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THE RIVER WEEKLY NEWS

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Vol. 11, No. 25

From the Beaches to the River District downtown Fort Myers

JUNE 29, 2012

Fourth Of July Celebrations

Lee County will again offer numerous family-friendly events in honor of Independence Day.

Fort Myers

The 4th of July Freedom Fest in downtown's historic River District features a huge fireworks display and additional activities. The block party event runs Wednesday from 2 p.m. to midnight, with fireworks at 9:30 p.m.

Last year, the event included music on six stages, carnival games and a children's amusement area with a rock climbing wall, a bungee jump, games and bounce houses. The event is free with preferred seating available for an additional fee.

For more information, email info@riverdistrictevents.com.

Fort Myers Beach

The bridge will close at 9:30 a.m. in preparation for the parade, which starts at 10 a.m. The parade will begin at Bay Road by the Fort Myers Beach Public Library and finish at the bridge. It will last for about 90 minutes and the bridge will reopen at noon. It is recommended that

continued on page 4



Sunset at Redfish Pass on Captiva Cruises *Lady Chadwick*

Fourth Of July At Edison & Ford

The Edison & Ford Winter Estates is celebrating the Fourth of July in a big way this year with special tours, visits with the Edisons and Fords, river cruises on the Caloosahatchee and an All-American BBQ lunch at the Royal Palm Yacht Club.

Both Henry Ford and Thomas Edison celebrated the Fourth of July, in fact Edison claimed it was his "favorite holiday." On the Fourth of July, Edison would devote the entire day to his children, waking up early in the morning to set off fireworks. The family would celebrate the holiday with American favorites – watermelon and ice cream. An invoice dated in 1893 lists the elaborate purchases the Edison family made for their Fourth of July celebration. Written on the bill, "This Bill Is For Fireworks Only," and included "two dozen packages of Electric Torp., one Dragon's Nest, one Devil Among the Tailor, one Surprise Box, one Floral Fount(ain), one (dozen) Rockets, one (dozen) 10 B.R. Candles, 1 lb. Colored Fire, and one Firework Balloon 20 ft." It is also believed Edison's favorite variety of firecrackers were the ones he invented and created himself... that had a little more TNT added!

continued on page 7



Fourth of July decorations at the Edison & Ford Estates

Freedom Fest Set For July 4

The River District Alliance will again be producing the annual Freedom Fest block party on Wednesday, July 4.

The following streets will close at noon:

- First Street, from Monroe to Lee,
- Hendry Street, from Edwards Drive to just south of Main Street
- Dean Street
- Broadway, from Main to First
- Main Street, from Broadway to just west of the parking garage entrance
- Jackson Street, from Bay to Main
- Bay Street, from Jackson to just east of the parking garage entrance
- Edwards, from Monroe to Jackson Street

The boat ramp will be closed at noon on July 2 until after the fireworks. The safe zone for the fireworks will be from just east of the volleyball court in Centennial Park to the west side of Hendry Street, and south to the south side of Edwards Drive, as well as 500 feet from the end of the dock north in the river for boat traffic (see map).

Only boat residents at the Yacht Basin, who normally park on Hendry north of Edwards, will be allowed to park on

continued on page 3

Historic Downtown Fort Myers, Then And Now:

The Ever-Redeveloping Post Office Arcade



by Gerri Reaves

When this photograph was taken in 1994, the Broadway wing of the Post Office Arcade looked anything but busy. In fact, the L-shaped arcade with entrances on

By 1993, all spaces in the First Street wing were already vacant. In the Broadway wing, even the Snack House, in business for more than 40 years, had closed that year, leaving the arcade quieter than it had probably ever been since opening in 1925.

On the right of the 1994 photo, notice the Snack House sign suspended from the wall and, on the left, a prominent sign for Perkins Bail Bonds. That business was apparently the last to vacate before big changes came to the arcade.

For another view of the arcade shortly before the demolition of one-half of the arcade, see the movie *Just Cause*, starring Sean Connery and Laurence Fishburne.

The movie includes many shots of downtown, including a view from the

Broadway and First Street arcade had been vacated in preparation of the construction of the federal courthouse at First and Monroe Streets.

This Broadway section would be preserved, but the First Street section of the historic building would be demolished.



Today, the preserved half of the arcade houses businesses such as Ichiban Chinese & Japanese Cuisine and serves as the lobby for Hotel Indigo

photo by Gerri Reaves



When this 1994 photo was taken from the Broadway entrance to the Post Office Arcade, the Snack House (right) had already closed. The First Street wing would soon be demolished

courtesy of the Library of Congress, photo by William C. Minarich

window in the back of the arcade (straight ahead in the 1994 photo). That storefront was among those that were demolished.

Today, the remodeled extant wing serves as the entrance to Hotel Indigo. The preservation of many of the original features makes this arcade one of downtown's most attractive and pleasantly redeveloped properties: rubble-random tiles, skylights, and lots of window space.

Although both arcade entrances have been enclosed by glass walls, a feeling of airiness and space remain.

That ambiance, along with pedestrian friendliness, was what George R. Sims intended, when he opened the mixed-use building in 1925. An addition was built in 1926.

The post office, leased to the Federal Government for only one dollar per year, would anchor the building and encourage foot traffic. The money-makers would be the other storefronts, which rented for premium prices during the 1920s boom.

In the arcade's first couple of years, it housed everything from a shoe store,

optometrist, gift and photo shop, and barbershop to a music and art store, pharmacy, restaurant, and real estate and insurance offices.

The post office relocated once the WPA-built post office opened in 1933, followed by another significant change the following year. Barron G. Collier bought the arcade and renamed it the Collier Arcade.

Today, Ichiban Chinese & Japanese Cuisine, which occupies part of the former Snack House space, and other businesses contribute to the ever-renewing vitality of the historic arcade.

Take a stroll through the arcade and appreciate one of downtown's best boom-time buildings.

Then visit the Southwest Florida Museum of History at 2031 Jackson Street to learn more about what else happened in 1925.

For information, call 321-7430 or go to www.museumofhistory.org. Museum hours are 10 a.m. to 5 p.m., Tuesday through Saturday.

continued on page 15



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From page 1

Freedom Fest

Edwards between Hendry and Jackson.

Bradford Apartment residents will have access to their parking lot from the Jackson/Bay intersection.

The block party will begin at 6 p.m. with some vendors that sell items that can not otherwise be purchased downtown. They are encouraging all restaurants to cook and sell food on the street in front of them. If a River District restaurant that is not in the event area would like to sell food in the event, they will be assigned a space (10-foot-square) at no charge.

There will be five stages on the perimeter of the event. Their locations are at First Street between Lee and Jackson, First Street just west of Dean, in the intersection of Hendry and Bay, Hendry just south of the alley into the Patio DeLeon, and the outdoor stage at SBDAC. The bands will play from 6 to approximately 9:20 p.m. and at that time all stages will tune their sound to radio station B103.9.

Fireworks will be launched at 9:30 p.m. from the floating dock at the boat ramp, and will be choreographed to patriotic music played live on B103.9.

There will be valet parking available in front of Harborside Event Center. In addition, there will be a shuttle from the First Street Village lot near Publix and drop-off in front of Harborside. The county will be opening some of their lots in the River District as well.*

Taste Of Lee Tropical Fruit Festival Returns

Sponsored by the UF/IFAS Lee County Extension & Caloosa Rare Fruit Exchange, the Taste Of Lee Tropical Fruit Festival will be held on Saturday, June 30 from 9 a.m. to 2 p.m. at the First Baptist Church of Fort Myers, 1735 Jackson Street in Fort Myers.

The event will feature free tasting tables of locally grown fruits and vegetables and freshly caught seafood. Lots of exotic fruits will be on display. Farmers and fishers will bring their edibles for sale including cheese, honey, herbs, fruits, vegetables and seafood. Tropical fruit trees and herbs will be offered for sale.

In addition, classes on food preservation, edible natives, growing tropical fruit trees and more activities will be a part of the festival.

Admission is \$1 per person, with children under 12 free. The Speakers' Series is an additional \$1 per class. No pre-registration is required; pay at the door.

For more information about the Taste Of Lee Tropical Fruit Festival, call 533-7513.*

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From page 1

Fourth Of July Celebration

you be over the bridge by 9 a.m. to give yourself time to find parking. For those coming from the south, be aware that it will be impossible to go farther north than Bay Road for the duration of the parade.

The fireworks will commence from the pier at dusk. The bridge will close just prior to the commencement of the fireworks and remain closed during the show which will last for 30 to 45 minutes. After the fireworks, all four lanes of the bridge will be open for traffic leaving the island in order to get as many cars off as quickly as possible. Please keep this in mind if you will be returning to island during this time.

LeeTran will extend trolley operating hours on Wednesday, July 4 for the town's Independence Day fireworks show. Trolley service for the day is available from 6:45 a.m. to 11:55 p.m.

A LeeTran trolley will run from Summerlin Square to Bowditch Park every 40 minutes from 7 a.m. until 11:55 p.m. A separate trolley route from Bowditch Park to Lovers Key State Park will run every 30 minutes from 6:45 a.m. until 11:40 p.m. For passengers coming from the mainland, parking at Summerlin Square is free.

Regular trolley fare is 50 cents, and an unlimited All-Day Trolley Pass can be purchased from the driver for \$1.50. Exact change is required.

For more information, go to www.fortmyersbeachchamber.org.

[fortmyersbeachchamber.org](http://www.fortmyersbeachchamber.org).

Cape Coral

Red, White & Boom gets under way at 4 p.m. when the Cape Coral Bridge and Cape Coral Parkway are shut down between the bridge and Del Prado Boulevard. Music on two stages sparks a street party that more than 50,000 people are expected to attend. Four bands perform, a kids carnival keeps the little ones happy and vendors sell food and beer. At dusk, watch the spangled fireworks over the river from land or boat.

For more information, go to www.capecoralchamber.com.

Sanibel & Captiva Islands

The annual Sanibel Independence Day Celebration starts at 9:30 a.m. with a parade beginning at Tarpon Bay Road and Periwinkle Way (Bailey's Center) ending at Periwinkle and Casa Ybel Road (Jerry's Center). This year's parade theme is "Sanibel Island Is #1."

Bailey General Store's 4th of July Backyard Barbecue will take place immediately after the parade, featuring live music, beer, hamburgers, hot dogs, pulled pork and other foods from 11 a.m. to 4 p.m. Bailey's is located at the corner of Periwinkle Way and Tarpon Bay Road.

Jerry's Market will also put on a post-parade celebration from 9:30 a.m. to 1:30 p.m. There will be free snow cones, hot dogs and soda, water slides, a dunk tank, bounce house and face painting. Donations will be accepted for The Boy Scouts of America. Jerry's is located at 1700 Periwinkle Way, near the end of the parade route.



There are several spectacular fireworks shows in Lee County from which to choose

The 33rd annual Sanibel-Captiva Optimist Club's 4th of July Road Rally starts at noon from The Timbers parking lot, 703 Tarpon Bay Road. The theme is "Rallying For Island Youth." Registration is a \$35 donation per vehicle. Visitors are welcome to participate.

Entry forms for the Road Rally are available at Bailey's General Store, Sanibel Café, Sanibel Captiva Community Bank, at the starting line or online at www.sancapoptimist.org. The top rally finishers and the best decorated vehicle will receive prizes.

Points are awarded for elapsed time closest to a secret, pre-established circuit time and distance, and for correct answers to a series of questions about clues along the rally route.

Sanibel Island's annual fireworks display will be held at dusk at the end of Bailey Road. The display can be seen from the causeway islands, where free

parking is available. For more information, call 472-1080 or go to www.sanibel-captiva.org.

The Sanibel fireworks display is also visible from The Dunes Golf & Tennis Club, which is having a July 4th celebration from 6 to 9 p.m. It's open to the public. There will be children's games and contests including a putting competition and a pool party. Food and beverages will be available including a pig roast, grilled hot dogs, hamburgers, chicken cotton candy and ice cream. Parking is \$5. The Dunes is located at 949 Sand Castle Road. Call 472-3355 for more information.

Captiva Cruises will have a Sunset Fireworks Cruise aboard the *Lady Chadwick* from 7 to 10:30 p.m. on July 4. Danny Morgan will be performing on board. Call Captiva Cruises at 472-5300 for reservations.*

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The installation of *Fire Dance* began on January 24 in Centennial Park

Fort Myers Public Art:

Fire Dance

by Tom Hall



Fire *Dance* is the first commission awarded to an artist by the City of Fort Myers Public Art Committee. Located in a circle where Bay Street dead-ends at the eastern edge of

Centennial Park, the 25-foot-tall Dupont red aluminum sculpture appears almost as tall as the southbound lane of the Edison Bridge. It is a magnet that attracts park visitors from far and wide – a medley of circles, spirals and counterbalances that will inspire the children playing on the nearby swings to become tomorrow's visual artists, architects and urban planners.

The sculptor is David Black. He was chosen by the Public Art Committee from a field of 162 artists. It isn't the first time the former Ohio State University art teacher has won a public art competition. In addition to the 35 competitions he's won in the United States, the 84-year-old Black has bested rivals in Canadian, German and Japanese calls for artists as well.

Black calls his sculpture proto-architecture because it combines pillars, arches and canopies with the references of sculpture.

"When designing a sculpture," said Black, "you have to consider the elements. Because of Southwest Florida's intense sunlight, I had Dupont add UV protection, like sunscreen, to retard fading."

The sculpture is open so that people can walk under it and look up. "I want people to enjoy the piece from every angle," Black added. Toward that end, he even included a long curved bench to accommodate people who'd like to study his sculpture while enjoying their lunch.

Fire Dance represents Black's interpretation of the park's energy and vitality during events. "The first time [my wife] Karlita and I visited the park, we walked right into a jazz festival," said Black. "*Fire Dance* symbolizes the sounds of the music and noise of the crowd. It's active, open, airy and rhythmic. Just like jazz."

And since the sculpture sits so near the Caloosahatchee, the Gloucester, Massachusetts native just had to include some sails and blades in his design.

"Imagination is always the fire; improv the heart," added Black, who hopes *Fire Dance* will lift each viewer's spirits and deepen their sense of community and civic pride. *Fire Dance* is just one of nearly two dozen public artworks that are scattered throughout the downtown Fort Myers River District.

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

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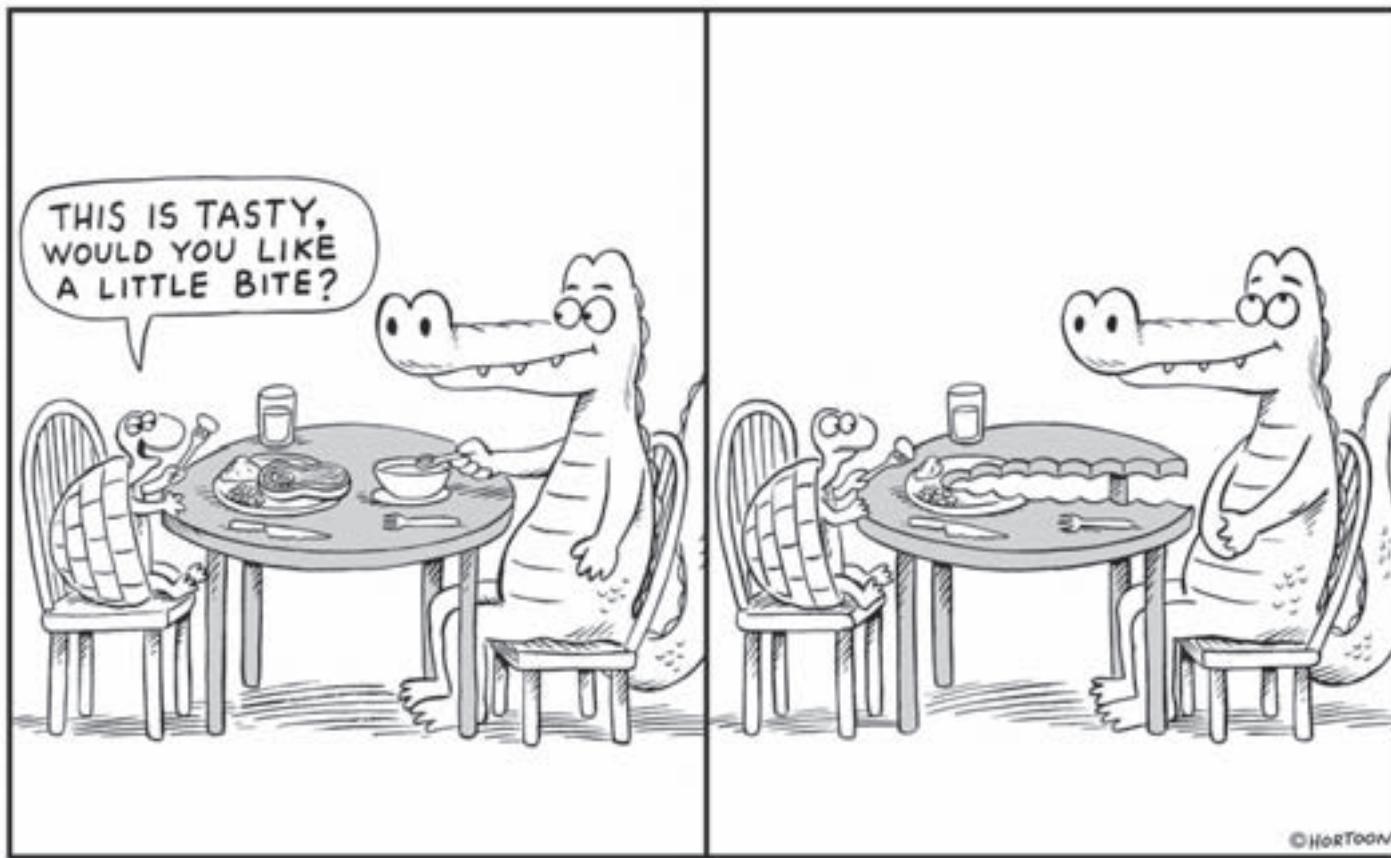
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Voter Registration Deadline July 16

As part of its ongoing efforts to get out the vote, the League of Women Voters of Florida wants to remind voters that the deadline to register to vote in the August 14 primary election is July 16.

“Florida’s primary election has never been held this early. Given the changes in the state’s elections laws, the league encourages Florida voters to call their local supervisor of elections to check their voter registration status and, if necessary, update it,” said Charley Williams, LWVF voter services chair. “This is particularly important for voters who have recently moved or changed their name. If you plan to vote by mail, call your supervisor to renew your vote-by-mail request and make sure your ballot arrives in time for the election.

In addition to its BeReadyToVote.org website, LWVF has also partnered with Microsoft to offer smartphone users a quick and simple way to connect to their supervisor’s office. The league has created a unique smartphone tag that, when scanned, connects voters to a mobile website where they can access the Florida Division of Elections database to check their voter status.

For more information about the upcoming elections and voter registration, visit www.BeReadyToVote.org. Spanish speakers can visit www.VamosAVotar.org.

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Vote By Mail Option Offered

Plan now to take advantage of the opportunity to “Vote By Mail” in both the August 14 primary election and November 6 general election. Florida is one of only a few states that offer voting by mail. “Vote By Mail” continues to grow in popularity because of the convenience.

Lee and Collier county residents are encouraged to contact the Supervisor of Elections office to request ballots for both elections. Then, sit back, relax and place your vote in the comfort of your own home or office. No voting machines to stress you out and you can take all the time you need to read the ballot and cast your votes.

A request to receive an absentee ballot by mail must be received by the Supervisor of Elections no later than 5 p.m. on the sixth day before the election. Your ballot must be returned by no later than 7 p.m. on Election Day if the voted ballot is to count.

In Lee County, visit www.leeelections.com, click on the forms tab at the top or call 533-8683 to request a ballot. You may also write to Supervisor of Elections, P.O. Box 2545, Fort Myers, FL 33902.

In Collier County, visit www.collier-votes.com, click on the “Vote By Mail” box at the top center or call 252-8450 to request a ballot. You may also write to Supervisor of Elections, 3295 Tamiami Trail E., Naples, FL 34112.

Written requests for Collier County ballots require full name, legal residence address, date of birth and signature. Written requests for Lee County also require a driver’s license number or last four digits of your social security number and a phone number.

Follow the Postal Service on www.twitter.com/USPS and at www.facebook.com/USPS.

Republican Women To Host Luncheon

The next luncheon meeting of the Lee Republican Women Federated will be held on Monday July 9 at the Hilton Garden Inn-Fort Myers, 12601 University Drive. Social hour begins at 11:15 a.m., with lunch and the program to follow

Speakers will include candidates for Florida House of Representative District 78 Heather Fitzenhagen and Jonathan Martin, Lee County Commissioner Candidates for District 3 Ray Judah and Larry Kiker, and Florida Senate District 30 Candidate Lizbeth Benacquisto.

Cost to attend the luncheon is \$16 per person all inclusive.

To make reservations, call 432-9389 or email cindylignelli222@gmail.com for more information.

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\$100K Donation Made To Heights Foundation

Local philanthropists Cheryl and Dave Copham along with Georganne and Cliff Williams each made a \$50,000 donation to the building fund for The Heights Foundation's Cultural Arts and Community Center.

This gift is one of several recent donations that finish the capital campaign to complete construction of the \$5.7 million building. Construction will resume in early July. When complete, The Heights Center will be a place for all residents of Harlem Heights to gather and grow. Education, opportunity, health and wellness, and access to the arts will create pathways for self-sufficiency and community development.

"The Heights Foundation is near to us in proximity and dear to our hearts," said Georganne Williams. "The Heights Foundation has enabled residents to empower themselves to improve their lives. We are inspired by their mission and we encourage our neighbors to support The Heights Foundation."

"We've had interest in positive development there over the years," said Dave Copham. "In fact, traveling down Gladiolus it is particularly obvious the improvement in at least the visual aspect. Houses are neat and in good condition. I think the school rates as one of the best in the area. We have insignificant amount



Cheryl and Dave Copham

of crime and trouble in the area which speaks well to the community and the people who live there. "

"The Heights Center is the residents' dream come true. The building is in the center of their community where families can meet, where children can receive tutoring and after school care, where adults can receive education, job training, health advocacy, social services and more," according to founder and executive director Kathryn Kelly.

"The Cophams and Williams believe that the children in Harlem Heights are valued. Programs of The Heights Foundation create a network of care and support that helps families create deep and long lasting change. Because of the support of generous donors like the Cophams and Williams, we will resume construction of the building in early July," Kelly added.



Pictured from left is Julie Workman, Kathryn Kelly, Cliff and Georganne Williams, Victor Mayeron and Laurie Stanley

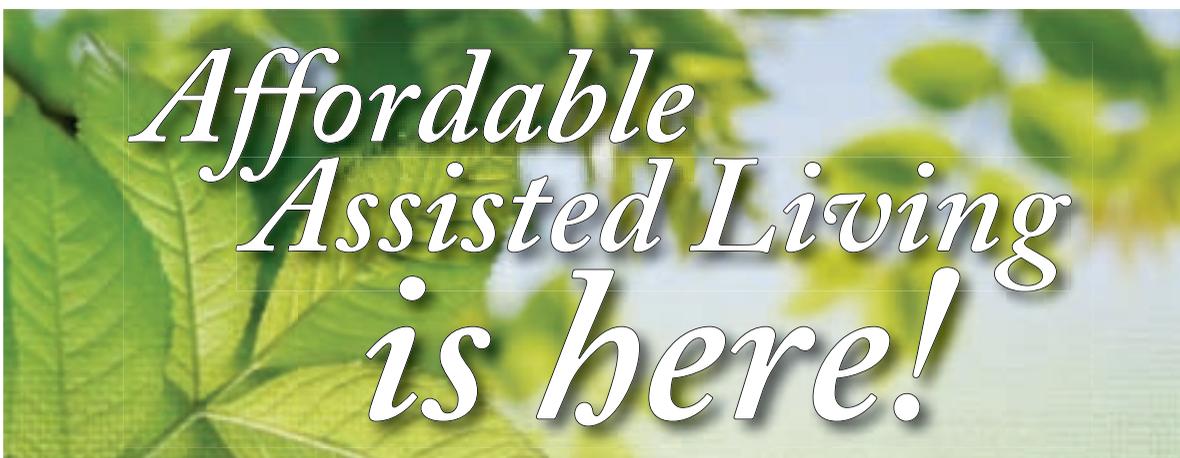
The Heights Foundation is a 501(c)3 grassroots organization that works to build strong, self-sufficient families in the Harlem Heights neighborhood. The foundation's mission is to promote family and community development, support education, health and wellness, and provide the benefits of enrichment, expressive and cultural arts.

Harlem Heights was originally settled as a rural agricultural community. Approximately 1,200 children live in a mixture of single-family homes and multi-family apartments. Families are not able to easily access family support services located in downtown Fort Myers, and benefit greatly from programs located within the neighborhood.✪

From page 1

Estates Celebration

Edison Ford is honoring Edison's enjoyment of the holiday with tours throughout the day: River cruises of the Caloosahatchee led by environmental experts with Captiva Cruises at 11 a.m., noon and 1 p.m.; and an all-American BBQ at the Royal Palm Yacht Club from 11 a.m. to 2 p.m. Buffet lunch will include chicken, hot dogs, potato salad, baked beans, watermelon, ice tea and desert. Cost for Edison Ford members is \$30; non members are \$45; children ages 6 to 12 are \$40. For more information, call 334-7419 or visit www.edisonfordwinterestates.org.✪



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Nervous Nellie's on Fort Myers Beach is hosting two spectacular events this week. Don't forget to bring your friends

Along The River

Nervous Nellie's Crazy Waterfront Eatery is Fort Myers Beach's liveliest beach party destination offering food, drinks and live music daily from the area's premier talent. Just upstairs from Nellie's is **Ugly's Waterside Bar**, the place where everyone gets prettier. Happy hour specials are served all day, every day.

On Sunday, July 1 Nellie's presents Reggae Splash, featuring international reggae star Influential. The free concert runs from 3 to 10 p.m. and includes live performances by No Way José, Jahgape,

Common Ground, SowFlo and Stamps. Ladies, work on your tan and enter to win the bikini contest.

On Wednesday, July 4, Nellie's is hosting a Neurotic Fourth of July celebration from noon to 9 p.m. Enjoy BBQ and a rock concert at the fountain featuring Deb & The Dynamics along with tribute bands The New Stones and The Nowhere Band. Enjoy happy hour specials all day and stay to watch the fireworks show at dusk from Nellie's spacious waterfront patio.

Nervous Nellie's and Ugly's are located at 1131 First Street, Fort Myers Beach in the historic Baywalk district. Whether you arrive by car or boat, parking is free for patrons. The GPS coordinates for Nellie's



Go to Ichiban for delicious Chinese and Japanese cuisine. Relax at a table or sit at the sushi bar and watch the chefs create their culinary artwork

Snug Harbour Marina are 26°27'23.41" N • 81°57'15.18" W. Call 463-8077 or go to www.nervousnellies.net.

If you don't enjoy food on a stick or simply want a cool place to retreat from the crowds during the Fourth of July block party, slip in to **Ichiban** for great Chinese and Japanese cuisine. Ample seating is available inside the restaurant or outside in the climate-controlled gallery located in the historic Post Office Arcade.

The downtown hotspot has had a loyal following among River District diners for eight years. Family owned and operated, it offers friendly service, great lunch and dinner specials along with artfully crafted sushi rolls and sashimi; best enjoyed with a cold Kirin Ichiban beer or a selection of cold (or hot) sake.

There are multiple ways to get to Ichiban: enter through the main Post Office Arcade entrance on Broadway, through the lobby of Hotel Indigo on Main Street, or from the First Street courtyard across from the City of Palms parking garage.

Ichiban is located at 1520 Broadway, downtown Fort Myers. Hours are Monday through Thursday from 11 a.m. to 10 p.m., Friday and Saturday from 11 a.m. to 11 p.m. and Sunday from noon to 9 p.m. For more information, call 334-6991.

What better place to watch the fireworks than from the balcony at **Top of the Town at The Morgan House** in the historic Patio de Leon? Fireworks are scheduled to begin at 9:30 p.m. on Wednesday.

The restaurant and bar features 14 beers on tap, full liquor bar and daily happy hour. Casual dining is available either inside with music and big screen TV, outside on the terrace, upstairs at Top of the Town or in the posh Miami-style Red Corner.

Top of the Town serves its Terrace Bar Menu on Monday through Saturday from 3 p.m. to close. The dining room

at the Morgan House is open for lunch Monday through Friday from 11 a.m. to 3 p.m. Dinner is served Monday through Thursday from 5 to 10 p.m. and from 5 to 11 p.m. on Friday and Saturday.

The Morgan House is located at 33 Patio de Leon, downtown Fort Myers. Call 337-3377 or go to www.morgan-houserestaurant.com.

Imaginarium Science Center Open On July 4

The Imaginarium Science Center will be open on Wednesday, July 4 from 10 a.m. to 5 p.m., offering a \$1.00 discount off regular admission to all guests.

And, in appreciation for service to their country, the Imaginarium is pleased to always offer free admission for our freedom fighters, giving active duty military personnel with valid military ID, and through Labor Day, accompanying immediate family members are also admitted free.

July 4 is a great day for summer fun, so take a break from the heat of the day and bring the family to the Imaginarium for an indoor adventure chock full of science explorations, then head out to enjoy the many firework celebrations after sunset. In fact, just a half mile from the Imaginarium, the Fort Myers River District kicks off its Freedom Fest with a block party at 6 p.m. filled with music and festivities leading right up to a dazzling display of fireworks at 9:30 p.m.

Like our country's early explorers, you'll set out to conquer the coast and meet the guardians of our shores at a Sea-To-See Touch Tank experience and

continued on page 18

Seabreeze nurseries

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15th Annual Midsummer Night's Sing

Residents can help feed the hungry and give hope to the needy while enjoying an evening of music and fellowship at the 15th Annual A Midsummer Night's Sing, presented by First Presbyterian Church of Fort Myers and sponsored by the Galloway Family of Dealerships.

The event, planned for Tuesday, July 24 at First Presbyterian Church in downtown Fort Myers, will be a 90-minute performance of hymns, instrumentalists, and special guests beginning at 7 p.m., with doors opening at 6:30 p.m.

Admission is free, although voluntary cash donations and cans of non-perishable food will be accepted to benefit Community Cooperative Ministries (CCMI - The Soup Kitchen).

First Presbyterian's pastor, Rev. Paul deJong, is urging the community to help with canned goods and cash donations to help those in need.

"The need for food continues to be

absolutely critical," said Rev. deJong. "Please love your fellow neighbor and attempt to do what God would do and want you to do."

Organizer Sam Galloway, Jr. said cash donations are especially needed because CCMI can buy five times as much food for the same amount of money that residents spend at local grocery stores.

"We can take every dollar and make it stretch as far as is humanly possible," said Galloway, who has made feeding the hungry part of his life's work. He has arranged for refrigerated trucks to take the food to the neighborhoods that most need help this summer.

"Continued high unemployment and our poor economy have caused many of our neighbors to ask for food to feed their families for the first time in their lives. Our director has told me, 'Sam, I cannot tell you who, but people are coming for groceries whom you and I know.' We can't allow our neighbors and friends to be hungry," added Galloway. "We need our community to get together and help with all the canned goods they can. We need to raise the roof with money and food, please!"

Galloway annually sponsors the popu-



A Midsummer Night's Sing organizer Sam Galloway, Jr. with Reverend Paul deJong, minister of First Presbyterian Church. Attendees contributed more than 1,200 pounds of canned goods last year.

lar Mrs. Edison's Hymn Sing as part of the Edison Festival of Light in February. Because more than 4,000 people attend Mrs. Edison's Hymn Sing in the winter, organizers planned A Midsummer Night's Sing to allow more local residents to enjoy the same type of activity during the less crowded summer months.

The First Presbyterian Chancel Choir

and friends will be featured during the evening, which will include sing-a-longs of well-known hymns everybody knows.

First Presbyterian Church of Fort Myers is located at 2438 Second Street in downtown Fort Myers. For more information, call 334-2261 or visit www.fpcfortmyers.org.

Gins Boosted By Hoops, Head And Giving Heart



Emily Gins

Fort Myers resident Emily Gins says, "I don't know what I'd do without basketball."

On June 8, Gins graduated with 31 others from the Oakwood Friends School in the scenic and historic Hudson Valley of New York State.

At Oakwood Friends, as a junior and a senior, the very outgoing Gins was captain of the school's basketball and soccer teams. For each of the last two years, she also played hoops on an Amateur Athletic Union (AAU) team in Kingston, New York as part of the curriculum of nearby Oakwood Friends.

This summer, Gins will play basketball for two different AAU teams in Kingston. But come the fall, she heads to the city

where basketball was first played in 1891, Springfield, Massachusetts. Springfield is home now to the Basketball Hall of Fame.

Gins was scouted by Springfield College, and - no surprise - she'll be playing for their highly regarded basketball team. As of now, she will major in the recreation management program there.

But Gins harbors a dream bigger than her own aspirations as an athlete. She wants to open a center that helps underprivileged children strive as much academically as they may already strive athletically.

Much of this stems from a three-week program she did with Visions, a service adventure organization. She was recalcitrant at first, but persuaded by Oakwood Friends, which requires service learning, and her parents. In Peru's Urubamba Valley near Machu Picchu, her group completed building a second room for what was originally a one-room schoolhouse. They also built cement irrigation ditches in the mountainous area.

Gins says it was "hard labor, but the people were so, so nice." She fondly remembers two children, age 2 and 5, who were always pleasantly underfoot, hoping for candy.

As for Oakwood Friends, Gins says, "I've done things here I wouldn't have done otherwise." She listed theater and art classes, and even a music solo.

Oakwood Friends was compelling to her from the start. Due to fortuitous timing, within a week after she and her family together decided she should go to boarding school, she was at Oakwood Friends as a student.

Gins feels a hallmark of Oakwood Friends is "that when you excel more at one area, you can focus on that subject, without sacrificing breadth." The school's diversity has been important to her.

"The fact that there are students from

different countries and different socioeconomic backgrounds really contributes to the community feeling," she added.

Oakwood Friends School, founded in 1796, is an independent, coeducational, college preparatory day and boarding school serving grades 6 to 12. Guided by Quaker values, Oakwood Friends

educates and strengthens young people for lives of conscience, compassion and accomplishment. It fosters a diverse community of students and staff in an atmosphere of mutual respect and enrichment, sensitive to the world and its needs.

Anniversary Celebration

SALE

To Thank our Customers



Community Thrift Store

Next to Planet Fitness in
Miner's Plaza
at the corner of McGregor Blvd. & Gladiolus



- Furniture
- Clothing
- Housewares
- Art/Antiques

- Appliances
- Building Supplies
- Collectibles

225-6529

Open Tuesday through Saturday from 9am to 4pm
15501 Old McGregor Blvd., Suite 2, Fort Myers, FL 33908

Churches/ Temples

ALL FAITHS UNITARIAN

CONGREGATION Member of UUA
2756 McGregor Boulevard, Fort Myers
Six blocks south of the Edison/Ford Winter
Estates; 2 miles N of Colonial Boulevard
Minister: Reverend Dr. Wayne Robinson
Sunday services: 9 and 11 a.m.
Sunday: 11 a.m. Kids Intangible Gifts ses-
sions, kindergarten through sixth grade
Unitarian Summer: 11 a.m. Tapestry of
Faith Programs, child care provided
Adult workshops: 9:30 a.m. Faith Like a
River: Themes from UU History.
226-0900, Email: allfaithsuc@embarqmail.
com, Website: www.allfaiths-uc.org

ALL SAINTS BYZANTINE RITE CATHOLIC CHURCH

10291 Bayshore Rd., N. Fort Myers
Divine Liturgy is on Sun. at 10:30 a.m.;
Rosary begins at 10 a.m.
Lenten services (Presanctified Liturgy)
will be on Wed. evenings at 6 p.m. start-
ing on Feb. 22. Administrator is Very Rev.
Peter Lickman, ph. 305-651-0991. We
are a Church of the Eastern Catholic or
Byzantine Rite, 1.5 mi. east of Int. 75.

ANNUNCIATION GREEK ORTHODOX CHURCH

8210 Cypress Lake Drive, Fort Myers
Reverend Fr. Athanasios Michalos
Orthros Service Sunday 9 a.m.
Divine Liturgy Sunday 10 a.m.
Fellowship Programs, Greek School,
Sunday School, Community Night
239-481-2099

BETH SHILOH

MESSIANIC SYNAGOGUE

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

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.

CHAPEL OF CYPRESS COVE

10200 Cypress Cove Circle Fort Myers
239-850-3943, Located at Cypress Cove
Retirement Center on HealthPark Campus
An ecumenical non-denominational com-
munity of believers.

Sunday Worship Service, 10 a.m.

Wednesday Bible Study, 7 p.m.

Reverend Ted Althouse, Pastor
revtedalthouse@aol.com

CHURCH OF THE CROSS:

13500 Freshman Lane; 768-2188
Pastors: Jeff Moran and Michael Bulter;
A nondenominational church emphasizing
a personal relationship with Jesus Christ.
Sunday Service: 9 a.m. Contemporary
10:45 a.m. Traditional.

COVENANT PRESBYTERIAN CHURCH

2439 McGregor Boulevard, 334-8937
Rev. 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; Clint Cottrell, pastor
Sunday services: 8 and 11 a.m. Traditional;

9:30 a.m. Contemporary; 9:45 a.m.
Children's Church K4J Kids for Jesus
**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 for ages 5-12 available
at each service.

FAITH UNITED METHODIST CHURCH

15690 McGregor Boulevard

Fort Myers, 482-2030

Pastor: David Stauffer.

Traditional services 8:45 a.m.;

Contemporary, 10:30 a.m.

Go south on McGregor Boulevard. The
church is ½ mile past the intersection of
Gladiolus and San Carlos Boulevard on
the way to Sanibel.

FIRST CHURCH OF CHRIST, SCIENTIST

2390 West First Street, next door to Edison
Estates.

Sunday Morning Service and Sunday
School, 10:30 a.m.; Wednesday Evening
Testimony Meeting, 7:30 p.m. Child care
provided at all services.

Visit our Reading Room for quiet study at:

2281 W. First Street, River District

www.spirituality.com and www.christian-
science.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

in the Downtown Fort Myers River District

2466 First Street, Fort Myers, FL 33901

239-332-1152, www.fumcftmyers.org

Sunday: 9 a.m. Contemporary Worship

9 a.m. and 10 a.m. Sunday School

9:45 a.m. Coffee Fellowship

10:30 a.m. Traditional Worship

5 p.m. Youth Program

7 p.m. Spanish Worship

FORT MYERS CHRISTIAN CHURCH

(DISCIPLES OF CHRIST) A STEPHEN

MINISTRIES CONGREGATION

5916 Winkler Road, Fort Myers, 437-4330

Reverend Mark Condry, Pastor

Sunday Worship: 10:30 a.m.

Church School: 9:15 a.m.

FORT MYERS CONGREGATIONAL

UNITED CHURCH OF CHRIST:

8210 College Parkway, Fort Myers,

482-3133. Philip White, pastor

Morning Worship: 10 a.m.

Church School: 10:15 a.m.

Adult Forum: 11:30 a.m.

HOLY THEOTOKOS MONASTERY

111 Evergreen Road, North Fort Myers,

997-2846 Eastern Orthodox men's mon-
astery. Liturgical services conducted in

the English, Greek and Church Slavonic

languages, following the Julian (Old)

Calendar. Liturgical Services: Sundays and

Holy Days: The Third and Sixth Hours at

8:30 a.m.; Divine Liturgy at 9 a.m.

IONA-HOPE EPISCOPAL

CONGREGATION

9650 Gladiolus Drive, Fort Myers 454-4778

The Reverend Dr. John S. Adler, pastor.

Weekly services:

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 at
Saturday 5 p.m. and Sunday 9:30 a.m.
services.

JESUS THE WORKER

CATHOLIC CHURCH:

881 Nuna Avenue, Fort Myers, 481-1143

Masses Friday and Saturday, 7 p.m.;

Sunday, 8 and 10 a.m. and 6 p.m.

KINGDOM LIFE CHURCH

2154 McGregor Boulevard,

Fort Myers, 218-8343

Pastor Randy and Anita Thurman

10:30 a.m. Sunday Service

All are welcome.

LAMB OF GOD

LUTHERAN/EPISCOPAL CHURCH

Corner Cypress View Drive and Koreshan

Boulevard, Three Oaks area,

Fort Myers, 267-3525

Walter Fohs, pastor; Becky Robbins-

Penniman, associate pastor

Sunday worship services:

8 a.m. Early Grace Traditional

9 a.m. Awesome Grace Contemporary

10:30 a.m. Classic Grace Traditional

8:45 & 10 a.m. Sunday School God's

Group

MESSIAH REFORMED CHURCH

Worship Gathering - Sunday 10 a.m.

Pastor Alan Bondar

Fort Myers Villas Civic Association Bldg.

2306 Sunrise Blvd. Fort Myers,

220-8519

website: messiahreformed.com

6:30 p.m. Wednesday Bible Study

noon Sunday Fellowship Lunch

Monthly Teen Events

see website for podcasts, special events,

ministries, calendar, blogs, etc.

NEW BEGINNINGS CENTER

New Home Church, 8505 Jenny Cae Lane,

North Fort Myers, 239-656-0416

Weekly Friday Meeting Meet & Greet: 6:30

p.m. Kingdom Teaching: 7 p.m. Fellowship

and refreshments after service. nbcmin-

istry@embarqmail.com, www.facebook.

com/nbcministry. Alex & Patricia Wiggins,
Ministers

NEW HOPE BAPTIST CHURCH

OF FORT MYERS

16120 San Carlos Boulevard, Unit 10

239-985-8503

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

Pastors: Stu Austin and Howard Biddulph

8 & 9:30 a.m. Traditional Worship

11 a.m. Contemporary Worship

8, 9:30 & 11 a.m. Sunday School

Youth and Children's programming runs

concurrent to Sunday services.

Nursery care provided at all services

274-1230. For more information visit:

www.newhopefortmyers.org

PEACE COMMUNITY CHURCH

Meets at Ft. Myers Beach Masonic Lodge

17625 Pine Ridge Road,

Fort Myers Beach 267-7400.

Pastors Bruce Merton, Gail & RC Fleeman

Adult Discussion Classes: 9-10 AM

Countdown to Worship (praise music):

10:10 AM

Amazing Grace Worship: 10:30 AM

Phone 267-7400 Fax 267-7407

Web site: peacecommunitychurch.com

e-mail: peace1265@aol.com

PEACE LUTHERAN CHURCH

Saturday, Worship 5 p.m.

Sunday, Worship- 8 and 9:30 a.m.

Wednesdays during Lent soup dinner at

5:30 p.m., Compline Service at 7 p.m.

Peace is a member of the ELCA. We cel-
ebrate weekly communion with traditional

liturgy, organ and choir. 15840 McGregor
Blvd, Fort Myers, 437-2599, www.peaceft-
myers.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 Rd, Estero

239-495-0400

Senior Pastor: Todd Weston

8 and 9:45 a.m. Services;

11:30 a.m. Legacy Service, multi-genera-
tional

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. All are welcome.

Guided meditations offering many meth-
ods for relaxing the body and focusing

the mind on virtuous objects to bring

increasing peace and happiness into

daily activity. For information, class times

and locations call 567-9739 or visit www.

MeditationInFortMyers.org.

SOUTHWEST BAPTIST CHURCH

16940 McGregor Boulevard,

Fort Myers, 454-3336

Robert G. Kasten, Pastor

Sunday Worship Service 11 a.m.

Nursery available

9:45 a.m. Sunday School for all ages

Junior Church grades one to five

Wee Church Pre-K to K

Evening Service 6 p.m.

Wednesday Service 6 p.m.

ST. COLUMBKILLE

CATHOLIC CHURCH

12171 Iona Road, Fort Myers, off

McGregor and north of Gladiolus.

489-3973 Father Joseph Clifford.

Weekly masses:

Monday through Saturday 8 a.m.

Weekend masses: Saturday 3 and 5 p.m.;

Sunday: 7, 9, 11, and 5:30 p.m.

Reconciliation is available at the church on

Saturdays at noon and by appointment

SAINT JOHN THE APOSTLE

METROPOLITAN COMMUNITY CHURCH

3049 Mcgregor Boulevard, Fort Myers,

344-0012 Pastor Reverend Steve Filizzi

An Affirming & Inclusive Congregation

Sunday Services, 10 a.m. and 7 p.m.

Mid-Week Service, Wednesday 6:30 p.m.

ST. MICHAEL LUTHERAN

CHURCH & SCHOOL (LCMS)

3595 Broadway, Fort Myers

239-939-4711, www.smlcs.org

Wednesday Fellowship: 5:30 p.m.

Dinner \$5, 6:15 p.m. bible studies

Worship: Saturday, 5:30 p.m.,

Sunday 8 a.m. and 10:45 a.m. with 9:15

a.m. adult and children's Bible Study, plus

marriage enrichment studies. Divorce Care

on Thursdays from 7 to 8:30 p.m.

During Lent: Wednesday worship

Life Enrichment Series

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 learn play create inspire

July
2012



FREE!

July 3, 11, 17, 25 & 31

Discover Shell Point Tour & Presentation at 10:00am. Join us for a group presentation about the Lifestyle and Lifecare available at Shell Point followed by a narrated bus tour of the community. Light refreshments will be provided. **Call (239) 466-1131 or 1-800-780-1131 for reservations.**



July 19 Help for Arthritis with a Well-Designed Activity Plan at 1:00pm.

FREE!

Jan Locken, certified American Council of Exercise group fitness instructor will teach us how to create a physical activity plan to keep our joints lubricated, improve our overall health and sleep better at night. **Call (239) 489-8472 to reserve your spot.**

July 11 The Nature of Southwest Florida

at 9:00am. Local author, Charles Sobczak, will offer a free presentation about the natural wildlife of Southwest Florida, highlighting alligators, sharks, and panthers. His books will also be available for purchase. **Call (239) 489-8472 to reserve your place.**



FREE!



The Academy
of Lifelong Learning



FREE!

July 13 Turtles, Tortoises, and Terrapins

at 1:00pm. Kristie Anders, Education Director for Sanibel Captiva Conservation Foundation, offers a presentation about turtles, tortoises, and terrapins. Learn about the differences and hear Anders share her experiences with sea turtles over the last 25 years. **Call (239) 489-8472 to reserve your place.**

July 13 Preserving your Eyesight

at 2:00pm. Dr. Trevor Elmquist, a Board Certified Ophthalmologist, will speak about the aging eye and exciting new procedures that help preserve one's sight. **Call (239) 489-8472 to reserve your place.**

FREE!



July 30 Grand Floridian Society Orchestra

at 7:30pm. Coming from Disney World's Grand Floridian Resort, listen to the toe tapping sounds of the Grand Floridian Society Orchestra who have been entertaining guests for the past 25 years. Tickets are \$15. **To purchase tickets visit www.shellpoint.org/concerts or call (239) 454-2067. Your Tickets will be available before the show at Will Call in the auditorium lobby.**



FREE!

The Springs Assisted Living is Open!



Shell Point announces the grand opening of its newest assisted living residence. Join us for a free tour of our new month-to-month private pay assisted living facility, The Springs. This opportunity gives you the flexibility to experience Shell Point's assisted living services on your terms. Whether you are looking for a short term stay or a place to truly call home, we have the perfect option for you. **To schedule a tour or request a brochure, call 239-454-2077 today!**

SHELL POINT
Retirement Community

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

(239) 466-1131 • www.shellpoint.org

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

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Tallahassee Church Youth Group Visits Children's Center

The Joseph H. Messina Children's Center got a fresh coat of paint on two dozen doors recently, when the Tallahassee First Baptist Church youth choir paid a visit.

The visit was arranged by the United Way of Lee County. Child Care of Southwest Florida operations director Nancy Coker said the group of about 50 adults and youngsters wanted to come to Lee County for a volunteer project.

"We were more than happy to host them for a workday. They sang for our kids, then our kids sang. They were wonderfully mature and helpful," Coker said.

In addition to painting doors, the group planted some flowers and vegetables and cleaned up around the property.

The Joseph H. Messina Children's Center is licensed to care for 105 children from infancy to age 8. Enrollment is now open for the Voluntary Pre-K program, which begins this fall. The child care center is open Monday through Friday from 6:30 a.m. to 11:30 p.m.

For more information about the Joseph H. Messina Children's Center, located at 4650 Fowler Street in Fort Myers, call 278-1148 or visit www.ccsfwl.org.



Tallahassee First Baptist Church youth choir member Tabias Davis, Messina Children's Center director Tammy Aronson and Tallahassee First Baptist Church group leader Pam Cooke



Jonathan Mason, Sherman Wilhelm and Ian Pitts of the Tallahassee First Baptist Church's youth choir paint doors at the Joseph H. Messina Children's Center



Jada Richardson and Gloria Reyes of the Tallahassee First Baptist Church's youth choir plant vegetables and flowers during a visit to the Joseph H. Messina Children's Center in Fort Myers



Trace Walker, Savannah Vickery and Kayla Griffin of the Tallahassee First Baptist Church's youth choir lend a helping hand with clean-up

From page 10

Churches/Temples

Affiliated: United Synagogue of Conservative Judaism

THE CHABAD LUBAVITCH OF SW FLORIDA ORTHODOX

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

THE NEW CHURCH

The New Church of SWFL is located 10811 Sunset Plaza Circ. #401, behind Zoomers. Rev. Gabriella Cahaley officiates worship services on Sundays at 11 a.m. during the season. Other worship events are held on the beach in Fort Myers Beach. See our webpage <http://www.newchurchflorida.com/> or call for more information 239-481-5535.

THOMAS A. EDISON CONGREGATIONAL CHURCH

1619 Llewellyn Drive Fort Myers
Just off McGregor across from the Edison/Ford Winter Estates 334-4978
Senior Minister: Douglas Kelchner
Traditional Worship Sunday's 10:15 a.m.
Website: www.taecc.com

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.

For information on all church events call 561-2700 or visit www.uucfm.org.

UNITY OF BONITA SPRINGS

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.
Service held at 28285 Imperial Street, Bonita Springs. Call 947-3100.

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE CHURCH

2120 Collier Ave, Fort Myers, 274-8881;
Services: Sunday 10 a.m.; Wednesday 7 p.m.

Bishop Gaspar and Michele Anastasi

ZION LUTHERAN CHURCH

7401 Winkler Road, Fort Myers, 481-4040, Interim Pastor Jim Eggert
Pastor Peter Weeks
Sunday Services: 8:30 a.m. Traditional; 10 a.m. Blended Traditional and Contemporary; 11:30 a.m. Contemporary.
Children's Sunday School, Adult/Teen Bible Classes, 10 a.m.*



Jessica Dove

Bone Marrow, Blood Drives Held For Letter Carrier

Jessica Dove is a 32-year-old single mother with two young children, Joey, 12, and Jasmine, 7. Jessica was diagnosed with colon cancer in June 2011 and has been given six to seven months to live. A bone marrow transplant could save her life.



Jessica's children, Joey and Jasmine

Area postmasters are partnering with Florida's Blood Centers to host blood drives and an opportunity to register for the National Bone Marrow registry. Those who are not blood donors can still do the marrow testing. Marrow testing is painless and involves a simple swabbing of the mouth with a Q-tip.

The public is urged to participate at these locations:

July 2 - Page Field P.O., 2655 N. Airport Road, Fort Myers, 11 a.m. to 4 p.m.

July 19 - Tice P.O., 4585 Palm Beach Blvd., Fort Myers, 1 to 5 p.m.

continued on page 15

CROW Case Of The Week:

Eastern Screech Owlets



by Patricia Molloy

Baby care is a significant portion of the rehabilitation work performed at CROW. Baby mammal patients include raccoons, rabbits, otters and bobcats. CROW also provides care for a large num-



Each owl must be weighed daily, much to their chagrin

ber of orphaned songbirds, seabirds and raptors.

Many young animals arrive at CROW after human activities displace them from their homes or their parents. Some need to be fed as often as every 15 minutes, which takes a coordinated effort from the staff, students and volunteers. They must provide appropriate diets, medication and environments for all growing youngsters to thrive.

The clinic is currently caring for six Eastern screech owlets (*Megascops asio*) which were raised from infancy. They were recently deemed old enough to be moved from the baby room to an outdoor enclosure to begin flying lessons.

When birds are first born, they look up for meals, as their mothers will place food directly into their mouths from above. Now that the screech owls are older, their human feeders are directing their attention down in order to teach them that food naturally comes from below. An owlet's natural instinct to search for prey on the ground should quickly follow. These screech owls,

however, are still being force fed by students – and reluctantly so – which takes a lot of time and patience for the clinic staffers.

“Usually, as soon as one learns to eat on its own, it will teach the others to do it. I have never seen it take this long with screech owls. I am still waiting for that one ‘brain child’ in the group that wants to be precocious and get the process started,” noted Dr. Heather.

So far, they are gaining weight but are stubbornly not eating the mice left overnight by clinic staffers. The clinic goes to great lengths to simulate the natural behavior of their wildlife patients, particularly with feeding techniques. The “wildness” of all of CROW's patients must remain intact, and in some cases become sharper, so that they can survive in the wild once they have been



These owls are not eating on their own yet, but are learning to fly in their outdoor enclosure located in a naturally wooded area of CROW's property

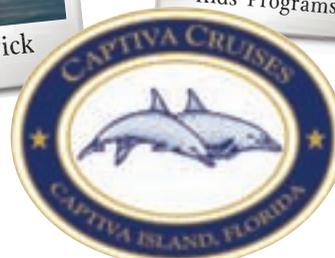
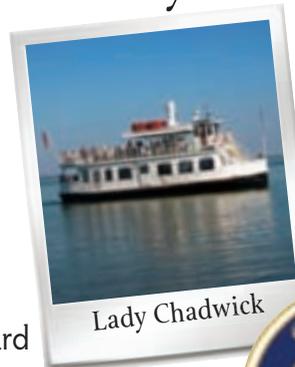
successful treated at the clinic and released.

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

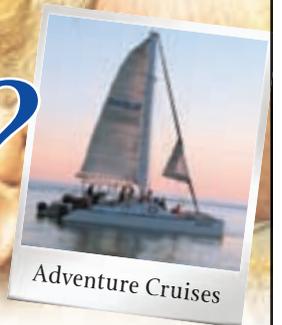
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Try A Frozen Jumbo Shrimp For Redfish Action



by Capt. Matt Mitchell

Despite Tropical Storm Debby slowly building right on top of us this week, until Sunday I managed to stay pretty dry out on the water and fishing was awesome.

Big low pressure tropical systems generally have this effect on our fishing. Although it was far from the most pleasant conditions out on the water, the action made up for it.

The super big high tides had the redfish chewing and even the snook bite in and around the passes was going on for a while. This week also brought the biggest snook I can remember landing in the last five years being caught on my boat, a real monster 25-pound, 45-inch slob of a fish.

Non-stop fast action on the edges of the bar that runs from Chino Island to Regla Island was hard to beat. It was nice and sheltered from the southeast winds and held lots of trout, ladyfish, jacks and Spanish mackerel. Live shrimp or a Gulp shrimp fished in three to four feet of water all along this bank on a popping float rig brought a fish or a bite with every cast. While waiting for the tide to get just right for redfish, this was a great place to bend a rod and get some ladyfish for mangrove chunk baits. Most of the trout over here were on the small side, but we did manage a few keepers using small live pinfish on these same float rigs.

Ten-plus redfish days were the normal as we worked mangrove islands while staying close to home due to the weather. Areas from Mason Island to Sister Keys in the mouth of the river were all loaded with redfish. The south winds really worked in our favor as the water was up almost high enough to fish the trees, even on the low tide. Basically, the water never really went out in the mornings as suggested by the tide chart.

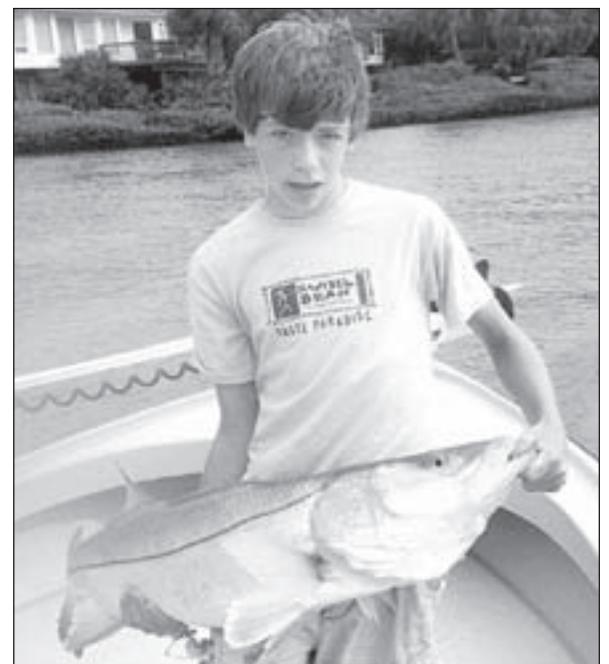
Targeting the wind-blown sides of mangrove islands and the potholes on the edges of the trees really had the redfish chewing. One hot spot on Maciever Keys

produced 20-plus redfish out of a pothole that was no bigger than a foot across. Every time you would land the bait in the pothole, it would be an instant redfish hook-up. Redfish caught that day measured from 20 to 30 inches.

Hands down, the best somewhat secret redfish bait for me these last few months has been frozen jumbo shrimp. Live shrimp are so small this time of year and it seems redfish cannot refuse these big tasty food grade shrimp snacks. I have been fishing with these shrimp a few different ways. After breaking off and chumming the heads and tails, I rig the large shrimp chunk under a popping cork on a jig head, on simply a jig head or with a sliding sinker and a hook.

When the wind and or tide are moving fast, the jig head or sinker method works best, keeping the bait in the strike zone longer. My favorite way, though, is the popping cork rig as it's easy to keep track of where the bait is and it slowly drifts down the shoreline covering more water. If there is a redfish in the area, it will quickly find the shrimp within five minutes. If not, keep moving. It seems a redfish cannot refuse these shrimp, while turning up their noses at other offerings.

When mangrove fishing for reds, I generally put out an assortment of baits including live pinfish, cut ladyfish and the



A 45-inch monster snook caught fishing with Capt. Matt Mitchell this week

jumbo frozen shrimp. Nine out of 10 redfish I have caught the last few months have been on the frozen jumbo shrimp. This bait cannot be beat. I still go out and throw the cast net just to get a variety of baits for other species of fish, but have switched almost exclusively to the jumbo shrimp for redfish baits.

These frozen jumbo shrimp are available at bait and tackle stores throughout our area. They come in small packages and also – my personal favorite – a five-pound block. I keep the frozen shrimp block in a small cooler and break off a few at a time before placing them on a hook. This keeps the block frozen all day so you can simply return the block to the freezer at the end of the day, so there is no wasted shrimp.

Check out Jay's www.greatforbait.com website or look for a freezer with the logo on it. On Captiva, Jensen's Twin Palms and South Seas Island Resort and, on Sanibel, Huxters and Santiva Market carry the GreatForBait jumbo shrimp along with an assortment of other frozen baits.

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

Send Us Your Fish Tales

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

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Local Waters/ Local Charts Class Offered

submitted by Cdr. Mary Smelter

The San Carlos Bay Sail & Power Squadron, a unit of the United States Power Squadrons, will be offering the popular Local Waters/Local Charts class on Saturday, July 21 from 8:30 a.m. to 12:30 p.m.

The class is directed towards new boaters and boaters new to the area as well as those wishing to learn chart reading. It

will provide the boater with some of the basics of navigation, oriented to the Fort Myers area. Students will be using chart 11427, and participants must bring this chart to class. Optional On-The-Water training is also offered at a later date; check with the class instructor for details.

The cost of the class is \$40 per person.

The class is being taught at the San Carlos Bay Sail & Power Squadron Classroom, located at 16048 San Carlos Blvd. at the corner of Kelly Road (across from ACE Hardware). Students can register online at www.scbps.com or by calling 466-4040.



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Dave Doane

'Ding' Darling's Summer Family Programs Seeing Record Numbers



Summer STAR education staffer Jillian Meek leads families down Indigo Trail

Through August 14, JN "Ding" Darling National Wildlife Refuge on Sanibel continues its free, fun programs designed especially for families every week day.

"We are seeing record numbers attending our programs this year," said Ranger Becky Wolff, refuge education specialist. "That makes the program all the more interesting with great questions and interest coming from both the kids and their grown-ups."

With support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), the refuge is offering five free education programs. No pre-registration is necessary.

- Natural Wonders, every Wednesday, Friday and Saturday at 1 p.m.

What makes a bird a bird? Why is a manatee called a "sea cow?" Is it a crocodile or alligator? Find the answers to these questions and more as you join a naturalist in exploring the refuge's unique ecosystem. Geared for adults and children, this 30-min-

ute program meets in the Education Center Lab.

- Reading at the Refuge, every Monday and Friday at 11 a.m.

Attendees of each 45-minute reading-and-crafts session will receive a free Nature Journal (one to each child) in which to record their impressions of their refuge visit and future nature encounters. Meet in the Education Lab.

- Indigo Trail Hike, every Tuesday at 10 a.m.

Join refuge naturalists as they lead a one-hour tour identifying and discussing the ecosystem's plants, animals, birds and reptiles – fun for adults and children alike. Bring water and bug spray. Meet at the flagpole in front of the Education Center.

- Refuge Caravan Tour, every Wednesday and Saturday at 9:30 a.m.

Ride along on a car caravan tour of the refuge's Wildlife Drive. This 90-minute tour highlights the natural wonders of the unique mangrove ecosystem and the wildlife that call it home. Meet at the flagpole in front of the Education Center.

- Family Beach Walk, every Thursday at 9 a.m.

Back by popular demand and in partnership with the Bailey-Matthews Shell Museum, the program convenes at Gulfside City Park for a one-hour exploration of the refuge's gulf-front Perry Tract. (City parking fees apply.)

For more information on the refuge summer programs, call 472-1100 or visit www.dingdarlingsociety.org.

From page 12

Letter Carrier

July 19 – Punta Gorda P.O., 130 E. Marion Avenue, 1:30 to 5:30 p.m.

July 23 – Bonita Springs P.O., 26150 Old U.S. 41, 1 to 5 p.m.

July 31 – Estero P.O., 20791 Three Oaks Pkwy., 1 to 5 p.m.

August 17 – Cape Coral P.O., 1030 SE 9th Avenue, 1 to 5 p.m.

Local businesses are encouraged to host blood drives with marrow testing at their locations. Contact Denise Stiles at 939-1811 ext. 3 to plan a life-saving drive as soon as possible.

The United States Postal Service is proud of the 56,909 postal employees and family members who have registered for the National Bone Marrow registry.

From page 2

Post Office Arcade

Then, be sure to visit the Southwest Florida Historical Society, where you can indulge your curiosity about the places and people who make up local history.

The all-volunteer non-profit organization is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts.

Contact the society at 939-4044, or drop by on Wednesday or Saturday between 9 a.m. and noon.

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

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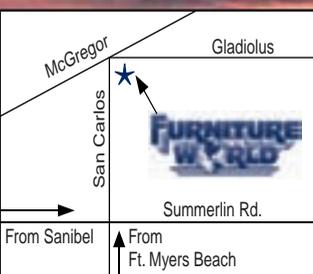
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Plant Smart

Pandanas

by Gerri Reaves

Pandanas (*Pandanus utilis*) is a native of Madagascar and a member of the screw pine family, thus the other common name, screw pine. However, as a monocot, it's a closer relative of palms, grasses and bananas than of true trees such as pine.

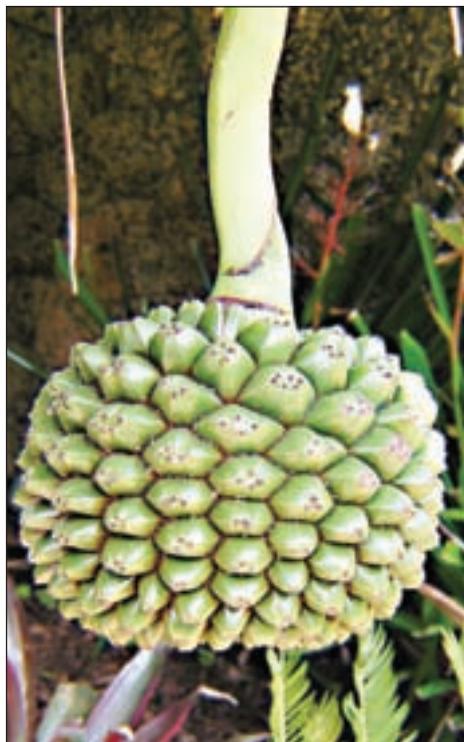
It is often described as palm-like because the leaves resemble fronds. Strap-like and sharply serrated, the leaves grow at the branch ends in spiral rosettes.

Pandanas is included in many South Florida landscapes, perhaps because of its sculptural touch.

Among the plant's curious features are the large fruit and "walking" stilt roots.

The male plant produces bracts of white fragrant flowers on vertical stalks, but it is the female plant that produces the edible fruit. Up to eight inches in diameter, it resembles a pineapple hanging on a sturdy stalk. It ripens from green to yellow or orange.

Comparisons of pandanas' prop roots to those of the familiar native red mangrove (*Rhizophora mangle*) and strangler fig (*Ficus aurea*) are inexact but useful. In pandanas' case, the vertical roots enable the tree to "walk" or spread wider than its height, which is usually no more than 25 feet in South Florida.



The large edible fruit resembles a pineapple or pine cone



Pandanas' strap-like leaves have serrated edges



The stilt or prop roots enable pandanas to grow wider than its height

photos by Gerri Reaves

Pandanas prefers full sun and is highly salt tolerant, making it suitable for coastal landscapes and plantings near either fresh or brackish water.

It also works as an exotic container plant.

Sources: Waterwise by South Florida Water Management District, floridata.com, and ifas.ufl.edu.

*Plant Smart explores sustainable gardening practices that will help you create an environmentally responsible, low-maintenance South Florida landscape.**

Caring For Your Plants

Epiphytes

By Justen Dobbs



Epiphytes are plants that attach to other living plants or trees and grow in a symbiotic relationship. In other words, they prefer to grow on logs, branches and trunks and in

doing so, they don't cause any harm to the plant they are growing on. These should not be confused with parasitic plants such as strangler figs, which take advantage of their host plant for stability, nutrients, and water, and eventually kill their host. Some common epiphytes found here in Southwest Florida are ferns, air plants (*Tillandsia sp.*), Fire Bush, ivy, lichen and Spanish Moss (also a *Tillandsia sp.*).

I have heard homeowners express concern over the small, grey, grass-like plants growing on the trunk of their Live oak, saying that they were told these plants damage the trunk and suck moisture out of the oak. I explained that the small plants begin growing on the bark when a seed – carried by wind – lands there and sprouts into an air plant, and they were simply given bad information because the air plant is not parasitic. Some other seeds that become airborne



The ferns are being removed from this Date palm while cleaning the trunk with a chain saw

and have a propensity to sprout on tree trunks can grow to become large bushes or trees that may affect the appearance of the tree, but typically not its health. One such tree is Florida-native fire bush, growing in the crown of palm trees to quite a large size. While this is fairly unsightly, the fire bush will probably not affect the health of the palm tree.

The most common epiphyte is probably Spanish moss, which hangs in long, whitish strands from large hardwood trees and sways gracefully in the breeze. It can create an elegant, tropical look and is



Bromeliads attached to a palm trunk

completely self-sustaining due to specialized plant cells called trichomes, which cover its surface and absorb moisture out of the air. If you like this look, you can remove these strands by hand and wrap them around your own tree. It's as simple

as that!

If you would like to clean up your tree trunks or branches of any epiphytes, simply pull them off, making sure you remove the root system as well. If this can't be accomplished by a quick pull, or if the epiphyte is growing out of your reach, you should think about hiring a tree service company to do it for you. For instance, Canary Island Date palms (*Phoenix canariensis*) are prone to attracting ferns which grow in their old leaf bases. These ferns can be removed by cutting away the old leaf bases with a chainsaw. If removed properly, epiphytes will not grow back on the tree. But remember, more seed is carried by wind and allowed to sprout into new epiphytes. Spraying the epiphytes with a foliar herbicide (RoundUp) is also very effective as it will not affect the host tree's trunk or bark, but this should be done by a professional as you risk overspray and don't forget that the dead epiphyte will still need to be removed.

*Dobbs is a landscape architect in south Florida specializing in custom, upscale landscapes. He can be reached at seabreezenurseries@gmail.com.**

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View encompasses a broad sweep of uninhabited, northern Sanibel Island and the broad channel leading out to Pine Island Sound. Landscaped grounds, gently curving driveway long enough for seclusion. Spacious 4 bedroom, 2 bath located on the upper level offering privacy from the newly renovated living & dining rooms; screen enclosed round tower looks out to the large private pool & beyond a private sunning patio & boat dock. **Offered for \$1,799,999. Contact LeAne Taylor Suarez 239/872-1632.**



FORMER MODEL WITH UPGRADES GALORE

Gorgeous 4/3 home. House is situated on one of the premier lots in Shadow Wood Preserve and has beautiful decator finishes. Kitchen and baths have granite decator tile, upgraded hardware, solid doors, stainless appliances, pantry. Pool area has Spa, outdoor kitchen, beautiful pavers, outdoor shower and magnificent golf course, lake and preserve views. Home has it all. A must see and is priced to sell. **Offered for \$795,000. Contact Ralph or Cathy Galiatti 239/828-5897.**



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With almost 380 feet of unobstructed waterfront this property is as unique as they come. This is a corner property with bayou on the front and canal on the side, new wood seawall and dock and direct boating access. Near the Sanctuary golf course and Captiva. This 3 bedroom, 2 bath home has been recently renovated. Wake up every morning with the dolphins, manatee and otters that use Dinkins Bayou as their playground and end every day with unsurpassed sunsets. **Offered for \$1,399,000. Contact Lorretta Geiger 239/980-2298**



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This elegantly appointed home has been completely renovated. Top of the line granite in kitchen and baths. Unique master bath & dressing area, design award, wood floors, dry bar, stainless steel appliances. Sun drenched with magnificent sunsets and views of Sanibel Island enhanced by hurricane glass enclosed lanai, hurricane glass on all windows. Social membership to Sanibel Harbour included. Turnkey and ready! **Offered for \$399,990. Contact Marianne Stewart 239/560-6420.**



From page 18

Imaginarium Open On The 4th

even feed a stingray out of the palm of your hand. The adventure continues in Animal Lab, and then meet the natives – as well as a few invaders – in a live Animal Encounter program. From shining sea to silver screen, catch the *SOS Planet!* 3-D film, then head outside to explore Fisheye Lagoon, teeming with fish, turtles, ducks, geese and swans. Grab a hot dog or sandwich for lunch from the food cart and sit a spell in the new Lipman Family Courtyard with surrounding butterfly gardens under the water tower.

The Sporty Science Arena virtual sports simulator lets you strike out the “Boys of Summer” with baseball, soccer, football, basketball and hockey challenges. Families can also film their own live news report in the new IMAG-TV studio then email your broadcast, or experiment with Newton’s Laws of Motion in the Build Your Own Coaster exhibit. Wise up on storm safety at the Storm Smart Hurricane House exhibit, where the Hurricane Experience remains a popular feature complemented by weather-tracking computer stations. Parents of little ones can spend some quality time with their babies and toddlers in the newly expanded and upgraded Tiny Town, the early childhood area specifically designed for children ages 5 and under.

Special for the summer, guests can travel back in time to Be The Dinosaur.

Return to the Cretaceous 65 million years ago, where you’ll learn about the habitats, food sources, predators and landscape that the prehistoric beasts roamed, before entering the virtual world of the dinosaurs to walk the land as a T-Rex or Triceratops. The race is on, so it’s eat or be eaten! Dig into the field station, take a virtual tour of their world on a Jeep safari and come eye-to-eye with a T-Rex and Triceratops model head and skull replica. Then, visit the Dino Discovery exhibit area to chip away at a simulated paleontological dig site, piece together a dinosaur skeleton and learn why dinosaur fossils aren’t found in Florida while you unearth an actual local fossil fragment and use cases of labeled specimens to try to identify your discovery.

For more information about the Imaginarium, call 321-7420 or visit www.i-sci.org. You may also “like” the Imaginarium on Facebook and follow them on Twitter @imag_sci for the most up-to-date information on events, exhibits and other happenings.*

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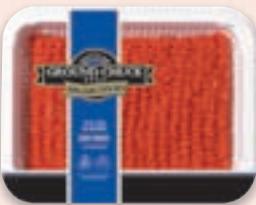
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Refuge's Summer Help Checks In



The YCC crew, front from left, includes Jeremy Mathisen, Brandon Hotaling and Jen DeLater; in the back is Mallory Beltman, Daniel Schrank and Jackson Herold. Not pictured is Jeanette Poliio

Six Youth Conservation Corps (YCC) students and one YCC group leader reported for work this month at JN "Ding" Darling National Wildlife Refuge. They will stay on until school starts again in August.

In addition, Brynn Lipira from Fort Myers, a junior at Stetson University in DeLand, Florida, studying aquatic and marine biology, fills the position of visitor services intern to assist Ranger Jeff Combs with Education Center duties, volunteer management and other responsibilities.

"It's nice because I do a little bit of everything," said Lipira. "I see how the office works but get to go out in the field and see how that works, too. It's a good starting point to see different options for what I can do with my degree."

"Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) finances refuge intern living-expense stipends each year, and the refuge provides on-site housing.

The six YCC employees from around Lee County are tackling various refuge projects under the supervision of Jen DeLater, a former refuge intern who accepted the temporary YCC group leader position.

"Both the intern and YCC programs provide important services to staffing for the refuge, but more importantly they provide teens and young adults with the opportunity to gain experience with resource conservation," said Refuge Manager Paul Tritaik. "We appreciate the "Ding" Darling Wildlife Society's support of the intern program, and are happy to have YCC here learning more about the environment as they benefit from summer employment."

As a non-profit 501(c)3 organization, DDWS works to support JN "Ding" Darling National Wildlife Refuge's mission of conservation, wildlife and habitat protection, research, and public education through charitable donations and Refuge Nature Shop proceeds.

To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Vertesch at 292-0566 or director@dingdarlingsociety.org.



Refuge summer intern Brynn Lipira

Financial Focus

Don't Take A Vacation From Investing

by Jennifer Basey



Summer is here, which means a vacation most likely isn't far away. Whether you're hitting the road, jumping on a plane or even enjoying a "stay-cation" at home, you're probably

looking forward to some down time with your family. But not every aspect of your life should be relaxed. Specifically, you don't want to take a vacation from investing, which means you need to become a diligent, year-round investor.

Here are a few suggestions that can help:

- Keep on investing – Don't head to the investment "sidelines" when the financial markets experience volatility. You don't want to be a nonparticipant when things turn around because, historically, the early stage of any market rally is generally when the biggest gains occur. (Keep in mind that past performance of the market is not a guarantee of future results.)

- Keep learning – In just about any classroom, the best students are the ones who get the most out of their education and put their learning to the best use. And the same is true of the investment world: The more you know about the forces that affect your investments' performance, and about why you own the

investments you do, the more likely you are to make the right moves and the less likely you'll be to make hasty and unwise decisions.

- Keep your focus on the long term – As an investor, you need to look past those events – such as natural disasters, recession fears and political instability abroad – that may have noticeable short-term effects on the financial markets but little impact over the longer term. So instead of making investment decisions based on today's headlines, think about what you want your financial picture to look like in 10, 20 or 30 years – and take the appropriate steps to help make that picture materialize. These steps include following a long-term, disciplined investment strategy that's suitable for your individual needs, making adjustments as time goes on and working with a professional financial advisor who knows your situation and can help you make the right choices.

- Keep looking for growth opportunities – To achieve your long-term goals, such as a comfortable retirement, you'll need to own growth-oriented investments, such as stocks and other investments that contain equities. The percentage of your holdings devoted to stocks should be based on your risk tolerance, time horizon and proximity to retirement. But no matter what your situation, you want a portfolio that's designed to help you meet your investment goals.

- Keep relying on "hardworking" investments – To help ensure your investments are working hard for you, choose those vehicles that can help you in multiple ways. For example, when you invest in a 401(k) or other employer-sponsored retirement plan, your money grows on a tax-deferred basis, which means it can accumulate faster than if it were placed in an investment on which you paid taxes

every year. (Keep in mind that taxes are due upon withdrawal, and withdrawals prior to age 59 1/2 may be subject to a 10 percent IRS penalty.) Plus, you typically fund your 401(k) with pretax dollars, so the more you put in each year, the lower your taxable income. Furthermore, with the choices available in your plan, you can create a good mix of investments.

Enjoy your vacation this summer. But no matter what the season, don't take a break from investing. Your efforts may pay off nicely for you in the future.

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

Fun In The Sun Blood Drives

Lee Memorial Blood Centers are hosting the 6th Annual Fun In The Sun blood drives at each of its hospitals this summer. The next two events will take place at Lee Memorial Hospital's Auditorium on Monday, July 2 from 8 a.m. to 7 p.m. and on Tuesday, July 3 from 7 a.m. to 4 p.m.

Donors will receive a fun, summer-themed t-shirt, discount coupons, refreshments and be eligible for chance drawings for door prizes that include Regal Cinema movie passes, \$50 Publix gift cards, Sandy Hook gift certificate, gifts from Belks, two tickets to Broadway Palm Dinner Theatre (*Cinderella* or *Grease*) and much more.

Support your community and the patients we serve by being or becoming a blood donor.

For additional information and future dates and locations, call 343-2333.

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School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,

My son, who is 10 years old, has a significant hearing loss. We are fortunate in that we have found some great teachers for him

and things are going well at school. We are going on a long road trip for vacation and I need some ideas to help him use his new iPad effectively. Can you help?

Tiffany P., Cape Coral

Tiffany,

Your son is not alone with his hearing loss. According to the Center For Hearing & Communication, 38 million people in the United States go through life with significant hearing loss. Fortunately there have been some great technological strides in improving communication for people with hearing loss.

There is an accessibility setting on the iPad with accommodations that may be useful for your son. The main one for hearing is mono audio. Mono Audio combines the sound of the left and right channels into a mono signal played on both sides. This lets users with hearing impairment in one ear hear the entire sound signal with the other ear. You can also adjust the volume balance between the left and right channels. Go to the Settings screen to enable this.

In terms of hardware, you may want to invest in specialized earphones for him. There are some new earphones made that help to cancel background noise as well as provide increased volume. Some of these specialized earphones work well with hearing aids or a cochlear implant. Here is a link to learn more about these earphones: www.apple.com/accessibility/resources/iphone.html.

With the advent of tablets and particularly the iPad, a new group of apps have been developed for the hearing impaired community. *MacLife*, a magazine that reviews new apps and technology, has reviewed and reported on a few new apps for the hearing impaired. I have listed and described some of them for you below.

Sound AMP – The app will pick up on the “sounds of the world around you and deliver it at an increased volume and clarity through your headphones.” You can even record and listen to things later to better comprehend the audio. It costs \$4.99.

CapTel – This app captions phone calls. “The Hamilton Mobile CapTel app (Universal, free) has created this app for those who can’t hear phone calls but who want to participate in them. By captioning phone calls, this app gives a live detailing of the conversation in text form to make sure no word is missed.” You may not want your 10-year-old son making many phone calls, but this app may provide a level of safety for him at some point.

TapTap – “This app helps deaf and hearing impaired people respond to their audio environment. Shout, honk, crash,

and TapTap will let you know you are being called. Adjust sensitivity for noisier environments. Adjusts with increased background noise levels.”

Cochlear HOPE Words – This app was created to improve “Listening and Spoken Language Skills of Children with Hearing Loss” and features interactive flash cards as well as many other features. There is a LITE version which is free and the full version \$1.99.

I am sure that your son will be able to play the wide variety of games on the iPad that do not require much hearing/listening and rely more on well-developed visual and fine motor skills. I do hope that some of the above apps and ideas will allow you to maximize the usefulness of this device and enjoy it more completely. Have a great vacation!

Ms. Greggs is adjunct faculty at Edison State College where she teaches psychology and education courses. She is also 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.

FMIT Announces New Name For Training Facility

The leading provider of occupational career training in Lee County has officially adopted a new name, and is now known as Fort Myers Institute of Technology.

The facility has been training students to enter the Southwest Florida workforce for over 45 years under two previous names. From 1967 to 1992 the school was known as Lee County Area Vocational Technical Education Center, and from 1993 to the present it was known as Lee County High Tech Center Central.

The current school director says that it was time for a change.

“The school’s previous name was confusing, misleading, and never clearly defined the true post-secondary, higher education nature of the school’s mission,” said Bill McCormick, FMIT director. “Our hope is that this new name better communicates to the community what our school is all about.”

FMIT offers over 30 full-time career preparatory programs including practical nursing, carpentry, accounting operations, major appliance and refrigeration repair, automotive service technology, cosmetology and many more. Part-time evening programs are also offered. The school also operates an extension campus in Fort Myers, which houses the Southwest Florida Public Service Academy’s law enforcement officer, corrections officer, and firefighter programs. An Instructional Service Center is also operated at the LaBelle campus of Edison State College, where FMIT offers a practical nursing program.

continued on page 25

Kovaz Named To Dean’s List

David M Kovaz, a resident of Fort Myers, was named to the Dean’s List at the University of Memphis for the spring 2012 semester.✪

Hobbs Named To Dean’s List

Casey Elizabeth Hobbs, a resident of Fort Myers, has been named to the Dean’s List at Clemson University for the spring 2012 semester. She is majoring in Industrial Engineering.✪

Akin Graduates

Matthew Joseph Akin, a resident of Fort Myers, recently graduated from Samford University during

spring commencement. Akin earned a Juris Doctorate degree.✪

Blue Graduates From Drew U.

Matthew Blue, a resident of Fort Myers, received a Bachelor of Arts degree from Drew University on May 12 at the New Jersey school’s 144th commencement.✪

Botti Graduates

Simone M. Botti, a resident of Fort Myers, received a Master of Laws in Estate Planning and Elder Law degree from Western New England University.✪

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A Different Type Of Bleeding Today For Ex-Red Sox Ace Curt Schilling



by Ed Frank

His bloody sock portrayed the heroics of Boston Red Sox pitcher Curt Schilling in the 2004 World Series, but last week he was bleeding in another way – financially – as his video game company plunged into bankruptcy, costing him his entire baseball fortune, about \$50 million.

He had earned \$115 million in salary over this 19-year career in the Major Leagues with five teams, the last being Boston.

Baseball fans worldwide, and the Red Sox Nation in particular, will never forget how Schilling helped pitch his team to that historic 2004 World Series championship with a torn tendon.

In game six of the American League Championship Series against the New York Yankees, Schilling was the winning pitcher, and by the end of the game his white sock was soaked with blood. Boston went on to win game seven, becoming the first team in baseball history to come back from a three-games-to-none deficit.

Schilling then went on to pitch and win game two of the World Series after having the tendon in his right ankle sutured in what became known as the Schilling Tendon Procedure. He pitched seven strong innings giving up just one run and four hits.

As in game six of the ALCS, his sock was soaked with blood. That sock was sent to Baseball's Hall of Fame in Cooperstown, New York.

Today, however, Schilling's problems are far different.

His company, 38 Studios, has filed for bankruptcy protection and has laid off its entire workforce of about 300 employees in Providence, Rhode Island. The company had been lured to Rhode Island by a \$75 million loan guarantee.

Now, Schilling is in the midst of bitter turmoil with the state and creditors. One industry source said his company has an asset base \$21.7 million and liabilities of \$150 million owed to Rhode Island and 1,078 angry creditors. One irate creditor even charged Schilling with running a "Ponzi Scheme."

In addition, one of its lenders – Citizens Bank – filed a suit against Schilling for \$2.4 million in loans it said Schilling had personally guaranteed.

"The money I saved and earned playing baseball is probably all gone. Life is going to be different," he reportedly told family members, according to one website.

What a downhill slide for this once-popular Red Sox pitcher, a hero in 2004 to a bankrupt businessman today.

Tarpons Advance To UIFL Championship Game

The Florida Tarpons will face the Cincinnati Commandos Monday night at Germain Arena in Ultimate Bowl II in the championship game of the Ultimate Indoor Football League.

In just the team's first year, the Tarpons have run off a perfect 12-0 record, including a whopping 60-29 defeat of the Lakeland Raiders last Monday night to win the league's Southern Conference title and the right to play in Ultimate Bowl II.

Quarterback Chris Wallace once again sparked the victory throwing six touchdown passes for 256 yards. It was the fourth time this season that the local team defeated Lakeland.

The 9-2 Cincinnati Commandos come here Monday night in the title game after beating Erie 62-40 to win the Northern Conference Championship. It will be the third straight year that the Commandos play for the league championship.

Tickets for Monday's 7:30 p.m. kickoff are available by calling the Germain Arena ticket office at 225-6374.

Miracle Home This Weekend

The Fort Myers Miracle baseball team began the season's second-half with a 1-3 record through Monday of this week.

The team is home today, Friday, facing the Charlotte Stone Crabs. They will return home to Hammond Stadium on Sunday for a three-game series with the St. Lucie Mets, with the first pitch at 4:05 p.m. The Monday and Tuesday games have 7:05 p.m. starts.*



Curt Schilling

Start Training Today For Captiva Triathlon

Say the word "triathlon" and what comes to mind? For many, that conjures thoughts of ultra-distance races such as the Ironman – high-energy and high-endurance events for the well trained and super-fit athlete. But there are triathlons for those just starting out, races for the rest of us called sprint triathlons. With a little preparation, the sprint-length tri is doable for most people.

A local case-in-point is the Galloway Captiva Triathlon, a swim/bike/run combination event in mid-September. The swim is a one-quarter mile, or less than 18 lengths of a junior Olympic pool. The bike portion is 10 miles and the run is a 5K. The whole thing can be done in between one and two hours.

If you want to try a tri, there's no better time or place. There are three reasons to start training now and they all revolve around fun:

- Get used to the climate – Every triathlon has at least one challenge. In Southwest Florida, we don't have mountains to climb, but we do have hot weather. Getting your body used to swimming, bicycling and running in warm weather makes race day all that much more fun.

One of the reasons the race begins at 7:15 a.m. is to take advantage of the coolest part of the day, but you still want to be acclimated to the temperatures before you start.

- Get used to the distances – First you need to get used to the individual distances of the three legs of the race. Just like everything else in life, you'll feel more comfortable competing if you know you've done the distances. You can focus on the fun of the race rather than the endurance.

- Get used to the parts of the race – Once you get used to the distances, you need to work on combining the parts so you feel comfortable with each one. Going from one part of the race to the next builds confidence as well as stamina.

If you're not feeling comfortable with all the parts, but are intrigued about participating, an alternative to consider is to find two other people and form a relay team. Like to swim, but not so into cycling or running? Maybe you like to run, but not so much with the swimming? Putting together a relay team where you "split up" the race can be a lot of fun and can be a great way to be a part of the triathlon for the first time.

Finally, include a friend in your training. Swimming, running or cycling with a friend is a good way to have fun together, burn up some calories and prepare for the race.

When you register for the Galloway Captiva Tri, you'll also start receiving bi-weekly coaching tips from USA Triathlon Level 2 coach Angie Ferguson, president of Geared Up, the official coaching sponsor. Ferguson brings years of experience as both a multisport coach and a seasoned triathlete (including 18 Ironmans) to her training advice. She will also be conducting on-site clinics before the Sunday, September 16 race to help both novices and seasoned athletes get their bearings.

Want to make your kids part of the fun? There's a race for them, too. The Children's Tri will be held on Saturday, September 15, with two different age groups (ages 6 to 9 and 10 to 13) on a shorter course.

Both adult and children athletes can find out more details and register online at www.captivatri.org.*

Morning Meander At Lakes Park

Morning Meander at Lakes Regional Park, a free nature walk with a bird patrol guide, will be offered on Saturday, July 7 beginning at 8:30 a.m.

This easy walk along clear paths offers an opportunity to see birds in native vegetation with experienced bird patrol guides pointing out the many species in Lakes Park, a Lee County birding hot spot and crucial nesting area for many birds. Participants should arrive a few minutes after 8 a.m. for a brief introduction and to sign waivers. Tours start promptly at 8:30 a.m. Wear comfortable shoes and dress to be outside. Bring water, sunscreen and binoculars.

This tour is provided in cooperation with Lee County Parks and Recreation. Admission is free with paid parking (\$1 per hour or \$5 for all day).

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. Meet at Shelter A7. Enter the Lakes Park main gate from Gladiolus and turn right. Drive to end of road, continue through the parking lot. Shelter A7 is located near the train station.

For more information, call 533-7580 or 533-7576, or visit www.birdpatrol.org.*



Killdeer

Dr. Dave

Can A Fish Fish?



by Dr. Dave
Hepburn

Ever seen a fish fish? No no? Well, say hello to the anglerfish, a disgusting looking denizen of the deep that actually fishes for other fish. She has a fishing rod that hangs off her

head and emits a little light to attract supper, not unlike the way my Uncle Ernie hunts and fishes. But the light is also used to attract a potential mate who – unable to see well deep in the ocean – is attracted to the light. Upon realizing it is a female, he sinks his teeth into her and is her mate for life. Even if the light gets bright and he actually gets a peek at his repulsive bride, it's too late for cold fins – they are wed until shark do them part.

The fish was part of a museum exhibit entitled Fatal Attractions, showing instances in nature of dangerous mating behaviours of creatures of the wild including bugs, fish, confused moose, a rather obscene snail and his love dart, Michael Douglas, etc.

The male octopus, a known cannibal, will either mate or eat'm the meat (Spot all three anagrams?) A male grouse has to expose himself (so to speak) in an open

area in order to properly show off his plumage, but this also attracts predators who give him plenty to grouse about. The mandrill (not unlike Barbara) caught my eye as this baboon-like creature with brilliant blue, red and gold face also develops the same colours in his butt and genitals in order to appear more attractive.

"Oooh Betty, is that the southbound end of a northbound mandrill or the northbound end of a... oh, who cares? He's HOT!"

The male hobo spider is asked to shake what his momma gave him, and if he dances well, then she has him over for dinner and they mate; if he dances poorly, she just has him over for dinner. Come across a spider practicing the eight-legged macarena, leave the poor guy alone... his evening/life depends on it.

"I'm gonna kill him" is the usual response of those who have discovered that their liaison of love has left them with skin sores or a baggage of bumps. Yes, I am talking about the all too common experience doctors undergo of telling a patient that they have herpes or genital warts.

Herpes simplex is the virus responsible for cold sores of the face and hot sores of the nether regions. A patient's worse fears are too often followed by a patient's burst tears as the diagnosis of herpes is explained to them. They often then desire deeply to bring a fatal conclusion to that attractive source of their herpes.

Sixty million adults in North America have genital herpes. This is the same

number as there are Yankee fans, which is why one should never cheer for the Yankees. One in five adults has genital herpes! While this could lead to an interesting dinner party guessing game, or an office pool ("I'll put \$20 on Ralph, Frank and Loretta."), the numbers are changing precipitously. There are one million new infections served every year.

For overall prevalence, genital herpes infects more people than all other sexually transmitted infections combined. The problem is that 90 percent of those who have genital herpes don't know it. Most actually only find out after someone they have been with contracts symptomatic herpes... from them! This little devastation in the life of that patient begins in my office. Errr...not the infection part.

The vast majority of transmissions of this highly infectious virus are from asymptomatic carriers who honestly haven't got a clue.

When it does become symptomatic, it may range from painful sores known as ulcers to small fissures (cracks in the skin), or even burning upon urination. But the misconception that folks have to have something that hurts in order for it to be herpes really isn't the case. Besides the obvious unpleasantness, herpes can be extremely dangerous and even fatal to a newborn as it passes through an infected birth canal. So, unless you want to cheer for the Yankees... be careful what you fish for.

Like the column? You'll LOVE the book the Doctor is In(sane), available at Sanibel Island Books & Gifts.

Contact Dr. Dave or read more at www.wisequacks.org.✱

Support Group For Families Of Long Term Care Facility Residents

A support group specifically for families of nursing home and assisted living facility residents will meet on Tuesday, July 17 at 10 a.m. at the Dubin Alzheimer's Resource Center, 12468 Brantley Commons Court in Fort Myers.

The focus of this support group meeting is issues, concerns and questions families face as they cope with placing a loved one in a long-term care facility. The group is open to all interested families of nursing home or assisted living residents at no charge.

The Alvin A. Dubin Alzheimer's Resource Center, a United Way partner agency, provides informational, educational, and supportive assistance to individuals with Alzheimer's disease and related disorders and their caregivers.

For more information, the Dubin Alzheimer's Resource Center can be contacted at 437-3007.✱

dearPharmacist

Excess Weight Creates Excess Estrogen



by Suzy Cohen, RPh

Dear Pharmacist: My sister and mother have both had breast cancer. So far, I'm okay (but obviously worried). What is your number one recommendation for me, since my genetics are bad. Thanks.

KB, Orlando, Florida

When it comes to breast health, your weight matters the most in my opinion. But another important factor is hormone balance. Let's start with weight.

I do not know your particular size or weight, so I will speak from a general standpoint. Those flabby abs and thighs can increase production of dangerous cancer-causing hormones, including estrogen. Clinical trials will often conclude that "estrogen promotes cell proliferation in breast tumors," which could also be stated this way: Fat causes cancer.

Fat cells hold on to estrogen, and estrogen drives certain cancers. Losing weight helps, because doing so reduces estrogen load in the body, and this may slow growth of tumors (even before you

find out they're in you). Yes, even before diagnosed. Why wait for the cancer to be diagnosed? Remember, tumors don't grow overnight – it has been growing for years, sometimes 10 to 20 years before it's picked up by an imaging scan.

Losing weight also works because this lowers serum insulin, and high insulin is a risk factor in the development of cancer as well as other 30 other disabling medical conditions. You see, insulin increases an enzyme in your body called "aromatase enzyme." This is the same enzyme which converts testosterone and androstenedione to estrogen within the cells. Remember, I just told you excessive estrogen fuels cancer growth. I've posted an article I wrote on this at my website, just use my search box to find "Many Diseases Linked To High Insulin."

The point is losing weight is critical, and choosing good foods can help you regain your figure while slashing your risk of cancer. I think the best breast food you can eat is broccoli. This vegetable, as well as other crucifers (i.e. cauliflower, brussels sprouts, cabbage, turnips) have a positive impact on the way you break down your estrogen. They benefit breast health by reducing 4 and 16 estrogens (considered harmful) while increasing a protective, potent anti-cancer form of estrogen called 2-methoxyestradiol. Supplements which increase production of this 2 estrogen are sold nationwide at health foods stores as "I3C" for indole-3-carbonol, or a related type which is better for people with low stomach acid called "DIM." Both I3C and

continued on page 25

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WCI Communities Packs Meals For Building The Fight Against Hunger



WCI Vice President of Finance Scott Bowles, rear left, with Rory Bowles, K.C. Bowles, Malachy Bowles and Hilda Delgado

More than 500 volunteers from WCI Communities and the company's vendor partners teamed up with Meals of Hope, United Way of Lee, Hendry and Glades, and Harry Chapin Food Bank for the second annual Building The Fight Against Hunger food-packing drive.

"Our goal was to pack more than 225,000 meals," said David Fry, president and CEO of WCI Communities. "A power shortage during the last shift of the day didn't stop our hard-working volunteers from pushing forward. We not only met our goal but surpassed it, with a total of 305,472 meals packed to help make a significant impact on the fight against hunger in our community."



From left, Pelican Preserve Amenities Team Robert Cranor with Joe Smith, Terri Lollo, Debbie Bill, Sophie Ortiz, Christie Ortiz and Scott Ortiz

The volunteer effort took place on June 2 in the Estero High School cafeteria, where shift leaders included Lee County Sheriff Mike Scott and Bill Wood of Fox 4's Morning Blend. More than 280,000 meals were packed at the school prior to the power outage with the balance of the meals packed by WCI associates at company headquarters in Bonita Springs on June 7.

United Way is a volunteer organization dedicated to improving the quality of life for all people in the community through fundraising, fund distribution, community building, volunteer advancement and information and referral.

The Harry Chapin Food Bank solicits, collects and stores quality food for distribution to families in need through a network of more than 150 local nonprofit agencies in Lee, Collier, Hendry, Charlotte and Glades counties, who provide food to more than 30,000 people monthly. In the past fiscal year, the Harry Chapin Food Bank distributed more than 13.75 million pounds of food to Southwest Florida residents in need, with a food value of more than \$20 million.*



Jonathan Fleece

Future Of Health Care Symposium Draws Debate

More than 80 Lee County physicians and administrators attended the Future of Health Care in America symposium and dinner event on May 17 at Cypress Lake Country Club in Fort Myers.

Attendees participated in a highly interactive discussion and debate with Jonathan Fleece, co-author of *The New Health Age*, a book that sets forth what health care and medicine will look like in the years ahead.

The event was hosted by Markham Norton Mosteller Wright & Company P.A. and All Trust Insurance, in conjunction with the Lee County Medical Society.

For more information, call 433-5554 or visit www.markham-norton.com.*



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Steve Hall and Karen Mosteller



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Janette Gaw and Nagesh Ravipatti

Shell Point Television Captures Prestigious Industry Telly Award



Shell Point TV staff members Jared Pike, Dan Philgreen and Adam Brown

Shell Point Retirement Community offers retirement living in a resort-like environment, and one of the many amenities available in the community is Shell Point Television (SPTV), a closed circuit television station that produces a 30-minute show every day for residents, along with other special programming designed to enhance community life. The staff of SPTV recently received a Telly Award, which recognizes excellence in video production.

The Telly Awards have highlighted the very best in local, regional, and cable television programs since 1978. This year, SPTV was recognized in the Charitable/Not-for-Profit category for its production titled *A Day In The Life*.

"The Human Resources department asked us to find a way to showcase employ-

ees and to demonstrate that their work is both noticed and appreciated. So, we got creative," explained Jared Pike, SPTV supervisor.

To create this innovative film, the SPTV crew utilized a Drift HD helmet camera to shoot time-lapsed videos at one frame every 10 seconds. The camera was small enough to be positioned in a variety of inconspicuous places throughout the community. Each day throughout the month of November 2011, the crew would set up the camera in a new location and let it run for three hours. For example, one day the crew mounted the camera on the rearview mirror of a neighborhood tram, showing the driver interacting with passengers. On another day, the camera was mounted on the ceiling of the laundry room, showing the unbelievable amount of laundry that is processed in the facility in a mere matter of hours. That process continued throughout the month until the crew had a collection of 30-second videos from every department within the organization. They compiled the best shots from each video to create *A Day In The Life*, a four-minute video demonstrating a literal day in the life at fast-paced Shell Point.

The film was shown at the employee Christmas party in December of 2011, and following the reveal to employees, the TV crew posted the video on vimeo.com and sent links to employees so they could share *A Day In The Life* with their friends and families. The video then aired on *Shell Point Today*, allowing residents to gain a behind-the-scenes look at each department throughout the organization. The video also aired on the local Christian television network, WRXY, offering the general public a chance to see and experience a day in the life at Shell Point.

"We received a lot of positive feedback from employees who felt that the video refreshed their sense of pride for their work and the greater Shell Point community," said Pike. "We also received numerous comments from residents who appreciated the behind-the-scenes views of various departmental operations."

"While we are proud to receive an award from our peers in the industry, we are most honored by the positive feedback expressed by the staff and residents of Shell Point," he added.

In addition to writing, filming, and broadcasting the 30-minute daily show, the team also produces feature stories on residents at Shell Point, special events and functions, and news of general interest to senior adults such as health care and volunteerism. They also facilitate the live broadcast of the community's church services each Sunday and record special concerts and performances in the community's auditorium. During emergencies, such as hurricanes or severe weather, the group provides personalized emergency information to update the residents of the community.

Examples of several videos created by SPTV can be found on Shell Point's website www.shellpoint.org.✪

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

My husband is 25 years my senior. Our first child was born a year after our marriage and the second child 18 months later. These children were our interest completely, and we both enjoyed the journey. They are now both happy, successful adults.

We retired 10 years ago and now without the "children," we have little in common. My husband goes his way with his interests and I go mine in a totally different direction. I maintain the house and

do all of the grocery shopping and maintenance, and when he is home he reads. We do eat together, then go our separate ways to our own TVs and then go to bed on our own private schedules.

We still are very involved with the children as they are not married. This doesn't seem too great, but I guess it's "widow-in-training" for me.

Do others have lives like ours?

Sylvia

Dear Sylvia,

Your husband must be very strong, and have lived a very healthful lifestyle.

Most marriages don't have a 25-year age difference, and that in itself would make for different interests. Your children have been very fortunate to have loving, devoted parents caring for them, but they have grown up.

Retirement is different for many couples. If you have your interests and he has his and you both have the adult children in common, that is more than most people would consider happiness. You seem to have worked out a compromise that is satisfactory to both. Enjoy.

Lizzie

Dear Sylvia,

Raising a family requires a lot of time and attention, as we know. During this time, many events can occur. The husband and wife become so involved with the children, and the children's multiple activities, or the husband and wife were not very well matched prior to children, however, derived their happiness and joy individually from raising the children.

There are other scenarios as well, but

each situation has similar endings after the kids are out of the home. One morning, you look over the top of your newspaper at someone you do not know or want to know.

It seems you have three choices: to do nothing, to improve the relationship and stay together or to decide to end the marriage. So, you have a lot of thinking to do. Perhaps some sessions with a counselor would be a great start.

Pryce

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

From page 23

Excess Weight

DIM are proven to support breast and prostate health. Natural iodine supplements can help this pathway too.

On my no-no list are fried or fast foods, any boxed, processed or heavily refined dinners, anything artificial as well as a diet high in refined sugar. Coconut, olive, avocado and grape seed oil are all wonderful to include in your diet. Spices such as curcumin and saffron are powerful herbs you should eat frequently (or supplement with). And obviously, monitor your hormones with a urine analysis each year.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of *The 24-Hour Pharmacist* and is a registered pharmacist. To contact her, visit www.dearpharmacist.com.✪

From page 21

FMIT Announces New Name

According to the Florida Department of Economic Opportunity-Labor Market Statistics Center, most of the job vacancies in Florida expected during the next 18 years will require post-secondary education and training, but not a college degree.

FMIT, a public technical center governed by The School District of Lee County, offers the lowest cost job skills training in southwest Florida. The Bright Futures Scholarship is accepted and financial aid is available to qualified students. Students earn a post-secondary certificate upon graduation and industry certification in their career area.

Applications are now being accepted for the fall session, which begins on August 8. Students should register as soon as possible as programs fill up quickly.

For more information, stop by the school at 3800 Michigan Avenue in Fort Myers, visit www.fortmyerstech.edu or call 334-4544.✪

Send your editorial copy to:
press@riverweekly.com

DID YOU KNOW

TRIVIA TEST

- CURRENCY:** What is the image that appears opposite of Andrew Jackson on a \$20 U.S. bill?
- GEOGRAPHY:** What is the name of India to local residents?
- GENERAL KNOWLEDGE:** What disease is caused by the bacteria "Yersinia pestis"?
- COMICS:** What comic-book series featured Green Goblin as a villain?
- BOARD GAMES:** If you have to go directly to jail in "Monopoly," what two things are you told NOT to do?
- MUSIC:** In what year did Elvis Presley make his first national television appearance in the U.S.?
- LITERATURE:** What was the title of Dr. Seuss's last book?
- FOOD & DRINK:** What are the main ingredients of vichyssoise?
- MOVIES:** What town was the setting for the movie "It's a Wonderful Life"?
- ANATOMY:** What is the function of the amygdala in the human body?

ANSWERS

1. The White House
2. Bharat
3. Plague
4. "Spider-Man"
5. Do not pass Go, and do not collect \$200
6. Bedford Falls
7. "Oh, the Places You'll Go!"
8. Potatoes and leeks
9. The Insignia Bowl
10. Processes fear and emotional responses.

SPORTS QUIZ

- Since the major leagues expanded to 162 games in 1961, what was the earliest date that a team clinched a playoff spot?
- Name the last Los Angeles Dodgers pitcher before Clayton Kershaw in 2011 to lead the N.L. in strikeouts for a season.
- When was the last time before the 2010 season that Syracuse's football team won a bowl game?
- Name the only NBA team to improve on its record at least six consecutive years?
- How many NHL seasons did Mike Modano play with the Minnesota/Dallas franchise?
- Kevin Harvick set a record in NASCAR's Truck series in 2012 for most laps led in a race. How many of the 250 laps did he lead?
- When tennis returned to the Olympics in 1988, how long had it been absent?

ANSWERS

1. The New York Yankees clinched their division Aug. 29, 1998.
2. Hideo Nomo had 236 strikeouts in 1995.
3. It was the Insight Bowl after the 2001 season.
4. The Minnesota Timberwolves (1992-93 season through 1997-98 season).
5. Twenty seasons.
6. He led 248 laps.
7. Since 1924 -- 64 years.

My Stars ★★★★★

FOR WEEK OF JULY 2, 2012

ARIES (March 21 to April 19) Be prepared to face some challenges stirred up by an envious colleague. Your best defense is the Arian's innate honesty. Stick with the truth, and you'll come out ahead.

TAURUS (April 20 to May 20) Your sensitivity to the needs of others is admirable. But be careful to avoid those who would take unfair advantage of your good nature, especially where money is involved.

GEMINI (May 21 to June 20) Having an optimistic attitude is fine, as far as it goes. But don't be lulled into a false sense of confidence. There are still problems to deal with before you can totally relax.

CANCER (June 21 to July 22) You might feel somewhat "crabby," as you fuss over plans that don't seem to work out. Maybe you're trying too hard. Ease up and let things happen without forcing them.

LEO (July 23 to August 22) Heed that keen Leonine instinct. It's trying to tell you to delay making a decision until you're sure there are no hidden problems that could cause trouble later on.

VIRGO (August 23 to September 22) This is a good time to reach out to those who might be nursing hurt feelings over recent events. Best advice: Ignore any pettiness that could delay the healing process.

LIBRA (September 23 to October 22) Your understanding helps a colleague get through a difficult period. Although you didn't do it for a reward, be assured that your actions will be repaid down the line.

SCORPIO (October 23 to November 21) You score some high marks in the workplace, which will count in your favor when you face the possibility of changing direction on your current career path.

SAGITTARIUS (November 22 to December 21) Your goal lies straight ahead. Stay focused on it and avoid distractions that could throw off your aim and cause potentially detrimental delays.

CAPRICORN (December 22 to January 19) Keep that burst of exuberance in check and resist pushing through your new project before it's ready. In your personal life, a family member again needs help.

AQUARIUS (January 20 to February 18) Paying attention to your work is important this week. But so are your relationships

with those special people in your life. Make time for them as well.

PISCES (February 19 to March 20) Good news. Someone is about to repay a long-standing debt. But be warned. That same someone could try to charm you into lending it back unless you say no and mean it.

BORN THIS WEEK: You are sensitive to matters that involve your home and family. You would make a fine family-court judge or social worker

THIS WEEK IN HISTORY

- On July 3, 1775, on Cambridge common in Massachusetts, George Washington rides out in front of the American troops gathered there, draws his sword and formally takes command of the Continental Army. Washington declined to accept payment for his services beyond reimbursement of future expenses.

- On July 4, 1911, record temperatures are set throughout the northeastern United States, the result of a deadly heat wave that would go on to kill 380 people. By July 13, New York alone had reported 211 people dead from the excessive heat.

- On July 5, 1921, a trial begins in the case of seven Chicago White Sox baseball players accused of throwing the 1919 World Series. The conspiracy trial was just for show, and signed confessions from some of the players mysteriously disappeared from police custody. The jury acquitted all of the accused players and then celebrated with them at a nearby restaurant.

- On July 2, 1938, Helen Wills Moody defeats Helen Jacobs to win her eighth Wimbledon singles title. Her record was not broken until Martina Navratilova won her ninth Wimbledon title in 1990. Wills died in 1998 at the age of 92.

- On July 8, 1949, Wolfgang Puck, the celebrity chef and official caterer for the Academy Awards Governors Ball, is born in Austria. Puck's restaurant Spago in West Hollywood, Calif., became famous for its gourmet pizza (which featured such toppings as caviar and smoked salmon) and its celebrity clientele.

- On July 6, 1971, Louis "Satchmo" Armstrong, one of the most influential musicians of the 20th century, dies in New York City at the age of 69. Armstrong pioneered jazz improvisation and the

style known as "swing." He had many nicknames, including Satchmo, short for "Satchelmouth."

- On July 7, 1983, Samantha Smith, an 11-year-old American girl, begins a two-week visit to the Soviet Union at the invitation of Soviet leader Yuri Andropov. He invited Smith after she wrote him a letter as part of a school project.

STRANGE BUT TRUE

- It was revered Chinese philosopher Confucius who made the following sage observation: "He who learns but does not think is lost. He who thinks but does not learn is in great danger."

- If you ever have occasion to refer to an item that pertains to walnuts, it will be useful to have the word juglandaceous at your disposal.

- It's well-known that the United States is a melting pot of nationalities. At the end of the 1800s, New York City was so diverse that it had more Irish than any city except Dublin, and a larger Russian population than was to be found at that time in the city of Kiev. The only two cities in the world that had more German speakers were Vienna and Berlin, and Milan and Naples had fewer Italians than New York.

- If you're like the average American, you will eat 1.5 tons of food this year.

- Beeswax candles are valued largely because they don't drip as other candles do, but they're also very durable. Archaeologists have found still-pliable beeswax candles in Egyptian tombs, and some have been recovered in good condition from sunken ships.

- Iowa has the highest literacy rate in America.

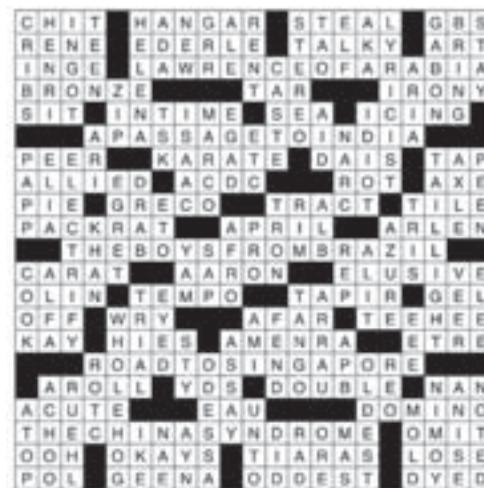
- In the grocery stores of today you might find a half-dozen varieties of apple, if you're lucky. In centuries past, though, there were more than 350 varieties that were grown just for the purpose of making cider.

- When paper currency is no longer in good enough condition to be circulated, it can be shredded and used in products such as shingles and insulation. You may have cash on your roof!

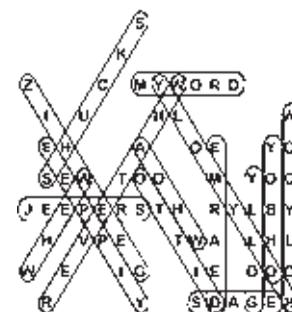
THOUGHT FOR THE DAY

"Football isn't a contact sport, it's a collision sport. Dancing is a contact sport."
-- Vince Lombardi

PUZZLE ANSWERS

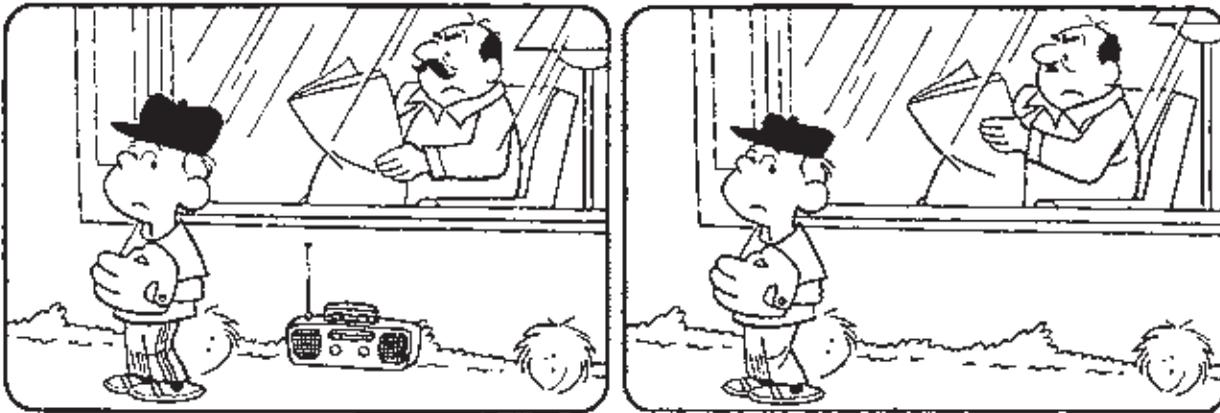


INTERJECTIONS



HOCUS - FOCUS

BY
HENRY BOLTIKOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Answers: 1. Man is smiling; 2. Trunk of boombox is missing; 3. Man is missing a tooth; 4. Boy is missing a tooth; 5. Boy is missing a tooth; 6. Boy is missing a tooth.

PUZZLE ANSWERS

SUDOKU

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

SCRAMBLERS

solution

- 1. Crisis; 2. Marvel;
- 3. Allow; 4. Shield

Today's Word:

RAISE

SCRAMBLERS

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



"How long has it been since your last _____, Baxter?"

- Trouble: SIRCIS [] [] [] [] [] []
- Admire: VALMER [] [] [] [] [] []
- Permit: WALLO [] [] [] [] [] []
- Armor: DELISH [] [] [] [] [] []

TODAY'S WORD

answer on page 27

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*RS 6/8 NC 6/29

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ANNUAL RENTAL

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*NS 6/8 BM 6/29

ESTATE JEWELRY SALE!

Largest collection of silver jewelry in SWFL! 50% OFF Art Furniture over \$500.
Come by daily 2431 Periwinkle Way & see The Silverneer & Silver Queen only at Sanibel Consignments 472-5222
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EQUIPMENT

Guardian Standby 16 kw Generator, Nat Gas or Propane, NEW 2006, never used or hooked up. Kept inside garage. Auto transfer switch, emergency load center, owner's manual. \$1,500.
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CABINET FOR SALE

Whitewash cabinet with 2 solid doors--open to lighted upper half with glass shelf and large storage area in lower half/stands on metal legs. Robb&Stucky. 5'x3'x22" deep/Excellent condition. \$250, OBO 395-0978
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**GARAGE •
MOVING • YARD
SALES**

GARAGE SALE

2143 Periwinkle Way, between Island Cow and Periwinkle Place.
Fri. 6/29 & Sat. 6/30 - 8 am to 3 pm,
Sun. 7/1 - 8 am to 1 pm.
Household items, including glassware, plates, appliances, some electronics, knickknacks; adolescent boys and women's/girls clothing; costume jewelry; games and books.
*NS 6/29 CC 6/29

GARAGE SALE

Huge Sale, 1274 Par View.
Lots of Good Stuff. Fri. 6/29, Sat. 6/30 & Mon. 7/2. 8:30 am to 11:30 am or call for appt. 472-4972.
*NS 6/29 PC 6/29

GARAGE SALE

659 Donax Street,
Saturday June 30,
8 am to 1 pm.
Furniture plus.
*NS 6/22 CC 6/29

GARAGE SALE

Garage Sale, H2O Mission Trip Fund Raising, Furniture, Sport Equipment, etc., Saturday 9-12, 1575 Bunting Lane, Sanibel
*NS 6/29 CC 6/29

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4th of July*



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

SUDOKU

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

answer on page 35

Pets Of The Week



Abby ID #537728

photos by squaredogphoto.com

My name is Abby (ID #537728) and I am a 3-year-old female white and black labrador/border collie mix. I am a very playful and active dog so a family that is active would be a great match for me. If you have another dog, that would be even better because I have lots of fun playing with other dogs too. Even though playing is one of my favorite things, I love to cuddle with people just as much. I really think I was meant to be a lap dog.

My adoption fee is free (regularly \$75) during Animal Services Construction Special.

My name is Big Boy (ID #535631) and I am a 5-year-old neutered male brown tabby domestic short hair. I guess they call me "Big Boy" because I weigh 20 pounds! Despite my size I really just like to lie in people's laps and cuddle. If you don't mind a couch potato, I will be a good buddy for anyone in your family, other pets and kids included!

My adoption fee is free (regularly \$50) during Animal Services Construction Special.



Big Boy ID #535631

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

The shelter is open for adoptions from 11:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office, off Six Mile Cypress Parkway.

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

The adoption package is valued at \$500.*



Emergency.....	911
Lee County Sheriff's Office.....	477-1200
Florida Marine Patrol.....	332-6966
Florida Highway Patrol.....	278-7100
Poison Control.....	1-800-282-3171
HealthPark Medical Center.....	1-800-936-5321
Ft. Myers Chamber of Commerce.....	332-3624
Foundation for Quality Childcare.....	425-2685
Ft. Myers Beach Chamber of Commerce.....	454-7500
Fort Myers Beach Library.....	463-9691
Lakes Regional Library.....	533-4000
Lee County Chamber of Commerce.....	931-0931
Post Office.....	1-800-275-8777
Visitor & Convention Bureau.....	338-3500
ARTS	
Alliance for the Arts.....	939-2787
Art of the Olympians Museum & Gallery.....	332-5055
Arts For ACT Gallery & Studio.....	337-5050
Art League Of Fort Myers.....	275-3970
Barbara B. Mann Performing Arts Hall.....	481-4849
BIG ARTS.....	395-0900
Broadway Palm Dinner Theatre.....	278-4422
Cultural Park Theatre.....	772-5862
Edison Festival of Light.....	334-2999
Florida Repertory Theatre at the Arcade.....	332-4488
Florida West Arts.....	948-4427
Fort Myers Symphonic Mastersingers.....	472-0168
Gulf Coast Symphony.....	489-1800
Harmony Chorus, Charles Sutter, Pres.....	481-8059
Naples Philharmonic.....	239-597-1111
The Schoolhouse Theater.....	472-6862
S.W. Florida Symphony.....	418-0996
Theatre Conspiracy.....	936-3239
Young Artists Awards.....	574-9321

CLUBS & ORGANIZATIONS

Angel Flight.....	1-877-4AN-ANGEL
Animal Refuge Center.....	731-3535
American Business Women Association.....	357-6755
Audubon of SWFL.....	339-8046
Audubon Society.....	472-3156
Caloosahatchee Chapter DAR.....	482-1366
Caloosahatchee Folk Society.....	321-4620
Cape Chorale Barbershop Chorus.....	1-855-425-3631
Cape Coral Stamp Club.....	542-9153
duPont Company Retirees.....	454-1083
Edison Porcelain Artists.....	415-2484
Ft Myers UDC Chapter 2614	
(United Daughters of the Confederacy®).....	728-3743
Friendship Force Of SW FL.....	561-9164
The Horticulture and Tea Society.....	472-8334
Horticultural Society.....	472-6940
Lee County Genealogical Society.....	549-9625
Lee Trust for Historic Preservation.....	939-7278
NARFE(National Active & Retired Federal Employees.....	482-6713
Navy Seabees Veterans of America.....	731-1901
Paradise Iowa Club of SWFL.....	667-1354
Sons of Confederate Veterans.....	332-2408
Southwest Florida Fencing Academy.....	939-1338
Southwest Florida Music Association.....	561-2118
Kiwanis Clubs:	
Fort Myers Beach.....	765-4254 or 454-8090
Fort Myers Edison.....	694-1056
Fort Myers South.....	691-1405
Gateway to the Islands.....	415-3100
Iona-McGregor.....	482-0869

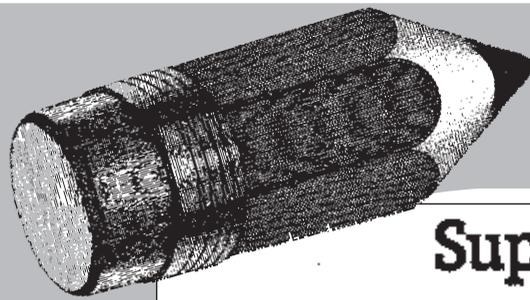
Lions Clubs:

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

AREA ATTRACTIONS

Bailey-Matthews Shell Museum.....	395-2233
Burrough's Home.....	337-9505
Calusa Nature Center & Planetarium.....	275-3435
Edison & Ford Winter Estates.....	334-3614
Fort Myers Skate Park.....	321-7558
Imaginarium Hands-On Museum & Aquarium.....	321-7420
JN "Ding" Darling National Wildlife Refuge.....	472-1100
Koreshan State Historic Site.....	239-992-0311
Ostego Bay Foundation Marine Science Center.....	765-8101
Skatium.....	321-7510
Southwest Florida Museum of History.....	321-7430
True Tours.....	945-0405

If you would like your club/organization listed in The River Calling Card, phone 415-7732

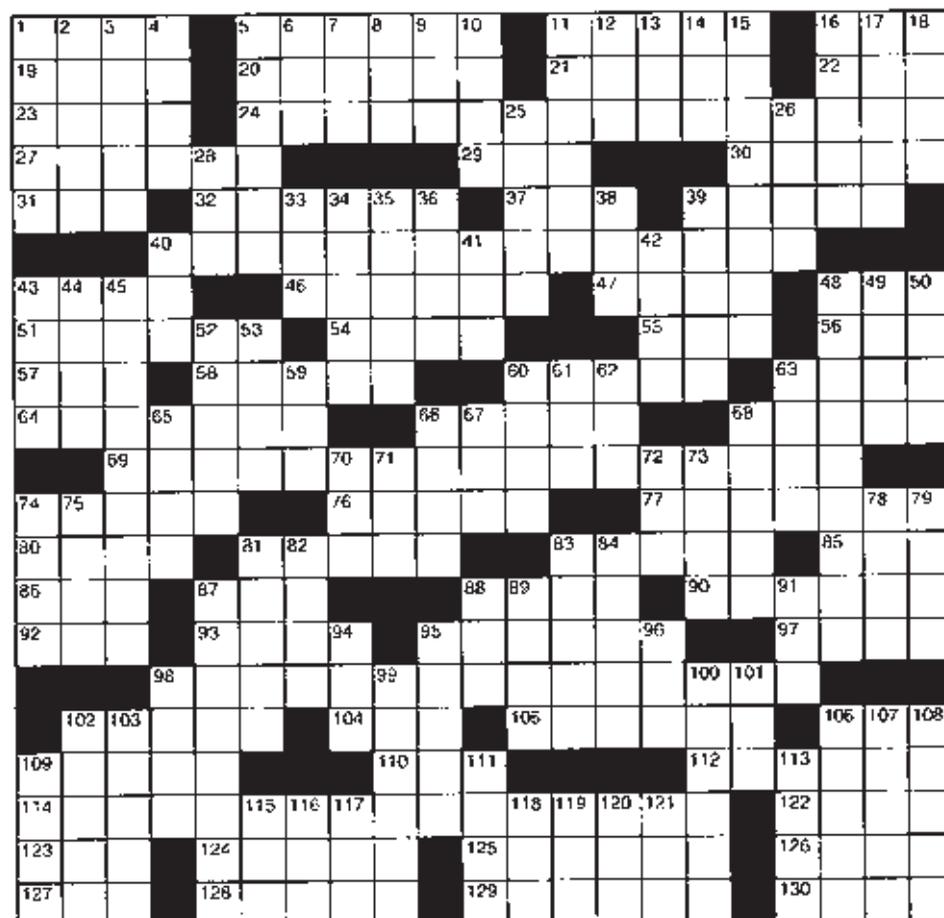


BEACH CHAIR PASTIME

Answers on page 26

Super Crossword FOREIGN FILMS

- ACROSS**
- 1 Voucher
 - 5 Plane place
 - 11 Big bargain
 - 16 "Major Barbara" monogram
 - 19 Clair or Coty
 - 20 Swimmer Gertrude
 - 21 Garrulous
 - 22 School subject
 - 23 "Bus Stop" playwright
 - 24 Peter O'Toole film
 - 27 Medal material
 - 29 Pine product
 - 30 Incongruous state
 - 31 Command to Fido
 - 32 Eventually
 - 37 Where the boys are
 - 39 Gaze
 - 40 Judy Davis film
 - 43 Jury member
 - 46 Mr. Miyagi's fate
 - 47 Ernie's side
 - 48 Sp got
 - 54 Aussie rockers
 - 55 Plant disease
 - 56 What a fellow needs
 - 57 In-your-face item
 - 58 Dancer Jose
 - 60 Pamphlet
 - 63 Floor covering
 - 64 Hoarder
 - 65 Taxing time?
 - 68 "I Love a Parade" composer
 - 69 Gregory Peck film
 - 74 Jeweler's weight
 - 76 Exodus
 - 77 "Butterfly" (65 film)
 - 80 Ken of "Hit Street Blues"
 - 81 Conductor's concert
 - 83 Endangered herbivore
 - 85 Solidly
 - 86 In error
 - 87 Twisted
 - 88 Way over yonder
 - 90 Little laugh
 - 92 Kyser or Starr
 - 93 Rushes
 - 95 Giza god
 - 97 Reason d'—
 - 98 Bob Hope film
 - 102 On — (cong. great)
 - 104 Down meas
 - 105 C one
 - 106 A Bobbsey twin
 - 109 Intense
 - 110 — Claire, WI
 - 112 "Blueberry Hill" singer
 - 114 Jane Fonda film
 - 122 Leave out
 - 123 Fireworks reaction
 - 124 Gives the green light
 - 125 Poignant props
 - 126 Misplace
 - 127 Neighbor of Ger
 - 128 Actress Davis
 - 129 Least conventional
 - 130 — in-the-wood
- DOWN**
- 1 Corn holders
 - 2 Matisse of
 - 3 Gold brick?
 - 4 "— Wolf" (85 film)
 - 5 Montana's capital
 - 6 Periodontists' org.
 - 7 Contemporary
 - 8 "Don't touch my bone!"
 - 9 Ginger —
 - 10 Dollars for quarters
 - 11 Audiophile's equipment
 - 12 Eastern "Way"
 - 13 Wee one
 - 14 "America's Most Wanted" abbr.
 - 15 Ira Gershwin, for one
 - 16 Libreville's land
 - 17 Escort
 - 18 Command to Fido
 - 25 Immobile class
 - 26 "a Honrine" rendition
 - 28 Energy
 - 33 "For shame!"
 - 34 Albenz or Asimov
 - 35 Peripatetic Polo
 - 36 "Gracious me!"
 - 38 Pitch in
 - 39 Numski!
 - 40 Onassis' nickname
 - 41 Catchall abbr.
 - 42 DEA officer
 - 43 Theatrical Joseph
 - 44 Literary pseudonym
 - 45 Thrill
 - 48 Motorcycle leature
 - 49 Wagon part
 - 50 Hammer head
 - 52 March sight
 - 53 Olive —
 - 59 Monty's mibeau
 - 60 '82 Jeff Bridges film
 - 61 Volcano part
 - 62 Clerical garb
 - 63 Baseball's Speaker
 - 65 Genghis —
 - 66 Curry col'
 - 67 Supportive of
 - 68 Blue hue
 - 70 Tasty tuber
 - 71 Weaken
 - 72 Agr.
 - 73 Got off
 - 74 Quone creator
 - 75 Romeo
 - 78 Swerve
 - 79 Gen. Robt.
 - 81 Experiment
 - 82 Checked out
 - 83 "Scent of a Woman" dance
 - 84 Chilean pianist
 - 87 Without reservation
 - 88 Bonaparte's buddy
 - 89 Ward (off)
 - 91 Shoe width
 - 94 Farm leature
 - 95 Examine
 - 96 PD alert
 - 98 Coll. brass
 - 99 Forsyth's "The — File"
 - 100 Firstborn
 - 101 Rock's — Speedwagon
 - 102 Blessed sound?
 - 103 Mercedes of "The Fisher King"
 - 106 Shalmer co-star
 - 107 Apsinthe ingredient
 - 108 Famous
 - 109 Perched on
 - 111 Proverb
 - 113 Shape
 - 115 Turner or Pappas
 - 116 Roo Roy's refusal
 - 117 Writer Rand
 - 118 "— not"
 - 119 Math abbr.
 - 120 Vern contents
 - 121 Bell and Barker



King Crossword

ACROSS

- 1 Restroom, for short
- 4 Upper limit
- 7 Common ailments
- 12 "The Greatest"
- 13 Flamenco cheer
- 14 Refuge
- 15 Snapshot
- 16 Got really mad
- 18 Hughmore face
- 19 Anger on a gem
- 20 Galvanizing matter
- 22 Solidly
- 23 Pol base
- 27 Weed ng need
- 29 Courtroom VIP
- 31 Kiddle-lit elephant
- 34 Port on
- 35 Online bookseller
- 37 Driver's license
- 38 Bronx cheer
- 39 "— Blue?"
- 41 Cab
- 45 Second present
- 47 X rating?
- 48 Linda Ronstadt's
- 52 Moreover
- 53 Supermarket
- 8 Luminox
- 9 Fighting Tigers' sch.
- 10 Bad mouth (SI)
- 11 Away from
- 17 Healthy
- 21 Actor
- 23 "Mic, poetically"
- 24 Sailor's asset
- 26 Fun and games
- 28 Acapulco golf
- 30 M mic
- 31 Prevent
- 32 Doc's org
- 33 Director Luhmann
- 36 7'ch. in Kochmelco
- 37 Author de Beauvoir
- 40 City pass
- 42 In any way, shape or form
- 43 Ohio city
- 44 Alphabetical listing
- 45 Help a hood
- 46 Sought carriages
- 48 Ounc comment
- 49 Canadian pot. party
- 51 Sprite

DOWN

- 1 Bolivia's capital
- 2 Out, of sorts?
- 3 Prancer's yokemate
- 4 isaid
- 5 Claim
- 6 Cause of annoyance
- 7 Brat's stocking stuffer

MAGIC MAZE ● INTERJECTIONS

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

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

- | | | | |
|----------|-----------|----------|--------|
| Dear Me | Golly | My word | Whew |
| Ditto | Holy cow | Oh boy | Whoa |
| Edgds | Holy moly | Shucks | Yippee |
| Gee whiz | Jeeprs | Whatever | |

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