPATCHER POSITIONS

Transportation Company Dispatchers
Positions available for transportation
dispatchers, full or part-time shifts.
Dispatchers will take phone reservations,
coordinate customer pick-ups and drop
offs, assign drivers, confirm reservations,
and prepare driver assignment schedules
for the next day. Applicants must possess
good multi-tasking skills, have own
transportation, be reliable and have
excellent customer service skills. Good
source of additional revenue for the right
persons. Bonus pay on holidays.
Principle candidates only.
Call 239-472-4160 for appointment
*NS 8/12 CC 8/26

COSTUME MASTER/MISTRESS

Sought: Part Time
Wardrobe mistress/master
for The Laboratory Theater of Florida.
This position will work under the direction
of the Production Manager and
Artistic Director.
Primary duties are to organize and
maintain inventory of wardrobe and
costumes, and to advise Production
Manager and Directors as
to available wardrobe inventory.
This is a volunteer, community service,
part-time as-needed position and could
become longer term for a candidate with
the right fit and drive. Stipend is available.
Students and retirees
can contact:
info@laboratorytheaterflorida.com or
239-218-0481.
*NS 8/26 CC 8/26

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).



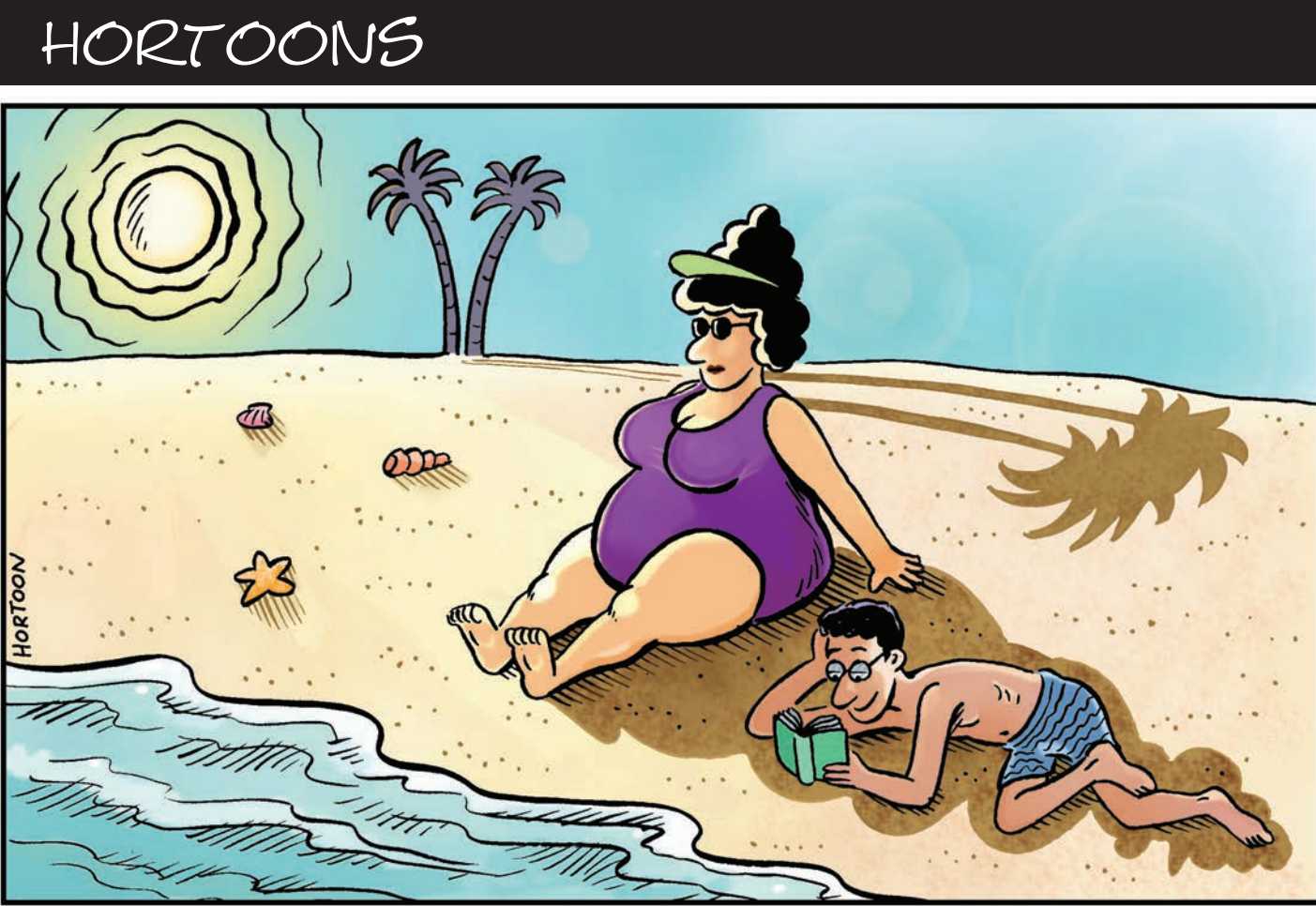
Kelly Sloan, coordinator of SCCF's Sea Turtle Conservation Program, holding a sea turtle hatchling

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
Metes And Bounds	Captiva	1958	3,620	\$5,250,000	\$5,000,000	133
Not Applicable	Captiva	2000	2,606	\$1,875,000	\$1,705,000	56
Sanibel Harbours	Sanibel	1982	2,500	\$1,495,000	\$1,380,000	0
Southport On The Bay	Bonita Springs	1995	2,789	\$1,199,000	\$1,000,000	216
North Star Yacht Club	North Fort Myers	2007	4,753	\$1,199,000	\$1,150,000	113
Not Applicable	Sanibel	1979	2,238	\$979,000	\$924,000	340
Cape Coral	Cape Coral	1989	3,671	\$799,900	\$755,000	156
Cape Harbour	Cape Coral	2002	2,410	\$799,900	\$775,000	20
Cape Coral	Cape Coral	2001	3,232	\$789,000	\$750,000	75
Cielo At The Colony	Bonita Springs	2015	2,961	\$761,510	\$761,510	49



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