





Vol. 15, No. 39

From the Beaches to the River District downtown Fort Myers SE

SEPTEMBER 30, 2016



Still life by Tyanna Buie

photo courtesy FGCU

### Opening Reception For Collaborative Exhibit At FGCU

The Art Galleries at the Bower School of Music and the Arts at Florida Gulf Coast University (FGCU) will hold an opening reception for an exhibit, titled Accumulating Interiors: Vanessa Diaz and Tyanna Buie, on Thursday, October 6 from 5 to 7 p.m. at the Main Gallery in the Arts Complex. A gallery talk with the artists begins at 5 p.m. The exhibition runs through November 17 and is made

#### continued on page 3

### Pirate Festival Returning To Fort Myers Beach

The Fort Myers Beach Chamber of Commerce will be hosting families and pirates from near and far during the 11th annual Fort Myers Beach Pirate Festival, held during Columbus Day weekend, October 7 to 9 on Old San Carlos Boulevard.

Named the #2 Pirate Festival in the Country by USA Today, this familyfriendly event draws thousands of people. Among the attractions are the pirate bazaar, themed live music and performances, live ship battles and children's activities.

The jolly Pub Quest kicks off the festivities on Friday, October 7. Costumed groglovers will assemble in the heart of Times Square and spend the evening playing a card game of chance at a number of Fort Myers Beach's most popular restaurants and bars. Following the Pub Quest, awards will be given to the best dressed costumed pirates. This event is for ages 21 and over.

Saturday and Sunday, October 8 and

9, will be packed with family-friendly fun for landlubbers and sea rovers alike. The "Boom!" of the opening cannon marks the start of the celebration at The Port of Old San Carlos. All weekend, from 10 a.m. to 5 p.m., Old San Carlos Boulevard will act as the epicenter of "pirate life" with scheduled pirate cruises, pie eating contests, a kids fishing tournament, costume contests and the highly anticipated live pirate ship battle with cannon fire.

For adults, rum tastings, local food and drink specials, an adult costume contest and the first-ever pirate marriage and vow renewal await. Pirates and landlubbers both young and old are sure to walk away with memories to treasure.

Entrance into the festival is a suggested donation of \$5 (ages 12 and up), with all proceeds going towards the Fort Myers Beach Chamber of Commerce and its affiliated charities.

Confirmed actors and performers available throughout the festival include Arrr, Inc. The Skeleton Crew, The Skeletal Pirate, For Love or Money, Pirate Puppets, Freaky Tiki, Steadfast Steel, Lord Henry Hyde, Capt. Jase, a Captain Jack Sparrow impersonator, Jem and Jasper, Rafael and The

continued on page 3

### Art Walk Attracting Visitors To River District For Nine Years





Priest by Danielle Branchaud images courtesy The River District Allia

images courtesy The River District Alliance Big Donna, collage by Kellen Beck Mills

The River District Alliance in downtown Fort Myers is celebrating its nine-year anniversary of Art Walk, held on the first Friday of each month from 6 to 10 p.m. and the following Saturday from 11 a.m. to 4 p.m. year-round. This month's walk begins Friday, October 7, rain or shine, and showcases the works of local artists from over 14 downtown galleries. View new exhibits in a variety of continued on page 6



Summerset photo

photo courtesy CMCS

### Summerset Sailing Regatta Runs Next Weekend Off Fort Myers Beach

The 51st annual Summerset Sailing Regatta, sponsored by the Caloosahatchee Marching and Chowder Society (CMCS) will be held Friday, Saturday and Sunday, October 7, 8 and 9 off Fort Myers Beach. This is the Southwest Florida sailing community's premier racing competition and the kick-off regatta for the fall and winter racing programs.

The regatta will start with the Skippers Meeting on Friday, October 7 at Bonita Bill's. The Saturday post-race event will be held at Bootleggers at Salty Sam's Marina and the awards dinner on Sunday will be at DiamondHead Resort and Spa.

The regatta is a boat-of-the-year (BOTY) event for Southwest Florida racers. Fifty to 60 boats usually participate in six classes in the two-day event. Up to four buoy races will be run Saturday in the Gulf of Mexico off shore from Fort Myers Beach. The distance race will be held on Sunday along with a fun race for cruising boats.

The Saturday buoy races are sponsored by Offshore Sailing School and the Sunday continued on page 4

#### THE RIVER - SEPTEMBER 30, 2016

### Historic Downtown Fort Myers, Then And Now: Sinclair Station At Five Points



by Gerri Reaves, PhD

his circa-1940 photo of a Sinclair station was taken when numerous auto-related businesses existed downtown.

The station was located on the "point" formed by the convergence of Main and Anderson Avenue (today's Martin Luther King, Jr. Boulevard).

People rarely refer to the busy intersection as Five Points now, but three other streets - Cleveland Avenue, Carson Street, and McGregor Boulevard still converge with Main and MLK to form the most complicated intersection zone in town.

Over the decades, this gas station had several names including Strickland's, F&S, Bishop's, Roy's and Thomas Gulf. When this photo was taken, commercial activity dominated the vicinity

of the "triangle" bordered by Main, Anderson, and Heitman. However, the Sinclair neighborhood had originally been home to pioneer families such as Matheson, Armeda and Stout.

Gas stations, first called garages, started showing up in downtown in the early 19-teens, after automobiles had made their debut in the previous decade. (It should be noted that at least one electric car drove local streets, too.)

But by the 1920s, gas stations were proliferating. Today, there's not one gas station in the historic district, but during the boom, there were quite a few. And well into the auto-centered mid-20th century, there also were several downtown car dealerships.



This Sinclair service station, pictured in this circa-1940 eastward view, stood on the point formed by the convergence of Main and Anderson (now MLK, Jr. Boulevard) photo courtesy Southwest Florida Historical Society

Today, the site is home to SunTrust Bank

photo by Gerri Reaves

Although the historic photo was ostensibly taken to document the work being done on the overhead power lines, it's not the "men working" sign, but others, that grab one's attention.

In addition to the ubiquitous Coca-Cola sign (what self-respecting gas station wouldn't have one?), others advertise specific Sinclair products.

The two hanging signs for H-C gasoline refer to the Sinclair's first high-octane gasoline for motor cars, introduced in 1926. H-C stood for "Houston Concentrate," a 72-octane fuel.

On the building columns are signs for standard Sinclair products, Opaline Motor Oil (far left) and Pennsylvania Motor Oil (two front).

Behind the station (at left) is a building housing Norman Auto Supply, facing Main. To the right of the building and in the distance is signage for Bill deBordenave's Chrysler-Plymouth Sales and Service.

Today the "point" where Sinclair served downtown's busy traffic juts into an almost indecipherable maze of streets, signs and overpasses. The spot is now a SunTrust Bank.

Take a cautious walk to busy Five Points and imagine when motorists could stop for Coke, a car wash or an oil change. Then, contemplate the advantages of promoting a pedestrian-friendly downtown and free trollevs

Continue to learn about local history at the following places. The Southwest Florida Historical Society's research center is an allvolunteer non-profit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m.

It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 or visit swflhistoricalsociety. org for more information.

Be sure to 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 more information, call 332-8778 or visit leecountyblackhistorysociety.org.

Sources: Archives of the Southwest Florida Historical Society and sinclairoil.com. 🌣

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Publisher Lorin Arundel

**Advertising Sales** Bob Petcher George Beleslin



Graphic Arts/

Amanda Hartman

Diane Wynocker

Production

Justin Wilder

Ann Ziehl

**Reporters** Gerri Reaves, PhD Jeff Lysiak

Read Us Online: www.IslandSunNews.com

#### **Contributing Writers**

Jennifer Basey Kimberlev Berisford Suzy Cohen Ed Frank Jim George Shelley Greggs Tom Hall

Marion Hauser, MS, RD Ross Hauser, MD Audrev Krienen Anne Mitchell Capt. Matt Mitchell Di Saggau



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### From page 1 Opening Reception

possible with the support of Gene and Lee Seidler, Florida Council on Arts and Culture, Division of Cultural Affairs.

Diaz (West Palm Beach, Florida) and Buie (Detroit, Michigan) are working together for the first time on a collaborative exhibition, investigating the emotional and psychological effects of the home. Diaz reassembles found furniture to create new sculptural forms by salvaging discarded materials. Buie creates hand-printed wallpaper that recalls her memories of growing up as a foster care child and the effects it had on her and her family. The sum of these two artists' work is a complex installation that welcomes the viewer to wander through "rooms" throughout the gallery, encountering memories and dreams of these architectural spaces.

Diaz and Buie are internationally recognized artists that exhibit regularly. Their works are featured in museum collections, and both teach at universities. They are recipients of many awards including the Joan Mitchell Foundation Painters & Sculptors Grant.

The Main Gallery is in the Arts

### From page 1 Pirate Festival

Countess Lucinda, The Rusty Anchors, The Craic Show and Cannibal Chrispy. The 2016 Fort Myers Beach Pirate Festival is sponsored by The Beaches of Fort Myers-Sanibel, Code Rum, Lighthouse Resort Inn & Suites, Nervous Nellie's, Old San Carlos Boulevard, Salty Sam's Waterfront Adventures, Shipwreck Treasures & Motel, Smokin' Oyster Brewery, Sunset Beach Tropical Grill and Yucatan Beach Stand Bar & Grill.

Visit www.fmbpiratefest.com for more information.芬

Diaz

### Alliance's Youth Theatre To Present Musical

The Alliance for the Arts Youth Theatre will presents Xanadu Jr., directed by Youth Theatre director Carmen Crussard. The show is inspired by the Tony Award-nominated Broadway musical and Universal Pictures' cult classic movie that starred Olivia Newton-John and Gene Kelly. Xanadu Jr. is a moving, electrifying tale of endless fun that will keep audiences in stitches while the original, legendary chart-topping tunes lift them out of their seats.

*Xanadu Jr.* follows the journey of a magical and beautiful Greek muse, Kira, who descends from the heavens of Mount Olympus to Venice Beach, California, on a quest to inspire a struggling artist, Sonny, to achieve the greatest artistic creation of all time – the first roller disco (Hey... it's 1980!). But when Kira falls into forbidden love with the mortal Sonny, her jealous sisters take advantage of the situation, and chaos abounds.

Performances of *Xanadu Jr.* are Friday, September 30 at 8 p.m., Saturday, October 1 at 3 and 8 p.m., and Sunday, October 2 at 3 p.m. Tickets are \$10 presale, \$20 for adults and \$15 for students and seniors. To purchase tickets, visit ArtInLee.org or call 939-2787.

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



image courtesy FGCU

Complex on FGCU's main campus at 10501 FGCU Boulevard South. Parking is available in Lot 7 for gallery visitors. Regular viewing hours are 10 a.m. to 4 p.m. Monday through Friday and 10 a.m. to 7 p.m. Thursday.

For images and further information on this exhibition and others, go to artgallery.fgcu.edu or call Anica Sturdivant at 590-7199 or asturdiv@ fgcu.edu.\*





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SEPTEMBER MUSEUM



### 4 | THE RIVER - SEPTEMBER 30, 2016 Fort Myers Art: Politikos Exhibit Opens



by Tom Hall

The Alliance for the Arts juried exhibit Politikos opens on Friday, October 7 in the main gallery with a public reception from 5 to 7 p.m. The exhibit continues until November 5.

"The exhibited work is as diverse as the political issues themselves," reported Alliance exhibitions coordinator Krista Johnson. "They tackle human rights, corruption, the candidates and other hot topics in this year's election."

Alliance for the Arts has previously presented exhibits focused on politics and social concerns during the 2008 and 2012 election seasons.

Doug MacGregor has served as juror for this show. He will give a gallery walk and talk during the first weekend of SoCo SWFL on Saturday, October 8 from 6 to7 p.m.

MacGregor has been an editorial cartoonist for 36 years. During his career, he has generated more than 8,000 cartoons. He got his professional start drawing editorial cartoons for the *Norwich Bulletin* in eastern Connecticut in 1980. He moved to Southwest

Florida in 1988, joining the Fort Myers News-Press as a cartoonist. He still draws one cartoon a week for the News-Press, which appears in the Views section of the Sunday paper. MacGregor is a graphic designer, freelance artist, children's book author and illustrator, and serves as coordinator for the arts in health care program at Lee Memorial. The program brings art and music to patients and families within the Lee Memorial Health System. Doug is also a local musician. He plays harmonica in various blues bands in the area. He has won numerous state and national awards for his cartooning and is a member of the Association of American Editorial Cartoonists, Society of Children's Book Writers and Illustrators, and Gulf Coast Writers Association.

A retrospective of MacGregor's political cartoons – starting with Jimmy Carter and continuing through the 2016 presidential race – are on display in the Phillips Gallery at BIG ARTS on Sanibel Island. Doug MacGregor's Campaign Cartoons, 1980-2016, a Hysterical and Historical Retrospective will run through October 21, with an opening reception held from 5:30 to 7 p.m. on September 30.

In keeping with the season, the League of Women's Voters will have voter registration materials onsite during the Friday night opening and Saturday SoCo SWFL event.

Diva Diaries' Davis To Be October TGIM Celebrity Judge The next Thank God For Indie Monday (TGIM) event by the Fort Myers Film Festival organizers will be held at 7



p.m. Monday, October 3 at the Sidney & Berne Davis Art Center. Jason Parrish and filmmaker John Scoular will join Stephanie Davis as celebrity judges. Al Holland will be the musical guest. Davis brings

Davis brings a range of education and work experience to the judging process. Besides being

a newspaper

columnist, event photographer, social commentator and radio personality, she brings a wealth of theatrical experience. Davis was a founding staff member of Florida Repertory Theatre, where she has appeared in nearly 50 productions. TGIM is currently held on the first

TGIM is currently held on the first Monday each month at the historic Sidney & Berne Davis Art Center, located at 2301 First Street, in the heart of the downtown Fort Myers River District. Doors open at 6:30 p.m. for cocktails, snacks and a half hour of socializing.



One of Doug MacGregor's several political cartoons

photo courtesy www.artswfl.com

TGIM involves participants who watch short indie films submitted to the Fort Myers Film Festival and help decide whether or not selected films make the grade for final programming during the annual festival.

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.<sup>3</sup>

### Under The Harvest Moon Benefit

The Boys and Girls Clubs of Lee County will benefit from the 3rd annual Under The Harvest Moon autumn celebration on Thursday, October 13 from 6 to 9 p.m. at the Club at Renaissance, located at 12801 Renaissance Way in Fort Myers. The fundraiser will feature autumn-inspired culinary stations tempting guests with roasted meats, seasonal vegetables, artisanal pasta, desserts and wine.

Live and silent auction items include a Napa Valley escape with a private tasting at renowned Quintessa Winery, a trip to a 2017 New York Yankees vs. Boston Red Sox game at Yankee Stadium with seats in a luxury suite and meet-and-greet with a Yankees legend, a custom-designed creation by jeweler Mark Loren, autographed memorabilia from Major League Baseball stars Derek Jeter and David Ortiz and an autographed basketball by NBA superstar Kobe Bryant. Premium dining and wine experiences, luxury local getaways and upscale shopping and spa packages will also tempt guests to bid early and often in support of the cause.

The evening is presented by Creighton Development and is sponsored in part by Land Rover of Fort Myers, Norman Love Confections, The Club at Renaissance, Ruth's Chris Steakhouse of Coconut Point and Brodeur Carvell Fine Apparel.

Guests are requested to wear upscale attire. No denim, please.

Tickets are \$100 per person and can be purchased by calling 334-1886.

### From page 1 Regatta

distance race is sponsored by Florida Premier Yacht Services. This year's race will include many of the area's fastest racing yachts. Summerset is the first regatta to be scored in the 2016-2017 BOTY racing series for Southwest Florida, Charlotte and the Caloosahatchee BOTY competitions. Boats participating will come from Charlotte Harbor and as far south as Marco Island. The entry form and other race information can be found on the club's Summerset webpage at http://www. summersetregatta.com/.

The Summerset Regatta started 51 years ago when some local sailors placed a classified ad in a newspaper looking for "anyone interested in racing sailboats from Fort Myers Beach to Naples." That first race soon led to a yearly event and is one of the longest running regattas in the United States. CMCS is the oldest sailing club in Lee County and has over 228 members. The club meets on the third Tuesday of every month at 6:30 p.m. at the Cape Coral Yacht Club. Visit http:// www.cmcs-sail.org/. People will be able to see much of

People will be able to see much of the regatta from the shore at Fort Myers Beach. Club members ask that boats not participating in the regatta keep a safe distance from the race course so they do not interfere with the race or create a safety hazard on the course.

For more information, contact the following CMCS flag officers: Commodore Don Lawson at 542-5918, donandjoan@ mindspring.com; Vice Commodore Elise Missall at 851-2497, esailing2@comcast. net; Rear Commodore Racing Eric Milbrandt 209-1814, ecmilhouse@gmail. com

### Operation Open Arms Founder Honored For Outstanding Service



Captain John "GiddyUp" Bunch, right, a Southwest Florida resident and founder of Operation Open Arms, receiving the Outstanding Civilian Service Award during a September 15 ceremony held in Virginia photos courtesy Rep. Curt Clawson

#### by Jeff Lysiak

The founder of Operation Open Arms, the Southwest Florida organization which provides members of the U.S. military on leave with free vacations before they return to duty, was the recipient of the prestigious Outstanding Civilian Service Award.

Captain John "GiddyUp" Bunch, a veteran of the United States Marine Corps and charter fishing captain out of Pine Island, was one of four individuals honored during the September 15 ceremony held at Joint Base Myer-Henderson Hall, Virginia.

The Outstanding Civilian Service Award is the third highest honor within the Department of the Army Civilian Awards scheme, that the United States Department of the Army can bestow upon a private citizen.

In addition to Bunch, the civilians honored that day included country musician Trace Adkins; Dr. Briana Goff, a researcher of traumatic brain injury; and Spencer Kympton, founder of the nonprofit The Mission Continue



Captain John Bunch, left, is interviewed by Kerry Sanders from NBC's *Today Show* 

of the nonprofit The Mission Continues. The ceremony was officiated by Chief of Staff of the Army, Gen. Mark A. Milley.

"They love those who serve and want to make a true difference, not only for the nation, but they want to make a true difference for our soldiers, our families," Gen. Milley said.

Since it began in 2005, Operation Open Arms (OOA) has been supported by more than 150 businesses, associations and individuals in Florida. In addition to providing vacations for service members, OOA has facilitated over 100 weddings, paid for counseling services and – most recently – helped a family honor their Marine who died in a helicopter crash.

In all, Bunch has helped more than 3,400 service members with benefits valued at more than \$12 million, Milley noted.

Over the years, OOA has been supported by individuals and businesses on both Sanibel and Captiva every time that Bunch has called upon them to help support a visiting veteran. But head and shoulders above all, "Giddyup" wished to thank the three Jensen brothers: John, Jimmy and Dave.

"The Jensens have been a bigger part of OOA than any other group," said Bunch. "I'm not sure that you could find three other men that are great advocates for our troops than the Jensens. Honestly, I can't think of any time that I've asked for something for our troops that they haven't been there for us. They're just amazing."

Bunch also offered praise for other Sanibel and Captiva businesses, including the management and staff at 'Tween Waters Inn, The Green Flash and Sandy Stilwell, for providing gift certificates to her restaurants.

According to Gen. Milley, Bunch is so humble and so focused that he once



Standing with Gen. Mark A. Milley, center, were Outstanding Civilian Service Award recipients Spencer Kympton, John Bunch, Trace Adkins and Dr. Briana Goff

declined an invitation of personal thanks from former President George Bush. "Why did he turn it down? He did it to take a soldier on a free charter to go fishing," Milley said. "He didn't want to break his date with a soldier to have a date with the president of the United States. He made his commitment to that sergeant six months prior, and he kept his commitment."

After receiving the award two weeks ago, Bunch – who was also interviewed for a feature segment on NBC's *Today Show* – reiterated his gratitude for all of the support OOA has received over the years.

"Everyone associated with OOA deserves this great honor... the Jensen brothers, "Tween Waters Inn and the list goes on and on," said Bunch. "Southwest Florida has the most generous and gracious people in the United States. OOA did one thing and we did it very well. We put the 'fort' back into Fort Myers. Those returning from combat or foreign duty service love our area. Anyone who has ever been here understands why. It is people. It is the spirit of our community."

A 501(c)3 public charity, tax-deductible donations for Operation Open Arms may be made online at www.operationopenarms.org. Checks may be mailed to OOA, P.O. Box 101, St. James City, FL 33956.\*





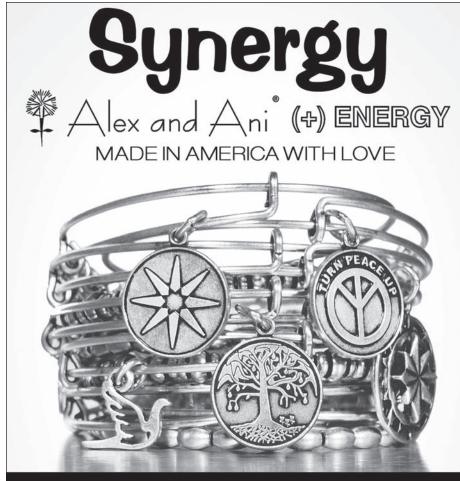
Seated, from left, Jody Van Cooney, Joy Augustine and Nancy Campbell. Standing, from left, Linda Hessler, Fran D'Alessandro, and Sally Kreuscher

photo courtesy Pilot Club of Fort Myers

### Pilot Club Elects Officers And Board Members

The Pilot Club of Fort Myers recently elected board members and officers for 2016-17. Board officers include Joy Augustine as president, Jody Van Cooney as secretary and Nancy Campbell as treasurer. Board members include Linda Hessler, Fran D'Alessandro and Sally Kreuscher.

The focus of the Pilot Club of Fort Myers is helping organizations seeking to improve the quality of life for individuals with brain-related disorders through volunteer activities, education and financial support. For information about the Pilot Club, contact Augustine at 691-0069 or personalpropertyappraiser@yahoo. com.\*



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### Becoming Cosmopolitan Close To Sell-Out

Tickets are selling out quickly for the 11th annual Becoming Cosmopolitan event, which benefits Community Cooperative. Only 10 VIP tickets are remaining. This year's theme is Havana Nights.

The benefit will take place on Thursday, October 6 from 6 to 9 p.m. at The Sidney and Berne Davis Art Center, located at 2301 First Street in downtown Fort Myers. Tickets are \$125 for general admission and \$200 for VIP and are available at www.CommunityCooperative. com. A special Girlfriends Package, which includes four general admission tickets for \$400, is also available.

Guests can sample unique signature cocktails and culinary delights by G3 Catering. Norman Love Confections will provide an elaborate display of desserts.

The evening will offer unique silent and live auction items including jewelry from Gulfcoast Coin & Jewelry, a New York getaway and a five-day adventure trip to Anchorage, Alaska, complete with flights, dining and a custom adventure itinerary with Go Sol Adventures. The winner of this year's Key to the Closet raffle will gain over \$4,000 worth of items ranging from designer jewelry and makeup to a designer hand bag. Raffle tickets will be available for for \$100 each.

For more information, contact Nicole Rieg at 332-7687 ext 101 or Nicole@ CommunityCooperative.com.\*\*

### MOAA Meeting

Tom Wagner will be the speaker at the monthly meeting of the Calusa Chapter of the Military Officers Association of America at 9 a.m. on Saturday, October 8. The meeting will be held at Gulf Coast Village, 1333 Santa Barbara Boulevard in Cape Coral. Wagner will speak about is experiences in Vietnam.

All current, former and retired military officers and spouses are invited to attend. The cost for the buffet breakfast is \$10, payable at the door. Reservations are requested and may be made by contacting Dixie Buick at 945-5030 or calusamoaa@yahoo.com.

### From page 1 Art Walk

mediums done by local artists, and some works by national and international artists. Many of the artists will be on hand Friday night to speak with attendees. Art Walk is a free, self-guided tour.

On Friday night, First Street closed to traffic and local artists will be set up in the street selling their art. There will be face painting at several locations on First Street and at the Broadway and First Street intersection. The Fort Myers Art League will be hosting a Make It/Take It table for children of all ages. American Legion Veterans Gallery on Jackson Street will be showing art created by veterans.

On Saturday, most of the galleries will be open to visitors.

Fort Myers Art Walk spans the core of downtown Fort Myers and includes the Gardener's Park area and West First Street. Maps are available at participating galleries which will help lead you to all the art venues and Art Walk partners. There will be live music, live art demonstrations, and food and drinks available at local restaurants. A number of local boutiques participate as well.

Fort Myers Art Walk is hosted by The River District Alliance. For more information, visit www.fortmyersriverdistrictalliance.com.

To become a volunteer, partner or sponsor of Fort Myers Art Walk, contact Claudia Goode via cgoode@actabuse.com

Follow online via www.fortmyersartwalk.com or on Facebook at Facebook.com/ fortmyersartwalk.☆



# Life New Opportunities at Shell Point

The public is invited and many of these events are **FREE**!

Shell Point's Life Enrichment Series offers the opportunity to discover new things about yourself and the world you live in. Concerts, presentations, lectures, shows, special events, and more!

explore imagine laugh create inspire learn play



#### Mon, Wed and Fri FREE **Model Train Attraction Reopens**

Series

Enrichment



Gulf Coast Model Railroad attraction, which opens for the season on October 3. The 40' x 40' miniature train display features many running trains and hundreds of

recognizable geographic landmarks representing notable sites throughout Florida. Admission is free; group tours are available. For more information, call (239) 454-2290 or visit www.shellpoint.org/trainroom.

### $\operatorname{Oct} 4\&11$ The History of Iraq to Present Times, 2 Sessions

from 4:30pm to 6pm. Mesopotamia was one of the world's greatest ancient civilizations, and produced many early city states that have



SHELL

since become household names. This region, now modern-day Iraq, has been fought over for more than 4,000 years. During this period, great empires, such as Assyria and Babylonia, grew to dominance then collapsed, overtaken by other great empires - Iran, the Greeks, Rome, then the

### Oct 18 & 25 at 9:30 a.m. FREE



Learn about Shell Point's signature Lifestyle with Lifecare, followed by a narrated bus tour that will showcase the community's resort-style retirement options and amenities. Admission is free. Call (239) 228-4080 or 1-800-780-1131 to reserve your place.

Ottomans. Investigate the most famous milestones in Iraq's long history with Professor Adrian Kerr;

end with session two by reviewing the current turmoil that continues to engulf this country. Tickets The Academy are \$10 each. Call (239) of Lifelong Learning 489-8472 to reserve your place.\*

### Happy Birthday, **Amy Beach!**

from 10am to 11:30am. Celebrate the 150th birthday of Amy Beach, America's first great woman composer, during this lively class, with pianist and educator Gail

Smith. The Academy of Lifelong Learning at Shell Point is pleased to be one of the first to present this performer's musical journey through the life

and music of Amy Marcy Cheney Beach (1867-1944). Yes, birthday cake will be served! **Tickets** The Academy are \$10. Call (239) 489-8472 of Lifelong Learning to reserve your place.\*





# War of the Currents

from 10am to 11:30am. Professor Adrian Kerr explores the spark igniting "The War of the Currents," a series of events surrounding the introduction

of competing electric-power transmission systems in the United States in the late 1800s. The "War of the Currents" matched direct current (DC) champion Thomas Edison against the alternating current (AC) champions George Westinghouse and Nikola Tesla. The debate over electrical safety and commercial competition eventually created a media campaign. It ends with a discussion of early electric cars and recent advances in these products for the mass market. Tickets are \$10 each. Call (239) 489-8472 The Academy to reserve your place.\* of Lifelong Learning

\*If you are unable to attend a class that includes a fee, kindly give 24 hours notice to receive a refund.

### Visit www.shellpoint.org/events for full listings of this month's events!

Retirement Community Shell Point is located in Fort Myers, 2 miles before the Sanibel Causeway. Shell Point is a non-profit ministry of The Christian and Missionary Alliance Foundation ©2016 Shell Point. All rights reserved. SLS-3189-16

### Along The River

Streets Alive SWFL and the Royal Palm Coast Realtor Association have organized a two-day **Transportation Summit** this Thursday, September 29 and Friday, September 30. Thursday's eight-hour interactive workshop took place at the Center for Performing Arts of Bonita Springs. On Friday, the event moves to the **Cape Coral Yacht Club** from 8 a.m. to noon.

The Friday Day 2 portion of the public conference will offer an informative program by the team of national experts who will be joined by regional speakers to give unique presentations addressing questions about new patterns in community development and transportation planning, as well as the funding and regulatory changes on the horizon. Registration is \$42, which includes breakfast. Go to http:/rpcra.org/transportationsummit or contact Ann Pierce for more information at annpierce350@gmail.com.

Keynote speakers include Billy Hattaway, District 1 secretary of the Florida Department of Transportation; Ian Lockwood, Livable Transportation engineer for the Toole Design Group; Dan Burden, Innovation and Inspiration director for Blue Zones; and Paula Benway, international president of the Institute of Transportation Engineers.

Streets Alive SWFL is a non-profit 501(c)3 organization promoting livable communities through the creation of a safe and accessible multi-modal transportation system, via education, advocacy, service and activities

The 3rd annual **Island Hopper Songwriter Fest** moves to **Fort Myers Beach** this weekend after kicking off on Captiva Island last weekend and continuing in downtown Fort Myers during the week.

Several venues – DiamondHead Beach Resort, Pierside Grill, Yucatan Beach Stand, Matanzas on the Bay, Nervous Nellie's, Sunset Beach Tropical Grill and Pink Shell Beach Resort (pool side) – will host singer-songwriter performances during the festival, taking place this Friday, September 30 through Sunday, October 2.

place this Friday, September 30 through Sunday, October 2. Island Hopper Songwriter Fest is presented by Lee County Visitor & Convention Bureau, iHeartMedia, Cat Country 107.1 and BMI.

The highlight of the weekend takes place at poolside at Pink Shell when Maren Morris performs on Sunday from 5 to 7 p.m. Morris is known for the hit single *My Church*. The Texas-born singer recently released her debut full-length album *HERO*.

There is a \$20 general admission charge for the show. Doors open at 4:30 p.m. No coolers, no chairs and no re-entry are restrictions for the standing-room-only event.



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Enjoy a romantic dinner of fresh Local Seafood, great Steaks, American Lamb, and Fresh from Florida Produce!

Sample our carefully curated wine list or one of our specialty cocktails.

Don't forget about our made-in-house desserts like the Lava Cake or the Key Lime Pie with a tasty twist!

Open Tuesday through Saturday 4:30pm until 9:00pm

For reservations call 239-472-5555 www.ilcielosanibel.com or www.opentable.com

Follow us on Facebook and Twitter @ilcielosanibel

Voted Best Fine Dining 2014 and 2015

Happy Hour every day from 4:30 to 6pm.

Enjoy live Piano music

by Scott McDonald on Wednesday,

wednesday, Thursday, Friday and Saturday nights beginning at 7pm



Maren Morris, known for her hit single My Church, performs at Pink Shell poolside Sunday photo courtesy Lee VCB

There will not be chairs provided or available for rent. Parking to the event is very limited, so officials recommend using the LeeTran trolley. Pink Shell is located at 275 Estero Boulevard on Fort Myers Beach.

For more information or to see the full schedule for the three-day performances, visit www.islandhopperfest.com. Follow the festival hashtag #islandhopper on Twitter and other social channels.

Take a short trip east along the river and visit the **Buckingham Blues Bar** for another well-known performer.

American blues guitarist **Selwyn Birchwood** will perform from 8 to 11 p.m. this Friday. Cost is \$12 per ticket.

Birchwood is a vocalist and songwriter from Tampa, Florida. He was the winner of the Blues Foundation's 2013 International Blues Challenge in the band category.

Buckingham Blues Bar is located at the 5641 Buckingham Road location in Fort Myers. Visit buckinghambar.com or call 693-7111 for more information.

**Snow Day 2016** will be held this Saturday, October 1 at the **Pediatric Dentistry of Fort Myers**. In an effort to promote local education and awareness during National Domestic Violence Awareness Month, the Snow Day 2016 event organizers have pledged to make this year's event bigger and better.

The family-friendly fundraiser involves welcoming attendees to have the opportunity to delight in the snowfall special effects, a large blizzard tent area with snowball fun, on-stage entertainment, mascots from both the Fort Myers Miracle and Florida Everblades, as well as picture opportunities with Disney tribute characters from the movie *Frozen*. The day also features bounce houses, face painting courtesy of Painting With A Twist, food trucks, including Red Roc Cravings, Bullseye Eats Hot Dogs & More, and Kona Ice; special giveaways for the children and a chance for the adults to win a fourpack of one-day hopper passes to Walt Disney World (valued at \$620).

Additional sponsors for the 2nd annual Snow Day event include, Erickson's Drying Systems, Daniels Law Firm, Joint Implant Surgeons, GameTime Fort Myers, Weichert Realtors and Sky Zone. Each sponsor will provide special giveaways and fun activities for the whole family to enjoy.

Fundraising events such as Snow Day 2016 are critical to helping the organization operate for the greater good of the community. Tickets are only \$5 for adults, and \$10 per child for an all-day wristband. For more information or to purchase tickets for Snow Day 2016, visit http://drverwest.com/snowday/.

The Pediatric Dentistry of Fort Myers facilities are located at 8100 Summerlin Lakes Drive in Fort Myers.

**Holton Eco-Preserve** is hosting **Herb Day Festival** this Saturday, October 1 from 9 a.m. to 2:30 p.m. The festival will feature family fun and games, guest speakers, workshops, exhibitors, organic food, raffles, tours of the eco-preserve and the first annual ladybug release. Learn about herbs and celebrate the Year of the Pepper. Cost is 12 per



person or \$15 per family. Holton Eco-Preserve is located at 1341 Shire Lane in Fort Myers, which is off Daniels Parkway across from the fire station.

Visit www.facebook.com/ uffamilygardens/ for more information.

**DAAS Co-op Art Gallery & Gifts** will hold a **plein air contest** in its Royal Palm Square general area this Saturday, October 1 from 10 a.m. to 5 p.m.

The outdoor painting event features an opening reception and an opportunity for artists to demonstrate their talents and a chance to capture a solo exhibition. Artists will be painting on easels from the square to Alliance for the Arts.

For more information, visit daascoop. com or call 590-8645.☆

### FORT MYERS FARE **Dining From Downtown's Historic River District To The Beaches**

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

#### **COURTNEY'S CONTINENTAL CUISINE**

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

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

#### **DOC FORD'S RUM BAR & GRILLE**

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

It's a well-known gathering place with indoor and outdoor patio seating. The combined menu offers all the lunch and dinner items from 11 a.m. until closing. It includes cedar plank salmon topped with a mango chipotle glaze or a marinated 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.



From left, July Medina, Kyle Kuhn, Juan Angeles, Amy Mancini, owner Brian Podlasek and Dayna Mazzullo of The Island Cow, now serving full liquor island cocktails

#### IL CIELO

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

İl 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



#### photo by Bob Petcher 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 'moooood" 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. Now serving full liquor island cocktails! 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.

#### LAMOTTA'S ITALIAN RESTAURANT

LaMotta's Italian Restaurant & Pizzeria was established in 1979 and is one of the longest-running family eateries in the Fort Myers area. Chef Camelo LaMotta serves traditional Italian dishes such as chicken parmesan, lasagna, pizza and calzones as well as specialty creations like osso bucco, lobster risotto, pescatore and filet Florentine.

Try LaMotta's New York-style pizza, cooked in a 500-degree oven for the perfect crunchy slice. For specialized desserts, treat yourself to cannolis and tiramisu along with a cappuccino or coffee.

Summer hours are Tuesday through Friday from 11 a.m. to 9 p.m. and Saturday from noon to 9 p.m.; closed Sunday and Monday.

15660-225 San Carlos Boulevard, Fort Myers, 482-5505

#### 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.举



1520 Broadway For Takeout & Delivery Tel: 334-6991

### 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 Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday 10 a.m., Fellowship Programs Sunday School, Bible Study. annunciation.fl.goarch.org, 481-2099 BETH SHILOH MESSIANIC SYNAGOGUE

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

#### **BREAD OF LIFE MINISTRIES** CHURCH OF GOD

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

#### **OF SW FLORIDA ORTHODOX**

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

### Thursday 7 a.m. CHAPEL OF CYPRESS COVE

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

#### **CHURCH OF THE CROSS**

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

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

### a.m. Website: www.taecc.com COVENANT PRESBYTERIAN CHURCH 2439 McGregor Boulevard, 334-8937

Reverned Dr. Jeffrey DeYoe, Senior Pastor Reverend David Dietzel, Pastor Emeritus. Traditional Sunday service 10 a.m. Nursery available.

#### **CYPRESS LAKE BAPTIST CHURCH**

8400 Cypress Lake Drive, Fort Myers, 481-5442 Randy A. Alston, Reverend. Sunday Services: Bible study, 9:45 a.m. Morning Worship, 11 a.m., Evening 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 to12 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 1/2 mile past the intersection of Gladiolus and San Carlos Boulevard on the way to Sanibel. FIRST CHURCH OF CHRIST, SCIENTIST 2390 West First Street, next door to Edison 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 Eriday poon to 4 p.m. Wednesday 1 to 4 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, 2134 McGregor Boulevald, Port 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@embarqmail. 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 Lódge. 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 relaxe 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. Wednsday Service 6 p.m. TEMPLE BETHEL SYNAGOGUE 16225 Winkler Road Fort Myers. 433-0018, www.templebethel.com. rabbi.barras@ templebethel.com. Rabbi Jeremy Barras, Cantor Victor Geigner, Religious School Director Dale Cohen, Learning Tree

Director Jesyca Virnig, Office Manager Inna Vasser. Union For Reform Judaism Shabbat Service Friday 7:30 p.m., Torah Study Saturday 9:30 a.m. Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. Learning Tree Monday through Friday. **TEMPLE JUDEA (CONSERVATIVE)** 14486 A&W Bulb Road, Fort Myers, 433-0201, Rabbi: Rabbi Marc Sack Minyan: Monday at 9 a m. Pelicious Education:

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. Eductional Hour. www.zionfm.org.

### Above Board Chamber Hosts Luncheons With The Media



From left, Sharon Harrington, Jeanne Sweeney and Vicki Collins photos by Jim Jett Photography

For the sixth year, Above Board Chamber of Florida presented its popular luncheon program, How to Get Discovered by the Media, at The City Pier in Fort Myers on September 8 and at the Hilton Naples on September 12. Attendees had an opportunity to ask questions directly to local experts representing media outlets, including magazines, newspapers, television, radio and online news. Panelists shared their stories from the trenches to illustrate how to create an effective pitch, as well as avoid the media's pet peeves.





Judy Williams

Florice Hodges and Brandie Dickerson



From left, Ingrid Fuller, Jeanne Sweeney and Karen Moore



(Dine-In Only • 2 Drink Minimum)

#### 10 Choices. \$10 Each.

(add soup or salad for \$2) Lasagna • Baked Penne Baked Ravioli • Manicotti Eggplant Parm • Penne alla Vodka Spaghetti with Meatballs Spaghetti with Meat Sauce Spaghetti with Sausage and Peppers Spaghetti in Garlic & Olive Oil

\$3 Glasses of Wine

ITALIAN RESTAURANT & PIZZERIA Est. 1979

Buon Appetito

(Dine-In Only • 2 Drink Minimum) **5 to 9PM** \$1 Bottled Beer \$3 Glasses of Wine (Chef's Choice) \$5 Bruschetta

Half Price Pizza (Toppings are Extra)

Wed. & Thurs.

Gulf Point Plaza • 15660-225 San Carlos Blvd. • Fort Myers • Call for reservations 239.482.5505 • LaMottasItalian.com Summer Hours: Tuesday - Friday 11AM to 9PM • Saturday 4PM to 9PM • Closed Sunday & Monday

#### THE RIVER - SEPTEMBER 30, 2016 12 Fall Tarpon Fishing



by Capt. Matt Mitchell

> or the past few weeks out along the beaches, we have massive pods of baitfish. This is only the beginning of the annual fabulous fall bait

migration. Mixed in with the bait is a mixed bag of species that is taking full advantage of an easy meal. Slick calm mornings all week made running out along the gulfside beaches a pleasure. At times we ran through miles of what seemed like never ending threadfin herring schools. In a little closer to the beaches, huge clouds of smaller white bait worked right up toward the sand. Diving birds and feeding fish breaking the surface could be spotted gorging on the baitfish buffet.

That first few hours right after sunrise has been the prime time to locate feeding tarpon out on the beaches. Find the clean clear water a

and to the south of the lighthouse, and look for the clouds of bait containing ladyfish and small Spanish mackerel. Once you find this set-up, shut down and watch. Soon the tarpon seem to magically raise up and appear. These fall beach tarpon can be very predictable during a consistent weather period. Get out early and cover lots of ground. The clock is ticking as this morning bite is all done by 10 a.m. most days. As quickly as

> they appeared, they disappear. Fall tarpon not

only see less angler pressure than at any other time of the year, but are more receptive and

willing to eat a bait than they are in the

spring. Pre-spawn springtime tarpon

often move in huge daisy chains slowly



A fall beach tarpon comes boatside before being released

up and down the beaches. This mating behavior can drive even the most seasoned tarpon angler crazy some days. Days during the spring come to mind where we cast at hundreds of rolling tarpon and they just would not eat a bait period. During the next few months, it's redemption time for all of you die-hard tarpon anglers. Fall tarpon feed heavily, taking full advantage of the bait migration to pack on weight before our water temperature gets too cool for them and it's time to head out of town.

Getting to experience what can be

on some days hundreds or more full size tarpon roll, free jump and explode on these bait pods is what tarpon fishing is all about. Get out on the the beach early and start your search. With so few boats on the water, often you get to enjoy the cooperative tarpon without another boat in sight.

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.☆



e would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.



### Community Foundation Women's Legacy Fund To Hold Fall Luncheon

The Women's Legacy Fund will host its fall luncheon on Thursday, October 20 beginning at 11:15 a.m. at Miromar Lakes Beach & Golf Club, located at 18061 Miromar Lakes Parkway. The theme of the lunch is Encouraging Girls To Go For It: Career Exploration For Young Women & Girls.

A fund of the Southwest Florida Community Foundation, the Women's Legacy Fund is a group of women who foster the immersion of women in philanthropy and develop the region's next philanthropic leaders.

Speakers will include Capt. Diane Meyers and IT Programs Manager Denise Spence, who will share their common journ

share their common journey in nontraditional careers.

Among their many other accomplishments, Meyers was the first female U.S. airline pilot to fly routes for a Turkish airline, and Spence has been recognized with the distinguished Woman In Technology Award. These two trailblazers will share their passion for encouraging camaraderie among women and will help the WLF's grant focus to give career confidence to girls.

grant focus to give career confidence to girls. The luncheon will also feature the 2016 WLF grant check presentation and an Angels Tribute.

In just nine years of existence, the WLF has been able to provide more than \$122,000 in grants to benefit people and communities in Southwest Florida.



Currently, the fund has \$547,000 in endowment that will continue to help fund local issues now and in the future.

The event is for contributors to the fund, WLF Prima Donors and women who are interested in making a difference in their community.

Contributors to the WLF give a minimum of \$250 each year (\$100 for women younger than 25). The first half of contributions is pooled for the purpose of immediate annual grants, while the second half is pooled into the WLF's endowment fund, which provides additional grants to be made both now and in years to come. Prima Donors are local women who have contributed \$10,000 or more to the WLF endowment and are committed to making an impact in their community through charitable giving.

To purchase a ticket, visit www. floridacommunity.com or contact Sydney Roberts at 274-5900 by October 6. ☆

### Continental Women's Club Meeting

The Continental Women's Club of Greater Fort Myers welcomes Barbara Dell, CEO and Marlene Clark, community outreach for Dress For Success, to its Thursday, October 6 luncheon meeting.

Dress For Success, a nonprofit, seeks to empower women by providing a



Denise Spence photos courtesy SWFL Community Foundation

network of support, professional attire and development tools to better thrive in work and in life.

Club members are asked to bring gently used handbags and jewelry for donation to Dress For Success. No clothing is needed at this time.

Meetings are held on the first Thursday of the month at 11:30 a.m. at Colonial Country Club, located at 9181 Independence Way in Fort Myers. The cost for the luncheon is \$19 per person. Call 672-8683 before Sunday, October 2 at 8 p.m. to make a reservation. For more information, call 561-8973. 🌣



### 14 | THE RIVER - SEPTEMBER 30, 2016 Plant smart Red Mangrove Curiosities

by Gerri Reaves

o important is red mangrove (Rhizophora mangle) to South Florida's ecological health that it is protected by law.

Several curious characteristics make this iconic species easy to spot.

Distinctive prop roots protect coastal brackish areas from tidal floods, erosion and storm winds, as well as provide cover for fish nurseries.

The roots begin as dangling aerial roots (think strangler fig) but establish themselves, eventually extending and stabilizing the trees and soil. That network of curving roots inspires the name walking tree.

In the shady, shallow brackish water around the roots, detritus falls, sediment collects and young fish, shrimp and crabs find shelter and nourishment.

Another distinctive feature is the reddish brown color of the water around the roots, a product of the high level of tannin in the tree's bark.

The torpedo-shaped tapered propagules are also curious. Eight to 14 inches long, they sprout prior to falling off the tree, float smaller end down for as long as a year, and eventually take root in a promising spot.

This strategy has enabled the species to thrive around the glove in tropical and sub-tropical areas.

Other features are less distinctive, such as leathery leaves of four to eight inches long and small four-petaled yellow flowers that bloom year 'round but peak in warmer months.

Protecting red mangrove has major payoffs: the protection of Florida's real estate values, commercial fishing and tourism industries, water quality, and estuarine food chain. In fact, over time, mangroves actually create new land.

A host of native wildlife finds food and nesting areas amid mangrove



These propagules fell or floated to a promising spot and established themselves photos by Gerri Reaves

swamps, where trees can be as high as 40 feet. Mangroves are habitat for birds such as herons, egrets, white ibises, brown pelicans and magnificent frigatebirds.

If you own property with red mangroves, it's best to avoid pruning them. Check with the Florida Department of Environmental Protection before altering them in any way.

way. Sources: National Audubon Society Field Guide to Florida by Peter Alden et al., Coastal Hammock & Mangrove Guide by Daniel Austin et al., Native Florida Plants by Robert G. Haehle and Joan Brookwell, edis.ifas.ufl.edu, and dep.state.fl.us.

Plant Smart explores the diverse flora of South Florida.





Prop roots and tannin-tinted water are distinctive signs of the red mangrove

### Preserve Walk

A volunteer naturalist will lead a one mile nature walk at Caloosahatchee Creeks Preserve East on Saturday, October 1 at 9 a.m. Located at 10130 Bayshore Road., the preserve entrance is directly across the road from Echo. The 90 minute walk will be held on an ADAcompliant boardwalk that takes participants through wetlands, oak hammocks and pine flatwoods.

Restrooms and picnic shelters are available at this Conservation 20/20 preserve. Participants will meet in the parking lot. No reservations are required, and no pets are allowed. Dress for the weather. Hats, binoculars, camera, bug spray, water and sturdy, closed-toed shoes are recommended. Call 204-1125 for more information.

### Free Tuesday Garden Tours

The Berne Davis Botanical Garden will resume Tuesday morning garden walks, beginning October 4 from 10 a.m. to 1 p.m. The tours will continue until the end of May.

The garden is a project of the Fort Myers-Lee County Garden Council, whose headquarters are located at the garden site at 2166 Virginia Avenue, Fort Myers, adjacent to the Edison Home.

Admission and parking are both free; handicap parking is on Virginia Avenue only; regular parking is on Larchmont Avenue, off of McGregor Avenue. The garden is the home of the Lorelei statue that was recently part of the old Fort

### Workshop At Garden Center

Il Native Garden Center, Nursery & Landscapes is offering a free workshop called For The Birds this Saturday, October 1 at 9 a.m. or Sunday, October 2 at 2 p.m.

Southwest Florida Master Gardener Kitty Taylor will share her knowledge and experience of landscaping with birds. Space is limited. Email your name and phone number to john@nolawn. com.

All Native Garden Center is located at 300 Center Road in Fort Myers. Go to www.nolawn.com to learn more.\*

Myers Library as well as the Mina Edison Botanical Library. Many of the displays in the garden have been provided through the talents and contributions of the local garden clubs, plant societies and other affiliates that comprise the garden council.

The Fort Myers-Lee County Garden Council was formed in 1957 and now comprises various clubs, societies and affiliate members in the area. Membership provides an opportunity to learn about floral design, growing plants suitable for our locale and conservation methods. The Council assists in educating and beautifying the community as well as improving the environment. A speakers bureau provides speakers for meetings and events. The Council is a member of the National Garden Clubs, the Florida Federation of Garden Clubs and American Public Gardens Association.\*\*



### crow case of the week: Diamondback Terrapin



#### by Bob Petcher

The diamondback terrapin is sort of a hybrid in the turtle family. Terrapins are so named due to the species being native to brackish, coastal swampy waters in the eastern and southern portions of the U.S. This type of terrapin is given its modifier due to the diamond pattern on top of its shell. The terrapin is the most adaptable of all turtle species. While snapping turtles are more prone to inhabit ponds and streams and east turtles are more accustomed to gulf and easen waters

and sea turtles are more accustomed to gulf and ocean waters, diamondback terrapins can survive in varying salinities, both fresh water and salt water habitats. In Florida, they can also live in mangrove swamps.

Diamondback terrapins have large webbed feet, muscular legs and are strong swimmers. This is said to be a necessary ability when living in an environment with daily tidal changes and strong currents. Unlike sea turtles, they do not have flippers, and terrapins live quite close to shore. They do not wander far out to sea and make long distance migrations like their cousins.

Like the snapping turtle, terrapins have strong jaws for crushing shells of prey, such as clams and snails. Interestingly, terrapins also exhibit curious behavior to score fresh water. This involves drinking the fresh water surface layer on top of salt water during rainfall and the sophisticated ability to raise their heads into the air with mouths open to catch falling rain drops.

Historically, diamondback terrapins were heavily harvested for food in colonial America. While no record is available, this harvesting method probably began with Native Americans. In Maryland,

diamondback terrapins were so plentiful in the



Patients #16-3060 and #16-3061 are the offspring of patient #16-2500, who did not survive her injuries photo by Kenny Howell

18th century that slaves protested the excessive use of this food source as their main protein. The Old Line State named the diamondback terrapin its official state reptile in 1994, and the terrapin name is the mascot of the University of Maryland.

At CROW, a female diamondback terrapin was brought to the rehabilitation hospital from Bokeelia on July 20 after being struck by a semi-trailer truck. After x-rays, it was discovered the patient was pregnant with three eggs. Medical staff removed the eggs from the turtle, and two of the three survived and were placed in an incubator for 60 days. The turtles hatched last week and were expected to stay at CROW until their yolk sacs were completely absorbed.

Sanibel-Captiva Conservation Foundation (SCCF) officials will be picking up the young turtles this week for the nonprofit's diamondback terrapin project, where biologists in the wildlife habitat management program department are conducting a mark-recapture study at several locations to assess the current population status and gather measurements on Southwest Florida terrapins.

After the examination and information-gathering period, the two juveniles will then be released within the next couple of weeks near the location where their mother was found in Bokeelia. Unfortunately, their mother did not survive her accident.

"It's a rewarding feeling to know that, even though the mother did not survive her injuries, we were able to save her eggs," said CROW Education Coordinator Rachel Rainbolt. "So far, the turtles are doing great and will be returned to the wild soon."

According to SCCF, diamondback terrapins in the program will be marked for future identification (as well as to help prevent possible poaching) and to find nesting areas since there are no known sites. Sponsors for funding are being sought. If you spot a terrapin in the area, take a photo and email it to terrapin@sccf.org or call 472-3984 to inform of its whereabouts.

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

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FELICE

### 16 | THE RIVER - SEPTEMBER 30, 2016 FutureMakers Coalition Hosts Champions Breakfast



Aysegul Timur amd Mike Quaintance

More than 100 attendees recently gathered at Six Bends Harley-Davidson in Fort Myers for the FutureMakers Coalition's annual Champions Breakfast, part of a Southwest Florida partnership committed to transforming the regional economy by increasing post-secondary completion.

The goal of the FutureMakers Coalition is to transform the workforce by increasing the number of Southwest Florida residents with high-quality degrees, certificates and other credentials to 40 percent by the year 2025.

With the help of Lumina Foundation and its coaches, the champions team plays a pivotal role in the Coalition's success. Team members include regional leaders from education, economic development, business and government who have the ability to create a stronger workforce and vibrant photos courtesy SWFL Community Foundation



Mary Beth Geier and Sarah Owen

economy by improving cradle-to-career opportunities for students, offering job training and certifications, employee educational incentives and more. "The champions team members are key leaders and influencers who, together,

have the opportunity to help shift the culture and conversation in Southwest Florida," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation, the backbone organization for FutureMakers Coalition.

According to Tessa LeSage, director of social innovation and sustainability for the Southwest Florida Community Foundation, this year's breakfast was held to bring together the champions team members so they could better understand what collective leadership means to the success of the coalition, contribute to the interpretation of the data and identify opportunities, and contribute to moving the effort forward.

The meeting included presentations on the cradle-to-career pathway, aligning workforce demand and post-secondary pathways, and a look forward through data.

Regional outcomes of the FutureMakers Coalition include: Aspiration and Preparation: Increase percentage of students ready to enter

kindergarten Access and Entry: Increase Free Application for Federal Student Aid (FAFSA)

completion rates

Progress and Persistence: Increase business-education partnerships

Completion: Increase number of local post-secondary graduates placed in jobs in the region

Southwest Florida is one of 75 metropolitan areas working alongside Lumina



From left, Eric Berglund, Susan McManus and Jonathan Romine



Meg Just and Tessa LeSage



#### Mike Boose and Nate Swan

Foundation to increase post-secondary attainment nationwide while increasing the number of working-age adults with degrees and certifications.

The Southwest Florida Community Foundation serves as the anchor organization for the coalition. The FutureMakers Coalition encourages residents to join and support this community-changing initiative. For more information, visit www.FutureMakersCoalition.com, call 274-5900 or email Tessa LeSage at TLeSage@floridacommunity.com. 🛠



From left, Katie Haas, Jonathan Romine and Colleen DePasquale



From left, Scott Bass, Sarah Owen and Marquese McFerguson



From left, Sydney Roberts, Ashley Skalecki and Mark Lewis



From left, Sharon Bayata, Kim Esworthy and Lisa Church



From left, Tessa LeSage, Kevin Shriner and Mary Andrews



### Palmer And Fernandez, Decades Apart In Age, But So Similar



by Ed Frank

ast Sunday was one of history's saddest days in sports - first the shocking death of the beloved 24-year-old Florida Marlins star pitcher Jose Fernandez, and a few hours later, the news that the "king of golf" Arnold Palmer had died at the age of 87. This reporter had prepared to write this week's column on the amazing sprint to postseason play by the Boston Red Sox with the baseball's season-best 11 straight wins. But those thoughts changed quickly.

By the time you read this column, millions of words will have been written and spoken about these two iconic men who, despite all the negativity often attached to some athletes, had shown the

bright and positive side of professional sports.

Both Fernandez and Palmer were heroes. Palmer changed the face of golf. He introduced the game to millions just as television was coming into its own. He proved the game was not just for the wealthy country club set, but for the common men and women.

And closer to home - less than 100 miles from here - Fernandez, with that infatuating smile, was not only a loving and talented pitcher, but a hero in his own right.

Fernandez and his family made three unsuccessful attempts to flee his native Cuba, each resulting in prison stays before his fourth try in 2008 was successful despite their tiny escape boat being sprayed with bullets. Then just a teenager, he leaped into the dark waters to rescue his mother who had been swept overboard.

His death in a boating accident off Miami Beach early last Sunday brought his life to an end far too early - too early to baseball, too early to his family and too early to the tight-knit Cuban community in Miami.

Although separated in age by decades, Fernandez and Palmer shared many loving similarities. Their smiles, their friendliness, their warmth, their charisma, their ability to connect with whomever they met - that was common to them both.

Fernandez's future was ahead of him; Palmer's behind him. Born into near poverty, Palmer blazed onto the links winning seven majors, 90 tournaments worldwide and building a financial empire that included sporting equipment, cars, clothing, insurance, soft drinks, hardware products and even cigarettes in his earlier days. He designed and built dozens of golf courses worldwide. But, never, never did Arnold Palmer sway from his connection with the common man.

Baseball, golf, professional sports, this nation, lost two beloved athletes last Sunday. They left behind them positive images we should never forget.

We will close with what we intended to devote this week's column – the 2016 resurgence of the Boston Red Sox.

Six months ago at the end of spring training, the Red Sox were subject to all kinds of negative vibes. Four last-place division finishes in the last five years had soured the Red Sox Nation. And manager John Farrell reportedly was on a "short leash" if his team didn't win right away.

How times change.

As the final week of the regular season began this week, the Red Sox had secured a postseason slot and a virtual lock on the American League Eastern Division title with a 92-64 record and a 5-1/2 game lead over second-place Toronto with just six games remaining

Now, Farrell is a strong candidate for American League Manager of the Year.



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#### SPORTS QUIZ

- 1. In 2014, pitcher Matt Shoemaker set an Angels record for most victories by a rookie (16). Who had held the mark of 14?

- had held the mark of 14?
   Who are the only two Japanese pitchers to toss a no-hitter in Major League Baseball?
   Name the last team before the Seattle Seahawks (2012-15 seasons) to lead the NFL in fewest points allowed for at least four consecutive seasons.
   North Carolina's Ty Lawson set a record in 2009 with eight steals in the NCAA Tournament championship game in men's basketball. Who had held the mark of seven?
   Florida's Jaromir Jagr (44) set an NHL record in the 2015-16 seasons for most goals (27) and points (66) by an NHL player 43 years old or older. Who had held the record?
   How many Olympic medals has the U.S. won in table tennis?
- 7. In 2015, golfer Jordan Spieth won five events during the PGA season, becoming the youngest player (22 years old) to do so since whom?

### ANSWERS

I. Dean Chance (1962), Marcelino Lopez ('65) and Frank Tanana ('74). 2. Hideo Nomo (1996, 2001) and Hissahi Iwakuma (2015). 3. The Cleveland Browns did if for five consecutive seasons (1955-57). 4. Mookie Blaylock of Oklahoma (1988) and Tommy Amaker of Duke (1986). 5. Mark Messier had 18 goals and 43 points for the New York Rangers in the 2003-04 season. 6. None. 7. Horton Smith was 21 when he did it in 1929.

### Community **Basketball** Tournament

ickup the Ball, Inc., a Fort Myersbased nonprofit, is hosting its 2nd annual Badges and Buckets basketball tournament at Dunbar High School on Saturday, October 1 from 12 to 5 p.m. to bring together local law enforcement and the community.

The Lee County Sheriff's Office and Fort Myers Police Department are joining teams with Pickup the Ball teammates to play each other for the

2016 Badges and Buckets championship title. Teams will consist of a mix of teammates and officers, which will be led by guest celebrity coaches including former NFL and college basketball players, and coach Marty Richter, the head men's basketball coach at Florida SouthWestern State College.

The tournament will will feature entertainment from local organizations including True Heroes Under God (THUG) and the Quality Life Center. Food will be provided by Blue Moon Pizza.

For more information, contact executive director Ted Sottong at 229-9870 or info@pickuptheball.org.芬

# Registration Open For Edison Festival Of Light First Virtual 5K



Youngsters will enjoy the Edison Festival of Light's first Snowbird Flurry Virtual 5K photo courtesy Florida Festivals and Events Association

egistration for the Edison Festival of Light's first Snowbird Flurry Virtual 5K on Saturday, November 19 is now open online at.edisonfestival.org. The virtual 5K Nis a way for participants to get ready and build confidence for the annual Edison Festival of Light 5K, which will be held in February, as part of Southwest Florida's largest and longest running festival.

A virtual run is a self-motivated race that can take place in any location. Participants can walk or use a treadmill indoors. Entrants run or walk at their own pace and can complete the 5K independently or with a group. Groups report their members' finishing times to the Edison Festival of Light website by November 30 to compete for their team name to be on the leader board on the website.

Runners and walkers can use the hashtag, #SnowbirdFlurry, to post their pictures of their Snowbird Flurry accomplishments on Facebook, Twitter and Instagram for a chance to be featured in the annual commemorative program.

The \$35 registration includes a Snowbird Flurry T-shirt, a medal and a race bib. For more information, visit www.edisonfestival.org or call 334-2999. Become a fan by following on Facebook (Facebook.com/edisonfestival) and Twitter and Instagram (@ edisonfestival).举

### Golf Tournament Raises Funds For Child Care Of Southwest Florida



From left, Wayne Smith, Michael Jung and Carleton Case

Brown & Brown Insurance presented the inaugural Par-Tee for Tots charity golf tournament to benefit Child Care of Southwest Florida on September 16 at West Bay Club in Estero.

The four-person scramble drew the participation of 124 golfers and raised \$25,000 for Child Care of Southwest Florida, whose mission is to enhance the lives of children and their families through quality early childhood education and related services to promote health and school readiness.

Along with Brown & Brown, Child Care of Southwest Florida would like to thank ABS Distributors, AV Air Pros, CIGNA, Florida Blue, LeeSar, Lee Memorial Health System Foundation, Pure, United Health Care and Tri Circle Pavers.\*



Joe Gammons and Skip Leonard



From left, Cara Singletary, Carol Conway, Karen Miller and Angela Anderson photos courtesy Child Care of Southwest Florida



From left, Marshall Howard, David Miller, Carol Conway and Dan Detrick



From left, Isandro Marquez, Kale Mitchel and Joshua Whitehead



Karen Miller and Beth Lobdell

### Medical Professionals Honored At Golden Baby Shoe Awards



From left, Delilah and Mark Edwards, Nancy Travis and Brian Travis photos courtesy Healthy Start of Southwest Florida

en awardees were honored at the 7th annual Golden Baby Shoe Awards ceremony. More than 125 people attended the presentation at the Shadow Wood Country Club in Bonita Springs. The Golden Baby Shoe Awards honors individuals who show outstanding contributions to improving the health and well-being of pregnant women, babies and young children throughout Collier, Glades, Hendry and Lee counties.

The event is hosted by the Healthy Start Coalition of Southwest Florida in partnership with the Golisano Children's Hospital and Naples Community Hospital as title sponsors.

Lifetime Achievement Awardee: • Ahmed Barhoush, MD, OBGYN, AH, Barhoush PA

**Golden Baby Shoe Awardees:** • Estela Aguilar, Help Me Grow

community liaison, Healthy Start Coalition of Southwest Florida

• Ivette Galarza, MSW, Head Start

director of operations, Redlands Christian Migrant Association • Lanise Laurent, BS, CCHW, healthcare educator consultant, Florida

Department of Health Collier County

- Denise Rivera, RN, BSN, labor and delivery nurse, NCH Healthcare System
- Delilah Edwards, BSN, RN, IBCLC, OB educator, Lee Memorial Health System Cape Coral Hospital

• Lizbet Perez, WIC diet technician WIC, Florida Department of Health Hendry County



From left, Gusleine Domond, Lanise Laurent and Marie M. Jean Michel



Vernon West Sr. and Xavier West



Villarosa, Lanise Laurent, Estela Aguilar, and Laarni West



From left, Debbie McCarthy, Estela Aguilar and Cathy Timuta

• Laarni West, MPH, RN, nursing program specialist, Florida Department of Health Collier County

• Melanio Villarosa, MD, pediatrician, Hendry Regional Convenient Care Center

• Dana Crater, MD, pediatrician, Mackoul Pediatrics Special thanks goes to the event sponsors: Golisano Children's Hospital of Southwest Florida, NCH Healthcare System, WINK News, Tuscan & Company PA, Naples Princess, First Citizens Bank, Josh Isenberg of Pure-Piano and Oleg Timuta.☆



Harry Moreau and Susan Gilbert

### Sheriff's Youth Activities League Appoints New Board Of Directors

he Lee County Sheriff's Youth Activities League (SYAL) recently appointed its new board of directors. The following individuals provide direction and oversight in the organization's mission to lead and inspire youth in an effort to transform their lives and become healthy, civic-minded citizens of Lee County through community-based activities and programs:

President - Hannah Pelle, United Way

Vice president – Jay Anderson, Stay Alive... Just Drive Treasurer – Neil Hopgood, Diamond Head Resort & Spa/SunStream Resorts Secretary – Colleen Via, Lee County Parks and Recreation Executive director - Lt. Larry King, Lee County Sheriff's Office Director - Kim Samuelson, Golisano Children's Hospital Director – Regina Toops, DR Horton Director - Carrie Root, Children's Advocacy Center Director - James Chouinard, James A. Chouinard, CPA, LLC Director - Jeffrey Peterman of Fort Myers Director - Staff Officer Claude "T" Tyus, Lee County Sheriff's Office New board members include: Director - Lena Neroni, Michael DeCarlo Foundation Director - Joey Belanger, The Fort Myers YMCA Director - Lisa Weaver, Lee County Parks and Recreation Director - Susan Malach, MLS Title

"The board is dedicated to fulfilling our mission to develop and implement youth-oriented activities by partnering with the Lee County Sheriff's Office and

#### **Financial Focus** Early Retirement by Jennifer Basey



Tant to retire early? Start planning now

The average American retires at about age 63, according to data from the U.S. Census Bureau.

If you enjoy your work, of course, you may want to go well beyond that age. But what if you don't want to wait until 63 or so? Can you afford to retire early?

Possibly - if you follow these suggestions:

• Research the costs involved. What will you do during your retirement years? Will you travel the world or stay close to home, pursuing your hobbies? Will you downsize from your current home? How will you pay for health care until you're old enough for Medicare? You will need to answer these and other questions to determine how much you will need to sustain a comfortable lifestyle as an early retiree.

• Invest more – and invest for growth. One big advantage in retiring at the usual age, or even later, is that it gives you more time to invest. But if you're determined to retire early, you will almost certainly

need to accelerate your investment rate – which, in practical terms, means you'll likely have to contribute more each year to your IRA and 401(k) or similar employer-sponsored retirement plan than if you were going to retire later on. Plus, you may have to "ratchet up" the growth potential of your investment portfolio. However, because growth-oriented investments typically are more volatile than other investments, you will be taking on more risk than you might otherwise. If you are truly uncomfortable with this risk level, you may need to re-evaluate your plans for retiring early.

• Cut down your debt load. It's always a good idea to enter retirement with as few debts as possible, but if you want to retire early, you may need to be even more diligent in controlling your debt load.

 Know the rules governing retirement plan withdrawals. If you want to retire before age  $59^{1/2}$  and begin taking distributions from your IRA or 401(k) plan, you will generally be subject to a 10 percent early distribution penalty, plus normal income taxes. (To withdraw your earnings from a Roth IRA tax and penalty free, you generally must have owned the account for at least five years and have reached age 591/2. You can withdraw your contributions at any time tax and penalty free.) However, you may be able to avoid the 10 percent penalty if you take "substantially equal periodic payments," which are calculated based upon your age and other factors. Once these distributions begin, they must continue for five years





SYAL Board of Directors visit local children at the Heights Center in Fort Myers

photo courtesy SYAL

groups that have a positive impact in the community and the young people we serve," said Lee County Sheriff's Youth Activities League President Hannah Pelle. For more information, visit LeeCountySheriffsYouthActivitiesLeague.com.芬

or until you reach age  $59^{1/2}$ , whichever is longer. Other rules apply to these distributions, so before taking any, you will want to consult with your tax and financial professionals. And keep in mind that if your withdrawal rate is too high, you risk seriously depleting your retirement accounts, especially if your investments decline in value during the years you're taking these payments.

Most importantly, do everything early:

Plan early, invest early (and don't stop), and lower your debt load early. Getting a jump on all these activities can go a long way toward turning your early retirement dreams into reality.

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

### Are You OPEN to DISCOVERING your Florida Estate Planning **OPPORTUNITIES?**



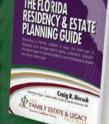
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### The Last Painting Of Sara De Vos



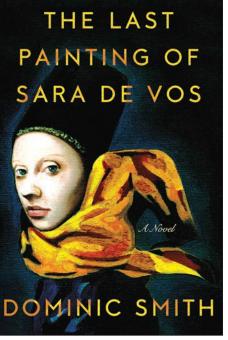
by Di Saggau raise is high

for The Last Painting of Sara de Vos, written by Dominic Smith. Comments from other authors include, "It is quite simply, one of the best novels I have ever read,"

Dominic Smith moves effortlessly between his 17th-century artist and those who fall under the spell of her work more than three hundred years later," "This is a novel of love and longing, of authenticity and ethical shadows, and, most compelling of art as alchemy, of the way that it can turn grief to profound beauty.'

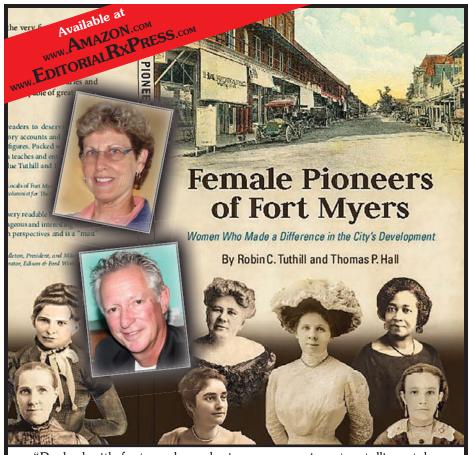
The book deals with a Dutch female painter in 1637 Amsterdam, Sara de Vos, who must take up her husband's debt after he abandons her. Prominent also is the modern art appraiser in the 1950s who happens to be the forger of one of Sara's paintings.

The book begins in 1957 with Marty de Groot and his wife, Rachel, hosting a \$200-a-plate dinner to benefit an orphan's aid society. Upstairs, above the festivity, a treasured painting is removed from their bedroom and a fake left in its place. The original had been



in the de Groot family for 300 years.

The reader is soon whisked back to 1637 Amsterdam where we meet Sara de Vos, the first woman ever admitted into the St. Lukes Guild of master painters. She has been "suspended' for selling paintings outside the group's purview. In those days, the Guild controlled all aspects of professional artistic life, including who could sign and date paintings. Records suggest that as many as twenty-five women were members of the Guild during the



"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.<sup>3</sup> Gerri Reaves, PhD, author of Legendary Locals of Fort Myers and Fort Myers, Then & Now

17th century, but little of their work has survived. We learn how unfair it was to be a talented female painter in a man's world.

Eventually we are in Sydney, 2000, where Eleanor Shipley, an internationally renowned art historian, nervously awaits the arrival of two apparently identical paintings for a show at the Art Gallery of New South Wales. One is the original Sara de Vos painting, At the Edge of a Wood, stolen from de Groot and the other is the forgery, painted by Shipley herself nearly 50 years earlier. Now 80 years old, it is de Groot who is bringing the forgery from New York to Sydney. He is on a quest for redemption, for himself

### School Smart



ear Shelley, My son's school is suggesting that he should have a 504 plan and not an IEP. I am confused. Please tell me how

these two plans are different and who should have which plan.

Carolyn C., Fort Myers Carolyn,

You have asked an excellent question. These plans serve different purposes and have their own strengths. In a broad sense, they are both detailed plans, created by the school and parents, to outline how a student with a disability will learn. A 504 Plan and an IEP are both intended to protect a student with a disability to ensure that they are learning in the least restrictive environment.

Information from wrightslaw.com states, "A 504 Plan and an IEP have unique differences. The way in which a student qualifies for services under each plan is a major difference. It is more difficult to qualify for special education services and receive an IEP. They both require that a student have a documented disability, but there are additional requirements beyond having that disability to receive Special Education services. A student must meet criteria under one of the categories of special education. Each of those categories has specific criteria mandated by the Department of Education. In addition to having a disability, there must be clear data to support that the disability creates an adverse impact on educational performance and that specialized instruction is essential for the child to be successful. In other words, a student can have a disability, yet not qualify for

and the painting.

The novel's themes and images reflect forward and backward in time with a plot containing many uncanny details. Previous owners of the original painting have not lived past the age of 60. A detective discovers the information de Groot needs, so he makes a forgery of himself, becoming Jake Alpert, in order to approach Shipley without letting her know who he really is

The book begins as a mystery about a crime, but by the end the reader sees far beneath that surface as it fuses biographical details from the Dutch Golden Age. I too loved reading this book.쫘

special education services or an IEP."

Qualifications for a 504 plan are different. In order to qualify for a 504 Plan, a student must have a disability that affects a major life function. That disability does not have to be one of the 14 categories outlined by the Department of Education. It can be any mental or physical disability. That disability has to impact a "major life function." Unlike an IEP, a "major life function" does not have to be educational impact.

Here are a couple of examples of how a 504 plan would work:

• A student with an Autism Spectrum Disorder who is doing well academically, but needs social skills assistance or a specific accommodations such as a visual calendar.

• A student with Attention Deficit Hyperactivity Disorder that does not need specialized instruction, but would benefit from additional time in a less distracting environment for tests and accommodations such as preferential seating or physical breaks.

Generally speaking, a 504 Plan is a better option when the student is able to function well in a regular education environment with accommodations. The 504 plan is generally less restrictive and stigmatizing than the IEP. An IEP is a better option for students with a disability that is adversely impacting education. Students who need more than just accommodations to regular education would need an IEP. Eligibility in Special Education opens the door to a variety of related services and supports and is always based on the unique needs of the child.

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

Email your editorial copy to: press@riverweekly.com

### Health Care Summit Focuses On Diversity

ee Memorial Health System and Hodges University are sponsors of the Western Florida Chapter of the American College of Healthcare Executives (ACHE) Leadership Summit to be held on Friday, October 7 from 9:30 a.m. to 3:30 p.m., at Hodges University, located at 4501 Colonial Boulevard in Fort Myers.

Diversity As Part Of The Cure brings together some of the brightest minds and most credible professionals across the United States to discuss in great depth the importance of diversity in all aspects of the health care profession.

"Diversity takes into account the very human social characteristics that impact individuals' values, perceptions, experiences and beliefs. By embracing all aspects of diversity, communication, and understanding, trust is enhanced, which leads to better outcomes," explained Yemisi Oloruntola-Coates, system manager of Diversity & Language Services for Lee Memorial Health System and program committee member of the 2016 ACHE leadership summit. "Diversity as part of health care is about incorporating cultural competence in association with a plan of care."

Checking a patient's weight, blood pressure and other vitals is important, but it's also important for health care professionals to check cultural understanding, communication and engagement with patients – each a crucial component of health care. By focusing on enriching and enhancing our interactions with patients, employees, and the community, health care professionals can ensure that the patient experience is a memorable one.

Just as health care is a very dynamic and ever changing industry, the U.S. is also changing and becoming more diverse. There are many things that need to be incorporated into caring for the people of this community both inside and outside of hospitals and physician offices, emphasizing cultural competence in clinical practice. When we speak of diversity most people think in terms of race, ethnicity and language, but there are other aspects to consider that can also involve cultural differences, disability, religion, sexual orientation, gender identity and more.

Two keynote speakers will be featured during the summit. Tomas Leon, president of the Institute of Diversity, will be presenting the recent enactment of the Affordable Care Act 1557 and health equity, and Tim Rodden, director of pastoral care at Christiana Care Health System, will be presenting on the LGBTQ community and how to create an inclusive environment. Panel topics such as Cultural and Language Challenges of Diverse Patient Populations and Fostering Inclusion of LGBT Patients and Employees will supplement the agenda with additional discussions. Guests are encouraged to share best practices with each other to enhance health care and create a community of professionals that stand on behalf of diversity and all of the benefits associated.

For more information and to register email dr.astrid.gonzalez@icould.com

### School Noted For Civic Engagement

Florida Gulf Coast University (FGCU) is a finalist for Florida Campus Compact's Engaged Campus of the Year Award, with several school individuals also noted for honors.

FGCU junior Noelle Stone will receive Florida Campus Compact's 2016 Student Excellence in Service Award and Service-Learning Coordinator Katharine O'Connor its Community Engagement Educator Award. Nominees come from the Florida State University System. State colleges and independent schools are recognized in separate categories.

Florida Campus Compact is part of a national coalition that helps students develop skills of active citizenship through community service. FGCU has been a member since 2000.

FGCU is the only Florida State University System school among six finalists for the 2016 Campus Community Partnership and Engaged Campus of the Year Award, which will be announced Thursday, November 17 at a gala in Tampa. FGCU previously earned that title in 2008 and 2011.

"It's exciting to be a finalist for a third time in less than 10 years," said Director of Community Engagement & Service-Learning Jessica Rhea. "This award recognizes Florida institutions of higher education for exemplary commitment to advancing the civic purposes of higher education. FGCU continues to be recognized because we consistently demonstrate our ability to improve community life and to educate students for civic and social responsibility."

A junior legal-studies major from Ocala, Stone has been active as a resident and mentor in FGCU's Leadership Through Service residential community. She also participated in Emerging Eagles and volunteered with the Quality Life Center of Southwest Florida. She is currently interning at Abuse Counseling & Treatment Inc.

O'Connor, who graduated from FGCU in 2010 with a bachelor's degree in communication, oversees first-year students in the Leadership Through Service community and teaches courses in civic engagement and public speaking. She earned a master's in communication with a specialization in public service from Monmouth University and is working on a doctorate in leadership and change through Antioch University.

FGCU's 2016 Newman Civic Fellow, Lauren Morimanno, also will be recognized at the gala; her award was announced in April at the university's Community Engagement Day.

FGCU previously received the Student Affairs Partnering with Academic Affairs Award in 2014 and the Campus-Community Partnership Award in 2015.

For more information, call Jessica Rhea at 590-7016.🌣

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### Marketing Officer To Speak At Seminar

ijuana Flats Chief Marketing Officer Monique Yeager will speak at the upcoming PR University, scheduled for Thursday, October 6, from 8 a.m. to 3:30 p.m. at Florida SouthWestern State College, 8099 College Parkway in Fort Myers

PR University, now in its 24th year, is an annual, all-day professional development seminar developed by the Florida Public Relations Association's Southwest Florida Chapter. It is open to the public and features guest speakers from across the state.

At the Navigating the Future of PR seminar, Yeager will present Getting Saucy: How to Stay Relevant Above the Noise. She will discuss how maintaining relevancy involves putting people first, and how thinking outside the box and being creative keeps you on top.

Yeager has over 23 years of marketing and public relations experience. In her role as CMO, she oversees Tijuana Flats' strategic public relations and marketing efforts. She is the recipient of the March of Dimes Lifetime Achievement Award and was named the Most Influential Business Woman in the Orlando Business Journal's "40 Under 40."

Visit fpraswfl.org to register for PR University. Admission is \$75 for members, \$40 for students and \$90 for nonmembers, which includes a continental breakfast, lunch and refreshments. Students interested in applying for a scholarship can access the online application tool at fpraswfl.org/ fpra-events/pr-university/. Upon selection of a scholarship, students receive free admission.

For more information, call Madison Mitchell at 433-2000 ext. 269. 举

### Federal Student Aid Available

Tith a change in the opening date to complete the Free Application for Federal Student Aid (FAFSA), students now have a three-month head start on the process, beginning on Saturday, October 1, for the 2017–18 school year.

Additionally, applicants will now use prior tax year (2015) data that can be retrieved directly from the IRS, allowing for earlier completion.

With early access to the FAFSA, students and parents are encouraged to complete the process this fall to help make informed decisions about which schools represent the best combination of net cost and overall fit to meet their academic goals," said Amber McCown, director of admissions, Florida SouthWestern State College (FSW). "FSW has resources in Admissions and Financial Aid to help individuals start their educational journey."

The FAFSA is used to determine eligibility for federal and state grants, loans and work study. Individuals applying for federal financial aid can begin this process at fafsa.ed.gov.

For more information, visit fsw.edu/ financialaid or contact Tiziana Marchante at 489-9336 or tiziana.marchante@FSW. edu.公

### **FGCU** Center **Earns National** Accreditation

he Family Resource Center at Florida Gulf Coast University (FGCU) has earned accreditation from the National Association of the Education of Young Children (NAEYC), the world's largest organization working on behalf of young children. To earn NAEYC Accreditation,

the Family Resource Center went through an extensive self-study and quality-improvement process, followed by an on-site visit by NAEYC assessors to verify and ensure that the program met each of the 10 research-based program standards, and hundreds of corresponding individual criteria. NAEYC-accredited programs are always prepared for unannounced

### Mobile Mammograms

Iorida SouthWestern State College (FSW) is hosting Radiology Regional Center's Mobile Mammo Coach from 8 a.m. to noon on Tuesday, October 11 at

the college's Fort Myers campus. The American Congress of Obstetricians and Gynecologists (ACOG) recommends that women age 40 and older should have a screening mammogram every year. Most insurance providers cover screening mammograms for women age

### Mom And Me



izzie and Pryce answer your questions and give advice about aging concerns from a twoelders and people with chronic illnesses.

Dear Mom & Me,

Our 85-year-old father was widowed two years ago and my sister and I would like him to move into a retirement complex.

He lives in the family home with a year-old dog. The dog is his faithful companion and gets better care than most children. Our father has isolated himself, is lonely and has commented that he never thought widowhood

quality-assurance visits during their accreditation term, which lasts five years

"We are proud to have earned the mark of quality from NAEYC, and to be recognized for our commitment to reaching the highest professional standards," said Elizabeth Elliott, director of the Family Resource Center. "This recognition stems from a year of hard work and dedication by the staff, families and students at the Family Resource Center who are to be commended for their outstanding efforts on behalf of young children.'

The Family Resource Center is an Educational Research Center for Child Development on campus at Florida Gulf Coast University. Affiliated with the FGCU College of Education, the Center offers quality early care and education to 58 children between the ages of 6 weeks and 5 years.

For more information, contact Dr. Elliott at 590-7855.举

40 and over as a wellness benefit. If you do not have insurance, a discounted selfpay rate of \$159 is offered. Cash, check and all major credit cards are accepted. The mobile coach is fully accredited

and professionally staffed; patients receive digital screening with CAD (Computer Aided Detection) and a report from a board-certified radiologist. The exam takes about 15 to 20 minutes and does not require a physician order/prescription. Just bring your insurance card and photo ID. The registration packet can be done in advance by going toRadiologyRegional. com and click on Mobile Mammo. To make an appointment, call 936-4068.

would be so terrible and he now knows he didn't appreciate what he had. He is determined to stay because he likes his home. What do you suggest we do to try to convince him? Mary Liz

#### Dear Mary Liz,

Why try to convince him to do something you want him to do? He has lost his wife, your mother, now you want him to lose his home and sense of independence? Why not try to support him in his own home? If you think he is depressed, ask him to be evaluated by his physician. If you think he is lonely and isolated, ask him if that is how he feels (not how you think he feels). If he does feel lonely and isolated, open a discussion about how to reduce those feelings through community service and programming. Pryce

#### Dear Mary Liz,

If your father has decided to stay in his own home, that is his decision and his right and no amount of talking will change his mind. His memories are there and he feels comfortable there so that is where he should be. However, he may find it increasingly difficult and decide himself to make a change at a future date.

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

### **Doctor and Dietician** Too Busy And No Time To Cook



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

bod can really have a positive impact on our lives. Some of my fondest childhood memories involve food. I never left the house in the morning without a hot breakfast...homemade pancakes, eggs and bacon - yum! What a great mom! I am sure she is 90 percent of the reason why I became a dietitian in the first place. I remember coming home from school and my mom would be there waiting for me with some new or special treat. She took all sorts of interesting cooking classes and was always trying new things. I still use some of those recipes we created, and fully appreciate the value of home cooked meals.

We are all busy and many of you feel it is easier just to buy something already made. It might be easier, but is it better? Never underestimate the power of food! Here are a few tips for healthy meals at home:

• Be prepared. Think about the upcoming week's meals. Some easy favorites: homemade tacos, roasted veggies, stir fry, chicken and rice, meatloaf, baked potatoes with toppings.

• Make lists of menus, groceries and snacks that do not include premade, boxed foods. Shop the perimeter of the grocery store.

• Keep your kitchen well-stocked with basics. Having good food on hand allows you to whip up healthy "fast food" if needed (like wraps and quesadillas), and makes cooking so much easier.

• Make meals ahead of time and freeze them. If the end of the week's schedule is crazy busy, then cook some meals early in the week and freeze them for later.

• Get out the crockpot. Come home to a delicious meal that is ready to eat.

• Eat the food you bought. Break the habit of buying fresh food and letting it go bad.

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.な

by Lizzie and Pryce

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

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### PETS OF THE WEEK



Apollo ID# 673529



#### Ashton ID# 674522

Hello, my name is Apollo. I'm a 3-year-old male rottweiler mix who is robust, handsome and fun-loving guy. My favorite thing to do is play with toys. I even have my own personal toy box at the shelter from which I select my own toys each day.

select my own toys each day. Adoption Fee: \$30 (regularly \$75) during Animal Services' Hot Dogs and Cool Cats September Adoption Promo

Hi, I'm Ashton. I'm an 8-month-old neutered male domestic short hair who is a very handsome kitty and an absolute lover. I will leap into your lap for cuddles and to give kisses. If you are looking for a lap cat and tons of love, I'm your guy!

for a lap cat and to give kisses. If you are lookin for a lap cat and tons of love, I'm your guy! Adoption Fee: \$30 (regularly \$75) during Animal Services' Hot Dogs and Cool Cats September Adoption Promo

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal

Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

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

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.

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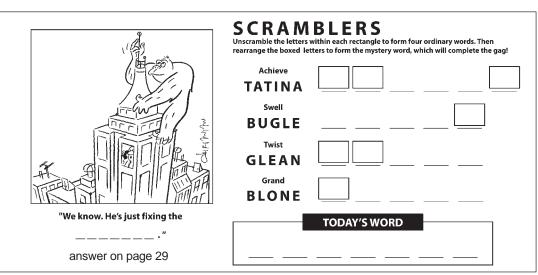
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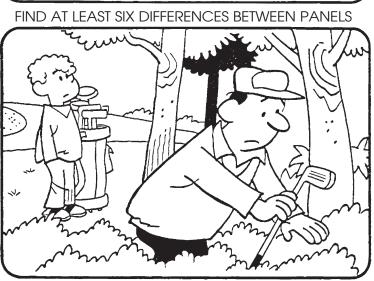
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### **SUDOKU**

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.

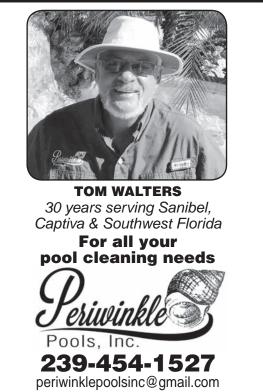
answer on page 29



is missing. 5. Squirrel is missing. 6. Club is shorter. Differences: Cap is missing. 2. Sweat shirt is fuller. 3. Sign is missing. 4. Zipper

### **PROFESSIONAL DIRECTORY**

#### POOL CLEANING



#### **FINANCIAL SERVICES**









#### Pan-Seared Snapper with Roasted Red Pepper Chili

4 six-ounce snapper fillets 2 teaspoons cayenne pepper sea salt, to taste ground black pepper, to taste

1 cup rice flour

4 tablespoons olive oil

Sprinkle fillets with seasonings then dredge in flour. Melt butter in shallow skillet over medium-high heat; add fillets and cook 3 to 5 minutes per side until golden brown and cooked through. Remove fillets from skillet and serve with Roasted Red Pepper Chili.

#### Yield four servings Roasted Red Pepper Chili

1 pound red peppers, roasted, peeled, seeded and roughly chopped

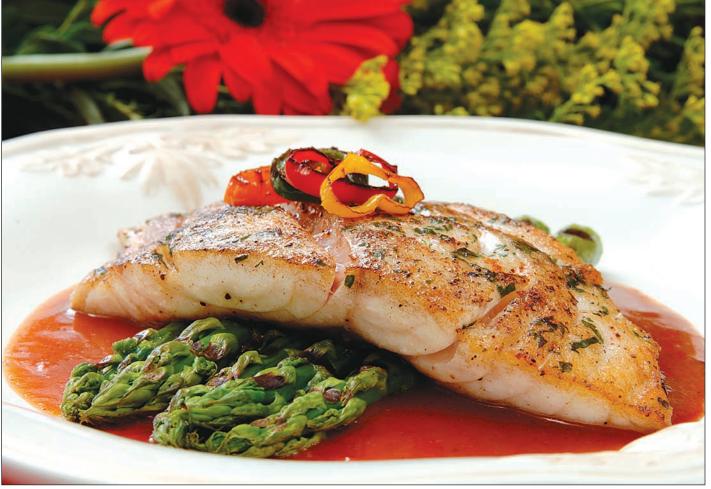
2 tablespoons diced shallots

 $\frac{1}{2}$  cup white wine

salt and pepper

In a large sauté pan, cook all the ingredients over medium heat for 20 minutes. Puree mixture in a blender until smooth. Strain for a more refined sauce. Add salt and pepper to taste.

Yield: four servings.☆



Pan-Seared Snapper With Roasted Red Pepper Chili

photo courtesy Fresh From Florida

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### CONTRACTOR VETERINARY SERVICES Surfside EDIS IN Park **Home Improvements** Aluminum & Remodeling Animal Hospital 2035 McGregor Blvd Fort Myers, FL 33901 www.edisonparkanimalhospital.com **Bathrooms • Kitchens FILM SOCIETY** Lanai Enclosures Windows Screen Rooms Decks Railings Safety Tubs Doors Add a Room or Garage Outdoor Kitchens Storm Shutters and Much More

**\$500. OFF WITH AD** cbc1261010 **239-936-0836** Family owned, 40 Years Local

# PROFESSIONAL DIRECTORY VETERINARY SERVICES FISHING CHARTER



### **PUZZLE ANSWERS**

SUPER CROSSWORD	KING CROSSWORD M	AGIC MAZE	SUDOKU								
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### My Stars ★★★★

#### FOR WEEK OF OCTOBER 3, 2016

ARIES (March 21 to April 19) Cosmic changes create a potential for disruptions in your travel plans. In the meantime, you might want to consider shifting your focus to another area of your life that needs attention

TAURUS (April 20 to May 20) It's a good time for beauty-loving Bovines to enjoy something special for the senses. It will restore your spirit and return you to the workaday world ready for the next challenge.

GEMINI (May 21 to June 20) With your planetary ruler, Mercury, going retrograde, you might want to slow down the pace in pursuing some of your projects. Rushing things could be counterproductive.

CANCER (June 21 to July 22) Tensions begin to ease in those once-testy relationships. This helps create a more positive aspect all around. Expect to hear news that could lead you to rethink a recent decision.

LEO (July 23 to August 22) The pace of activity that had slowed last week now begins to pick up. This is good news for Leos and Leonas who have career-building plans that need to be put into operation.

VIRGO (August 23 to September 22) Venus offers encouragement to romanceseeking Virgos who are ready to get up, get out and meet more people, one of whom could be that long-sought soul mate.

LIBRA (September 23 to October 22) An ongoing problem with a co-worker might need to be sent to arbitration. Get all your facts together so that you have a solid base from which to make your argument.

SCORPIO (October 23 to November 21) You are usually decisive about most matters. But you might want to defer your decision-making this week until you get more facts. Someone is holding out on you.

**SAGITTARIUS** (November 22 to December 21) That quiet period is ending, and a new burst of activity creates some problems at the workplace. But things are soon resolved, and everything goes back to normal

**CAPRICORN** (December 22 to January 19) Relationships could be either helpful or hurtful as you pursue your career goals. You might have to make some difficult choices

depending on what your priorities are. **AQUARIUS** (January 20 to February 18) You might still have some doubts about a career move that could involve a lot of travel. If so, continue to check things out until you feel secure about making a decision

**PISCES** (February 19 to March 20) Love rules, as Venus continues to exercise her cosmic influence on both single and attached Pisces. New developments might cause you to change your travel plans.

BORN THIS WEEK: You often think of others before you consider your own needs. You enjoy helping people and would make a fine teacher or caregiver.

#### THIS WEEK IN HISTORY

• On Oct. 6, 1866, in Indiana, the Reno gang carries out the first robbery of a moving train in the U.S., making off with over \$10,000. Holding up moving trains in remote locations soon became popular in the American West.

• On Oct. 5, 1947, President Harry Truman makes the first-ever televised presidential address from the White House, asking Americans to cut back on their use of grain in order to help starving Europeans. He asked that the public voluntarily forgo meat on Tuesdays, eggs and poultry on Thursdays and to save a slice of bread each day.

• On Oct. 4, 1957, the "Space Age" begins with the Soviet Union's launch of Sputnik, the world's first artificial satellite. Other firsts for the Soviet space program included first man in space, first woman, first three men, first space walk and first to orbit the moon

• On Oct. 3, 1961, the United Auto Workers union goes on strike at Ford plants across the country to win higher wages and better benefits. It was the first company-wide strike since Ford had agreed to a collectivebargaining deal in 1941.

• On Oct. 8, 1970, Matt Damon, the future star of a long list of hit movies, including "The Bourne Identity," is born in Cambridge, Massachusetts. Damon, who left Harvard University before graduating to pursue an acting career, made his big-screen debut with a small role in 1988's "Mystic Pizza.

• On Oct. 7, 1984, at Soldier Field, Chicago Bears running back Walter Payton

runs for 154 yards to become the NFL's alltime rushing leader, breaking the record set by Cleveland's Jim Brown in 1965.

• On Oct. 9, 1992, a bowling ball-sized meteorite crashes through an orange 1980 Chevy Malibu in Peekskill, New York. Scientists say it came from the asteroid belt between Jupiter and Mars.

#### **STRANGE BUT TRUE**

• It was 20th-century Florida politician Claude Pepper, member of the U.S. Senate and the U.S. House of Representatives, who made the following sage observation: "If more politicians in this country were thinking about the next generation instead of the next election, it might be better for the United States and the world.

• Those who study such things say that the letter "s" begins more words in the English language than any other letter. The letter "c" takes second place, followed by "p" in third.

 In 1958, a woman named Ella Petry, then residing in St. Leonardson-by-the-Sea, England, spent 21 days carrying an egg around in the bosom of her dress, successfully hatching a chick at the end of the three-week period.

• It's been claimed that English is the only language that capitalizes the pronoun "I."

• It may be difficult to picture a pope in anything other than the robes of office, but they certainly lead normal lives when they're young. Pope John Paul II reputedly was an excellent soccer goalkeeper, and he worked as a playwright -- and even performed as an actor in some productions.

• When black sheep get old, their wool turns gray.

#### THOUGHT FOR THE DAY

"Moral certainty is always a sign of cultural inferiority. The more uncivilized the man, the surer he is that he knows precisely what is right and what is wrong. All human progress, even in morals, has been the work of men who have doubted the current moral values, not of men who have whooped them up and tried to enforce them. The truly civilized man is always skeptical and tolerant, in this field as in all others. His culture is based on 'I am not too sure.'" - H.L. Mencken

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1. Attain; 2. Bulge; 3. Angle; 4. Noble Today's Word **ANTENNA** 

#### **TRIVIA TEST**

- 1. Geology: What is pumice made of, and what is its most unusual characteristic?
- 2. Anatomy: How much blood does the human body contain, on average?
- 3. Money: How many ridges does a dime have?
- Geography: What is the current name of the country once known as British Honduras?
- 5. Language: What is unusual about the sentence, "Pack my box with five dozen liquor jugs"?
- 6. History: When was the euro introduced as legal currency?
- 7. U.S. Presidents: Which two presidents had sons who also became presidents of the United States?
- Music: What was Elvis Presley's first 8. No. 1 hit on a national chart?
- 9. Movies: What actor played the character of Charlie Allnut in "The African Queen"?
- 10. Animal Kingdom: What is a group of coyotes called?

#### TRIVIA ANSWERS

to Forget" 9. Humphrey Bogart 10. Band alphabet. 6. Jan. 1, 1999 7. John Adams and George Bush 8, "I Forgot to Remember Belize 5. It contains all the letters of the 1. It is formed by magma, and it's the only rock that floats. 2. 10 pints 3. 118 4.



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John, Tami, or Norm 472-9300.

#NS 5/6 BM TEN

### College Alumnus To Lecture On Art, Mathematics And Science

Plorida SouthWestern State College (FSW) alumnus Michael Paul will lead a cross-curricular lecture series in the Bob Rauschenberg Gallery for all interested in the intersection of art, music, mathematics and science.

His thee-part lecture series, Harmonics and the Math Behind the Music of Glenn Branca, will help to explain and illuminate work currently in the exhibit titled Glenn BRANCA & Philip CORNER re: SOUND, which closes on October 22.

Paul earned his associate's degree in music from FSW in 1999 and today is the director of 4P Music Studios (Publish, Produce, Promote and Perform) at the Sidney & Berne Davis Art Center in Fort Myers. After graduating from FSW, Paul moved to Nashville and earned a degree in recording industry business at Middle Tennessee State University. Besides establishing 4P Music Studios, he's also been teaching music for over 30 years and has spent the last six years intensely studying the nature of harmonics in music.

FSW's upcoming lecture schedule:

• Harmonics and the Math Behind the Music (Friday, September 30 at 11 a.m.): Paul will cover the fundamental role of harmonics and the overtone series in music. Going back to Pythagoras and the ancient Greeks that gave us the backbone of current music theory, he will connect the modes and cords of music into one big picture and then show how all this can be reduced down to a single prime number.

• Harmonicode and the Music Behind the Math (Friday, October 7 at 11 a.m.): Paul will look closely at the harmonic underpinnings of mathematics. By introducing a new form of binary code that he has dubbed Harmonicode, he will show the wavelike nature of numbers that he discovered during his quest to unlock the secrets of the Riemann hypothesis.

• Harmonigami: Folding 3D Time Space Into 4D Space Time (Friday, October 14 at 11 a.m.): Paul will take the two dimensional Harmonicode plane introduced in lecture two and push it into 3D space and beyond. He will share his most current work and the application of Harmonicode to the world of quantum physics. This engaging hands-on event will give attendees a new way to look at the world.

Learn more at www.RauschenbergGallery.com or by calling 489-9313.

Events at the Bob Rauschenberg Gallery at FSW are free and open to the

### College To Host Fall Open House

Florida SouthWestern State College (FSW) will host a free Fall Open House on Tuesday, October 11 from 3 to 5:30 p.m at the Thomas Edison (Lee) Campus in Fort Myers. Attendees can register online at www. FSW.edu/openhouse.

"The Fall Open House at Florida SouthWestern State College provides prospective students with the opportunity to explore all the opportunities that FSW has to offer," said Amber McCown, director of admissions at FSW. "Those who attend will be able to meet with faculty, staff and current students from across the college to answer questions about enrollment steps, academic program offerings, support resources and student services."

While at the open house, visitors will receive information about the admissions process, available degrees and certificates and financial aid. Campus tours are available and visitors can also tour the FSW's on-campus housing.

For more information, visit www. FSW.edu/openhouse. Registration for Spring 2017 starts on October 24.3



Glenn BRANCA & Philip CORNER re: SOUND exhibition at the Bob Rauschenberg Gallery photo courtesy FSW

public. The gallery is located on the Thomas Edison Campus at 8099 College Parkway in Fort Myers. Gallery hours are Monday to Friday from 10 a.m. to 4 p.m., and Saturday from 11 a.m. to 3 p.m. The gallery is closed on Sundays and holidays.

### HORTOONS



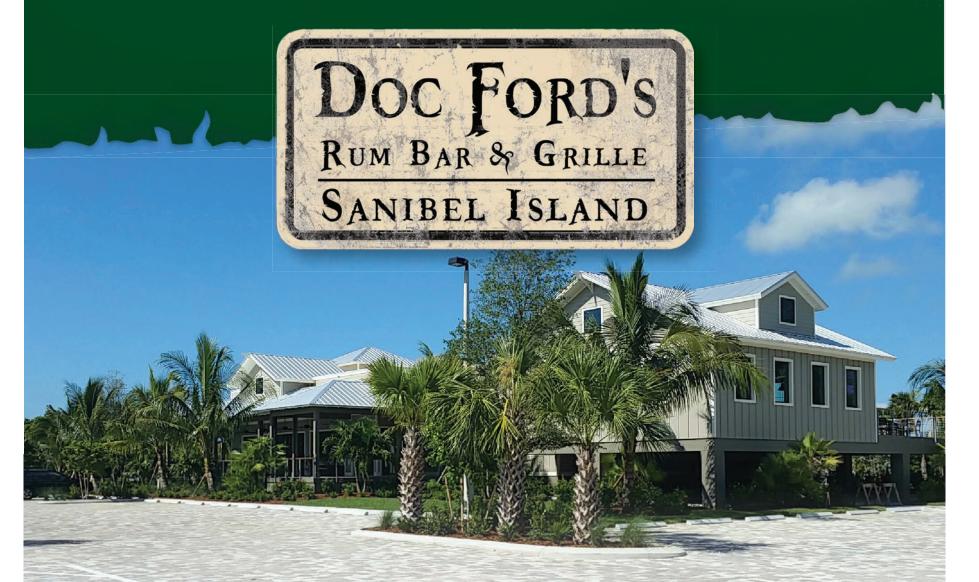
### Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Orchid Ridge	Estero	2000	4,233	\$1,195,000	\$1,050,000	302
Cape Harbour	Cape Coral	2003	2,807	\$895,000	\$830,000	137
Cape Coral	Cape Coral	2001	2,446	\$777,000	\$735,000	173
Goldcrest	Bonita Springs	1993	3,727	\$775,900	\$750,000	254
Cape Coral	Cape Coral	2000	2,910	\$710,000	\$600,000	108
Siesta Isles	Fort Myers Beach	1979	2,385	\$699,000	\$690,000	100
Whiskey Creek Club Estates	Fort Myers	1978	3,122	\$695,000	\$670,000	151
Cape Coral	Cape Coral	2002	2,434	\$650,000	\$615,000	0
Cape Coral	Cape Coral	2013	2,355	\$615,000	\$590,000	228
Lexington Country Club	Fort Myers	1996	2,243	\$589,900	\$565,000	188

Courtesy of Royal Shell Real Estate

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## We look forward to seeing you!

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