



BEST AGGRESSION RELEASE

Omni Gym Boot Camp

Been feeling the urge to buy a monster truck or challenge strangers to arm-wrestling? The Boot Camp workout schedule at the Omni Gym in Fort Myers might be for you. It's five days a week, one hour a day: 30 minutes high-intensity cardio and 30 minutes of weights. Omni has classes scheduled at all times of the day, so there's no excuse for not fitting it in your schedule. A few weeks of this and you'll be back to your relaxed old self.

Details: The classes cost between \$12 and \$18 each. Go to www.theomniclub.com.



BEST PLACE TO LIGHT UP

World Famous Cigar Bar

The "World Famous" Cigar Bar has an extensive selection of premium hand-rolled cigars in a spacious walk-in humidor. There's also a full-service bar with premium spirits from single-malt scotches and small-batch bourbons to fine cognacs and specialty martinis. The Cigar Bar is eclectic and hip with a touch of class but comfortable enough for everyone to enjoy. Check out the regular promotions and parties with cigar rollers on site.

Details: Gulf Coast Town Center, 267-6020

BEST PLACE TO FIND A TROLL

Icabods

Legend has it that Icabod's "Wicked good food and drink" is haunted by a troll. Actually, the orange-haired gastronome is the invention of restaurateur Rob DeGennaro. Icabod is also the voice of one of the largest menus in Southwest Florida (a signature of Mr. DeGennaro's eateries), with more than 200 items, from filet mignon and stuffed lobster to shepherd's pie and burgers. And there's live music plus fun promotions every day of the week.

Details: 13851 S. Tamiami Trail, Fort Myers, 267-1611

BEST USE OF A FOSSIL FUEL

Tony Sacco's Coal Oven Pizza

Start with a dough made with filtered water, add a pizza sauce fashioned from Italian plum tomatoes, fresh basil and garlic, toss on the best mozzarella cheese available and cook it all in a 1,000-degree coal-burning oven, and you end up with the perfect pizza. Pure anthracite coal from Pennsylvania creates the hellfire that makes for the perfect crust without overcooking the toppings. Add a frosty beer (there's Stella on tap) or a nice Chianti and you've got heaven, Italian-style.

Details: In Coconut Point, across from TJ Maxx, 948-6697

BEST WAY TO HIDE FROM A HURRICANE

Storm Smart

Just button up your Storm Smart hurricane resistant screens, aluminum shutters, clear storm panels or impact-resistant windows and doors and throw a hurricane party. Mother Nature won't bother you while your neighbors evacuate. After all, when you make Inc. Magazine's Inc. 5000 list of the fastest-growing privately held companies in America for three consecutive years, you must be doing something right. Storm Smart Industries has protected more than 40,000 homes from the ravages of hurricane-force winds and rain.

Details: 6182 Idlewild Street., Fort Myers, 278-9092

MAJOR STORM SAYS

"ATTENTION TROOPS!"

Be Smart with Storm Smart!

Storm Catcher Hurricane Wind Abatement Screen

Storm Smart Industries is the award-winning industry leader in manufacturing, installing the highest quality hurricane protection products available.

Impact Resistant Windows Accordions • Rolldowns Metal/Clear Storm Panels

STORMSMART INDUSTRIES

Go to StormSmart.com to learn more about our state-of-the-art protection! **FREE In-Home Consultation!** Toll Free: 888-MJR-STRM • Fort Myers: (239) 938-1000 (657-7876)