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THE RIVER WEEKLY NEWS

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Vol. 15, No. 36

From the Beaches to the River District downtown Fort Myers

SEPTEMBER 9, 2016



TerryLynn Melody

photo courtesy Lee County VCB

Island Hopper Songwriter Fest Performances On Fort Myers Beach

The 3rd annual Island Hopper Songwriter Fest now has 60 confirmed songwriters, bringing more talent, more free performances and more venues to music fans along the Beaches of Fort Myers & Sanibel in Southwest Florida. Matanzas on the Bay and PierSide Grill on Fort Myers Beach will be venues for a variety of singer-songwriter performances during the festival, taking place September 30 through October 2 on Fort Myers Beach.

Performances will begin on Friday, September 30 at PierSide Grill with shows by TerryLynn Melody and Taylor Loren at 7 p.m., Bobby Tomberlin and Bill LaBounty at 8:15 p.m. and Athena Dawn and Megan Linville at 9:30 p.m. On Saturday, October 1, performances will begin at 2:15 p.m. with Neon Summer, followed by Cassidy Diana and Emily Bronzini at 3:30, Megan Linville and Cory Young at 4:45 p.m., Sheena Brook and Skye Claire at 6 p.m., Jeff Cohen and Phil Barton at 7:15 p.m., and Paul McDonald and Matt Backer at 8:30 p.m.

The festival will conclude on Sunday, October 2, with performances by Skye

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Fort Myers Craft Beer Fest Returns September 24

The 3rd annual Fort Myers Craft Beer Fest will be held at the Marina at Edison Ford on Saturday, September 24 from 3 to 8 p.m. The beer fest has become one of the best in Southwest Florida thanks in part to its ability to attract the best lineup of craft beers with an emphasis on the local craft beer purveyors.

Craft beer participants include: Fort Myers Brewing; Momentum Brewhouse; Point Ybel Brewing Company; Cape Coral Brewing; Lagunitas; Radenberger; St. Pete Brewing; and Cigar City.

The festival will feature a selection of craft beers, corn hole boards and a DJ. There will be food from award-winning Texas Tony's Rib and Brew House, vendors, river cruise offerings from Pure

Fort Myers as well as opportunities to stroll the historic Edison Ford Estates directly beside the Marina.

New for 2016 will be an enhanced VIP ticket that includes access to a private beer garden to catch all the college football games, an extra hour of craft beer sampling, an exclusive Firkin tapping, exclusive randalls, and a keepsake glass and lanyard. Only 200 of the VIP tickets will be available for \$55 each and will only be sold in advance. The new VIP experience is expected to sell out quickly.

A limited number of all-you-can-sample tickets will also be available for purchase in advance only and are \$40. Tickets can be purchased through the festival website at www.craftbeerfestfortmyers.com.

There is no charge for admission. Guests will be able to purchase sample tickets that day.

The Marina at Edison Ford is located at 2360 West First Street in downtown Fort Myers. For more information, visit the website or Facebook page.✪

Fishing Tournament On Fort Myers Beach To Benefit Hope Hospice



A total of 106 boats participated in the 2015 Fillet and Release Fishing Tournament

photo courtesy Matanzas on the Bay

Matanzas on the Bay on Fort Myers Beach is hosting the 12th annual Fillet and Release Fishing Tournament on Saturday, September 24 to benefit Hope Hospice. This year's event committee anticipates that a total of 320 anglers will join the light tackle, inshore fishing tournament. The 2015 tournament raised more than \$24,000 to benefit Hope Hospice, with a total of 106 boats participating in the competition.

The tournament will kick off with a captain's meeting on Friday, September 23 at 6:30 p.m. at Bahama Breeze in Fort Myers. On Saturday, September 24, anglers will hit the waters and fishing will begin with a shotgun start at 7 a.m. Boats will return by 3 p.m., and the weigh-in ceremony will take place at Matanzas on the Bay. Winners will be announced during an awards ceremony. During the event, anglers and guests can also enter a raffle drawing for a chance to win a variety of prizes, with proceeds supporting Hope Hospice.

The entry fee is \$350 per team with a maximum of four anglers per boat. Winners are determined by total weight of fish caught. Eligible species include

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Patriotic Day At Edison Mall

Families are invited to show support and give thanks to local armed forces and first responders during Patriotic Day on Saturday, September 10 from 1 to 3 p.m. at Edison Mall, located at 4125 Cleveland Avenue in Fort Myers.

Mall guests can sign cards and make posters to be delivered to local fire houses,

police substations and the military support network. Cards and posters for the military will be given to the Lee Memorial Health System's Military Support Program to distribute to active duty military personnel overseas who are residents of Lee County.

The City of Fort Myers Fire Department, The City of Fort Myers Police Department Youth Division and the Girl Scouts of Gulfcoast Florida will be on-hand to help show gratitude towards those who protect and safeguard the community. The event is free for all to attend.✪

Historic Downtown Fort Myers, Then And Now:

Women Register To Vote – At Last



by Gerri Reaves, PhD

Ninety-six years ago, major history was being made at the Lee County Courthouse. Women were registering to vote. Nationwide, women won the right to vote on August 26, 1920, when the 19th Amendment to the U. S. Constitution was ratified. That success capped a formal political effort going back to the mid-19th century.

Of course, women in some states had been voting for years, but in Lee County, changes were afoot. The voter registration office, supervised by Grover E. Gerald and his wife, Josephine, deputy supervisor, prepared for them.

On September 6, Minnie A. Stone, wife of prominent physician Dr. George S. Stone, lost no time in getting down to the registration office at the Lee County Courthouse to set an example.

The “lady,” as she was referred to in the Fort Myers Tropical News, was the first woman in the county to register.

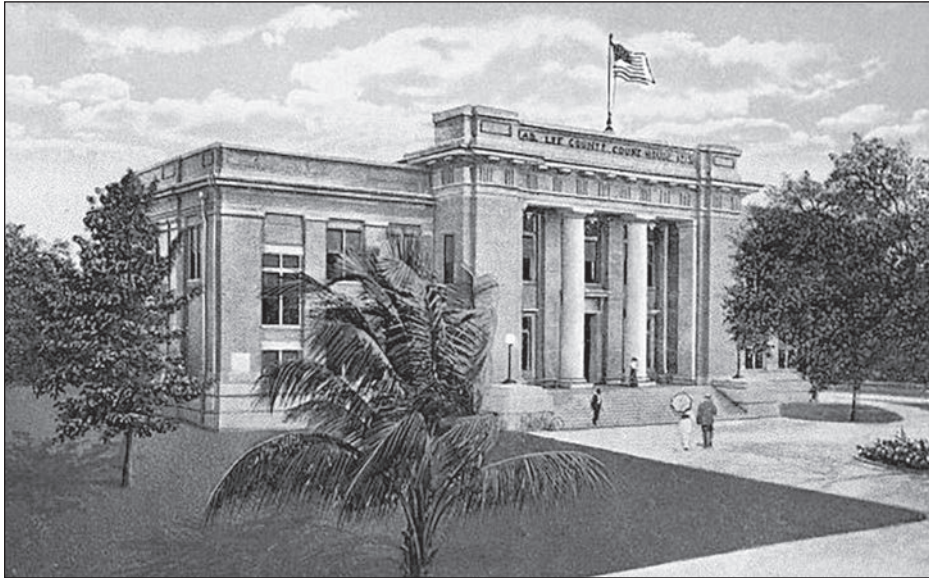
Women’s registration was a bit slow gaining momentum, but a “heavy registration of women in Lee County” was anticipated in the next month, given the many inquiries the office had received, according to the News.

On September 10, the voter registration office released statistics, which it would do regularly for the weeks leading up to the November 2 election.

The public was informed that the office was open for registration on Monday, Wednesday, and Friday. New registrants would not be charged a poll tax until the following year.

The registration office stated that only 11 women had registered thus far, including two colored women, as blacks were referred to at that time.

The woman’s right to vote added one new twist to the registration process statewide concerning those who were sensitive about revealing their age. In some counties, women insisted on a “21-plus” age category.



In fall 1920, women registered to vote for the first time at the Lee County Courthouse, pictured in the 1920s photo courtesy Florida State Archives



Today, the courthouse is surrounded by the connecting Lee County Administration Office Building that faces Second Street and the Lee County Justice Center across Monroe Street (right) photo by Gerri Reaves

The issue was resolved when no less a personage than the Florida attorney general stated officially that taking the required oath was sufficient for registration.

That oath affirmed that a person was 21 years of age, a U.S. citizen, a resident of Florida for at least a year and a resident of Lee County for six months. Specifying one’s age was not required.

In the following weeks, the suffrage vote seemed to trigger an increase in registration for men too.

After registration closed on October 8, it was reported that more than 700 people had registered, more than 500 of them women, and of that, 175 were colored.

An impressive 100-plus registered the final day before the registration books were closed.

For some perspective on those statistics, consider that Fort Myers’ population that year was only 3,678 and the county’s 9,540.

On November 2, the county’s registered male and female voters went on to help elect Cary A. Hardee as governor of Florida and Warren Harding as U.S. President.

Locally, the election was rendered less exciting than it might have been in a year when women voted for the first time, because four candidates ran unopposed: Francis W. Perry for the Florida State House of Representatives, JF Garner for Clerk of Circuit Court, Frank B. Tippins for Lee County Sheriff and Nathan G. Stout for Lee County judge.

As for women’s rights in Fort Myers, the fight for equality under the law didn’t end with winning the right to vote.

One example: Less than two years later, women riding in the Business and Professional Women’s Club’s car in the July Fourth parade held signs advocating “equal work for equal pay.”

Among the club’s members were women who are remembered for making business, educational, and cultural history in Fort Myers: Alta L. Evans, Edna F. Grady, Ianthe Bond Hebel, M. Flossie Hill, Kate Jeffcott, Julia Park, Kate C. Roberts and Josephine “Josie” M. Stadler.

Visit the Lee County Courthouse on Main Street and imagine the scene 96 years ago when women walked into register to vote for the first time in history.

Then continue to delve into local history at the following locations. The Southwest continued on page 4

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Rappellers To Go Over The Edge For Heights Foundation



Dede D'Arcy was a top fundraiser last year

photos courtesy The Heights Foundation

Eighty people can check rappelling down 19 stories off their bucket lists this fall. The fundraiser, titled Over The Edge, benefits The Heights Foundation and The Heights Center. It will take place Saturday and Sunday, November 12 and 13 at The Westin Cape Coral Resort at Marina Village. Participants are asked to raise a minimum of \$1,500 to support The Heights Center's School Success program for at risk children in the Harlem Heights neighborhood.

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

The first 80 individuals who raise a minimum of \$1,500 have the opportunity to rappel down The Westin. Participants can form teams with co-workers, friends or family, or combine efforts and "Toss Their Boss" Over The Edge. The fundraising minimum can be raised through any combination of donations. Online pages are available for registration to ensure safe and secure transactions.

Sponsorships are available that include VIP benefits including preferred spots to go Over The Edge and inclusion in event marketing.

Local celebrities and media personalities will rappel on Saturday, November 12 and the main event will take place on Sunday, November 13. Spectators are invited.

The Westin Cape Coral Resort at Marina Village is located at 5951 Silver King Boulevard in Cape Coral. Standing 19 stories tall, The Westin Cape Coral Resort at Marina Village offers breathtaking views of the Gulf of Mexico, Tarpon Point Marina and the Caloosahatchee.

For sponsorship information, to register or to donate to a rappeller, visit www.heights-overtheedge.com.



Ironman Jason Gunter at the 2015 Over The Edge event



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Fort Myers Art:

New SoCo District To Host Art Walk



by Tom Hall

A group of local visual artists, performers and entrepreneurs believes that the vortex of art and culture in Lee County is south of Colonial Boulevard now. To prove it, they've banded together to form a new arts and culture district called SoCo, an area defined not only by geographical lines, but also by the consistent presence of venues that represent the arts in Southwest Florida. This new art district runs from Colonial Boulevard down McGregor Boulevard, then over to Royal Palm Boulevard, over to Summerlin Road, up to Colonial Boulevard and returning to McGregor Boulevard.

Located on McGregor, the Alliance for the Arts is one of the headliners in the new SoCo art district. Executive Director Lydia Black and Educations Coordinator Krista Johnson became part of the newly formed SoCo Committee after getting a call from artist and gallery owner David Acevedo, who recently inaugurated the largest cooperative art gallery in the city of Fort Myers, DAAS CO-OP Art Gallery & Gifts, located in the Royal Palm Square on Colonial Boulevard.

"We thought it was a great idea and immediately jumped at the opportunity to be a part of it," said Black, whose member-supported art center is the designated arts agency for Lee County. "We have worked with David [Acevedo] before in many projects and we know his passion for bettering the arts in our city."



Alliance for the Arts Executive Director Lydia Black pictured with Fort Myers Film Festival's Eric Raddatz

photo courtesy artswfl.com

Acevedo also recruited Will Prather and Melissa Vogt from the Broadway Palm Dinner Theater, together with Yoga Bird owners Anna and Chip Withrow, David Gittleman from Gittleman Studios

and artist Jeffrey Scott Lewis from the Union Artist Studios, which plans to continue a collaborative effort and make this district a destination for arts and cultural lovers.

The SoCo district is planning a Second Saturday monthly event with the intent of uniting all of the arts represented by their respective establishments. The first will take place on Saturday, October 8 from 5 to 10 p.m. and will include a variety of scheduled events such as artist demonstrations and talks, musical and theater performances, art exhibition receptions, wine tastings, and more. The proximity of all the participating venues conveniently allows for a self-guided walking tour or there is plenty of parking spaces available at both the Alliance for the Arts campus and the Royal Palm Square. An after-party starting at 10 p.m. will be held at the Broadway Palm Dinner Theater.

The October SoCo event will feature Alliance for the Arts, Broadway Palm Dinner Theater, DAAS CO-OP Art Gallery & Gifts, The Union Artist Studios at the Art Loft, OcasioCasa at the Art Loft, Luciano De Andrade's Studio Os Urbanos, David Gittleman Studios and Yoga Bird.

A map of the cultural stops will be located at all participating venues and can also be printed online at socoswfl.com. Guests can select which events to attend and design their own tour within the district. Along the way, there will be performers and vendors, making this event a complete cultural experience.

For more information about the SoCo Cultural District and the Second Saturday event, visit socoswfl.com and their Facebook page at [facebook.com/socoswfl](https://www.facebook.com/socoswfl). Businesses and vendors wishing to be part of this event can email info@daascoop.com.

*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.**

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From page 2

Women Vote

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.

Check out the Lee County Black History Society research center at 1936 Henderson Avenue and the nearby 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.

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

Stay tuned to the website of downtown's Southwest Florida Museum of History for the post-renovation reopening date: museumofhistory.org.

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

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Evening Of Art With Marcus Jansen



From left, Cinthya Sanchez, Marcus Jansen, Barbara Bengochea-Perez, Michael Banson and Laurie Gast
photos courtesy Vandy Major

Developers of Allure, the new luxury 32-story condominium planned for the riverfront in historic downtown Fort Myers, partnered with internationally-recognized artist Marcus Jansen to host an evening of art at the Allure sales gallery.

The event was organized to showcase seven of Jansen’s masterpieces, now on display on the walls of the sales gallery, and to celebrate the launch of the Marcus Jansen World Tour, which kicks off in Italy in September. Guests were also treated to a screening of the new Marcus Jansen documentary, *Examine and Report*.

Known as a leading figure in socio politically charged paintings over the last two decades, Jansen’s works – including *Indian Reservoir*, *Guinea Pig*, *When the Wind Blows* and *The Fisherman* – are now on display at Allure. The sales gallery, designed by Dwayne Bergmann, features a model of one of the elegant condominium residences with beautifully-designed vignettes of a kitchen, living room and dining room.

“I’m happy to be celebrating the upcoming museum world tour with Allure and the local community as Allure becomes more and more integrated into this community,” said Jansen. An American born painter, Jansen calls downtown Fort Myers home. His 7,000-square-foot UNIT A Studio and Residency houses his large and small works and archives exhibition information from over the last two decades.

Born in New York in 1968, Jansen has been called a pioneer in redefining urban landscape painting. He has also been called “a cartographer of conflict” while cleverly questioning authority master versus server or ruling class versus just the ruled. At the core of his work are human concerns, often mapping the impact of war on the urban environment and addressing topics such as excess surveillance and the military industrial complex. The magical feel of his paintings suggests these are nowhere spaces, but rather landscapes of loss.

Jansen’s paintings are a gestural mix of abstract expressionist landscape work, usually mixed with objective subject matters. His work is collected in the Moscow Museum of Modern Art, The New Britain Museum of Art and the Smithsonian Institution.

The Jansen DECADE exhibition will be a part of the major XXI Triennale International Exhibition 2016, that takes place only once every 20 years, and brings



Lauren Morales and Angel Nelon



Marcus Jansen and John Scoular



From left, Abel Ramirez with Farzaneh and Saeed Kazemi



From left, Cheryl Logan, Cesar Aguilera, Bradford Hermann and Reisha Perlmutter



Charisandra Perez and Barbara Bengochea-Perez



Dwayne Bergmann, Coleman Isignares, Neftali Feliciano, Luis Insignares and Carter Insignares

a vast program of exhibitions, events, festivals and competitions to some of the most prestigious venues in Milan.

The documentary by John Scoular, *Examine and Report*, is a film highlighting Jansen and featuring commentary by notorious art dealer Steve Lazarides and Robert Rauschenberg’s former longtime art production director/artist Lawrence Voytek. Visit www.examineandreport.com for more details.✧

Shopping Spree Fundraiser Exceeds Goal

PACE Center for Girls of Lee County, a prevention program for adolescent at-risk girls, raised more than \$126,000 at its annual Love That Dress!8 shopping spree fundraiser. The benefit was held on August 24 at Embassy Suites by Hilton Fort Myers-Estero and exceeded the \$120,000 goal.

Leading up to the big night, six dress collections were held, raising close to \$59,000 and gathering 2,000 gently loved dresses, shoes and accessories to sell. All proceeds directly benefit girls ages 12 to 18 in the Lee County PACE program.

To date, Love That Dress! has raised more than \$716,682 for PACE students.

Nearly 600 fashionistas attended Love That Dress!8 and purchased 75 percent of the inventory, including a large selection of new dresses from White House Black Market. A silent auction, food and cocktails rounded out the evening.

All remaining items will be sold at half price during the Love That Dress! Clearance Sale, scheduled for Saturday, September 24 from 8 to 11:30 a.m. at the PACE Center, 3800 Evans Avenue in Fort Myers. Remaining inventory will either be sold on ShopGoodwill.com, with proceeds benefitting Goodwill and PACE, or will be donated directly to Goodwill Industries of

SWFL in exchange for vouchers for local PACE students and their families.

This year's Love That Dress!8 sponsors included: Presenting Sponsor White House Black Market, Embassy Suites by Hilton (venue sponsor), Goodwill Industries of Southwest Florida, Miromar Outlets, New Beginnings Events, *The News-Press*, *Gulfshore Life*, ABC-7, 96.9 WINK FM, Pushing the Envelope, Inc., Lamar Advertising Company of Fort Myers, Fort Myers Infiniti, Living Local, SPADA Salon and Day Spa, SS Hookers Waterfront Restaurant, IBERIABANK, Cape Cabaret, Razzle Dazzle Boutique, RumRunners, Red Door Photography, Six Bends Harley-Davidson, Arthrex, Unfiltered Unfined Wines, House of Wu, Jason's Deli, *Naples Daily News*, Cork Soakers, Costco, Boost Creative, Signs Now, Image Matters, Atilus, LLC, Priority Payments South Florida, Prestige Printing, Caloosa Tent and Rental, Prawnbroker Restaurant Group, Italian American Club, *Happenings Magazine*, Noela Chocolates, Wicked Dolphin Rum, Sebbie Images, Living Local, Marine Max of Fort Myers, Nulmage Dry Cleaners, A Jaron Fine Jewelry, Key Lime Bistro and Naples Flatbread and Wine Bar.

VIP Suite sponsors included: Florida Skin Center, Dr. Garramone Plastic Surgery, *The Home Mag*, Private Client Insurance Services, Florida Marina Club, Giving Alliance of Women, Gail Markham and friends, Anne Wittenborn and Nicole Stevens, Cheryl Komnick and Deanna Hansen, and Noelle Melanson and Amy McGarry.✱

Theater Internships

Victoria Diebler has joined The Laboratory Theater of Florida's team as the first directing intern. She joins the theater for the winter where she will get a behind-the-scenes look at how a show develops in the hands of a director from rehearsals through final production. By shadowing directors with multiple styles on a variety of shows, she have the chance to get more familiar with this side of the process, and gain ideas to help shape her own directing style.

"This opportunity covers directing skills, play analysis, acting tools and methods, and production," said Annette Trossbach, producing artistic director of the theater and manager of the internship program. "As a nonprofit organization, education

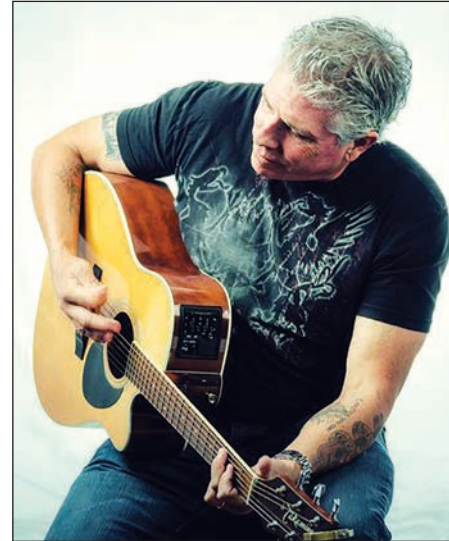
is a strong and important part of Lab Theater's mission. This new opportunity is one way we reinforce that value."

Diebler has been seen often on Southwest Florida stages and on screen in local independent movies. Now she's excited about the new opportunities on the other side of the artistic table.

Other administrative learning opportunities include a marketing internship, open to college students studying in fields related to communications, marketing, or advertising, and adults passionate about making a difference in the local theater scene. Social video creation and photography skills a plus. All internships are unpaid educational opportunities, requiring at least a three-month commitment and the availability for approximately 10 hours a week, depending on assignments. School credit or community service hours are available.✱

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Island Hopper



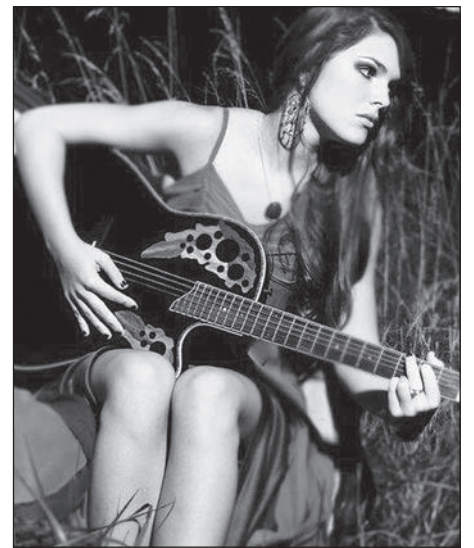
Tim McGeary

photos courtesy Lee County VCB

Claire and Cassidy Diana at 1 p.m., Dave Gibson and Tim McGeary at 2:15 p.m. and Phil Barton and Karla Davis at 3:30 p.m.

On Friday, September 30, singer-songwriters Dave Fenley and Tim McGeary will perform at 7 p.m. at Matanzas on the Bay, followed by Jeff Prince and Phillip White at 8:15 p.m. and Karla Davis and Taylor Loren at 9:30 p.m. On Saturday, October 1, Dave Gibson and Jeff Prince will perform at 2:15 p.m., followed by TerryLynn Melody and Crys Matthews at 3:30 p.m., Gary Hannan and Julianne Ankley at 7:15 p.m. and Kylie Sackley and Phillip White at 8:30 p.m. The final day, Sunday, October 2, will feature performances by Matt Backer and Bobby Tomberlin at 1 p.m., followed by Bill LaBounty and Frank Myers at 2:15 p.m.

Island Hopper Songwriter Fest is presented by Lee County Visitor &



Megan Linville



Cory Young

Convention Bureau, iHeartMedia, Cat Country 107.1 and BMI. For more information visit www.islandhopperfest.com. Follow the festival hashtag #islandhopper on Twitter and other social channels.✱

From page 1

Fishing Tournament



Winners of the tournament are determined by the total weight of fish caught. Eligible species include redfish and snook, and all fish are released following the weigh-in.

photo courtesy Matanzas on the Bay

redfish and snook, and all fish will be released. For more information, visit www.filletandrelease4hospice.com.

Matanzas on the Bay is located at 416 Crescent Street on Fort Myers Beach. Free parking and boat dockage are available. For more information, call 463-3838 or visit www.MatanzasontheBay.com.✱



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Along The River

A free workshop related to chronic disease management is being offered this Friday and five more Fridays afterwards. The program, from 10 a.m. to 12:30 p.m., is designed for people age 18 or older to help them learn how to better manage chronic conditions and symptoms.

It's All About You, a research-based, **Chronic Disease Self-Management Program**, is being offered by Lee Memorial Health System's Lee Health Solutions, in partnership with local community agencies. It is supported in part by a grant from the Southwest Florida Community Foundation and is developed by Dr. Kate Lorig of Stanford University.

The six-week workshop begins September 9 and will be held at the **Harlem Heights Community Center**, located at 7340 Concourse Drive in Fort Myers.

For information or to register, call 424-3122 or visit leememorial.org.

History buffs may want to visit **Lakes Regional Library** this Friday.

The Friends of Lakes Regional Library will host local **author Tim Jacobs** at 1 p.m.

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.

The **Alliance for the Arts** will host an opening reception featuring **paintings by Carl E. Schwartz** in two galleries this Friday, September 9 from 5 to 7 p.m.

Schwartz taught figure drawing and painting in Chicago at the North Shore Art League for almost 30 years, and moved to Florida permanently in 1984. In 1999, he returned to teaching for

another 14 years at Florida Gulf Coast University where he taught drawing and painting, and enjoyed the satisfaction of watching the growth of young artists. He passed away on September 21, 2014.

Schwartz' biography lists awards, such as the Logan Medal from the Art Institute of Chicago, juried and invitational exhibitions like Art Across America (sponsored by Mead Corporation), and one- and two-person shows at Illinois State Museum and the Art Institute S&R Gallery in Chicago, to name a few. His works are on display in more than 25 colleges and universities throughout the country.

Schwartz was an assiduous student of light. The influence of abstract expressionism hangs just below the surface of his work. He was a realist whose work shows an influence of both abstract expressionism and cubism. An interest in the effects of light assumed a central importance in his work.

Remembering Carl: Works from 1956-2014 will be on display from September 9 to 30. Paintings by Celeste Borah will be displayed in the Member Gallery. Visit www.ArtInLee.org to learn more. The exhibit is sponsored by The Law Offices of Thomas C. Chase, PA.

The Alliance for the Arts is located at 10091 McGregor Boulevard just south of Colonial Boulevard in Fort Myers. It is open to the public from 9 a.m. to 5 p.m. Monday through Friday and from 9 a.m. to 1 p.m. on Saturdays.

The Gulf Coast Humane Society (GCHS) will host **Yappy Hour**, the area's largest pet-friendly social hour this Friday, September 9 from 6 to 8 p.m. at **The Bell Tower Shops**, 13499 South Cleveland Avenue in Fort Myers.

GCHS will have adoptable dogs ready to meet potential new families, while attendees listen to music and sample summer picnic fare.

Furry friends can enter a peanut butter eating contest for chance to win a gift basket.

Vendors, including The Beach Dog,



The bike leg of the Galloway Captiva Triathlon during a past race

photo courtesy bikewalklee

Valvoline, General Animal Hospital, PetSmart and Specialized Veterinary Services, will also be on hand.

For more information, call 332-0364 or visit gulfcoasthumanesociety.org

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.ArtInLee.org/tickets or at the door. Seating is open and offered on a first come, first serve basis. Children 12 and under are admitted at no charge if accompanied by an adult. Doors open at 1 p.m. Visit ArtInLee.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.

Based at the **South Seas Island Resort**, events related to the **Galloway Captiva Triathlon** will be held this weekend.

On Sunday, the adult sprint-length tri features a quarter-mile swim in the Gulf of Mexico just offshore from the northern end of the resort, a 10-mile bike ride along the paved island roads of Captiva (which will be closed during the bike portion) and a 5-kilometer run along the Gulf, Redfish Pass and the South Seas golf course on a combination hard-sand and paver course.

Prior to the adult race, there will be a kids' triathlon on Saturday, Sept. 10, with three age groups: ages 6-8, ages 9-10 (both involve a 100-yard swim, 1.5-mile bike and half-mile run) and ages 11-13 (200-yard swim, 3-mile bike, 1-mile run).

Both races are sanctioned by USA Triathlon, so participants will need to be USA members or obtain a one-day waiver. The Galloway Family of Dealerships is the title sponsor for the Captiva Tri.

All adult bike racers must be aware that emergency-response vehicles will have access to the road course at all times. Bikers should yield right of way to those vehicles as they would normally. Also be aware that while regular traffic will be blocked from the road course during the bike portion, vehicles may attempt to enter the course. Officials caution to be aware at all times and ride defensively.

Athletes who are not staying on Captiva on the day of the race have day-of check-in and body marking beginning at 5:15 a.m., and the first wave hits the water at 7:15 a.m. To accommodate the bike portion of the event, Captiva Drive will be closed beginning at 6:45 a.m. so you will need to be at South Seas Island Resort before 6:30 a.m. or you will be unable to come on to the island.

Visit captivatri.org to learn more.✧



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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.

Il Cielo offers creative American cuisine and internationally inspired specials in



Server Nick Zabaleta of Il Tesoro

photo by Bob Petcher

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

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

Call 472-5555 for reservations.

IL TESORO

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

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

ISLAND COW

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

Island Cow is an airy bistro with French doors leading out to the front and back

patios. It is open daily for breakfast, lunch and dinner. Dine under the stars while you listen to live music on one of Sanibel's only al fresco eating porches.

2163 Periwinkle Way, Sanibel. Call 472-0606.

JACARANDA

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

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

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

STANDARD RESTAURANT

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

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

1520 Broadway, Fort Myers, 219-6463.

SAKURA RESTAURANT

Sakura Chinatown Chinese and Japanese Restaurant is located within the Kmart Plaza in the Iona-McGregor area at 15271 McGregor Blvd suite 24 in Fort Myers. The restaurant offers both Chinese and Japanese cuisine and is open from 11 a.m. to 10 p.m. Tuesday through Sunday. Dine in or pick up. Delivery is available within a four-mile radius. Call 332-0888.

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Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION (UUA)

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

ALL SAINTS BYZANTINE RITE CATHOLIC CHURCH

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

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BETH SHILOH

MESSIANIC SYNAGOGUE

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

BREAD OF LIFE MINISTRIES CHURCH OF GOD

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

CHABAD LUBAVITCH

OF SW FLORIDA ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHURCH OF THE CROSS

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

CONGREGATIONAL CHURCH

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

COVENANT PRESBYTERIAN CHURCH

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

CYPRESS LAKE BAPTIST CHURCH

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

CYPRESS LAKE

PRESBYTERIAN CHURCH

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

Combined Traditional/Praise 10 a.m.

CYPRESS LAKE UNITED

METHODIST CHURCH

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

FAITH FELLOWSHIP WORLD

OUTREACH MINISTRIES

6111 South Pointe Boulevard, Fort Myers, 278-3638. Sunday Worship, 10:30 a.m.; Voice of Faith, WCRN 13.50 AM Radio, Sunday, 1:30 p.m.; Thursday Service, 7:30 p.m.; Friday Youth Service, 7:30 p.m.

Nursery care for pre-school children and Children's Church ages 5 to 12 available.

FAITH UNITED METHODIST CHURCH

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FIRST UNITED METHODIST CHURCH

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

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

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

FORT MYERS CONGREGATIONAL

UNITED CHURCH OF CHRIST;

8210 College parkway, Fort Myers, 482-3133. Reverend Anton DeWet, pastor. Morning Worship: 10 a.m., Church School: 10:15 a.m. Friendship Time follows worship.

IONA-HOPE EPISCOPAL

CONGREGATION

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

JESUS THE WORKER

CATHOLIC CHURCH

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

KINGDOM LIFE CHURCH

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

LAMB OF GOD CHURCH

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

NEW BEGINNINGS CENTER

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

NEW COVENANT EYES CHURCH

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

NEW HOPE BAPTIST CHURCH

OF FORT MYERS

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

NEW HOPE PRESBYTERIAN CHURCH

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

PEACE COMMUNITY CHURCH

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

PEACE LUTHERAN CHURCH

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

REDEEMER LUTHERAN CHURCH

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

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

SAINT COLUMBKILLE

CATHOLIC CHURCH

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

ST. FRANCIS XAVIER

CATHOLIC CHURCH

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

SAINT JOHN THE APOSTLE

METROPOLITAN COMMUNITY CHURCH

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

SAINT MICHAEL LUTHERAN

CHURCH & SCHOOL (LCMS)

3595 Broadway, Fort Myers, 939-1218, Worship: Saturday 5:30 p.m., Sunday 8 and 10:45 a.m. Bible Study for adults and children Sunday at 9:15 a.m.

SAINT PETER LUTHERAN CHURCH

3751 Estero Boulevard, Fort Myers Beach, 463-4251, www.stpeterfmb.com.

Sunday worship service at 9:30 a.m.

SAINT NICHOLAS MONASTERY

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

ST. VINCENT DE PAUL

CATHOLIC COMMUNITY

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

SOUTHWEST BAPTIST CHURCH

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

TEMPLE BETHEL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE NEW CHURCH

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

UNITARIAN UNIVERSALIST

CHURCH FORT MYERS

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

UNITY OF BONITA SPRINGS

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH (PCA)

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✪

Kiwanians Recognized At State District Convention



Fort Myers Edison and Metro-McGregor Kiwanis at the annual Florida District Convention
photos courtesy Fort Myers Metro-McGregor Kiwanis Club

The Lee County and Labelle area Kiwanis clubs attended the 99th annual Florida District Convention in Orlando. The Florida District of Kiwanis, which covers the entire state of Florida and the Cayman Islands, is composed of over 7,400 members in 242 active clubs. Thirty-one Kiwanis members attended the convention to represent the 14 clubs in the area. Two local Kiwanians were recognized for their achievements at the convention: Patrice Cunningham and Harris Segel. Stewart Ross was inducted as the 2016-17 Division 19 Lt. governor and Bruce Boyd as the Florida Kiwanis Foundation trustee for Division 19.

Cunningham, a member of the Fort Myers Metro-McGregor Kiwanis Club, was recognized for her work as Florida district chair for social media. Segel of the Fort Myers Metro-McGregor Kiwanis Club was recognized for his new club building efforts in the division as Lt. governor.

Ross, of the Fort Myers Metro-McGregor Kiwanis Club, was installed to serve as the 2016-17 Division 19 Lt. governor on the statewide board of the Florida District of Kiwanis. Lt. Governor Ross will serve as the liaison between the 14 Kiwanis clubs of Division 19, which covers Lee County and Labelle, and will serve on the



Fort Myers Metro-McGregor Kiwanis members, from left, Rachel Toomey, Harris Segel, Barbara Segel, Thomas Thornquist, Barbara Hartman and Stewart Ross

34-member governing board of Kiwanis, which oversees all branches of the Kiwanis Family. There are 27 Lt. governors which represent the different divisions of Kiwanis throughout the state of Florida and Cayman Islands.

Boyd, a member of the Lehigh Acres Kiwanis Club, was installed as Division 19 Florida Kiwanis Foundation trustee. This will be his third year in this role. He will serve alongside 26 other trustees throughout the Florida District.

Lehigh Senior High School Key Club graduate Julie Bernard sang for the convention attendees at the Sunday breakfast. Bernard was winner of the Florida District of Key Club Talent Show. Florida District of Key Club has over 22,300 members.

To find a Kiwanis club in your area, contact 2015-16 Kiwanis Division 19 Lt. Governor Harris Segel at 939-4027 or email harris@pampered-pooch.com. Kiwanis Division 19 can also be found online at kiwanis19.com or on Facebook.*



Bruce Boyd, a member of the Lehigh Acres Kiwanis Club was installed as Division 19 Florida Kiwanis Foundation trustee

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Hermine Keeps Anglers At Home



by Capt. Matt Mitchell

Slow moving tropical storm Hermine kept anglers and boaters off the water the better part of a week as it sat stationary out in the Gulf bringing us rain, gusty winds and big high tides. This storm covered such a huge geographical area. It seemed like a never-ending rain event that basically messed up our weather for five straight days. After canceling several trips over the past week due to Hermine, it was good to finally see it move out and our weather clear up just in time for the busy holiday weekend.

Getting back out on the water fishing with clients after not been out at all for five days felt a little different and did prove a little challenging as expected. Water clarity in the open sound was sandy and silty due to being stirred up

from days of super high tides, winds and rain. During the mid-morning incoming tides, it was amazing to see how quickly the water clarity started to recover and improve.

While making my rounds the first few days back on the water, I fished my way through the southern sound going from one confidence spot to another. Although the bites were not on fire, clients caught a decent mixed bag of species including snook, trout, grouper and jacks. After not being on the water for several days, it felt good to catch fish and just be back out on a boat. As expected, it did take a little time to work out where the fish had relocated. Usually its just a matter of fishing the places I caught fish the days prior. As the pieces of the puzzle slowly fell back into place, fishing action got better and better.

The hard part of the first day back on the water was locating shiners for bait. Major weather events like this always make both the bait and fish move around. This proved true with the bait being the most challenging part of catching fishing. After moving from bait spot to bait spot for over an hour, I finally found the shiners. After catching them around the passes for the last month, they had moved from the really stirred-up water



Paul Black from Sea Isle, New Jersey with a jack crevalle caught while fishing with Capt. Matt Mitchell

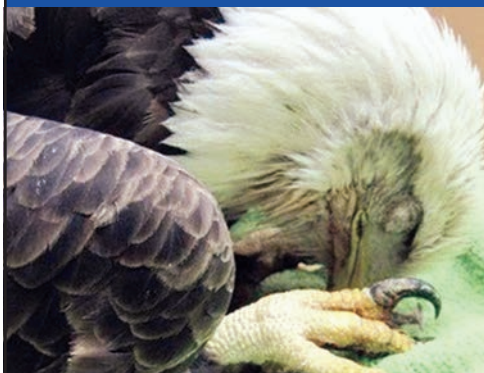
around the passes over to the eastern side of the bay into the clearer water. Once I spotted a few shiners flipping on a shallow grass edge, it was amazing how quickly they responded to the chum. After stressing out about finding bait with two throws, my day got a whole lot better and I was loaded up and ready to go fish.

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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Plant Smart

Cheesytoes

by Gerri Reaves

The amusingly named cheesytoes (*Stylosanthes hamata*) is a matting groundcover and member of the legume family. It is one of three native wildflowers called pencilflower.

Its native habitat is pine rocklands and other dry areas, but it's found mostly in undeveloped areas, dry fields and residential yards, and along roadsides.

Cheesytoes demonstrates the advantages of letting the so-called weeds (aka wildflowers) establish themselves in your yard.

According to the Florida Native Plant Society blogspot and other sources, lawns populated by native weeds support a more diverse butterfly population than a butterfly garden does.

Cheesytoes is both a host and nectar plant for the barred yellow butterfly (*Eurema daira*) and is a nectar source for others too. But it's underappreciated, perhaps because of its diminutive size.

The alternate compound leaves are made up of three tiny elliptical or lance-like leaflets.

Pale yellow flowers bloom all year 'round, measure less than a half-inch

across, and sometimes have reddish streaks.

There are five fused sepals and five petals, with the lower two fusing to form a "keel" and the larger upper one forming a standard, or banner.

Like its relative, sidebeak pencilflower (*Stylosanthes biflora*), it has a distinctively shaped seed pod or "bean." In cheesytoes' case, the pod is only a few millimeters long with a tiny hook on the end.

Other compelling reasons to welcome this species to your yard are that it makes a pest- and drought-tolerant alternative to turf grass and will self-sow and easily spread.

And, you needn't fertilizer, for like other legumes, cheesytoes has nitrogen-fixing roots that manufacture nutrients.

If not mowed, it can grow up to 15 inches tall. But with regular mowing, it becomes prostrate.

If it volunteers in your yard, consider letting a portion of your yard revert to being an urban meadow. Not only will you have a sun-loving, butterfly-attracting groundcover, but you'll spend less time behind a lawn mower.

This plant is used in some parts of the world as animal feed, as well as in watershed and soil conservation.

Once you convert all or part of your



Native butterfly-friendly cheesytoes often volunteers in yards, undeveloped areas and on roadsides
photo by Gerri Reaves

yard to an urban meadow, remember to protect the butterflies by not using pesticides, herbicides, or fertilizers.

If you continue to mow, be careful not to destroy the tiny butterfly eggs on the larval plants.

Sources: *Everglades Wildflowers*

by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, fnpsblog.blogspot.com, levypreserve.org, and tropicalforages.info.

Plant Smart explores the diverse flora of South Florida.✱

Motorcycle Run To Benefit Masonic Charities

The 4th annual Elvira Run will benefit the Southwest Florida Masonic Center Charities (SWFMCC) on Saturday, October 22.

The poker run begins at Six Bends Harley Davidson with a registration at 9 a.m. There are stops at Sidelines Sports Bar and Grill, City Tavern in downtown Fort Myers, Diamond Billiards in Cape Coral and Ford's Garage in Cape Coral before ending at Bootleggers Waterfront Barbeque on Fort Myers Beach.

At each of the five stops, each participant will pick up a poker chip. At Bootleggers, everyone will draw five cards. The best poker hand wins. The final stop will also hold a silent auction, raffles and giveaways, biker games, bands and more. Registration is \$20 for riders, \$15 for passengers, or \$25 for cars.

The Widows Sons Masonic Riders Association motorcycle run will hand out T-shirts and key chains to the first 75 registered participants. The association is an international group of freemasons who enjoy riding motorcycles and whose purpose is to introduce the world of Freemasonry to the motorcycle community and to raise money for worthy charities. The Widows Sons have chapters in many US states, as well as over 16 countries around the world. XL&MM is the local chapter, based at Tropical Lodge #56 on Metro Parkway in Fort Myers.

SWFMCC supports a variety of local causes, including dental care for local special needs children, speech and hearing therapy for local children and eye care for those affected by vision loss. The funds raised all go to benefit those right here in Southwest Florida.

For more information, visit www.swfmcc.org. Pre-registration is available at www.XL&MM.com, and pre-registrants save \$5.✱

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30th Coastal Cleanup To Be Held September 17



Students and teachers from Lexington Middle School picking up debris at Lighthouse Beach on Sanibel during last year's International Coastal Cleanup. This year's event - sponsored by the Sanibel-Captiva Conservation Foundation, Keep Lee County Beautiful and the Ocean Conservancy - will be held on September 17.

photo by Jeff Lysiak

by Jeff Lysiak

On Saturday, September 17, the Sanibel-Captiva Conservation Foundation is again inviting island residents and visitors of all ages to participate in an international volunteer effort to rid our coastlines and waterways of marine litter, pollution and debris.

On that day from 9 a.m. to noon, volunteers worldwide remove millions of pounds of coastal trash that can hurt local economies, injure and kill marine wildlife and choke the ocean environment. SCCF's partner in the Ocean Conservancy's 30th annual Coastal Cleanup is Keep Lee County Beautiful.

Worldwide last year, more than 560,000 volunteers picked up 16 million pounds of trash in 91 countries on 12,000 miles of coast. Cigarettes and food rappers topped the list of debris found, with plastic bottles coming in third. Annually, an average 1,500 Lee County volunteers collect 10,000 pounds of trash.

Friends, families, neighbors, co-workers and church groups are encouraged to come to the SCCF Nature Center, located at 3333 Sanibel-Captiva Road, on September 17 at 9 a.m. to check-in and pick up their Coastal Cleanup data cards and trash bags. Participants are asked to bring their own water to reduce the use of plastic water bottles. Also, please bring your own work gloves to reduce the use of the plastic gloves that will be available.

Lunch and snacks on the SCCF Nature Center's porch will be available from 10 a.m. until noon as well as a dumpster to deposit collected trash. Be sure to fill out your data card and turn it in at SCCF.

If you have any questions, want to reserve your favorite "cleanup" spot, or get your data cards ahead of time, call SCCF's Dee Searge-Century between September 12 and 16 at 472-2329.*



Lehigh Middle School students working on their 2015-16 grant project, *Life in a Dystopian Society* photo courtesy DDWS

'Ding' Darling Wildlife Society Offering Grants For Teachers

The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), along with the JN "Ding" Darling National Wildlife Refuge, announced its 11th annual donation of teacher grants. Up to \$10,000 in grant awards are available to teachers in Lee, Charlotte, Collier, Glades and Hendry counties this school year for conservation education-related projects.

Teachers in the five-county area may apply for grants up to \$1,000 each to purchase teaching aids, books and classroom materials; fund new classroom science projects; take field trips; or conduct work projects in the community.

All schools are invited to submit conservation-related unit proposals by October 31. The approved proposals will be awarded in November for projects to be completed by May 2017.

"With environmental education funding being cut throughout the school district, teachers and students are grateful to receive our grants to fund special projects," said Wendy Kindig, DDWS environmental education committee chair. "It's an important part of the society's mission to educate and create future conservation stewards from our young students of today."

In the past 10 years, the friends group has granted more than \$63,000 to local schools for environmental projects. The teacher grants are funded by DDWS monies received from the DDWS Conservation Education Endowment Fund earmarked specifically for education.

For further information and an application, visit dingdarlingsociety.org/articles/teacher-grants or contact Sarah Lathrop at 472-1100 ext. 233 or sarah@dingdarlingsociety.org.*

Family-Friendly Race For Health

Get ready to walk or run during the Color Splash 5K 1.0 at Wa-Ke Hatchee Community Park, located at 16760 Bass Road in Fort Myers, on Saturday, September 24.

Registration begins at 7 a.m., with the family-friendly race getting underway at 7:30 a.m. The course encompasses three laps within the park. Sign up and participation is free, but limited to the first 350 registrants.

"No matter your pace, your mind and

body will thank you for going outside and getting physical," said Kevin Kirkwood, health promotion education manager. "Maintaining a healthy weight are equal parts diet and exercise. Incorporating a new, healthy lifestyle activity begins with the first step."

In addition to this Florida's Healthiest Weight activity, World Heart Day 2016 will be noted at the park. Lee County Emergency Medical Services responders and Florida Department of Health in Lee County CPR instructors will demonstrate hands-only CPR techniques. Vendors will share tips on exercise and healthy eating.

To register, visit <http://healthylee.com/florida-health-color-splash-5k>.*

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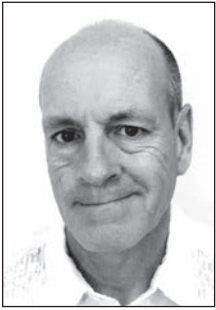
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CROW Case Of The Week:

Juvenile Eastern Screech Owl



by Bob Petcher

The eastern screech owl (*Megascops asio*) can be detected mostly by its song. Its spooky trilling or whinnying songs are easily noticeable and in contrast to other owl sounds. Going

by name sake, the former sound is more of a means of communication between like species, while the whinnying is mainly used to defend territories. Males, though smaller than their female counterparts, have a deeper voice.

Its capability of being a master of disguise is the reason one can hear the eastern screech owl better than viewing it. First off, this species of owl is tiny, often related to the size of a pint glass. Secondly, they are known to be camouflage experts and blend right in with tree bark with their gray and reddish-brown color and their ability to hide in nooks and crannies of trees.

Trees are where eastern screech owls can be often found throughout the day, if you have a keen eye. The short, stocky birds have a large head for its size with almost no neck.



A juvenile eastern screech owl

photo by Kenny Howell

The eastern screech owl is located east of the Rocky Mountains, wherever trees are, and nest in either man-made boxes or in existing tree cavities. Females refuse

to build nests and use whatever debris is at the bottom of a cavity (wood-chips, twigs, left-over feathers, remaining post-nest material) while settling in to make a body-shaped depression where she lays her eggs.

In comparing the eastern from the western species, eastern screech owls give a whistled trill, while the western screech offers a series of bouncing notes that accelerate toward the end of the song.

The yellow-eyed bird like most owls – are active at night and hunt for prey, such as house sparrows, house mice, lizards and large insects or amphibians. Young eastern screech owls take a while to gain flight and hunting skills while depending on their parents for food for eight to 10 weeks after fledging.

At CROW, a juvenile eastern screech owl was brought in from Fort Myers on July 4 after it was believed to be knocked out of the sky by a hawk. While it arrived with “superficial lesions on the back of both hocks” and was moderately dehydrated, the owl’s main injury was related to its neck. It had an abnormal head tilt that was described as its “head turned completely upside down.”

The alert owl was given supportive care, physical therapy for the first two weeks and its neurological status was monitored closely. CROW medical officials stated surgery was not an option and that each day during physical therapy a warm pack was placed on its neck and the head was rotated to help build muscle strength. Unfortunately, that procedure

was unsuccessful.

The screech owl was then fitted with a neck brace and, within 48 hours, its neck was reportedly improved.

“We had read about a recent study that involved using a neck brace on owls with head tilt. Because physical therapy was unsuccessful we decided to give it a try since it was the only option left,” said CROW Wildlife Rehabilitator Breanna Frankel. “After two days with the neck brace on, the head tilt improved and the owl now only has a mild head tilt. It’s nothing that would prevent him from living a normal life in the wild. This was the first time a neck brace was used on an owl at CROW.”

During the course of the past two months, the juvenile patient was transferred to the outside enclosure. CROW’s wildlife rehabilitation team created an obstacle course for the owl to practice its flight skills. It was said to be eating well and flying great.

As of last week, the owl gained a good amount of weight, going from 90 grams when it arrived to 105 grams on September 1. It was anticipated to either have been or be released sometime this week.

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

City Of Palms Classic Tickets On Sale

As the USA Basketball teams celebrate their Rio gold medal wins, the Culligan City of Palms Classic is ready for its 44th year of featuring the nation’s best high school players. The tournament, with the return of presenting sponsor Enterprise Rent-A-Car, is scheduled to tip off on December 16 at the new Suncoast Credit Union Arena on the campus of Florida Southwestern State College in Fort Myers. Tickets are now on sale.

Several ticket options are available, including:

- The 6-day Preferred Ticket Package. A single-seat six-day ticket package for \$250 plus a \$20 processing fee (3rd party ticket vendor fee) with seating in the first two rows directly behind the team benches and scorer’s table (west side of the arena) or the opposite second row (east side).

- The 6-day Reserved Ticket Package. A single-seat six-day ticket package for \$128 plus a \$9 processing fee (3rd party ticket vendor fee) for the remaining court-side seating (east and west sides of the arena).

- VIP Parking. A six-day Reserved Parking Pass for \$40 plus a \$3 processing fee (3rd party ticket vendor fee).

For more information and to purchase

tickets, call the box office Monday through Friday from 10 a.m. to 5 p.m. at (800) 440-7469 or 481-4849.

New for the tournament this year is the venue. After 22 years at Bishop Verot High School, the tournament moves down Summerlin Road to the brand new Suncoast Credit Union Arena at FSW. The 75,000-square-foot, 3,300-seat arena is slated to be completed this fall. The arena was chosen for its ability to accommodate the growing tournament well into the future.

Culligan City of Palms Classic Executive Director John Naylor said, “We’re excited to be making the move to FSW. Bishop Verot was a great host for over two decades and now we’re looking forward to continuing the tradition of bringing the best high school basketball teams to Southwest Florida and the new Suncoast Credit Union Arena.”

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

Some 135 Culligan City of Palms Classic players have been named McDonald’s All-Americans, and 116 have been drafted by the NBA, including 71 first-round picks. Of that number, 51 are current NBA stars and 120 are current NCAA Power 7 conference stars. In last year’s NCAA Tournament, 67 players participated, including 23 that made it to the Sweet 16.✱



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Mayor Visits HOPE Clubhouse



Brodrick Benjamin, Mayor Randy Henderson, James Wineinger and Scott White
photos courtesy HOPE Clubhouse

Fort Myers Mayor Randy Henderson visited Hope Clubhouse of Southwest Florida on August 23. He toured the agency and met with staff and members. The mayor was able to view the new edible garden, Garden of HOPE, and also get an up close look at some of the programs HOPE Clubhouse offers.

Hope Clubhouse of Southwest Florida is a community of support for people living with mental illness in Southwest Florida. The clubhouse offers opportunities for meaningful work, education, friendships and access to housing in a supportive, caring, dignified and respectful community setting.

The staff and members are thankful to Mayor Henderson for his visit.✱



Luis, Elizabeth, Victoria, Mayor Randy Henderson, Brenna and Geoff

Lee Homeless Coalition Awards Local Grants

The Lee County Homeless Coalition has awarded member agencies in the amount of \$28,000. The mission of the Coalition is "to advocate, educate, and promote awareness of issues and obstacles facing homeless individuals in Lee County through community collaboration, planning, and implementing solutions."

This grant opportunity was made available only to members of the Lee County Homeless Coalition. The Coalition works with individuals and agencies to identify potential gaps within our local continuum of homeless care. Members of the Lee County Homeless Coalition are individuals or organizations that are committed to advocating, educating, and promoting awareness of issues and obstacles facing the homeless in Lee County through community collaboration, planning and implementing solutions.

The organization recognizes that their provider agencies are being stretched to capacity and working harder than ever to deliver effective services, often with diminishing funding. The grant funding went to support member agencies such as:

- Abuse Counseling and Treatment, Inc. (ACT) (\$5,000) was awarded for their program Breaking The Cycle, Bringing Back Smiles. This program includes clients and their children currently living in safe shelters. Funding

will be used to plan recreational activities and events to promote family unity and fun during stressful and trying times.

- All Soul's Episcopal Church (\$3,000) was awarded funding to support their Work Boot/Footwear Request and to support clients who are in need of obtaining legal forms of identification, which is needed to access available federal, state and local health and human services.

- Community Cooperative (\$5,000) was awarded funding to provide services for crisis situations and then develop a plan with our clients that empowers them to end homelessness and move forward to self-sufficiency and a long-term solution. Clients are referred to direct services provided by Community Cooperative such as utility assistance, client ID replacement, mail delivery, and employment, health and financial literacy classes.

- Lee County Housing Development Corporation (\$2,500) was awarded funding for laptops that will be used to provide financial education for individuals to improve their understanding of financial products, concepts and risks and be made aware of financial risks and opportunities, make informed choices to know where to go for help, and take other effective action to improve their financial well-being.

- The Midwest Food Bank (\$2,500) was awarded funding for offset fuel costs in their delivery of food used to feed homeless, individuals, seniors, families and children in need. Their objective is to provide easy access to food for those in the area who are facing food insecurities. This past month of July they served 500 children, families, homeless and seniors in need.

- The Salvation Army (\$10,000) was awarded funding for three different programs: 1) to support their Dental Services Program (\$5000) for the purchase of a dental chair, 2) to the Bob Janes Triage Center (\$4000) for medication and bus passes, and 3) to Outreach Services (\$1000) for bus passes.

To learn more about how you can help join the fight against homelessness, call Janet Bartos at 322-6600. For more information on the Lee County Homeless Coalition, visit www.leehomeless.org.✱

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FGCU Launches New Scholarship

Florida Gulf Coast University (FGCU) has partnered with the Raise.me scholarship platform aimed at motivating students to excel higher and improve college readiness. Through the online program, eligible Florida students can now earn up to \$2,500 per year in micro-scholarships starting in ninth grade for individual achievements, such as participating in community service, completing challenging courses and embracing a leadership role in an extracurricular activity.

"Florida Gulf Coast University is very pleased to be a partner in this program," said Director of Undergraduate Admissions Marc Laviolette. "When students enter high school, they begin to understand the benefits of getting good grades and how becoming involved in school activities goes beyond college admission and its monetary impact. It's a greater incentive for students to be successful and fully prepared for college."

In addition to improving clarity and access regarding financial aid, the

new program allows students to track specific goals they want to accomplish throughout high school, helping them become more competitive college applicants and more successful college students.

Amassing micro-scholarships from a college does not constitute an offer of admission; however, if students are accepted, they receive the Raise.me award along with any federal or state grants for which they are eligible.

Raise.me is a service focused on expanding access to higher education, especially among low-income and first-generation college students.

With the support of Facebook and the Bill and Melinda Gates Foundation, Raise.me has partnered with a diverse set of nearly 180 colleges and universities, including Carnegie Mellon, Coly, Georgia Tech, Penn State, the University of Rochester and Tulane. Raise.me charges participating universities fees, but is free for students. The service also provides a free portal for high school counselors to help students track their progress. More than 17,000 high schools use the service.

Students, educators and parents can learn more by visiting www.raise.me/join/fgcu and www.fgcu.edu/eagles.✱

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Like Michael Jordan, Tim Tebow Seeks Major League Baseball Career



by Ed Frank

It was 22 years ago when basketball superstar Michael Jordan traded his gym shorts for a baseball uniform in an ill-fated attempt to become a Major League Baseball player.

Here we go again! Last week, former University of Florida football great Tim Tebow, who led the Gators to national championships in 2006 and 2008 while winning a Heisman Trophy, showcased his baseball talents before 28 major league scouts in hopes of landing a contract.

It didn't work for Jordan – he hit .202 for Double-A Birmingham in that one 1994 season before returning to the Chicago Bulls – and it's not likely to work for Tebow.

But there's nothing wrong in chasing the dream of playing Major League Baseball just as thousands of minor leaguers do every year.

A day after Tebow's tryout on the University of Southern California campus, the 29-year-old former All-American quarterback did receive an offer, although it was not one that he will likely accept.

Fishing Fun In October



Funaments host George Poveromo

photo courtesy Bass Pro Shops

Mako Boats, in continuing the tradition it started decades ago, has relaunched its Owners Fishing Funaments which are now open to Bass Pro Shops preferred customers regardless of their boat make. The Southwest Florida event will be held in Fort Myers from October 13 to 15. Hosting the Fishing Funaments will be TV fishing personality and long-time Mako owner George Poveromo.

These fun and relaxed events are conservation-oriented and designed for owners of Mako boats and Bass Pro Shops customers to come together and fish for a wide variety of game fish – backcountry, nearshore and offshore – and then share notes and stories each afternoon at the festive dockside cookouts. There will be plaques to recognize outstanding catches, and framed art prints to honor divisional champions, including top junior anglers.

A team of pros will be on hand to answer specific fishing questions; they'll reveal where to go and share the best rigs and tactics to catch the area's most sought-after game fish. Some of the latest fishing gear will be on display by sponsors, including a line-up of several brand new Mako models.

The \$100 per boat entry fee includes a Bass Pro Shops Captain's Bag filled with goodies, Fishing Funament T-shirts for everyone aboard, daily dockside parties and cook-outs, and free dockage and trailer storage at Fish-Tale Marina, available on a first come, first served basis.

The Fort Myers event will officially kick-off at 7 p.m. on Thursday, October 13 inside the Bass Pro Shops in Fort Myers. There will be a meeting to discuss the event and fishing conditions and distribute Captain's Bags. Fish-Tale Marina will be the on-water host, and fishing hours on Friday and Saturday are from 7 a.m. to 5 p.m., with the dockside cookouts slated from 5 to 7 p.m. The awards will be presented dockside on Saturday beginning at 7 p.m. Sunday is a leisure day – either fish or trailer for home.

To learn more about the Fishing Funaments or to register, visit www.mako-boats.com/fishingfunaments/ or e-mail funaments@mako-boats.com.

The Bridgeport Bluefish of the Atlantic League of Professional Baseball in Bridgeport, Connecticut announced they had formally offered Tebow a contract to play this year... although the 2016 season is winding down.

Tebow last played competitive baseball in 2005 for Nease High in Ponte Vedra Beach, Florida but ended that sport to accept a football scholarship to the University of Florida, where he played four years. In 2010, he was drafted in the first round by the Denver Broncos, where he played two seasons followed by a stint with the New York Jets. He later had preseason tryouts with the New England Patriots and the Philadelphia Eagles.

In his highly-publicized baseball spectacle last week, he received so-so grades from the scouts, although several said the 6-foot, 3-inch, 255-pound Tebow could be signed to the lower levels of the minors – Single-A or Double-A – as an outfielder.

He ran a respectable 6.6-second dash, but his throws from the outfield and fielding were below average, according to two scouts.

"I'm just looking for an opportunity," he said after the tryout. "There wasn't a season that went by (when playing football) that baseball wasn't something I thought about," he added.

Tebow said he wasn't concerned about remarks from several major leaguers who doubted the seriousness of his baseball endeavor.

Why should he worry? He has worked increasingly as a football broadcaster for ESPN and his financial worth is a reported \$10 million.

Miracle Miss Postseason Play

Although it was a successful season, the Fort Myers Miracle baseball team will miss postseason play for the second consecutive year.

The Miracle began last weekend's final four games, 3-1/2 games behind first-place St. Lucie with a second-half season record of 34-32.

The team's highly-touted shortstop, Nick Gordon, was named to the Florida State League's end of season All-Star Team. He also was selected by the parent Minnesota Twins to play in the Arizona Fall League at the conclusion of the regular season.*

SPORTS QUIZ

1. When was the last time before 2015 (Virginia) that an ACC baseball team won the College World Series?
2. In 2015, Mark Melancon set a Pittsburgh Pirates record for most consecutive saves (35). Who had held the mark?
3. Three players scored at least 25 touchdowns and kicked at least 70 field goals during their NFL career. Name two of them.
4. How many consecutive 20-win seasons did Billy Donovan have as the coach of the Florida Gators men's basketball team?
5. Who holds the NHL record for most coaching victories with one team?
6. In 2016, Martin Truex Jr. set a NASCAR Cup record for leading the most miles in a race (588). Who had held the mark?
7. Who was the last men's tennis player before Novak Djokovic in 2016 to win the first two Grand Slam events of a season?

ANSWERS

1. Wake Forest, in 1955. 2. Joel Hanrahan had 26 consecutive saves in 2011. 3. George Blanda, Gordy Soltau and Bobby Walston. 4. Sixteen consecutive seasons. 5. Al Arbour, who notched 740 victories with the New York Islanders. 6. Jim Paschal led 502 miles in a race in 1967. 7. Jim Courier, in 1992.



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Sponsors Announced For 5K Race

A number of local businesses and organizations have signed on to sponsor this year's Cops & Joggers 5K and Family Fun Night to be held on Saturday, October 8 from 5 to 10 p.m. The race path, which crosses the Edison Bridge, begins and ends at Centennial Park, located at 2000 West First Street in downtown Fort Myers.

Sponsors include Mission BBQ, Fort Myers Brewing Company, Florida Security & Firearms Training, Inc., JetBlue Airways, Survivor Armor, Scanlon Auto Group, Seductions, Bagel Factory, Garden Street Portables, Edison National Bank, LCEC.

For more information about sponsorships or to become a sponsor, contact Denise Egolf at degolf@fmpolice.com or 321-7723.

Benefiting fallen first responders, the 3.1-mile race begins at 7:45 p.m. with the glow of first responders' lights lining the race path. The family event will also include music, food vendors, emergency equipment displays and a children's fun area with bounce houses, a dunk tank, SWAT obstacle courses and more.

To register or more information, visit www.ftmyerstrackclub.com. The discounted, early registration fee is \$25 per adult and \$15 per youth, age 17 or younger, on or before October 6. Fees increase to \$30 per person for all participants on October 7, and \$35 per person for all participants on October 8.

Last year's 5K race hit a new record of 960 registered joggers and raised more than \$20,000 for local first responders

who have been injured or killed in the line of duty.

"We've experienced consistent growth in the number of race participants in the last few years and are grateful for returning joggers who support our cause year after year," said Lt. Jeffrey Bernice of the Fort Myers Police Department. "We hope to reach our new goal of 1,000 registered joggers this year and encourage families and groups, including organizations and clubs, to join in on the fun in achieving that goal."

Only 700 goodie bags with T-shirts will be provided and distributed in conjunction with the race packet pick-up day beginning at 10 a.m. on Friday, October 7 at Run Florida, located at 13101 McGregor Boulevard in Fort Myers. Whatever is left over will be available on the day of the event. Once the first 700 race packets are distributed, there will be no additional goodie bags and T-shirts available. Shirt sizes vary and are not guaranteed.

The race committee will present the top three runners and walkers in their age group with custom-made Cops & Joggers race medals that feature the front of a police car with flashing emergency lights. The Fort Myers Cops & Joggers 5K was established in 2008 to assist the family of Officer Andrew Widman who was shot and killed in the line of duty on July 18, 2008. Proceeds now benefit the FMPD Fallen Officers Memorial Fund and The Brotherhood Ride, nonprofit organizations that aid the families of first responders who have been injured or killed in the line of duty, including law enforcement officers, firefighters and emergency medical personnel.

For more information, contact Lt. Bernice at 321-7698 or jbernice@fmpolice.com.✱

Local Men Certified As Drone Pilots

Rhett Jarrett and Jim Szabo are officially Southwest Florida's first FAA-certificated drone pilots. On August 29, the FAA began issuing remote pilot certificates to qualified airmen. Drones are finally here to stay now that they've been incorporated into the national aviation airspace.

Jarrett is both a partner and pilot for CineVista Media, which creates competitive multi-media experiences for real estate, advertising, weddings and music videos. "We recently began partnering with Jim and are excited to be innovating together with this new technology," said Jarrett.

Szabo has been involved in the Aviation Industry for over 30 years. In 2013, he began pursuing unmanned flight and has since formed SanCap Aerial. Regarding his new relationship with CineVista Media, Szabo said that "working together is a way to keep the clients' needs first."

Now that the FAA has finalized its Part 107 drone program, pilots can do things that weren't allowed before – like taking off from a moving vehicle. By issuing additional waivers, the FAA can approve propositions for safe operations like flying at night, flying higher than 400 feet and flying in ATC-controlled airspace. "I'm relieved that the FAA is moving forward to regulate the commercial drone industry," said Jarrett. "Aerial operations will be safer for everyone."✱



Rhett Jarrett and Jim Szabo

photo courtesy Rhett Jarrett

Entries Sought For 2016 BIA Awards

The Lee Building Industry Association (BIA) is now accepting entries for the 2016 BIA Industry Awards, featuring both the Pinnacle and Summit Awards.

Applicable categories include residential design, commercial projects, advertising and marketing and industry achievement. Eligible construction, design, marketing and/or implementation projects must have been created/produced/run/completed between August 1, 2015 and July 31, 2016.

Achievement Awards are for an individual's or company's proven achievement in 2015 only.

Entries must be received no later than Thursday, October 6. Entry submission for 2016 is exclusively online at www.LeeIndustryAwards.com.

For more information on entry requirements, membership or the awards dinner, contact the Lee BIA at 936-5525, visit www.LeeIndustryAwards.com or email info@bia.net.✱

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Financial Focus

Make The Most Of Gifts To Grandchildren



by Jennifer Basey

Did you know that National Grandparents Day is less than a week away? While this "Day" is not as widely known as Mother's Day or Father's Day, it is nonetheless important, as it

recognizes the key role that grandparents play.

If you are a grandparent yourself, you might expect some cards or phone calls or emails from your own grandchildren – but you will probably experience even greater enjoyment in the gifts you can give them. If you're thinking of making a financial gift, consider your options carefully.

To begin with, don't forget about your own needs. As much as you love your grandchildren, you can't afford to provide significant financial gifts to them at the expense of your own retirement savings or the resources you might need for health care or long-term care. So, review your budget to determine what you can afford to give. This amount may change year by year, depending on

your circumstances, so you may want to review your potential gifts annually.

However, assuming you can afford to give regularly to your grandchildren, how should you go about it? Here are a few possibilities:

- Establish a 529 plan – A college degree is a very good investment in your grandchildren's future, but higher education comes with high costs. If you want to help your grandkids go to college, you could establish a 529 plan. Earnings in a 529 plan can grow federal tax-free and will not be taxed when the money is taken out to pay for college. Plus, you may receive state tax incentives if you invest in your home state's 529 plan. (However, if withdrawals are not used for higher education expenses, the earnings portion is fully taxable and will incur a 10 percent penalty.)

Keep in mind, though, that a 529 plan could affect your grandchild's financial aid. While a 529 plan owned by a grandparent generally won't be reported as an asset under the Free Application for Federal Student Aid (FAFSA), withdrawals used for school will be treated as student income on the next year's FAFSA, and so could lower your grandchild's financial aid package. So you could wait for your grandchild's final year of college, when he or she won't be applying for future financial aid, before you allow withdrawals from the 529 plan. (You may want to discuss a 529 plan's potential financial aid impact with a financial aid professional.)

- Contribute to a custodial account – You can give money to your

grandchildren through a custodial account, known as UGMA or UTMA. These are irrevocable gifts that minors gain control of at the age of majority. Be aware, then, that once they get the money, they can do with it as they choose, and their choices may be far different from what you had intended.

- Pay college bills directly – You can simply write a check to the college to help pay for your grandchild's expenses.

By making any of these gifts, you can help your grandchildren move forward through life, and their journey can provide you with the gifts of pride and joy.

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.✱

Health Board Achieves Gold Standard

The Southwest Florida Chairman's Board was recognized by the national office of the American Heart Association as a Gold Standard Board for helping make strides toward its 2020 Impact Goal: to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent.

"The American Heart Association commends President Dr. Shona Velamakanni, Naples Heart Institute and Chairwoman Cindy Brown, Lee Memorial Health System, for leading the board's exemplary efforts to improve the health of their community," said Nancy Brown, CEO of the American Heart Association. "Attaining this honor requires a motivated base of volunteers working together to make the healthy choice the easy choice for their community."

Board members are:

- Dr. Larry Anotonucci, Lee Memorial Health System
- Connie Byrne, Arthrex
- Shelly Church, Church and Sawin, Raymond James
- Susan Chicone, FineMark National Bank and Trust
- Brittany Cohill, Abbott Vascular
- Phil Dutcher, NCH Healthcare System
- Cheryl Glover, Mount Herman Ministries
- Sally Jackson, Lee Memorial Health System
- Pam Knous, Floor and Décor Outlets of America

- Dr. Ronald Levine, Levine Heart & Wellness
- Dr. Robert Pascotto, Cardiac Surgeon, retired
- Lou Pontius, Community Philanthropist
- Dr. Sajan Rao, SWICFT Institute
- Mayela Rosales, Media Vista Group, Univision, D'Latinos
- Lex Roulston, Community Philanthropist
- Sonya Sawyer, Home-Tech
- Dr. Israel Suarez, Nations Association Charities, Inc.
- Dr. Brian Taschner, Lee Memorial Health System
- Susan Takacs, Physician's Regional Health System

Boards designated as gold standard must meet a high number of criteria, which may include engaging local employers to participate in health initiatives, such as CPR education, nutrition, high blood pressure management, walking and sodium reduction; focusing on increasing access to safe places for children to be active; and ensuring access to nutritious food and beverage choices in each community. These criteria have been shown by research to have positive impacts on population health.

"I hope that our efforts inspire other groups and communities to become more involved with the American Heart Association and its work towards inspiring healthier lifestyles," said Dr. Velamakanni. "I am confident that with every step, we are closer to our mission of building lives free of cardiovascular diseases and stroke."

For more information on the American Heart Association, including volunteer opportunities, visit www.heart.org or call 495-4900.✱

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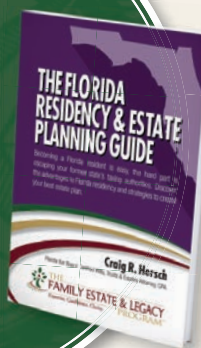
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Life Insurance

Understand What You've Got



by J. Brendan Ryan, CLU, ChFC, MSFS

This is the first of many columns that will be appearing monthly in this newspaper. These columns will discuss life insurance, income-replacement

("disability") insurance, long-term-care coverage, Social Security, retirement planning and related topics. I will not include discussion of auto, home, liability coverage or health insurance. I will leave those topics to other experts.

My columns are important because virtually everybody owns at least some life insurance, but few people truly understand what they have. They know why they have it, that is, to provide for one's family or

business after the breadwinner or executive dies and the cash flow stops. People buy insurance not because someone will die but because others will live after that death.

I have been a life insurance agent for 45 years. As such, I have dealt with those topics enumerated above for that many years. And I have been writing these columns in various newspapers for the past 25 years.

I graduated from Xavier University in Cincinnati, Ohio with majors in Latin, Greek and psychology. I then went to the University of Florida, where I earned a masters degree in psychology.

In my chosen career, I hold a masters degree in financial services as well as the professional designations Chartered Life Underwriter and Chartered Financial Consultant, all awarded by the American College in Bryn Mawr, Pennsylvania.

I invite readers to email me with questions. If you send an email, please include your phone number.

I look forward to a long and informative relationship with the readers in Southwest Florida.

J. Brendan Ryan is a Cincinnati, Ohio-based insurance agent. He can be reached at jbryanclu@aol.com.✪

PACE Receives Grant From Foundation

PACE Center for Girls of Lee County recently received a \$7,288 grant from the Suncoast Credit Union Foundation to support academic student services and materials.

The grant will fund the purchase of more than 400 new textbooks across seven subject areas and enable PACE to participate in the One School One Book program.

One School One Book promotes increased literacy and reading skills by encouraging all teachers, staff and students to read daily. It is designed to create a shared culture and conversation within the school. PACE students will utilize *The 7 Habits of Highly Effective Teens* by Sean Covey for this program. Additionally, funds will be used to replace outdated textbooks, expand academic curriculum and provide supplemental educational materials to teachers and students.

"Receiving a grant from the Suncoast Credit Union Foundation allows us to offer an expanded academic curriculum and

implement new programs to help girls succeed in the classroom," said Dr. Laurie Kemp, academic manager at PACE Lee.

"As we begin the new school year, we will be able to give these girls a level set in terms of access to academic success."

Contracted through the Department of Juvenile Justice and the School District of Lee County, PACE provides year-round academic classes and counseling for at-risk girls, ages 12 to 18. These girls face unique challenges such as: academic failure, truancy, physical and sexual abuse, domestic violence, substance abuse, foster care, neglect, death of a parent and a family history of incarceration. PACE is dedicated to providing a better future for girls and young women through education, counseling, training and advocacy.

"PACE's mission to provide better future opportunities for girls is essential for those who have hopes of a secondary education and of becoming future workforce members," said Cindy Helton, executive director of the Suncoast Credit Union Foundation. "At Suncoast, our mission is to promote the education, health and emotional well-being of children in the communities we serve. This grant opens new doors of opportunity for girls in need."✪

Doctor Joins Physicians' Primary Care



Lucia Huffman

photo courtesy Physicians' Primary Care

Dr. Lucia Huffman has joined Physicians' Primary Care of Southwest Florida as a family medicine physician. Dr. Huffman will see patients at the Cape Coral Family Medicine office at 1304 SE 8th Terrace, where she will provide preventive care

and adult physicals as well as treatment of chronic conditions such as diabetes and hypertension.

She is a graduate of the University of California in Santa Cruz, where she received her bachelor of science degree in molecular, cellular and developmental biology.

Dr. Huffman earned her doctor of medicine degree from the University of Medicine and Health Sciences in the West Indies and St. Matthews University in Grand Cayman. She also earned a master of business administration in health care management from Davenport University in Grand Rapids, Michigan.

Her residency was completed at Lee Memorial Hospital in Fort Myers under the Florida State University residency program.

Dr. Huffman participated in several research projects in robotics for Intuitive Surgical, Inc., in Sunnyvale, California as well as research for Align Technology in Santa Clara, California and Tyco Healthcare in Pleasanton, California.

She also has volunteered her skills in mission work in Nicaragua, volunteered with the Cayman Heart Fund and has performed sports physicals for Fort Myers High School athletes.

Dr. Huffman enjoys scuba diving, fishing, traveling and raising a Russian tortoise and African sulcata that is estimated to grow 100 pounds in the next several years. She also is fluent in Korean.✪

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Book Review

The Girl On The Train



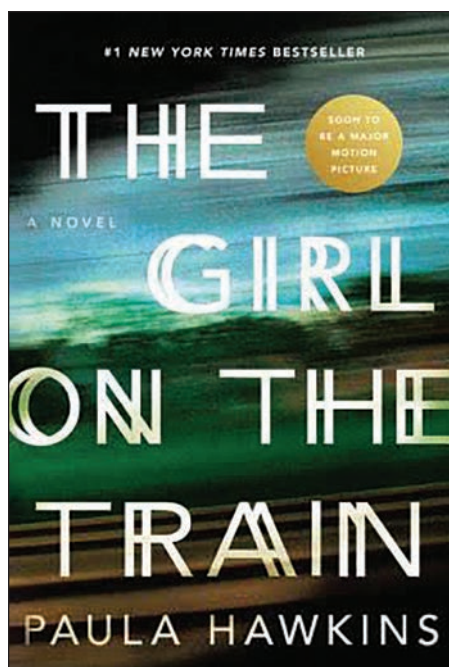
by Di Saggau

The Girl On The Train is a psychological thriller. Rachel Watson takes the same commuter train every morning and night. Every day is the same. As she rattles down the track past suburban

homes and a regular stop that allows her to watch the same couple breakfasting on their deck, she feels as if she knows them. She even gives them names, Jess and Jason. They appear to have the perfect life, like the one she recently lost.

Rachel thinks, "They are a perfect golden couple. He is dark-haired and well-built, strong, protective, kind. He has a great laugh. She is one of those tiny bird-women; a beauty, pale-skinned with blond hair cropped short." She's obsessed with the pair as she sees them through the windows of a train.

Their real names are Megan and Scott, who live a few houses away from the one Rachel used to live in before her alcoholism ruined her last relationship. She feels they reflect the way her life used to be with Tom. Then one day, she sees something shocking and everything changes. Unable to keep



it to herself, Rachel goes to the police but her reliability is questioned. Soon, she is deeply involved not only in the investigation but in the lives of everyone involved. As she deals with her growing addiction to alcohol and her frequent memory lapses, Rachel wonders if she has done more harm than good.

The book is perfectly paced, from its startling beginning to its twisty ending. The characters are fascinating. The point of view alternates between obsessed Rachel, complicated Megan and Anna, the new love of Rachel's ex Tom. We discover that Rachel turned to alcohol

because she and Tom were unable to conceive a child via in vitro fertilization. It breaks her, and she goes from being a drinker to being a drunk. She calls Tom during her drunken spells which infuriates Anna. Rachel serves as the narrator for the book, albeit an unreliable one as she has a tendency to pass out drunk, forgetting what happened the day before.

What makes *Girl On The Train* such a gripping novel is Hawkins' understanding of the limits of human knowledge and the way memory and imagination can become confused. It has a Hitchcockian feel to it. A major motion picture will be released soon.

In the meantime, I advise reading the book first.✧

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, I am new to the area and new to my child's school. I know it's important to be involved in her school. What activities can you

suggest that will help us become more active with the school community?

Heather A., Fort Myers Beach

Heather,

Becoming involved in your child's school is very important to your child and her school. Parental involvement makes a difference and shows your child how important education is for you, her and your family. Below are some suggestions of how you can become involved at school and set high expectations for education at your home:

- **Make School Important** – Talk positively about school with your child. Send your child prepared for school each day with pens, pencils, notebooks and homework completed. Make school a priority by ensuring they are at school every day and arrive on time.

- **Be Seen At School** – Arrange a visit to your child's classroom, have lunch with your child at school, or visit the Parent Center. Your presence matters and shows the school that you are invested in your child's education.

- **Volunteer At School** – Schools often send home lists of various ways that parents can volunteer. If they don't, let your child's teachers, principal or counselors know your special skills and ask what you can do to help.

- **Show Your Child That You Care** – Have a conversation with your child about school and homework regularly. Ask specific questions that inform you about your child's day. Know what classes your child is taking, who your child's friends are, and other essential information.

- **Provide A Rich Learning Environment At Home** – Make time for meaningful dinner conversations, trips, games, reading time, family sports and daily routines. Activities like these will contribute to your child's academic achievement at school.

- **Keep In Touch With The School** – Get to know your child's teachers, principal, counselors and school's parent involvement coordinator. Make it a point to stay in contact with them throughout the school year.

- **Attend School Meetings,**

Functions & Events – Make time to attend parent-teacher conferences, parent fairs, curriculum nights, award ceremonies and other school events. Your attendance and support matters to your child.

- **Seek Out Information** – Request a meeting with your child's teacher regarding any aspect of your child's education. If you have other questions, ask the school by calling or sending a note so they can link you with the appropriate person who can respond to your needs.

- **Be An Active Part Of Decision Making Committees** – Participate in parent or school leadership organizations. Ask your school about the Parent Teacher Association or Parent Teacher Organization, school council, parent advisory committee or other parent organizations and then join one.

- **Be Informed And Responsive** – Ask, collect, read and respond, if needed, to all information (school policies, field trip information, student handbook, etc.) that is sent from your child's school or teacher. If you need to receive information in a language other than English, call or visit the school.

- **Visit Your School's Website** – Access all kinds of information, including homework assignments, class schedules, lesson plans, test dates and grades on your child's school website. If you don't know your school's website, ask your child's teacher or the school. Find your school division or school using these tools:

- **Drop In On After-School or Extracurricular Activities** – Pick your child up from after-school activities or stop by a few minutes early to watch your child in action, if you are unavailable during the school day. It is also important to know your child's after-school teacher, instructor or coach.

- **Partner With The Community** – Encourage local businesses, churches, clubs or civic organizations that you are involved with to volunteer or financially support the school. Have community partners provide schools and families with information about services and resources they provide that support student learning such as mentoring, tutoring and service learning activities.

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*

Cypress Cove Mead Therapy Center Holds Ribbon Cutting



Mrs. Walter Mead, center, commemorates opening of the Mead Therapy Center at The Lodge photo courtesy Cypress Cove

A grand opening celebration was held August 31 on the South Fort Myers campus of Cypress Cove at HealthPark Florida for its new 3,500 square foot physical therapy and rehabilitation facility – The Mead Therapy Center.

Planning and development of the new facility began in 2014 when Cypress Cove received a generous \$2 million philanthropic gift from the Mead Family. Construction of the new facility, which is attached to Cypress Cove's skilled

nursing and rehabilitation community – The Lodge – provides an enhanced therapy program with expanded services. The facility is open to the public.

Speakers at Wednesday's ribbon cutting praised the Mead Family for their transformational gift that the family asked to be used exclusively for construction of a new progressively designed center. The new center, said Cypress Cove Executive Director Michele Wasserlauf during opening ceremonies, provides the community's public rehabilitation and skilled nursing program with greater flexibility to offer care to an expanded patient-base.

David Gray, health services director at Cypress Cove, applauded the new center citing its many features, including multiple treatment rooms, a large weight and exercise area with a variety of state-of-the-art equipment, a dedicated speech therapy room, training kitchen, bathroom and laundry.

"I can envision The Mead Therapy Center becoming a greater community resource by drawing increased interest from Southwest Florida doctors and their patients in need of various forms of physical rehabilitation services," said Gray.✱

Family Health Fair September 17

Lee Memorial Health System will participate in the annual Omega Family Health Forum on Saturday, September 17 from 9 a.m. to noon at Dunbar High School, 3800 E. Edison Avenue in Fort Myers. The health fair has something for men, women and children of all ages, and will focus on health awareness and prevention. There will be a variety of screenings and educational topics including:

- Cancer screenings – prostate, colon and breast
- Children's health
- Women's health
- Asthma
- Diabetes
- Blood pressure
- Sleep disorders
- Smoking cessation programs

- Sexually transmitted disease (STD) testing
- HIV testing

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

The Harry Chapin Food Bank also will be on site distributing groceries; bring reusable shopping bags or a box to carry food.

"Lee Memorial Health System is proud to once again participate in the annual Omega Family Health Forum," said Karen Krieger, director of community affairs for Lee Memorial Health System. "Our health system is committed to helping families improve their health through awareness, education and prevention. This event helps us do that, and we are excited to be out in the community working with families to inspire healthier lives."

For more information, call 424-2233.✱

FSW Respiratory Care Program National Award

For the second consecutive year, Florida SouthWestern State College's (FSW) Respiratory Care program has received the Distinguished RRT Credentialing Success award from the Commission on Accreditation for Respiratory Care (CoARC). The Associate of Science in Respiratory Care is one of seventeen career options offered in the FSW School of Health Professions.

To receive the award, programs were required to have three or more years of outcomes data; hold accreditation without a progress report; document Registered Respiratory Therapist (RRT) credentialing success of 90 percent or above; and meet or exceed established CoARC thresholds for Certified Respiratory Therapist (CRT) credentialing success, attrition and positive job placement."

"Innovative teaching styles, engaging clinical experiences, and dedicated faculty are the primary reasons our graduates enjoy such success," said Jeff Davis, program director of FSW Respiratory Care and Cardiovascular Technology programs. "This award is due to the extraordinary efforts of Dr. Jeffrey Elsberry, associate dean of Cardiopulmonary & Emergency Care, and professors Jean Newberry and Sindee Karpel."

Success with the RRT certification and with job placement throughout Southwest Florida continues with the most recent graduating Class of 2016.✱

Graduates Pass Certification

For the 12th straight year, 100 percent of Florida SouthWestern State College's (FSW) Radiologic Technology graduates have passed the American Registry of Radiologic Technologists (ARRT) National Certifying Exam on the first attempt.

"During the last 12 years, we have had 265 graduates successfully pass the exam, and a vast majority are meaningfully employed in the field," said James Mayhew, FSW Radiologic Technology Program director. "Since the beginning of the program in 1992, over 600 individuals have started their career in radiologic technology at FSW and many have gone on to loftier positions in management, education and business."

To help prepare for and successfully pass the certification exam, students take a capstone course during their final semester of the program. The course reviews material from the previous five semesters, administers mock registry exams, help students with employment skills including interviewing and resume writing, helps improve test-taking skills and prepares students for entry into the field of radiologic technology. In addition, an intensive two-day registry review program is also offered.

The Associate of Science in Radiologic Technology is one of 17 career options offered in the FSW School of Health Professions. The program is fully accredited by the Joint Review Committee on Education in Radiologic Technology. Graduates may apply for the examination of the ARRT for national certification and subsequent licensure by each individual state.✱

Help Set a
NATIONAL RECORD for the
Partners Human Pink Ribbon



**SATURDAY
OCTOBER 29**

**JET BLUE PARK
9-11 AM**

Participants will be forming the human ribbon holding uniform pink umbrellas. Each \$20 donation will receive one umbrella, yours to keep. Registration is \$10 if you bring your umbrella from last year's event.



For more information visit www.pfbcc.org or call 239-454-8583.

RAIN OR SHINE



deaRPharmacist

Soap Makers Have To Clean Up Their Act



by Suzy Cohen, RPh

Dear Readers: Soap makers now have to get their junk out because plain soap works just as well and without risk. Manufacturers were ordered by the FDA to pull out 19 different chemicals from their

body wash, hand soap, dish soap and other soaps. Hallelujah – these chemicals are pesticides, which go down the drain and into our ecosystem.

We kind of got all bug phobic when soap makers started adding antibacterials like triclosan and fluorosan into soap. Fluorosan has a fluorinated and brominated backbone, and fluorine and bromine compounds are known to interfere with thyroid hormone production. Triclosan may reduce testosterone, behave

like estrogen (raising it), impact your ability to conceive and disrupts many human hormones.

Millions of you slathered on bizarre chemicals or all over the kids with the misguided notion that “antibacterial” was better. Triclosan is found in 93 percent of antibacterial soap products as well as cutting boards, dishsoap, deodorants, yoga mats and even lip stains.

The problem is that triclosan and other antiseptics and pesticides go right through your skin, and show up later in your urine and breast milk.

Soap makers have to clean up their act now and they have one year. I don’t feel sorry for them. These companies spent billions of advertising dollars to brainwash you that their chemicals are necessary in order to kill germs, fend off the flu or get you really clean. Puh-leese! Like I was dirtier before you put the triclosan, hexachlorophene and methylbenzethonium chloride in there?! Does anyone feel dirtier with that stuff on them or is it just me?

I never bought it though. And I told you years ago not to buy it either. I remember spending hours one night scouring the Internet just trying to find a foaming soap that was free of potentially harmful chemicals. Soap, I just wanted soap... that’s it.

What was wrong with plain soap? Nothing. I knew all along that this was just clever marketing, what is termed product diversification and the addition of these chemicals were synthetic, unproven and just put in there to make the label prettier for “show.”

The theory behind triclosan is that it’s there to crack open the cell walls of bacteria, which renders them inactive. However, it doesn’t work fast, it takes hours to do accomplish the killing task. Triclosan doesn’t kill viral proteins either. These added ingredient(s) make for an awesome label, with the implied message that germs will be killed instantly on your hand, before they can get inside you and make you sick or spread infection.

So the FDA is putting their foot down.

Better late than never. I mean, they started their investigation in 1978! C’mom people, go a littler faster next time, would you? Can you focus on glyphosate next please? To their end, the FDA is actually planning a full-on review of hand sanitizers and germ-killing chemicals used in hospitals.

Their final decision, made last week isn’t based on one study, there have been many. The latest comes from South Korea, where scientists tested antibacterial soap on 20 different strains of bacteria. Plain soap performed just as well.

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.✧

Free Autism Screening For Young Children

Golisano Children’s Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, offers a free monthly autism spectrum disorder screening for toddlers 18 months to 5 years of age.

The next screening on the Ronald McDonald Care Mobile will be held on Friday, September 16 from 9:30 a.m. to 2 p.m. at the Cape Coral Library, 921 SW 39th Terrace in Cape Coral.

It is estimated that one in every 68 children is diagnosed with some form of Autism Spectrum Disorder, making it

more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children’s Hospital of Southwest Florida. The screenings are administered by an Advanced Registered Nurse Practitioner, who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. To schedule a screening, call 343-6838.✧

Doctor and Dietician

Baked Spaghetti Squash With Beef And Vegetables



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

Spaghetti squash is a great alternative to regular pasta that provides more nutritional value and health benefits than regular pasta. Spaghetti squash is a good source of fiber, folic acid, potassium, vitamin A and beta carotene. Plus, it is only about 40 calories per cup.

Ingredients:

- 1 spaghetti squash, halved and seeded
- 1 pound ground beef
- ½ cup each diced red and green pepper (roasted is a delicious option)
- ½ cup diced sweet onion
- ¼ cup roasted Hatch chili peppers, diced
- 3 cloves garlic, minced
- 1-2 teaspoon Penzey’s Northwoods Seasoning
- ½ cup sundried tomatoes in oil, chopped
- 1 cup fresh spinach, chopped
- ½ can organic tomato paste (optional)

- 1 tablespoon fresh parsley, chopped
- 2 tablespoon fresh basil, chopped
- ¼ teaspoon fresh ground pepper
- ½ teaspoon Kosher salt
- Fresh Mozzarella Cheese slices
- What to do:

1. Bake squash at 375 degrees for about 40 minutes.

Once cooled, shred pulp with fork into bowl.

Season with salt and pepper.

2. Lightly grease a 9-inch pie plate. Press squash into plate, just like a pie crust.

3. Cook ground beef in skillet until browned. Drain. Mix in peppers, onion, garlic and cook until tender.

4. Add seasonings, tomatoes and tomato paste to meat-veggie mixture and stir together. Remove from heat.

5. Stir in fresh herbs and spinach.

6. Pour meat-veggie mixture into spaghetti squash pie.

Press evenly into pie.

7. Top with fresh mozzarella slices.

8. Bake at 375 degrees for about 20-30 minutes until golden.

9. Let sit for 5-10 minutes before cutting.

10. Garnish as you wish. One version I like uses roasted asparagus and green onion – yum!

This recipe can also be made adding eggs to the spaghetti squash for a more dense pie. Or add a ricotta cheese layer, similar to lasagna.

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,

My husband retired at 55 and he was in very good health. Since he had worked his 30 years and he was eligible for retirement, he decided to take it – but I thought it was entirely too early.

He has puttered around the house but hasn’t really done much, and I think I deserve a halo for keeping my sanity.

He is now 85 years old and his health is beginning to fail. What lies ahead for us is not good.

Please tell others that retirement takes planning and adjustment. It isn’t much fun unless you are self motivated. I think it is better to work until you drop. What do you think?

Tessy

Dear Tessy,

A few years ago, many people like your husband were eager to retire. They may have been bored with their job, tired and a little depressed, so they thought all of their problems would be over if they just left. Many found that after just three months, they were still bored, tired and a little depressed.

Retirement takes exactly what you have said, and only now many want to stay working for as long as possible. The shuffleboard mentality seems to be over. Personally, as long as my health is good, I will stay working – and I do think you do deserve a halo.

Lizzie

Dear Tessy,

Individuals can live approximately a quarter of their lives in retirement. It is critically important to begin planning for retirement when one starts working – save, develop interest, create a social network and take care of your health. Individuals I have had the pleasure of meeting who have planned all aspects of their retirement report retirement as joyous and engaging.

Pryce

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

PETS OF THE WEEK



Mayze ID# 671092



Raven ID# 664298

Hello, my name is Mayze. I'm a 5-year-old female hound mix who is all the great things that people look for in a dog. I'm affectionate, playful and enjoy being with other dogs and with people. I'm a very young 5-year-old but very well-behaved.

My adoption fee is \$30 (regularly \$75) during Animal Services' Hot Dogs and Cool Cats September adoption promotion.

Hi, my name is Raven. I'm a 3-month-old neutered male domestic short hair that was found at only 1 month old with my head stuck underneath a car. I am just fine, except that I really need to find my forever home. I've spent most of my life at the shelter. Nevertheless, I have become a very playful kitten with a soft, shiny coat who loves toys and other kitties.

My adoption fee is \$30 (regularly \$75) during Animal Services' Hot Dogs and Cool Cats September adoption promotion.

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

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

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

The adoption package is valued at \$500.✪

THE RIVER WEEKLY NEWS FROM THE BEACHES TO DOWNTOWN FORT MYERS

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

ARTS

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

CLUBS & ORGANIZATIONS

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

Kiwanis Clubs:

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

Lions Clubs:

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

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 29

TIME FOR A FRESH START
Super Crossword

- ACROSS
- 1 Keys that get "tickled"

8 Mysteries

15 Longtime Volkswagen model

20 Port near Naples

21 Allay

22 Brand of deodorant

23 SkyDome national anthem

24 Harley-Davidson product

26 TV's Sajak

27 Meditation sounds

29 With 64-Across, Japan's place

30 A teacher prepares it

31 Also called

38 Nero's 111

39 Political analyst Myers

40 Devilish look

41 Black-and-white bird

44 Optical storage format for burning data

46 Put- — (pranks)

47 Ranch jaunt

49 "Socrate" composer Erik

52 Black-and-white bird

54 With 112-Down, backbeat instruments

56 Billionaire Bill

57 Marking the start of, as a 133-Across

60 Homer epic

62 Mani offerer

63 Hydroxyl-containing compound

64 See 29-Across

66 Less jagged

70 Cuts down

72 Film set at Faber College

76 Life-or-death

77 Shoe part

79 County south of Niagara

80 — Pet

82 Org. backing guns

83 Like films, restaurants and bonds

86 Key of Chopin's "Raindrop" prelude

89 Less abundant

92 Suspicious

94 Bump hard

95 Choir song

96 #1 Beatles hit of 1964

98 Unbroken

100 Whaler, e.g.

102 Non-rush-hour, say

103 Pilot

105 Some Japanese cartoons

109 Uncle, in Rio

110 Pampering treatment

114 Carport's kin

117 Meal crumb

118 Sked guess

119 Dernier — (very latest fashion)

120 Bed for eggs Benedict

125 49ers' home, for short

128 Fast Amtrak train

129 Creator of Tigger and Eeyore

130 Chemical salt in spinach and parsley

131 Epoxy, e.g.

132 How some things are chiseled

133 An apt one is spelled out by combining the first two letters of nine Across answers in this puzzle

DOWN

1 14-legged crustacean

2 Move out of

3 Kansas city

4 Stimp's pal

5 Gershwin the lyricist

6 Granted

7 "Me too"

8 Bolt down

9 Sydney's state: Abbr.

10 Patricia T. O'Conner's "Woe —"

11 Really go after

12 Showy parrot

13 Corporal on "F Troop"

14 Sch. term

15 Actress Fonda

16 Bits of work

17 Alternative to Wheat Thins

18 Compound in pottery glazes

19 Compounds paired with thymines in DNA

25 Nobody — (mine alone)

28 Sizzling bacon sound

32 Munsters' boy

33 Worship

34 Japanese mushroom

35 Author Kesey

36 Fed Eliot

37 After, to Gigi

42 Israeli desert region

43 Got silver, as hair

45 Was too long, as a sentence

47 Was given no choice

48 Suffix with direct

49 Fish-on-rice dish

50 Trembly tree

51 Mellows out

53 — fruit (tangelo kin)

55 Munched

58 Not fitting

59 Less distant

61 "The way I — ..."

65 Frazier fighter

67 Black-clad mercenary

68 Actor Flynn

69 Update the arsenal of

71 Hollywood's Meryl

73 Dogfight

74 "Mighty Bruins" sch.

75 Frauds

78 Old Yankee Combs

81 Stepping (up)

84 Analogous

85 Hollywood's Stiller

87 Middle Corleone brother

88 Meat jelly

89 Wear for mob quellers

90 Promise to marry

91 Beats into shape again

93 Part of BYO

97 Lots in life

99 Nothing at all

101 Paleolithic tool

103 Trim up, say

104 Adam and —

106 Gordon of "Oklahoma!"

107 Typo list

108 One fishing with a net

111 "— is an island ..."

112 See 54-Across

113 "Challenge accepted!"

115 "— Ask of You"

116 Composer — Carlo Menotti

121 "Bali —"

122 Mel's Diner waitress

123 Orbitz listing

124 Born, to Gigi

126 Rural denial

127 Go by jet

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					
26					27		28				29				30					
31			32	33				34	35	36				37				38		
39							40							41		42	43			
			44			45		46				47	48							
49	50	51				52	53			54	55					56				
57					58				59		60				61					
62				63					64	65					66			67	68	69
70			71		72			73					74	75			76			
77				78				79					80			81		82		
			83			84	85				86	87				88				
89	90	91					92			93		94				95				
96					97					98	99			100	101					
102									103				104		105			106	107	108
109																				
114			115	116																
120																				
128																				
131																				

King Crossword

- ACROSS
- 1 The girl

4 Possesses

7 Man of morals?

12 Crone

13 Oklahoma city

14 Give birth to, on a farm

15 Fix the outcome

16 Record-setting fast-baller

18 Craft from far off

19 Jack

20 Ricochet, in billiards

22 Bachelor's last words

23 TV clown

27 They're between mus and xis

29 Someone who carries a torch?

31 Some skirts

34 Passenger

35 Easily built

37 Held a meeting

38 Abhor

39 Carte lead-in

41 Dreyfus defender

45 Go

47 Sharp turn

48 She played

52 Sapporo sash

53 Heals

54 Id counter-part

55 Negative prefix

56 Heron's cousin

57 In medias —

58 Work unit

7 Dermatology's case

8 Listener

9 Wily

10 Eggs

11 Nerd-pack occupant

17 Acknowledged

21 Bowie's weapon

23 Shut out

24 Peculiar

25 Last letter

26 Bobby of hockey

28 Can. neighbor

30 Geological period

31 Speedometer abbr.

32 Playwright

33 Trawler need

36 Boxer Max

37 Ferocious

40 See 42-Down

42 With

40-Down, depleted atmospheric region

43 Toil

44 Gerontologist's study

45 For fear that

46 Grandson of Eve

48 Lemieux milieu

49 Carpet

50 Mess up

51 Born

MAGIC MAZE ● TEXT-SPEAK

Y K I F C Z W U R B P M J H E
C 8 T Z X P U S I Q 8 N L J G
S E R A C Z U G X F V T R R P
N S L C E J G S T H E C 8 A 9
A N Y N E R Y H P 8 W 8 L V F
T R P R I T G N L U M H R T E
K K I N R I A G E C S E E W N
B Y (B E F O R E B 4) Z T T T I
X G A W U S S R R P O A A A F
M L J K L K L O O C I H L H M
G E D B O X X X S S I K A W W

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

Before b4

Big grin bg

Cool kl
- Create cr8

Fight f8

Fine f9

Hate h8
- Kiss xxx

Later l8r

Mate m8

Okay k
- So sorry ss

What wt

What's up sup



"Sorry, no _____ tuxes."

answer on page 29

SCRAMBLERS

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

Toil
GUDDER _____

Chide
TEABER _____

Lost
STARAY _____

Start
BEING _____

TODAY'S WORD

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

SUDOKU

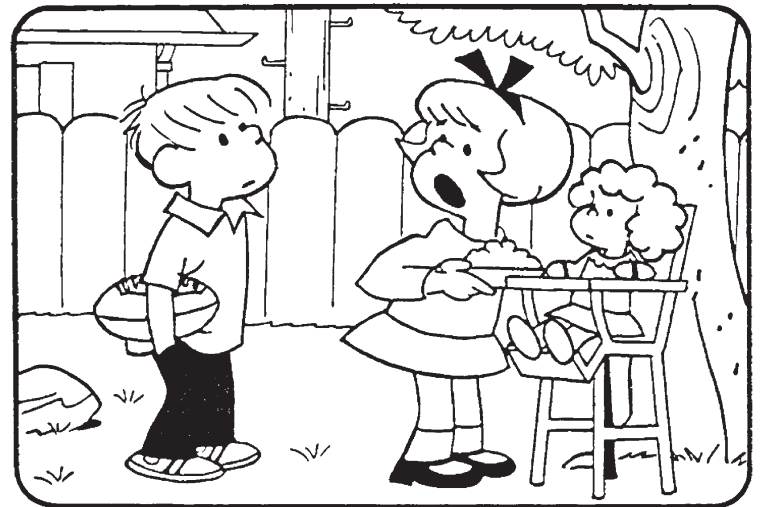
To play Sudoku:

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

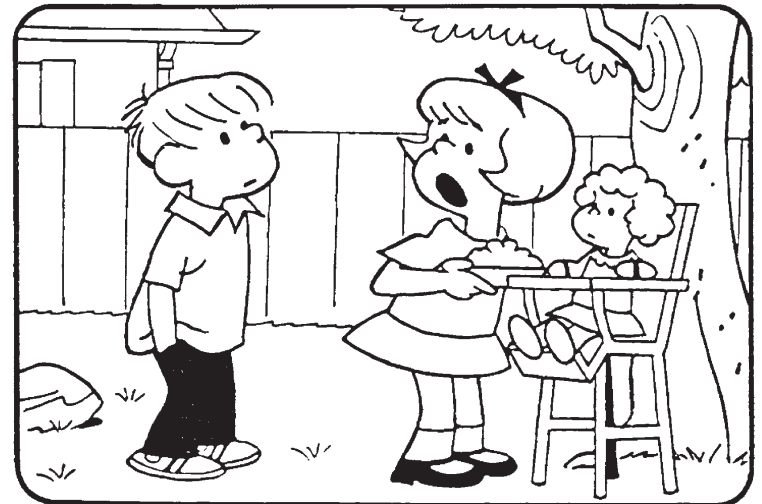
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Fence is different. 2. Footbal is missing. 3. Pole is missing. 4. Sleeve is shorter. 5. Bow is smaller. 6. Doll's hair is different.

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Lobster Bites with Avocado-Lime Puree

2 nine-ounce spiny lobster tails, removed from shell and cut into 1-ounce bites
20 three-inch bamboo skewers
Canola or olive oil for cooking
Sea salt to taste
Fresh ground pepper to taste
½ avocado
2 limes, juiced
½ red bell pepper, diced fine

Preheat a medium-sized sauté pan over medium-high heat. Skewer each lobster bite onto the bamboo skewers and lightly season with salt and pepper.

In a blender or food processor, add avocado, lime juice and season lightly with salt and pepper. Puree the avocado mixture until smooth, adding 1 tablespoon of water at a time until the desired thickness of avocado puree is reached. The avocado puree should be smooth and creamy and should be thin enough to pour into a small bowl or shot glasses.

Add 1 tablespoon of the cooking oil to the hot pan. Carefully add the skewered lobster bites to the hot pan being careful not to over crowd the pan. Cook lobster bites for just 30 seconds on each side. The lobster bites will cook quickly so it is important to keep a close eye on them. Once the lobster bites are cooked, remove them from pan, and let drain on a paper towel. Repeat the cooking process until all the lobster bites are cooked. This cooking process can be done ahead of time and the lobster can be served cold if desired.

To serve, arrange the lobster bites on a plate with a bowl of avocado puree, or add a small amount of avocado puree into the bottom of several shot glasses and top each glass with the cooked lobster bites. Garnish the lobster bites with the fine diced red pepper.

Yields four to six servings.✱



Lobster Bites with Avocado-Lime Puree photo courtesy Fresh From Florida

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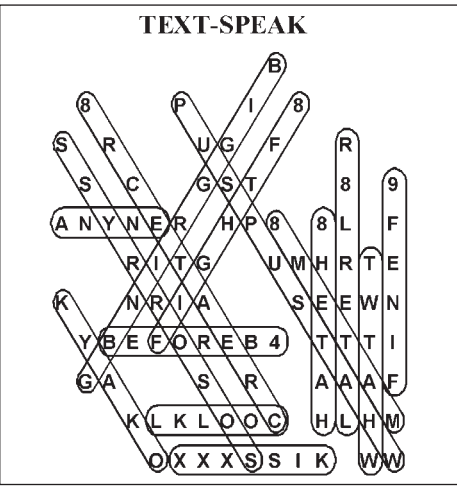
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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My Stars ★★★★★

FOR WEEK OF SEPTEMBER 12, 2016

ARIES (March 21 to April 19) Mars, your ruling planet, helps you deal with career challenges in a way that reflects some of your own hidden strengths. This impresses some important decision-makers.

TAURUS (April 20 to May 20) Your strong Bovine will, combined with your romantic nature (you are ruled by Venus), helps turn a romance with a potential for problems into one with more-positive possibilities.

GEMINI (May 21 to June 20) Mercury's influence creates some unsettling moments, but nothing that you can't live with. You'll soon learn more about that major change that is about to be revealed.

CANCER (June 21 to July 22) Opportunities for you are like the phases of the Moon: constantly appearing and reappearing. So, cheer up. The opportunity you think you let slip by will be replaced by another.

LEO (July 23 to August 22) An opportunity that you hoped would open up for you remains closed. Stop wasting time scratching at it. Something else you'll like will soon make itself apparent and accessible.

VIRGO (August 23 to September 22) Congratulations. You'll soon hear some positive feedback for all the hard work you recently put into a project. A Pisces could soon swim into your personal life.

LIBRA (September 23 to October 22) Someone whose friendship you felt you had to write off will try to revive it. What you do is up to you. But don't do it without giving it considerable thought.

SCORPIO (October 23 to November 21) A job-related plan might need to be reworked to allow for changes. Lucky for you that Saturn remains a strong influence that can help you focus on getting it done right.

SAGITTARIUS (November 22 to December 21) This is a good time to move into areas of self-discovery. You might be surprised about who you really are and how you really relate to those around you.

CAPRICORN (December 22 to January 19) Expect to confront someone who will make an unwelcome request. Stand by your resolve to do the right thing no matter what

"persuasion" might be offered.

AQUARIUS (January 20 to February 18) A friendly competition could become more contentious than you expected. Take time out to discuss the reasons behind this unexpected change, and act accordingly.

PISCES (February 19 to March 20) You have a wonderful mind for solving mysteries, so you should feel confident about solving the one developing very close to you. An unlikely source offers help.

BORN THIS WEEK: You're a great host or hostess. You love being with people, and you're very good about planning all sorts of social events that bring folks together.

THIS WEEK IN HISTORY

• On Sept. 18, 1793, George Washington lays the cornerstone to the United States Capitol. The building would take nearly a century to complete, as architects came and went, the British set fire to it, and it was called into use during the Civil War.

• On Sept. 16, 1908, Buick Motor Company head William Durant spends \$2,000 to incorporate General Motors. Durant made his fortune building horse-drawn carriages, and in fact he hated cars -- he thought they were noisy, smelly and dangerous.

• On Sept. 14, 1927, dancer Isadora Duncan is strangled in France when the enormous silk scarf she is wearing gets tangled in the rear hubcaps of her open car. The scarf wound around the axle, tightening around Duncan's neck and dragging her from the car. She died instantly.

• On Sept. 17, 1965, four adventurous Englishmen arrive at the Frankfurt Motor Show in Germany after crossing the English Channel by Amphicar, an amphibious passenger car powered by a 43-horsepower Triumph Herald engine. Despite choppy waters and a flooded engine, the two vehicles made the crossing in about seven hours.

• On Sept. 15, 1978, boxer Muhammad Ali (born Cassius Marcellus Clay) defeats Leon Spinks to regain the world heavyweight boxing title. Ali had first won the title in 1964 at age 22, defeating Sonny Liston.

• On Sept. 12, 1993, the rebuilt Lacey V. Murrow Bridge over Lake Washington opens in Seattle. The old bridge was almost

2 miles long and floated on more than 20 hollow concrete pontoons. During repairs in 1990, the bridge broke apart and sank.

• On Sept. 13, 2004, TV talk-show host Oprah Winfrey gives a brand-new Pontiac G-6 sedan, worth \$28,500, to all 276 members of her studio audience. However, the winners were left with a large bill: up to \$6,000 in federal and state income taxes.

STRANGE BUT TRUE

• It was beloved American author Mark Twain who made the following sage observation: "A successful book is not made of what is in it, but of what is left out of it."

• If you're a cat lover who also enjoys imbibing alcohol from time to time, you might want to take note of this bit of international news: A Japanese company called B&H Lifes has come out with a new product. Nyan Nyan Nouveau is a wine made especially for the feline palate. The wine doesn't actually contain any alcohol, though; it's a mixture of catnip and the juice of cabernet grapes. (Note of interest: "Nyan" is the Japanese equivalent of "meow.")

• In American folklore, it's Johnny Appleseed who is credited with sowing apple trees across the nation. In reality, though, much of the credit can go to the pioneers' craving for hard cider.

• In February, a mattress company conducted a survey of 390 Americans (hardly a comprehensive sample, of course) to determine consumers' attitudes toward sleep around Valentine's Day. Interestingly, fully half of the respondents said that they'd rather have a good night's sleep than be the recipient of a romantic gesture on what is generally regarded as the most romantic day of the year. And 64 percent said they cared more about getting at least 8 hours of sleep every night than they did about finding a life partner.

• Those who study such things say that when male and female puppies play fight, the males will sometimes let the females win in order to get to know them better.

THOUGHT FOR THE DAY

"We are social creatures to the inmost center of our being. The notion that one can begin anything at all from scratch, free from the past, or indebted to others, could not conceivably be more wrong." -- Karl Popper

SCRAMBLERS

solution

1. Drudge; 2. Berate;
3. Astray; 4. Begin

Today's Word
BAGGY

TRIVIA TEST

1. Theater: The song "You'll Never Walk Alone" comes from which musical?
2. Anatomy: What is the most abundant mineral in the body?
3. U.S. Presidents: Which president said, "The ballot is stronger than the bullet"?
4. Literature: What was the name of Sherlock Holmes' housekeeper?
5. Television: What was Beaver Cleaver's real first name in the show "Leave It to Beaver"?
6. Comics: What is the name of the pet duck in the "Hagar the Horrible" comic strip?
7. Astronomy: What is the nearest star to Earth, aside from our Sun?
8. Geography: Which one of the five Great Lakes lies entirely within the United States?
9. Games: What game's coin-operated version debuted in 1931?
10. Measurements: How many bits are in a byte?

TRIVIA ANSWERS

1. "Carousel" 2. Calcium 3. Abraham Lincoln 4. Mrs. Hudson 5. Theodore
6. Kivack 7. Proxima Centauri
8. Michigan 9. Pinball 10. 8

★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

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*RS 8/5 CC TFN

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LOAN NEEDED

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ANNUAL RENTAL

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Gulf Beach. \$1,950/Mo.

LAKE FRONT

This UF 2/2 condo has fresh paint,
new carpet, and Huge lanai overlooking
Lake. Gated complex, with clubhouse,
pool & tennis, covered parking. No Pets.
S. Ft. Myers, close to beaches.
\$1,400/Mo.

IONA - CANAL HOME

This updated UF ground level 2 BR/2
BA, home offers garage, nice yard, Direct
access canal/dock, and 10 minutes To
Causeway. \$1,450/Mo.



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*RS 1/23 BM TFN

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*NS 9/2 CC 9/9

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*NS 8/26 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



FSW Alumni photo courtesy FSW

FSW Dental Hygiene Alumni Reunion

Over 80 alumni and faculty members from Florida SouthWestern State College's (FSW) Dental Hygiene Program reconnected on Aug. 28 to celebrate the program's history in Southwest Florida.

Hosted by the FSW Alumni Network, the event welcomed students from the graduating classes of 1995 to 2016 inside the Carl and Diana Grissom Community Room on the Thomas Edison Campus. Graduates shared their passion for working in dental care and praised the program for maintaining a 100-percent pass rate on student licensing exams for 21 years consecutively.

"It was thrilling to see everyone reunite on the Thomas Edison Campus. Many of our guests had not seen each other since they graduated and took the opportunity to share their stories of success in the dental hygiene field," said FSW Alumni Coordinator Joe Turner. "For these and all of our alumni, their careers started here and we are so proud of their accomplishments. I'm looking forward to our next program reunion."

Other program-specific reunions are being organized by the FSW Alumni Network for this fall and spring of 2017. Learn more at www.FSW.edu/alumni or follow the network on social media.

FSW alumni receive access to college resources like the library, on-campus art and cultural programming, and discounts on official college merchandise. Volunteer opportunities are available for any graduate interested in helping with upcoming events or reaching out to the community.

If you are not currently registered with the FSW Alumni Network, create a free membership profile today by visiting www.FSW.edu/alumni and be a part of what everybody is talking about. ✨

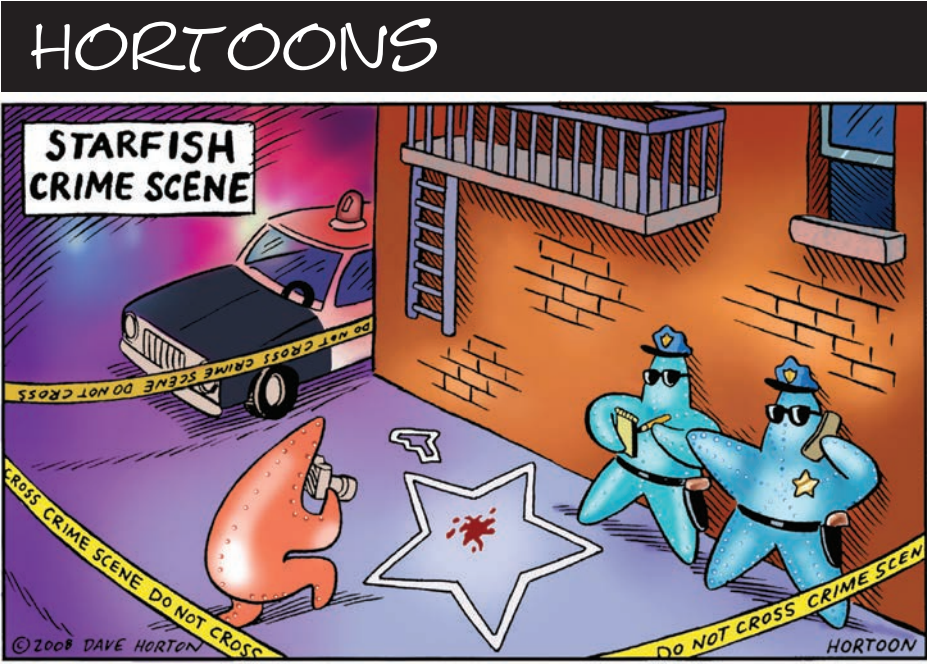
Public Meetings About City Parks

The City of Fort Myers invites the public to attend two community meetings about parks and the Open Spaces System Master Plan. Both meetings are open to the public and are scheduled as follows:

- Monday, September 12, Fort Myers Regional Library 4 to 7 p.m., 2450 First Street, Fort Myers.
- Tuesday, September 13, New Hope Presbyterian Church, 4 to 7 p.m., 10051 Plantation Road, Fort Myers.

The following questions will be discussed: Will there be more open space? Can the city improve existing parks? How can we create better connectivity?

Get involved in the planning of your parks by attending and offering your ideas. ✨



Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes and Bounds	Sanibel	1991	4,304	\$4,495,000	\$4,225,000	0
Cape Coral	Cape Coral	2005	4,312	\$1,400,000	\$1,400,000	0
Butterknife	Sanibel	2013	2,955	\$1,295,000	\$1,189,000	48
Lakewood	Fort Myers	2007	3,607	\$1,045,000	\$995,000	23
Riverwalk	Bonita Springs	1990	3,274	\$925,000	\$875,000	115
St. Charles Harbour	Fort Myers	1993	3,492	\$859,000	\$797,000	278
Pinehurst Estates	Fort Myers	1992	4,297	\$850,000	\$820,000	150
Dunes at Sanibel Island	Sanibel	1975	1,868	\$769,000	\$706,000	136
Cape Coral	Cape Coral	1991	3,913	\$719,900	\$682,000	73
St. Moritz	Miromar Lakes	2003	2,815	\$715,000	\$672,500	183

Join us for our Open House

Sept 8th, 5pm - 7pm

If you haven't heard, Doc Ford's Sanibel is moving its flagship location to our brand new building across the street from Bailey's Shopping Center!



***We look forward to you joining
in on the fun!***

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