

the Whiskey Creek News

www.whiskeycreeknews.net

Another Seabreeze Publication



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JULY 2023

Whiskey Creek Civic Association Membership Chair

Summertime in Whiskey Creek! What a great place to be! I am honored to share the front-page spotlight regarding membership and all the fun your Civic Association Board members have planned for the upcoming months (and years) ahead!



My name is Sally Gins. I am your community membership chair. Why did I take on this position? Because I love where I live. Odds are, you do too... Between the history, the properties, and the people ... it doesn't get much better. However, our beautiful community is aging. If you take a close look at our two entrances, they both are in need of serious repair. Only a few of our lights work in the evenings, our walls are starting to chip away, crack and lose paint. The soil in our 18 medians along Whiskey Creek

Drive is so unhealthy; the plant life is struggling to survive. Most of these items are original from the establishment of our beautiful neighborhood! I would consider 50 years a great run, but, the time has come to set goals for improvement. The only way to fix these issues is to raise money. Your Board members have done their due diligence to gather quotes and plan ahead (in phases) how we can give our entrances, medians, and landscaping a well-deserved makeover.

The requested increase to become a Whiskey Creek Civic Association member for \$125 this year is the first fundraising effort to begin these projects. We appreciate all 340-plus residents who have donated money to join this year. **Thank you!** If you have not joined for 2023, please consider doing so. We have provided a QR code to help make it easy! You may also still send or drop a check off to the country club. Checks should be



made payable to: Whiskey Creek Civic Association. If you have any questions regarding membership or the projects mentioned above ... please send me an email (wccaacct@gmail.com). I would be happy to explain in more detail the strategic plan of the Civic Association Board and how you can become part of these exciting projects!

I hope you've all had a chance to enjoy the many activities that are coordinated by the Civic Associations in our Whiskey Creek/Tanglewood "hood." Here are a few upcoming events:

July 4, 9 a.m.: Tanglewood's 30th Bike and Golf Cart Parade (along Tanglewood Parkway)

Sept. 1: "Battle at the Creek" Inaugural Golf Tournament

Oct. 22, 3 to 6 p.m.: Whiskey Creek Fall Festival (WC Country Club)

Nov. 23: Turkey Trot (committee needed – email wccaacct@gmail.com).

Dec. 16: Holiday Golf Cart/Bicycle Santa Parade (along Whiskey Creek Drive)

Have a great rest of your summer!

Sally Gins

Yard Of The Month

By Mark Franzer

Four homes in Whiskey Creek are owned by Dan Cronin of which 1673 Whiskey Creek Drive is where he finds his personal comfort. The Flint, Mich., "export" finds that "our community" is a wonderful catalyst for providing motivation "to get out of the door" as he wears his tread on his running shoes down



1673 Whiskey Creek Drive

in the wonderful world that Whiskey Creek provides. From the wonderful mix of doctors, nurses, police, judges (and the list continues), he has found tranquility from the friends he's made to the homes provided for family members in the condos, Claret Court and Pernod. When you see this mortgage banker trudging through the neighborhood clicking off miles under his stride, make it a point to give Dan a nod and know that another grateful resident appreciates this month's recognition for his efforts that are evident on what he values as his perfect world!

If you have family or friends that you'd like to share details of our beloved Whiskey Creek community (or show off your hard earned recognition!), the web page for their review is <http://www.whiskeycreeknews.net>.

Also, please check out Whiskey Creek's very own private Facebook page for additional community information, involvement and market areas! You'll need to request membership to gain access! <https://www.facebook.com/groups/1430022127286192>

For those that would like to nominate other homes in our lovely Whiskey Creek, please send your nominations to WC.yardofthemoth@yahoo.com.



Whiskey Creek News

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Membership

By Sally Gins

As of May 31, 340 members have joined or renewed their memberships in the Whiskey Creek Civic Association for the year 2023! Thank you for your contribution to our community! The names of our members are listed below (except for those who requested that their names not be published).

Dominic and Morgan Engels
Garrett Barr and Heidi Gray
Doug and Lona Leugers
Jennifer and Mac McWhinnie
Patricia Miller
Robert Kosek and Claudia Silveira
Robert Gerber and Charlotte Stigler
John and Rebecca Thomas

If you are interested in becoming a member, try scanning our QR code above with your phone's camera! The Whiskey Creek Civic Association appreciates your support as all donations are directly used to improve the quality of our neighborhood!

SEED & BEAN MARKET Cuban Breakfast Sandwich, Cubano & Hash Browns

SAVORY PAIRING

DOWNTOWN FT MYERS SEEDANDBEANMARKET.COM

Montage Women's Club



The Montage Women's Club is a social and philanthropic club open to all women residing in Lee County. We meet on the fourth Thursday of each month at The Club at Pelican Preserve, 9802 Pelican Preserve Blvd., Fort Myers 33913 (community entry off Treeline Avenue between Colonial Boulevard and Daniels Parkway). Meetings begin at 11:30 a.m. with a short social period followed by lunch at noon and normally an informative speaker program. Within the organization are various interest groups for members' participation. Membership is open to both year-round and seasonal residents. We welcome you to visit Montage for a luncheon.

Our next meeting will be held on Thursday, July 27. Speakers will be Dr. Daniel Lyons and Katy Hutcherson from Back in Motion Physical Therapy. They plan to discuss common areas of dysfunction that can lead to pain, how to correct and prevent it, and will demonstrate proper mechanics for key movements we use in everyday life – ultimately giving us tools to assess and improve our overall mobility. They will also discuss the importance of strength training and how to properly program it to benefit our daily lives.

Luncheon fee is \$28, and the menu selections will be either the regular entree of beef braciola (braised strip steak) or the plant-based vegan entree of eggplant braciola (seared eggplant). Both entrees will be stuffed with carrots, celery, onions, spinach,



The Montage Women's Club proudly donated \$2,000 recently to Lee County's Community Cooperative Soup Kitchen. Left to right: Sue Vail, new Montage president; Joyce Thomas, outgoing Montage president; Kathy Waite, cochair of Montage fundraising; and Eunice Marquez, development coordinator for Community Coop.

Sudoku Puzzle

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

Sudoku Puzzle Solution on page 6

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Feta cheese, and tomato sauce and will be served over gnocchi and broccolini followed by appropriate chef's choice of dessert.

Montage Women's Club is currently at their maximum number of 125 members permitted by our club bylaws, but we maintain a waiting list and when a slot becomes available,

interested women are contacted. If you would like to attend a Montage meeting, need further information, or would like to make a reservation, please call Rita Artwohl at (239) 703-7787. Reservations cutoff to attend this meeting is noon, Thursday, July 20.

Crossword Puzzle

Across

1. Food thickener
5. Assist illegally
9. Puritan
14. Exploded star
15. Soft drink
16. Protective covering
17. Sang like a bird
19. Growing old
20. Neighbor of Pakistan
21. Exemption
23. Obstinate in one's beliefs
25. Admonition
28. Fate
29. Greek letter
32. On a ship or train
33. Vigor
34. Radar signal

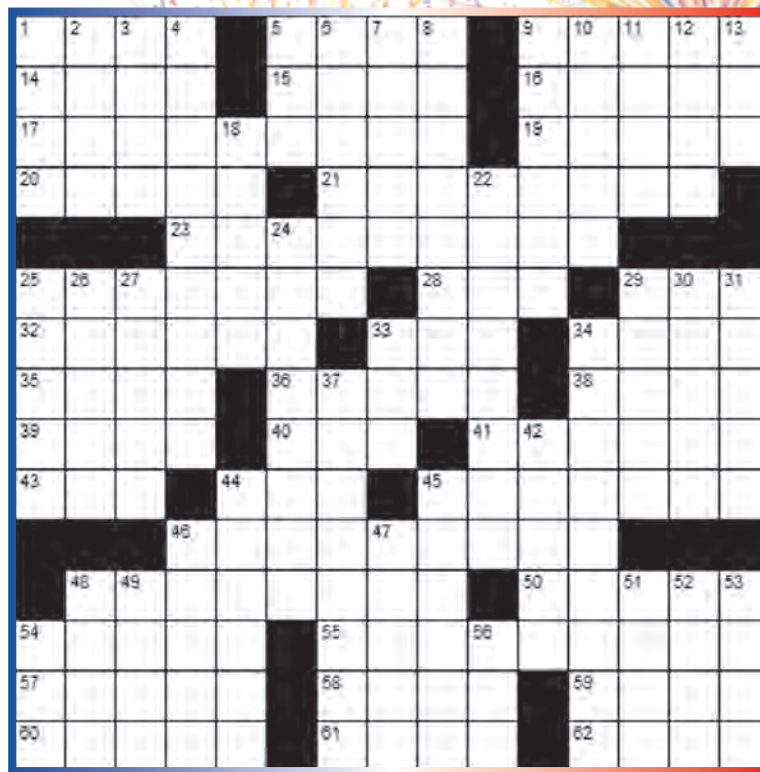
Down

35. Essence
36. Overweight
38. Indian music
39. Fork prong
40. Falsehood
41. Spay
43. Antiquity
44. Not him
45. A sweet treat
46. 1/100th
48. Important
50. Frequently
54. Occurrence
55. State clearly
57. Subsequently
58. Prefix meaning "within"
59. Flees
60. Patriarch

61. Not the original color
62. French for "State"

Down

1. Against
2. Prom wear
3. Ardent
4. Basis
5. Air hero
6. Tedious
7. Lacquer ingredient
8. Young toads
9. World
10. Unbending
11. Module
12. Declare untrue
13. Unit of energy
18. Snouted animal
22. Sealed
24. Lazy
25. Garbage
26. Agitated
27. Circular
29. Gladden
30. Striped wild cat
31. Not together
33. Urine
34. An uncontrolled fire
37. Birdseed
42. Medieval sword
44. Prey stalker
45. Deceive
46. Therefore
47. Sometimes describes one's nose
48. Wicked
49. Sell
51. Tight
52. European volcano
53. Bird home
54. East southeast
56. Gesture of assent



Crossword Solution on page 6

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Catch The Action

July On The Water

By Capt. Bill Russell

As we progress into the heat of summer inshore and offshore fishing can be very good, just prepare for the heat and keep an eye on the weather. Many prefer to get an early start and off the water ahead of the midday heat and afternoon storms.

Summer snapper fishing heats up this month, as fish move inshore in good numbers and just off the coast. If a fish dinner is your target, snapper is your best bet. They are as tasty as a fish can get and have keen eyesight making it necessary to lighten up the tackle to fool them. Fluorocarbon leader from 10- to 20-pound test is a must. Small hooks and baits deliver better hookups, I generally go with a 1 to 1/0 circle hook, or a small jig head. Shrimp, small pilchards, and pinfish are top baits. Small pieces of cut bait are a good choice, it's often necessary to allow the bait to lay on bottom or drift with the

current in a natural manner. This is accomplished by allowing slack in the line. Many times, we keep the bail open on the reel until a fish picks up and starts running line.

From the shallow flats inshore to reefs offshore, snapper respond well to chumming. A store-bought box of chum tied off to the boat in a chum bag is the most popular. If you are cast netting your own bait, it's possible to load up with plenty of extras. Cutting the baits up and creating a continuous flow with the current is a good tactic as well. No doubt, a box of chum is the simplest and easiest, I would recommend more than one box. It's frustrating to finally get fish fired up then run out of chum.

The best snook and redfish action will come on days with strong tides. Often, they are caught together around docks, shorelines, and structure around the gulf passes, as well as oyster bars and shoreline overhangs on the higher tides. Season for spotted sea trout is open throughout Southwest Florida. As the water warms over summer months, some

of the better action for trout will come from 4- to 8-foot depths in areas with a grass or sand/grass mottled bottom and good water movement.

Calm summer mornings give good opportunities to run offshore and target grouper and other species. American red snapper season is open for recreational anglers through the month of

July. Most target red snapper in depths beginning around 120 feet and deeper. Seventy feet is generally a good starting point for red grouper, but you may need to run past 100 feet for larger fish. If you run out a little deeper, you may find red snapper and grouper around the same depths.

Closer to land, wrecks and reefs can be productive with everything from snapper to barracuda to giant goliath grouper. Anchoring up current of structure with a fresh chum bag is preferred. A variety of baits is a good idea as well as an arsenal of rods rigged and ready for light to heavy action.

For fun and fast action offshore, look for bonito and Spanish mackerel harassing bait schools in depths from 30 to 80 feet. Silver spoons or Tuna Jets in various colors can bring instant hookups when trolled around feeding activity. Watch for birds and surface commotion to locate the fish. Also, you can expect either species to show up in your chum line.

Sharks are a summertime favorite. Varieties of species both large and small are common both inshore and off. While they are a nuisance for some, many anglers hunt them for their fighting ability. Sharks play an important role in our ecosystem; please make every effort to quickly release them unharmed. Every kid loves to catch a shark of any size, now is a good time, just make sure and do it safely for both the angler and the shark.

To get updated on grouper, snapper, redfish, snook, sea trout and all current fishing regulations go to www.myfwc.com or download the Fish Rules app.

For charter information, please contact us at Gulf Coast Guide Service and "Catch the Action" with Capt. Bill Russell, call or text (239) 410-8576, website: www.fishpineisland.com, email: gcl2fish@live.com.

Capt. Bill Russell is a native and lifelong resident of Pine Island who has spent his entire life fishing the waters surrounding Pine Island and Southwest Florida. For the past 27 years Bill has been a professional fishing guide who takes pride in customizing each trip to ensure everyone on board has a great time and will return again. Come join us and "Catch the Action."



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During the months of July and August in appreciation of all the great years of support, Scot's Birthday wish is to offer great savings to benefit you and give back to the community as well.*

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Word Scramble Baby Animals

By Ellie Neal

Ode	Nawf	Wtloe
Flca	Ccikh	Kgniludc
Ubc	Pypup	Dki
Tektni	Tgleea	Yjeo

Word Scramble Solution on page 6

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Real Estate Round-Up

By Bob Oxnard, REALTOR®

The Law Says Home Prices Will Fall!

What law, you ask? The immutable, irrefutable, basic **law of supply and demand!** Many Realtors agree that home demand peaked in our area in early 2022. After several years of increasing home prices and buyer demand, **the housing market in our area began to cool about a year and a half ago.**

This cooling of the market was expected by experts because the housing market is cyclical. We have had an unusually long period of a market favoring sellers when prices kept creeping up and buyers had few options other than to pay or sit on the sidelines. Interest rates were near historic lows for several years. Northerners continued to discover what most of us here already knew about idyllic Florida weather and the lure of the sun, sand, and beaches. They were joined by retirees and work-at-home employees. Some came for our lower taxes. COVID boosted demand when the home became a home, office and recreation.

Just when the market began to cool, *Hurricane Ian* wiped out some habitable homes in Southwest Florida. The lower supply created artificially higher prices. Buyers in our area saw a double whammy as interest rates jumped, making home prices even higher for many. It was inevitable that higher prices would lead to lower demand, leading to a greater supply of homes on the market. **Greater supply and decreasing demand; home prices have nowhere to go but go down.**

Let's look at some statistics in our Whiskey Creek market. 2021 was arguably the last year of an extended seller's market. That year 45 non-waterfront single-family homes sold in Whiskey Creek for an average price of \$433,000 (median price \$410,000). The average DOM (Days on Market) before going under contract was under two weeks. CDOM (Cumulative Days on Market) was also low at under two months. **Both statistics indicate quick sales and a tight supply.**



Compare that to the most recent 12-month period in which 23 non-waterfront single-family homes sold for an average of \$558,000 (up 29 percent over 2021) and a median of \$570,000 (up 39 percent over 2021). The average DOM and CDOM were 39 days (up 200 percent) and 86 days (up 39 percent) respectively before going under contract. **Home prices and time to sell were still increasing as the market began to cool.**

Not that we want to bore you with numbers but crunch these figures a bit and we can see that **with home prices increasing 29 percent in 18 months and Days on Market increasing 39 percent, it is no wonder the market is slowing.**

An indication of a slowing trend is the increasing number of homes on the market. Recently there were nine single-family non-waterfront Whiskey Creek homes on the market with an average price of \$551,000 (median \$549,000). These

homes have a median price per square foot (PPSF) of \$306. This is significantly higher than the \$261 median PPSF in the past year and \$214 PPSF in 2021. Currently active homes are already averaging 44 DOM without a sales contract.

Of the 1,577 single-family, duplex villa, and condo homes in Whiskey Creek, we currently average eight home sales a month. The trend of slowing sales applies to all three types. Recently, for the first time in years, there were 25 homes showing **active** for sale in the MLS in Whiskey Creek and another 10 under contract pending sale. A few homes have expired without selling this year.

Where will the future take us? This Realtor sees more of the same, decreasing buyer demand and increasing seller inventory leading to declining sales volume and prices. **The law of supply and demand will govern the market.**

If you have any questions or comments about real estate, please contact Bob Oxnard at whiskeycreeknews@yahoo.com.

Hurricane Preparedness Should Include Poison Prevention

Seniors Are Especially Vulnerable In Needing Emergency Help

As Southwest Florida residents and visitors continue preparations for a potential hurricane, there might be something they have missed, especially with important phone numbers. Do you have the Poison Helpline programmed into your cell phone? Storms and other disasters cause injuries and contact with poisonous materials.

One of the most dangerous hurricane-related poisons to individuals is the carbon monoxide from generators placed either too close to a house or inside the house! In addition, medicine mistakes, snake or insect bites, or spoiled food can result in poisonings.

Seniors with vision difficulties, chronic conditions, or complex medication regimes are at special risk of consuming poisonous items. People over 65 are also in the demographic group in the United States least likely to know about the free

services of poison control centers. They need to take (or be helped) a few minutes and program (800) 222-1222 into their cell phone. By calling this free number in an emergency, they will be talking to doctors, nurses, and pharmacists at South Florida's poison control center at Jackson Memorial Hospital/University of Miami Medical Center.

As the saying goes, "just do it." By programming your cell phone with the free number, you may save your life – or that of someone else in distress.

The Lee County Injury Prevention Coalition serves as a collaborative effort or partnership whose function is to facilitate partners' work and act as a catalyst for injury prevention initiatives. Its mission is to prevent injury, disability, and death through advocacy, education, legislation, and partnerships.

For additional information about the Injury Prevention Coalition or free information about poison control, contact Brian Raimondo at ipcleecounty@gmail.com, (239) 330-2240, or Wendy Stephan, Florida Poison Information Center – Miami, wstephan@med.miami.edu, (305) 355-4995.

Berne Davis Garden Tours Now Available Weekly On Tuesday

Gazebo At The Berne Davis Botanical Garden Tours To Continue Through September

The Berne Davis Botanical Garden, 2166 Virginia Ave., Fort Myers, is open for Tuesday morning garden walks from now until October between 9 a.m. and noon. Admission and parking are both free; handicap parking is on Virginia Avenue; regular parking is on Larchmont.

The botanical garden is a project of the Fort Myers-Lee County Garden Council, whose headquarters are at the Virginia Avenue address. The garden is staffed by garden council volunteers. Those viewing the garden may also just walk the path and enjoy the gardens.

The garden is the home of the *Lorelei* statue that was part of the old Fort Myers Library as well as the Mina Edison Botanical Library. Many of the displays in the garden have been provided through the talents and contributions of the 29 local garden clubs, plant societies, and other affiliate members, representing over 1,700 members which comprise the garden council.

The Fort Myers-Lee County Garden Council was formed in 1957 and now comprises various clubs, societies, and affiliate members in the area. The council is a member of the National Garden Clubs, the Florida Federation of Garden Clubs, and American Public Gardens Association.

For additional information about the council, contact Sylvia Swartz, president, at fmlcgardencouncil@gmail.com.

Security Report

By Michael Kuehn

The law that controls driving golf carts on streets and roadways in Florida has changed. The act, as passed by the Legislature and signed into law by the governor, requires that a driver of a golf cart on public streets who is under 18 years old must either be 15 with a learner's permit or 16 with a valid driver's license. If you are 18 and older with no license you must have a government issued identification. How does this affect us and our situation? In my opinion, we must comply with state law. Our County Commissioners gave us permission to drive carts on our streets in compliance with the state law at that time which was 14 years old and no licensing or permitting requirements. I don't believe that this affects our permission to drive on the streets as long as we comply with the new requirements. Again, this is my opinion and has no authority over anyone. There is still no requirement to have insurance to drive the cart. I have requested clarity from the sheriff's department about how we should proceed but as yet have received no answer. Two of the traffic stops this month were on golf carts which tells me that the deputies are starting to look at them as a potential problem.

This month there were six traffic stops for stop sign violations. Two of those stops were on golf carts. There were also four stops for speeding with written warnings on all four. One of the stops also included the failure to have the driver's license on their person. A call was answered to a residential burglar alarm, everything was OK upon arrival. Two 911 hang-up calls were responded to and no problems were found. A deputy met with a landscape crew in reference to their use of an off-road ATV in a golf cart zone. A deputy met with a resident about a parking complaint and people walking in the roadway. The deputy was dispatched to investigate a suspicious person. The person was already gone upon arrival. A driver who was lost hailed the deputy and was helped with directions. As always keep your outside lights on and overhead garage doors down. Lock all vehicles left in the driveway and remove all valuables and garage door openers from them.



Whiskey Creek Civic Association

2023 Board of Directors

President	Cole Peacock	462-5805 colepeacock@comcast.net
Vice President	Jim McCabe	313-1056
Secretary	Kyle DeCicco	810-3729
Treasurer	Karen Tice	936-1475
	Wylar Gins	220-1036
	Seth Hartt	seth@boat-trailers.com
	Jessica Nolan	462-6885 weathersnolan@gmail.com
	Paul Copeland	464-8726 pcopeland@mcgriff.com
	Melissa Metzger	851-1561 msmetzger1119@gmail.com

Committees

Deed Restrictions Chair	Seth Hartt seth@boat-trailers.com
Membership	Sally Gins 954-801-7914
Yard Committee Chair	Mark Franzer mfranzer@yahoo.com

Whiskey Creek News

Editor	Jan Kotcamp	482-7679 whiskeycreeknews@yahoo.com
Website	Karen Tice	936-1475 karentice@earthlink.net

Whiskey Creek News is now Mailed.

Articles for *The Whiskey Creek News* must be submitted to the editor by the fourth of the month.

Whiskey Creek Security is:

The Lee County Sheriff 477-1000

Whiskey Creek MSTBU Advisory Board

Members	Phone
Robert E. Beville, Chairman Irrigation	454-1413
Peter J. Boldrin, Secretary Walls	275-0491
Roland T. Kotcamp, Lighting	482-7679
Fitzroy A. Alexander, Landscaping	433-1836
Michael J. Kuehn, Sheriff Detail	454-6246
Josh Malo, MSTBU Coordinator	533-2308

Is Permanent Weight Loss Possible?

By Mary Lou Williams, M. Ed.

In two previous articles, I explained why diets don't work for permanent weight loss. The next question, of course is, what does? The answer is simple but it is not easy: eat when hungry; stop when full. This is like telling an alcoholic that he can overcome alcoholism by drinking in moderation. If he could do that he wouldn't be an alcoholic. Overeaters do not know when they are hungry, and they do not know when they are full.



Alcoholism And Overeating

Alcohol and overeating are similar addictions, but they differ in one very crucial respect; food is a substance that cannot be abstained from completely. And for an addict, abstinence is infinitely easier than moderation. That is why the recidivism rate for dieters is so high.

So the question remains, is it possible to lose weight permanently? Yes, there is a way. And it is by abstinence, the only way for an addict to go – abstinence from addicting foods. Overeaters cannot abstain from eating completely because you need to eat to live. But recovering alcoholics don't abstain from drinking completely; they just abstain from drinking alcohol. Overeaters don't have to abstain from eating completely. They just have to abstain from eating the addictive foods.

The Addictive Foods

What are the addictive foods? Are they fats? Are they carbohydrates? Are they proteins? The answer is none of the above. These are the macronutrients of foods. They are all essential for life. What are not essential and what are addictive are processed fats, processed carbohydrates, processed proteins. In a nutshell, the standard American diet.

In 1992, there was a series of articles in *The New York Times* on the epidemic of obesity in the United States. It was called "Fat in America." In response to the first of these articles, a French woman visiting here from France wrote a letter to the editor. I saved it because I felt it expressed the essence of the problem. It is as true today as it was then. She wrote:

"How amazing that you publish a comprehensive article on American fat people ... and never mention American food, which is unique in the world ... The food is denatured, frozen, freeze-dried, canned, cooked ahead and microwaved."

Processing destroys crucial elements available from fresh food, and the body is not satisfied. Thus, though the food is full of calories, the body craves more.

Abstinence From Addictive Foods

This is the description of an addictive substance. An overeater who abstains from eating the addictive foods

and who couples such abstinence with regular exercise, has taken the first steps to stabilizing at a normal weight.

Such abstinence requires a complete change in what we eat for the rest of our lives. The goal is not weight loss, but the establishment of new habits of eating. Weight loss and permanent maintenance of that loss are natural side effects of the change in habits.

Weight loss will be very slow by this method, but that is desirable. Losing quickly is traumatic to our bodies and can therefore do damage, slowing metabolic rate and depleting lean body mass; it does not establish new patterns of eating. Losing gradually, almost imperceptibly, maintains body rhythms and metabolism, preserves lean body mass, establishes new habits, and makes permanent change more likely.

All that dieters can expect to lose in the battle of the bulge is the battle. By changing our eating habits instead, we can end the battle.

A Letter From John Tuscano

Dear Whiskey Creek Community Residents And Whiskey Creek Country Club (WCCC) Members,

You may have heard that I have retired and am no longer the general manager of the WCCC.

Over the past 10 years, it has been a pleasure to work with and be involved with so many of the residents.

I got to know many of you through working on private events at the club, the many Whiskey Creek section holiday parties and annual section meetings, president's meetings and WCCA Board meetings. It was wonderful to work with Sally Gin and Cole Peacock and many other volunteer residents on the October Pumpkin Festival and Santa's Christmas Golf Cart and Bicycle Parade.

Please continue to use and support the WCCC, as much as possible. Even better, become a club golfing or social member.

The members and employees are wonderful people and will welcome you to the club.

Thank you for your kindness and support. I hope to see you in the neighborhood.

John Tuscano

Whiskey Creek Country Club News

In June, Whiskey Creek Country Club (WCCC) welcomed our new Clubhouse Manager, Derek Trenholm! Derek is looking forward to meeting everyone. Stop in, say "Hi" and discover all of the wonderful things to do in and around WCCC.

If you are looking for a special gift, come and see all the merchandise in our Pro Shop. There are always gift certificates available.

Come and enjoy a lovely lunch Tuesday to Saturday and brunch on Sunday! On Tuesday night, 5 to 7:30 p.m., enjoy the dinner of the day. Call ahead to see what's on the next Tuesday night menu. The bar is open daily **7 a.m to 8 p.m.** so stop in for a refreshing beverage!

Contact the club for more details at (239) 481-3021.

Lakes Public Library

July In-Branch Events

For Adults

English Café

6 p.m., Monday, July 3, 10, 17, 24, 31

Book Discussion: *The Kitchen Front* by Jennifer Ryan**

2 p.m., Thursday, July 6

Download Drop-In

11 a.m., Thursday, July 20

For Children

Summer Storytime

10:30 a.m., Monday, July 10

10:30 a.m., Monday, July 17

Tangle Of Tales

10 a.m., Thursday, July 13

Storytelling Together With Windell Campbell

10 a.m., Thursday, July 20

Preschool Dance Party

10:30 a.m., Monday, July 24

Little Red And The Big Bully Wolf

10 a.m., Thursday, July 27

For Teens

Teen Game Time

2 p.m., Wednesday, July 12



Branches are closed **Tuesday, July 4** for Independence Day
★ We are always open online at leelibrary.net ★

Teen Pet Toys

2 p.m., Wednesday, July 19

Bunny Yoga And Mindfulness

2 p.m., Wednesday, July 26

** Registration required



Online Events

For Adults

Online Wellness Book Club: Disease Management**

12:30 p.m., Tuesday, July 18

** Registration required

News And Featured Highlights

Summer Reading Program

June 1 to Aug. 1

Our free, all ages summer reading program is designed to nurture and grow a lifelong love of reading. Enjoy special events, reading challenges, fun activities and a chance to earn prizes.

Every child and teen can choose a free book from a variety of popular titles, while supplies last.

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What Is A Grandparent?

Some grandparents have a lot of antiques in their house ... I meant to ask, "Who is Aunt Teak? When am I going to meet her?"

Something To Think About!

If only life could be like a computer ... to improve your appearance, just adjust the display settings.

Signs

Sorry, the deadline for complaints was yesterday.



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239.292.9252



Alliance For The Arts

Adult And Teen Art Classes

Introduction To Drawing Still Life Workshop

July 5 – 6:30 to 9 p.m.

Members \$25. Nonmembers \$30

Terry Lynn Spry will introduce you to the art of drawing still life. In this one-day workshop students will learn how to set up a still life, drawing objects in proportion and shading. This class will also cover how to draw folds in material, metal and glass and how to create texture with pencil. There will be demonstrations from the instructor in a fun and relaxing interactive class setting.

Supply list: drawing pencils, pink eraser, kneaded eraser, blenders, charcoal, colored pencils, drawing paper.

Fluid Art Series: The Ribbon Pour (18-Plus) All Levels

July 6 – 5 to 7:30 p.m.

Members \$75. Nonmembers \$80

Whether you are a beginner or advanced, these fluid art techniques will be fully explained, demonstrated and you will go home with two completed pieces. Canvas sizes are your choice between 12 by 12 and 16 by 16.

Bring a tray or box to take home your wet paintings. Recommended paints, consistency of paint, color palette, pouring mediums and additives will be discussed. Every student will leave with a handout to assist with your fluid art journey at home.

Art-Tini Night: Stylized Sunsets (Ages 21-Plus)

July 14 – 6 to 9 p.m.

Members \$60. Nonmembers \$72

This summer join the alliance every second Friday of the month as we get your creative juices flowing with craft



cocktails. Each class will feature a different art project and three tasty 'Tinis per participant.

In July we'll be creating a stylized sunset painting. This class is perfect for a girl's night out, a fun date night or a just a great way to wind down after a busy week!

Fluid Art – Dutch Pour Intensive Workshop

July 15 – 10 a.m. to 3 p.m.

Members \$175. Nonmembers \$225

Unlock the secrets of the Dutch Pour!

Our fluid art classes are among the most popular classes we offer. The process is fun, accessible and creates beautiful results. In this comprehensive workshop, artist Tammy DeCaro will lead you through the ins and outs of pouring medium, choosing paint, monitoring the consistency of paint, and mixing the colors.

Plus, you'll be introduced to:

- Dutch Pour composition
- Traditional and chaos style
- Three methods to create a Dutch Pour
- Traditional flooded canvas
- Partially flooded canvas
- Transparent method

By the end of class, you will complete and take home four canvases 14 by 14 to 16 by 20 sizes. This class includes a one-hour lunch break.

Materials fee of \$40 is due to the instructor at the beginning of class. Additional supplies needed: hair dryer, boxes to take art home.

Neurographica® (Ages 13-Plus) All Levels

July 17 – 8 a.m. to 5 p.m.

Members \$45. Nonmembers \$54

Neurographica is a method that enables you to change your perception of yourself and your surroundings by using drawing techniques. It was developed in 2014 by Pavel Piskarev, a Russian psychologist. This two-hour workshop introduces you to and allows you to explore the process.

Experience positive changes in your life through drawing, using the Neurographica method. This process provides a way to express your feelings and make your dreams a reality.

The class does not require previous drawing experience.

Supplies provided by the instructor for a \$10 supply fee, paid directly to instructor at the beginning of class.

Introduction To Zentangle (Ages 13-Plus) All Levels

July 20 – 6 to 8 p.m.

Members \$45. Nonmembers \$55

Let certified Zentangle teacher Pamela Signorelli introduce you to the art of Zentangle!

Zentangle is an easy-to-learn method of drawing patterns step by step. It is relaxing, gratifying and a great way to exercise the creative side of your brain! Beginning with the basics in the first class, we'll then create a variety of artworks throughout the month, based on the season.

Supplies will be provided by the instructor.

Beginner Bonsai Workshop

July 26, 6 to 9 p.m.

Members \$55. Nonmembers \$66

This interactive, hands-on workshop will introduce you to the ancient art of bonsai, the Japanese art of growing and training miniature trees in containers, developed from the traditional Chinese art form of penjing.

The first part of our workshop will be a presentation discussing the terminology, history, philosophies and aesthetics used in bonsai. We'll also cover tools used, techniques needed, and soil mechanics. This will be followed by questions and discussion of live trees, with examples. Finally, students will have the opportunity to use the remaining two hours to prune, shape, and repot their tree into a more pleasing bonsai container. Aftercare instructions and troubleshooting will wrap up the program.

All supplies will be provided by the instructor for a \$25 fee, paid directly to instructor.

Beginning Belly Dance (Ages 18-Plus)

July 26 – 7:30 to 8:30 p.m.

Members \$60. Nonmembers \$72

Have fun learning the ancient art and modern styles of this dynamic dance! Belly dancing is a naturally low impact activity that improves posture, core strength, flexibility and the mind-body connection. Adults will learn the basic moves, steps and rhythms that are applicable to either traditional or tribal styles of belly dance in this course with Middle Eastern and Mediterranean Danse Orientale Award recipient Sherry Coffey! No experience necessary.

Alliance For The Arts, 10091 McGregor Blvd., Fort Myers, FL 33919, (239) 939-2787, artinlee.org.

Word Scramble Solution from page 3

Doe	Puppy
Calf	Eaglet
Cub	Owlet
Kitten	Duckling
Fawn	Kid
Chick	Joey

Sudoku Puzzle Solution from page 2

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

Crossword Solution from page 2

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

Can't Feel The Sand Under Your Feet?

Are you one of the millions of Americans that suffer from peripheral neuropathy? Have you been told you have to deal with it, live with it, and rely on Gabapentin, Lyrica, Cymbalta, injections or other dangerous off label drugs with serious side effects?

You see, it's not your medical doctor's fault, it's the completely irrational medical system that continues to treat only the symptom and not the cause.

Are you suffering from numbness, tingling, burning pain, deep stabbing pain, often diagnosed as peripheral neuropathy? Are you having balance problems or have the fear of becoming disabled, needing someone to take care of you and losing your independence?

As you can see in Figure 2, as the blood vessels that surround the nerves start to die off, the nerves begin to shrink from the lack of all its oxygen, nutrients, and blood supply. When these nerves begin to die, symptoms such as numbness, tingling, burning pain, sharp deep stabbing pain, balance problems, and lastly fatal falls and injuries begin to appear.

The main problem is that your doctor has relied on the "drug cocktail" and exploratory surgery approach which miserably fails.

You actually think like a neuropathy expert more than you think. Let me give you an analogy. What do you think of when you see a wilting plant? What does it need?

Exactly! Water, sunlight, nutrients, take any toxins away from its environment for healing!

A nerve is an organism just like a plant, so our goal in our clinic is simple. We must increase blood supply to the nerve so it can heal. But first, ask yourself this question. How many medications will it take to increase blood flow to the dying nerve? You are correct! Medications cannot increase blood flow. With our 3-step process, we have a 90 to 95% success rate with neuropathy.

- 1) Increase blood flow
- 2) Educate small fiber nerves
- 3) Decrease pain signals

One way we increase blood flow is by using cutting-edge technology such as Lower Level Light Therapy, also known as LLLT. The technology was discovered by NASA by treating wounds in space. LLLT was approved by the FDA in 2001 and is at the forefront of neuropathy treatments. The low level light therapy creates a process called angiogenesis. Angiogenesis means "new blood vessels." It's like watering a plant. The more LLLT a nerve gets, the more it repairs itself, just like a plant would by getting more water, sunlight, and nutrients.

In addition to LLLT, we use a cutting-edge technology around a Nobel Prize-winning concept allowing increased circulation to the extremities.

It's crucial that once we get new blood to the nerves and create new blood vessels, to re-educate the nerve back to normal function. By using a device that's used in large hospital chains across the country for neuropathy, we are able to repair the damaged nerves, and start to make them durable once again.

The most common mistakes neuropathy sufferers make are to take the "it will go away on its own" or "the medications will get me better" mentality. Doing this for long periods can cause you to reach a point of no return.

Dr. Robert Davis is a Chiropractic Physician trained in Functional Neurology. He has been in practice for 24 years and can be reached at (239) 482-8686, www.ActiveHealthComplete.com.

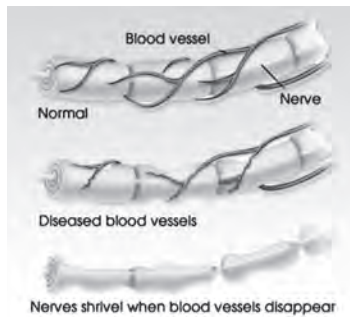


Figure 2

The Southwest Florida Symphony Kicks Off 63rd Season With 'R.E.M. Explored' On Oct. 21

The Southwest Florida Symphony, Lee County's only professional orchestra featuring musicians who have studied at the world's most prestigious conservatories, is excited to announce tickets are on sale for the first Brave New Pops concert of its 63rd season on Saturday, Oct. 21 at 7:30 p.m. at Barbara B. Mann Performing Arts Hall in Fort Myers. "R.E.M. Explored" will feature selections from R.E.M.'s legendary playlist newly imagined for the orchestra, with R.E.M.'s Mike Mills on electric bass, piano and guitar performing alongside Grammy-nominated violinist Robert McDuffie.



R.E.M. Explored: Robert McDuffie and Mike Mills with Atlanta Symphony Orchestra



R.E.M. Explored: Mike Mills and Robert McDuffie

This symphonic masterpiece perfectly blends classical and pop, featuring R.E.M.'s biggest hits from the '80s and '90s, including *Everybody Hurts*, *Supernatural Superstitions*, *Man on the Moon* and more. The incredible concert will conclude with Mills performing his eponymous *Concerto for Violin, Rock Band, and Orchestra*.

The Southwest Florida Symphony's Brave New Pops series is sponsored by Ellie Fox and Seminole Casino Hotel.

The remainder of the symphony's 63rd season will feature a diverse lineup of performances highlighting the best of classical, pop, jazz, rock and more led by Maestro Radu Paponiu and accompanied by world-renowned guest artists.

To purchase tickets or learn more, visit swflso.org/tickets/.

The Southwest Florida Symphony made its debut as a community orchestra on April 15, 1961, playing in schools and community centers, with a roster of only 24 volunteer musicians. Today, the symphony boasts a roster of 70 world-class professional musicians and is Lee County's only fully professional orchestra and fourth oldest in the state. The Southwest Florida Symphony's 63rd year continues the orchestra's tradition of artistic excellence and innovation as Music Director Maestro Radu Paponiu leads another season of spectacular performances. Maestro Paponiu, the sixth music director in the organization's history, also serves as the associate conductor and youth orchestra director for the Naples Philharmonic in addition to guest-conducting with orchestras throughout the United States and Europe.

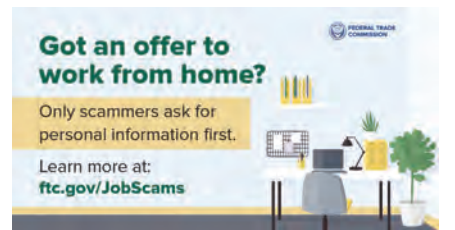
For more information about the Southwest Florida Symphony, upcoming season performances and subscription and ticketing information, visit swflso.org or call (239) 418-1500.

Consumer Alerts

Scammers Are Hijacking Job Ads. Here's How To Spot The Fakes

By Gema de las Heras, Consumer Education Specialist, FTC

Scammers are taking outdated ads from real employers, changing them, and posting them on employment websites and career-oriented platforms like Indeed or LinkedIn.



The modified ads seem to be real job offers with legitimate companies. They're not. In fact, their goal is to trick you into sharing personal information. So how do you know if you're dealing with a scammer?

Know that some of the hijacked job postings are offers to work from home as a personal assistant or customer service representative. Then, they'll ask you for information like your Social Security and your bank account number so they can (supposedly) deposit your salary. Sometimes, they say you got the job and send you a check to buy equipment that you have to cash (and send money to them). But these are scams.

Here are more ways to spot and avoid phony job postings:
• Verify job openings before you apply. Visit the official website for the organization or company you're applying for. Most include a "career opportunities" or "jobs" section.

• See what others are saying. Look up the name of the company along with words like "scam," "review," or "complaint." The results may include the experiences of others who've lost money.

• Never deposit a check from someone you don't know. An honest employer will never send you a check and then tell you to send them part of the money. That's a scam.

See a suspicious posting? Tell the FTC at ReportFraud.ftc.gov and check out more advice to stay clear of job scams.

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Poetry Corner

AFTER A CONCERT AT SYMPHONY HALL

By Robert Nelson

When the music ends in silence,
And the maestro lowers his baton,
Seconds before the applause and bravos,
There is that moment of silence
In the flash of an eyelid,
When the soul trails off in transcendence
To a quiet place of graceful light,
Glistening like sun on soft snow,
Where the psalmist can be heard whispering,
"Be still and know that I am God."

Cook's Corner

Chocolate Cheese Ball

1 (8-ounce) cream cheese, softened
½ cup butter (no substitute), soft
½ teaspoon vanilla extract
¾ cup confectioners' sugar
2 tablespoons brown sugar
¾ cup semisweet chocolate chips
¾ cup chopped walnuts or pecans

Serve with chocolate graham crackers or sugar cookies.

In a mixing bowl, beat cream cheese, butter, and vanilla until fluffy. Gradually add sugars, and beat until combined. Stir in chocolate chips. Cover and refrigerate for 2 hours. Place cream cheese mixture on a large piece of plastic wrap; shape into a ball. Refrigerate for at least 1 hour. Just before serving roll ball in nuts. Serve with the chocolate graham crackers and/or sugar cookies.

Chocolate Brickle

40 saltine crackers (1 sleeve)
1 cup butter
1 cup brown sugar
1 package chocolate chips
1 cup chopped or slivered almonds

Preheat oven to 400 degrees Fahrenheit. Foil the bottom and sides of a cookie sheet. Line saltines on bottom, melt butter, add sugar; blend and bring to a boil for 3 minutes. Remove from heat and pour on crackers. Smooth. Bake for 4 to 5 minutes. Remove from oven and add chocolate chips. When chips are melted, smooth across the top. Sprinkle almonds on top and refrigerate for 2 hours to set. Store in refrigerator or freezer.

For Lexophiles

Don't worry about old age; it doesn't last.

Continental Women's Club

By Liz Paul

The Continental Women's Club will hold its monthly luncheon meeting on Thursday, Aug. 3 at 11:30 a.m. at The Hideaway Country Club.

Our August program will feature David Flory, a local ballroom instructor, presenting a dance exhibition. He and his partners will demonstrate various styles of ballroom dance and discuss the many benefits of dance. Please join us for this interesting, entertaining experience.

Continental Women's Club is a social, cultural, and philanthropic organization established in 1975, and membership is open to women living in Lee County. Meetings are held on the first Thursday of each month at 11:30 a.m. at The Hideaway Country Club, 5670 Trailwinds Drive, Fort Myers 33907. The cost to attend the luncheon is \$25. Reservation deadline for August is Tuesday, July 25. Please call Liz Paul at (239) 691-7561 for additional information or to make a reservation.

Wildlife

The Squirrel

By Mark L. Franzer

The squirrel is generally any of 268 species of rodents whose common name is derived from the Greek word *skiouros*, meaning "shade tail," which describes one of the most conspicuous and recognizable features of these small mammals. These distinctive animals occupy a range of ecological niches worldwide virtually anywhere there is vegetation. A few fun facts of this "rodent," a word derived from the Latin word "rodere" to gnaw, is that their teeth never stop growing. 25 percent of their buried food is usually stolen by competitor squirrels and/or birds. To combat this, they are extremely intelligent in deceptively digging a hole and vigorously covering it up again, but without depositing the nut. It seems this is done to throw off potential food thieves. There is even a National Squirrel Appreciation Day on Jan. 21 for the variety of acrobatic roles this mammal creates from bandit to gardener to trickster. This energetic little critter has even (accidentally) contributed countless trees to our nation's forests by not retrieving all their buried nuts!



Fourth Of July Events In Southwest Florida

Fort Myers – "Freedom Fest" in Downtown Fort Myers, Tuesday, July 4 from 6 to 10 p.m. Come celebrate the Fourth of July with us! This Fest will "explode" on the Edwards Drive waterfront which includes live music, food trucks all ranging in various cuisines, a featured band, activities for the kids, vendors with crafts and items available to purchase, and a beautiful firework display.



Cape Coral – "Red White and Boom." The City of Cape Coral Parks and Recreation Department is proud to present "Red, White & Boom" on Tuesday, July 4 from 5 to 10 p.m.

at the foot of the Cape Coral Bridge on Cape Coral Parkway.

This event, which is free to attend, has won the reputation as the best place to honor America on the Fourth of July in Southwest Florida. By land or by sea, the experience is remarkable as over 40,000 people come together in the spirit of our country's Independence Day.

The American Fireworks Spectacular powered by LCEC is a musically synchronized display. The music can be heard at the stage, on Cat Country 107.1 FM, or on the iHeart Radio app. Watch as over 4,000 shells explode in Cape Coral's sky to celebrate our great nation's birth.

Lawn chairs are highly encouraged! No pets (service animals okay) or outside alcohol allowed. For more information, go to capeboom.com.

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