

the Whiskey Creek News

www.whiskeycreeknews.net

Another Seabreeze Publication



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JUNE 2022

Neighbor's Letter

Hi Neighbors,

The Whiskey Creek Civic Association (WCCA) Board is starting something new and exciting; we are rotating the Board president's welcome letter. In the past, the president has written the letter each month. To change things up a bit each month a different Board member will write the letter in an effort to let the neighborhood get to know the Board. Fortunately, or



unfortunately, depending on who you ask, I am first up!

I am Jessica Nolan; my husband and I have lived in Whiskey Creek since June of 2016. We absolutely love the neighborhood and feel very strongly we have some of the best neighbors in Southwest Florida. Personally, I am a multi-generational native Southwest Floridian. We have two children that are both graduates of Bishop Verot High School, our daughter just graduated from UF this year and will be attending law school and our son is a sophomore at FGCU. We have two additional babies, Bo and Abby our golden retrievers. They are often found "greeting" walkers on the corner of Pernod and Dubonnet. I work in the real estate industry, and I am a huge fan of our community, our waterways, and our sunshine!

Summertime is here! Typical Southwest Florida style, we seem to have skipped spring and went straight into the summer heat and afternoon showers. We are also officially in another one of our (not so favorite) seasons, hurricane season. This is the time to get your supplies in order and stock up on the essentials from paper goods to bottled water to canned foods. Then we all hope and pray we do not need to use them! Also, please be mindful that during the summer months more kids are outside playing, be aware of kids at play, walkers, and pets especially in the dark. And a reminder to all walkers, bikers – wear bright clothing so you can easily be seen.

Neighbor's Letter on page 4

Security Report

By Michael Kuehn

April was slower than normal for events that involved our deputies. We normally see things pick up in May and June when the schools are out. We had four traffic stops for a stop sign violation in which warnings were issued. There were six stop sign violations which received citations. The deputies responded to one domestic disturbance which was resolved peacefully and performed a verification check at one residence. EMTs were assisted with lifting while moving a resident to transportation. Assisted the sector car with handling a two-vehicle crash at Whiskey Creek Drive and College Parkway. The deputy was dispatched to take



a report on glass broken in a front door. It appeared that there was no criminal activity, that it was the result of a package delivery. Answered a complaint of multiple vehicle burglaries on the same block. All the vehicles were unlocked. Responded to a call about teenagers driving a golf cart recklessly on the golf course between holes 12 and 15. The subjects were gone when the deputy arrived. Stopped a resident and issued a warning for riding the wrong direction in the bike lane.

Bicycles must obey the same laws as motor vehicles. They must travel in the correct direction and in the same direction as traffic. They must also obey the speed limit which has become more important with the increasing number of electric bicycles on the streets. Responded to

two false 9-1-1 calls about gunshots in Tanglewood. As his shift ended the deputy was dispatched to a suicide attempt outside of Whiskey Creek. The dispatcher knows when the deputies are in Whiskey Creek and is allowed to utilize them outside of Whiskey Creek when they are the closest car in an emergency situation. Keep your outside lights on and garage doors down. Lock all vehicles left in the driveway and remove all valuables and garage door openers from them.

Yard Of The Month

Residing at 1702 Whiskey Creek Drive, Sara Dennis, initially from New York, finds the solitude in their corner lot perfect for her environmental consultant work and to attend to her mother Laurie's care. Being centrally located is indeed a facet of lessening the complexities of daily life. Accompanied by the Dennis's Rosita and Gamora, two felines affectionately named from Sara's favorite movie, *Guardians of the Galaxy*, provide further comforts to their lovely home. Framed in coconuts, dashed with Christmas palms and tiki plants, a true air of tranquility resides here. Drive by,



1702 Whiskey Creek Drive

give a wave and meet this Yard of the Month award winner!

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.yardofthemonth@yahoo.com.

Whiskey Creek Village Green Ditch Project

The common ditch that runs between all 14 sections of Whiskey Creek Village Green has been a problem to maintain. Since some sections maintain their part of the ditch and others do not, it causes a maintenance problem for all residents. Periodic maintenance of the ditch is necessary to maintain the flow of water and eliminate possible health hazards.

To simplify the maintenance issue, some of us have approached Lee County to get involved in maintaining the ditch for us, through the establishment of an MSTBU. This is like the current MSTBU, for maintaining the entryways, boulevard and street lighting in Whiskey Creek.

The county is willing to assist us with the project and has advised us concerning the process calculating the cost and feasibility of the project. This process consists of two steps. The first step is a petition signed by 50 percent plus 1 owners, asking the county to perform a feasibility study. The cost of this study is \$500, which is being paid for by section 6. Once the study is completed and the cost of the maintenance is determined, then a second petition will be circulated to the residents, with the same requirements of the first petition, for the MSTBU to move forward. If there are enough signatures at that point, the county assumes the maintenance of the ditch.

If you are an owner in any of the 14 sections of Whiskey Creek and have not had the opportunity to sign the feasibility petition, please contact Steve Mock at steve@safeguardmpg.com.

Whiskey Creek News

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From The Desk Of Sheriff Carmine Marceno

Rental Scams

The population in Southwest Florida continues to grow, as does the rental market. Southwest Florida appears to be in high demand and, as a result, prices for rental properties have risen considerably.



Out-of-state residents search the Internet for affordable housing in our region and a sizeable number of Lee County residents appear to be searching for more affordable rental options.

Finding affordable housing is often a difficult task ... and the scammers know it.

When searching for rental properties, be alert to ads listing a price significantly lower than that of similar properties.

Renters should not sign any document prior to inspecting the property ... both inside and out. Renters have been scammed when attempting to rent properties that don't exist or are not for rent.

Verify ownership using the Lee County Property Appraiser's website (leepa.org) and ensure that you are dealing with the owner or an authorized representative.

Never wire money as a deposit or payment for the first and last month's rent ... especially without a signed and verified

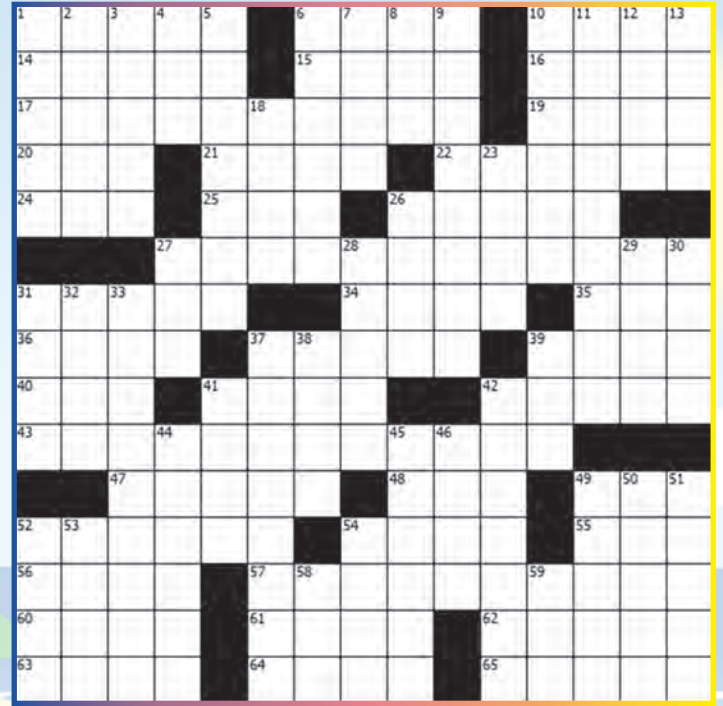
lease. Requests to wire money overseas or to send gift cards as a form of deposit should never be considered.

Additionally, don't allow your online property search to result in identity theft. Do not share your personal information without verifying the identity of the party that you are dealing

with. Be careful. Hackers can easily change the contact information in an existing online ad ... making it seem reputable.

Contact the Lee County Sheriff's Office Fraud Unit at (239) 258-3292 should you have concerns regarding rental fraud.

Crossword Puzzle



Across

1. Get straight A's, e.g.
6. Speed reducer
10. It's mild and yellow
14. Sedimentary rock
15. Largest of seven
16. Disgusting insects
17. Men's club comedian?
19. *Off the Court* author
20. Precognition, e.g.
21. Requested earnestly
22. Put on the charts
24. ___ Paulo
25. Ice or Stone
26. Poetry
27. Men's club aromatherapist?
31. Did a fireman's job
34. Like a certain sax
35. Crafty
36. Imitated
37. Waits for snaps
39. Burn
40. A guided missile
41. Beret's place
42. Blend
43. Men's club musician?
47. Old Pontiac model
48. Daze
49. Bon ___
52. Type of cord
54. At a great distance
55. ___ pro nobis
56. Word with ranger or star
57. Men's club craftsman?
60. Pearl Buck star
61. Miracle Mets outfielder
62. One sans permanent address
63. They may be smoked
64. Pietà figure
65. Sycophant

Down

1. ___ Park, Colo.
2. Nelson Mandela's native tongue
3. Bill Parcells' predecessor
4. Pixie
5. Large feline
6. Whalebone
7. Kind of bookstore
8. Launch of 2/20/86
9. Checks for balances?
10. Pass, as time
11. Vending machine, essentially
12. Languish
13. Archaic reward
18. Gymnast Korbut
23. Kings arena
26. Loathsome
27. Stoked
28. DeeJay Casey
29. Dross
30. Brontë heroine

31. Fastener
32. Moonfish
33. Playoff part
37. "Vitalogy" group
38. Other, in Mexico
39. Champagne designation
41. "Take ___ Train"
42. Type of worker
44. Department store section
45. Unharmonious
46. Hebrew patriarch
49. Mell Lazarus strip
50. Mountain nymph
51. Running behind
52. Fruit of the blackthorn
53. Fishing requisite
54. Perfect server
58. Turkish title
59. Bovine utterance

Crossword Solution on page 6

Word Scramble

Laughing

By Ellie Neal

- | | |
|----------|------------|
| Nunyf | Ljylo |
| Guamnis | Aivjlo |
| Lrldo | Airusorpuo |
| Lgnwoih | Ytiwt |
| Oosurumh | Nzya |
| Ncioir | Atcirlias |

Word Scramble Solution on page 6

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Creating Beautiful, Healthy Smiles

What's Blooming At Edison And Ford Winter Estates?

By Debbie Hughes, Senior Horticulturist at Edison and Ford Winter Estates

For those who garden with tropical plants, this is the time of year when gardens start to show off. The plants wake up when the rains begin and the heat increases. In general, tropical plants have showy and sometimes larger leaves with impressive, unusual flowers. The Siam tulip, which is actually a type of ginger and not a tulip at all, is known botanically as *Curcuma*. These pink flowers are distinctive in a garden setting.



Over the last few months, many of the trees, shrubs, and annuals in our gardens have suffered from a lack of water. There isn't anything in nature that can compare to the effect that rainwater has on making plants grow. Hopefully, you have fertilized your plants that are in need – especially palms, gardenia, angel trumpet, ginger, and other ornamentals – now that it's raining regularly again, those plants will start growing.



Curcuma also known as Siam tulip loves summer rains and heat but needs to be planted in a shady spot.

If you are lucky enough to have some of our Florida natives that also love rain, they will be extraordinary this time of year too! And since they are adapted to our climate, they don't require fertilizer. Some of my favorite natives are the Paurotis or Everglades palm, fiddlewood, Jamaican caper, locustberry, and white indigoberry.

My preferred way to approach plant material choices for the Edison and Ford Winter Estates' gardens is to have a combination of both native and exotic. I want to stress however, the best course of action would be to choose exotic plants that require less fertilizer, water, pesticides, and most importantly ones that are not invasive. I remember when Mexican petunia was the plant of choice for many people who like purple flowers. Now, *Ruellia simplex* is invading Florida's natural areas, including the Everglades. The plant is now on the list of invasive species. I worked for years to get this plant out of the planting bed next to my mother's



Ruellia caroliniensis, the Florida native wild petunia

condo. Unfortunately, some garden centers still sell it, so make sure you don't buy and plant it in your garden.

If you like purple flowers, there are some native options that are both pretty and because they are native are beneficial for the environment! The *Ruellia carolinensis*, is a plant with a lighter purple flower, and a sure bet for any butterfly or wildflower garden. The Estates received a wildflower grant last year and we have been busily getting wildflowers started. Once we get the wildflowers to start the process of reseeding, I will have a class on how to develop a wildflower garden in the home landscape.



Coreopsis leavenworthii is the Florida state wildflower.

It is important to put back the nature we took out when man started developing Florida. It takes a few years, but well worth the effort to see new life from the bees, butterflies, hummingbirds (during their migration), and other birds and wildlife. Wildflowers contribute so much for so little effort. Once the wildflowers get settled in the planting area, they begin their reign of the garden as they reseed (provided you've removed all the invasives). I am looking forward to this project over the next couple of years. Some of the wildflowers that I've planted include *Coreopsis leavenworthii* (the Florida state wildflower), black-eyed Susan, pineland heliotrope, tropical sage, twinflower, beebalm/dotted horsemint, silk grass, blue-eyed grass, *Liatris*, false rosemary, Elliott's lovegrass, and muhly grass. Soon, I'll be adding even more!

Another easy-care plant for the garden (not native, but still easy to love) is the plumeria or frangipani. They range in colors of white with a yellow throat, to many shades of pink, red, or reddish-orange. During the winter months, these small trees are denuded of their leaves, leaving some to ask, "Are they dead?" Most of these plants start out as 1- to 2-foot cuttings stuck in a pot of soil or directly into the bare ground. They slowly work on growing roots, but in a couple years' time they produce fragrant flowers. These flowers are a welcome sight for everyone and have varying degrees of fragrance; they have been described by some as floral, citrusy, spicy, vanilla, or cinnamon and some say they don't have any fragrance at all. The first frangipani flower I stuck my nose in was the yellow flowering



An unusual colored Plumeria rubra variety growing in the frangipani collection at Edison and Ford Winter Estates

Plumeria rubra "Aztec Gold." Plumerias are often called the flower of Hawaii because they are grown for making leis (a flower necklace). It's hard to find a yard in Hawaii without these plants from the Apocynaceae family (they have white milky sap). Of course, there are many yards in Florida with a frangipani gracing the landscape too.



Cuttings in the nursery at Edison and Ford Winter Estates

Frangipani are fun to share with friends and neighbors, especially if you are looking for named varieties in colors of red, two-toned pinks and yellow and orange and yellow, deep pink, light pink, peachy, and many more variations thereof. Growing plumerias from cuttings is by far the best way to propagate new plants for your garden. All you have to do is cut a branch 1 to 2 feet in length from an existing plant you desire, then set it aside for a couple of days while the end that was cut callouses or heals over, then when it's ready, push the cutting into the pot of adequate draining soil about 3 to 4 inches. It is best to not water the cutting since there aren't any roots to take up water anyway and begin watering when you see leaves form on the stick. (I know this is hard to do.) Roots are slow to form, but don't fret, eventually they should achieve a stand-alone status to support itself and then it can be planted in the ground. A stake support could be beneficial to keep the cutting from falling over when we have strong winds and rain during the summer.

The cutting should put on a couple of feet each year, and it will reach for the sunlight. Deciding on placement is important to the life of the frangipani; I would plan on the plant getting 10 to 15 feet tall and some will also get just as wide. It generally takes about 10 years to get a large enough tree to make a statement. The one drawback is that the frangipani tree loses all of the leaves during the winter months. It is pleasurable to get a whiff of their fragrant colorful blossoms after they have been naked throughout the winter season. Make sure to allow enough room for future growth, and most importantly, keep grass away from the trunk so the weed whacker machinery doesn't destroy the bark. I see this way too often when landscaping crews get too close to plants. Keep a mulch ring around the tree at all times, which will help the soil retain moisture and deter weed growth.

There is so much to be thankful for in a summer Florida garden. A diversity of plantings is the best advice for a garden that satisfies needs: some plants for fragrance, some for cut flowers, some for wildlife, and some plants for interesting shapes or visual appeal. During this time of year, enjoy the extra growth that comes with the rain; pruning may be necessary, but most importantly, keep weeds and grass from competing with desirable garden beds. I always thought that it was a funny term to call a garden area a bed. The plants don't sleep in beds like we do; however, the true origin from the word "bhedh" means to dig, and that is what we have to do when we make gardens. The term garden beds has been used in England since A.D. 1000. Shakespeare's "bed of roses" is figurative for the comfort you'd imagine roses would get by being tucked in.

Stop by the Estates to see what's blooming this summer, and you might want to pick up some new plants from the Garden Shoppe. I hope you find comfort and joy while working in your beautiful garden this year!

Sizzling SUMMER Savings!

Sudoku Puzzle

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

Sudoku Puzzle Solution on page 7

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Real Estate Round-Up

By Bob Oxnard, REALTOR®

Hot Summer For Whiskey Creek Housing?

Whiskey Creek housing prices were off to a torrid start in 2022. The median sale price of a single-family home for the first four months was \$500,000.

This compares to \$360,000 for the same period last year; up 39 percent. Price per square foot was \$255 versus \$191 last year: up 34 percent. The law of supply and demand was on display as the number of homes sold was down 40 percent to 10 homes this year. Interest rates are higher, but most of the decrease in volume is because there were so few homes available. At the end of April there were only two homes active (median price \$650K) with another eight homes under contract and pending sale (median price \$525K).

What do these statistics tell us? I think it confirms what most of us already felt. **If you want to buy a home, be prepared to have slim pickings and high price tags.** It also tells me that this torrid pace is not sustainable. It is only a matter of time until we see prices begin to moderate and inventory start to increase. We are already seeing a number of price decreases in the MLS. This portends a market shift.

Membership

By Gordon Lytle

As of April 30, 507 members have joined or renewed their memberships in the Whiskey Creek Civic Association for the year 2022. Of these, 19 were newly enrolled. We are glad to welcome them to our community. The names of those who have joined since April 1 are listed below (except for those who requested that their names not be published).

Eric W. and Daniele Anderson
 Judy Ferris and Brian N. Barnes
 Christopher P. Casey
 Gregory Robel and Kimberly Cummings
 Bobbie D'Alessandro
 James M. Drinan
 H. Sherry Edie
 Donald Sapp and William Flanagan
 Gregory J. Fox
 Charlotte Stigler and Robert Gerber
 Debra Peck and Ronald B. Harris
 Robert Kosek
 M. Patricia O'Connell
 Michael K. and Laura J. Owens
 Kelly Vanderpool



Real estate will soon be entering what is typically the "slow season" for Whiskey Creek home sales. However, the past two summers have been atypical as June, July and August homes sales stayed stronger than normal. Many agents say it will be the same this year. The trend of migration from north to south continues. **There is a combination of reasons for this, and it will likely continue this summer.**

Thomas Edison chose Fort Myers to build his now-historic winter home. Southwest Florida continues to grow,

and not just in the winter months. We are no longer a winter destination of the wealthy few. Snowbirds are coming earlier and staying longer. Am I preaching to the choir? It's June and you are here in Whiskey Creek reading this. We are some of the proofs that our area is becoming more of a year-round destination. Enjoy your great summer. More will be joining us each year!

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

Players Circle Theatre Announces Cabaret Shows For Summer 2022

The Players Circle Theatre has announced its 2022 cabaret shows. Included in the lineup are comedians and a variety of musicals. They include:

- May to June. Jazz pianist **Danny Sinoff Trio**. Most Mondays he performs a different selection of themes from Frank Sinatra to Nat King Cole. Showtime is at 7 p.m.; tickets range from \$15 to \$35.

- June 10 and June 17. **Swingin' Cliique**. This inter-generational collection of musicians, vocalists, and entertainers provides toe tapping and sing-alongs in their high energy show.

- July 1 to 3. **Broadway & Beyond**. Theater favorites Natalie Brouwer and Matt Michael are joined with Brian Gurl in a musical smorgasbord of Broadway now and then, plus patriotic songs.

Showtimes for the cabaret shows are Friday, 8 p.m.;

Saturday, 7 p.m.; and Sunday, 2 p.m. Individual tickets are \$25 and \$35 and may be ordered online at Playerscircletheater.com, or by calling (239) 800-3292. Parking is free. Box office hours are Monday to Saturday, 10 a.m. to 2 p.m. All other times, leave a message at (239) 800-3292.

The Players Circle Performing Arts Center was developed by veterans of the Southwest Florida theatre movement, Carrie Lund Cacioppo and Robert Cacioppo. They have been prominent faces of theatre in Lee County for over 35 years, having started Lee County's first professional theatre on Sanibel Island and the Florida Repertory Theatre, which has been named "One of America's best regional theatres" by *The Wall Street Journal*. Players Circle Theatre is a professional black box theatre providing Broadway-level entertainment. Follow it online at Playerscircletheater.com.

Whiskey Creek Country Club News

Summer league has started on Tuesday night. Sign in at 5 p.m. and enjoy playing fun golf with friends.

Trey Sones, the teaching pro, is running a golf camp at the club. Contact the club at (239) 481-3021 for details. (Junior Golf Clinic is held Saturday morning 10 to 11 a.m. – must register at Tsones@pga.com to attend.) Trey continues giving golf lessons to adults. Email Trey.

If you're trying to figure out what to give the golfer in your family, stop in at the club and get a gift certificate for that special someone. They make wonderful Father's Day

and birthday gifts! There are new logoed WCCC golf shirts for ladies and men in the Pro Shop. Also available are golf caps, visors and hats, note and postcards, golf towels, and koozies. Sunglasses and playing cards are also available to purchase. Stop in to see everything!

WCCC has installed all new flooring in the entire clubhouse. The clubhouse, also, has installed a new roof. Come and enjoy a lovely lunch Tuesday to Saturday and brunch on Sunday! Stop in for a drink at the bar!

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

Tricolored Heron

The tricolored heron is among the liveliest of the active hunters. The tricolored heron uses a technique known as canopy feeding to elude their prey. The strategy behind canopy feeding entails shading the water with their outstretched wings hoping small fish will seek refuge from the sun and swim into the shade they provide. When a fish is in sight they strike! This creative approach to catching fish becomes a dance performed in rhythmic circular patterns. The dance is quite graceful and from what I can tell unique to the tricolored heron.

Another one of the more compelling aspects of the tricolored heron is their natural ability to change colors for mating season. The beak and legs of this bird remain yellow for the majority of the year until sometime in early spring when their beak takes on a stunning almost iridescent blue hue with a back tip and their legs become a rich pink tone.

All photos that appear in *The Whiskey Creek News*



are captured only within our favored community. Should you like to follow the exploits of what this camera bug captures, follow the journey here. You'll need to request membership to gain access! <https://www.facebook.com/groups/1430022127286192>

Whiskey Creek Civic Association

2021 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

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Deed Restrictions Chair	Seth Hartt seth@boat-trailers.com	
Membership	Gordon Lytle	936-1475
Yard Committee Chair	Mark Franzer mfranzer@yahoo.com	

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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
Michael Kuehn, Security	454-6246
Roland Kotcamp, Lighting	482-7679
Steve Shoan, Irrigation	732-570-3321
Fitzroy Alexander, Landscaping	433-1836
Josh Malo, MSTBU Coordinator	533-2308

Neighbor's Letter from page 1

WCCA has been back to in-person Board meetings the second Wednesday of the month at 7 p.m. In May we held our annual meeting accepting new Board nominations and final Board members were elected. Keep an eye on the Whiskey Creek website (Whiskeycreeknews.net) for an updated list of this coming year Board members. You can also check the website for previous month's meeting minutes, upcoming events and how to get more involved in our community. As always, we encourage the community to attend and participate as we serve this community for each of you. Keep in mind the Board does not meet during the summer months of June to September.

Did you know we have a Facebook page designated for Whiskey Creek and Tanglewood neighbors? If you are not a member – go check it out now. It's an easy way to stay in touch with all that is going on in the neighborhood. There is also a Whiskey Creek Buy, Sell, Free Facebook page that is an easy way to post items you are looking to part with all while helping your neighbors out.

Mark your calendars, next month is the July 4 bike parade. Keep an eye on the Facebook page for more information on time and meeting location. This is always a fun event for all ages and a day to celebrate our beautiful country.

Facebook groups and website:

Whiskey Creek Civic Association
 Whiskey Creek & Tanglewood Neighbors
 Whiskey Creek Buy/Sell/Free
www.whiskeycreeknews.net

Have a fabulous summer!

Your Neighbor,

Jessica Nolan,

Board Member, WCCA

High Blood Pressure And Sugar: Not The Usual Suspect

By Mary Lou Williams, M. Ed.

Sugar and salt are partners in crime, the crime of hypertension. But sugar is a silent partner. Nobody hears about the role of sugar in high blood pressure. Salt gets all the press. But while everyone watches salt, sugar gets away with murder.

When researchers tested a high-sugar diet on blood pressure in hypertensive rats, they found that such a diet markedly increased the rats' blood pressure in only two weeks. Most important, the high blood pressure was reversible with a low-sugar diet. When this study was duplicated with human subjects, the results were the same.

Sugar And Insulin – How It Works

How does sugar cause blood pressure to rise? By its effect on insulin. Shortly after being eaten, most simple sugars are quickly broken down into glucose, which is then released into the bloodstream.

The sudden escalation in blood glucose is followed by an immediate rise in serum insulin. This is why insulin is known as a sugar hormone. It is well known for its ability to regulate blood sugar levels and for its role in diabetes. What is not so well known is that insulin is also a potent sodium-retaining hormone. In the 1970s it was conclusively demonstrated that elevation of blood insulin results in increased re-absorption of sodium by the kidneys, causing retention of sodium in the body.

This produces the same effect as too much sodium in the diet. Since sodium always holds water, the kidneys retain fluid along with the sodium, thus increasing blood volume and raising blood pressure.

This is not the only way that sugar, via insulin, raises blood pressure. Normal blood pressure is created by the heart pumping blood into the large arteries. The large arteries branch out into more than 100,000 very tiny arteries, or arterioles, which bring the blood to the organs, tissues and cells.



Because of their small size (less than one-hundredth of an inch in diameter), these arterioles produce a resistance to the flow of blood out of the large arteries. Thus, normal blood pressure is due to the heart pushing blood against the resistance of the arterioles.

Tiny smooth muscle cells line the walls of the arterioles. Excess insulin increases the number of these smooth muscle cells, thickening the arterioles and narrowing the opening through which the blood flows. This narrowing increases resistance, thus increasing blood pressure beyond normal levels.

Besides stimulating the growth of the smooth muscles that constricts arteries, excess insulin also increases the production of serum triglycerides, decreases the levels of HDL, the "good" cholesterol, and promotes increased levels of total cholesterol and LDL, the "bad" cholesterol.

It promotes an increase in cholesterol deposits in the arteries, thus further narrowing the opening and increasing blood pressure. People with hypertension have elevated levels of insulin, elevated triglycerides, elevated LDL and decreased HDL cholesterol.

Diabetes, Obesity And High Blood Pressure

Further evidence in support of the role of sugar in hypertension is the fact that Type 2 diabetics are very prone to hypertension. They have both a high level of sugar in the blood and also a high level of insulin.

They produce insulin, but their cells are resistant to the hormone. Therefore, insulin is not able to do its job of depositing glucose into the cells. Insulin remains elevated in the blood along with glucose. Diabetics, therefore, are subject to all the effects of excess insulin described above.

Being obese greatly increases the chances for developing hypertension. In all populations that have been studied, overweight people have an increased likelihood of high blood pressure. Obesity also results in increased levels of insulin.

In obesity there is a decreased ability of muscle and fat cells to respond to insulin. A particularly telling study has

shown that in people on low calorie reducing diets with lots of simple sugar, blood pressure did not drop; whereas people whose diet had the same number of calories but very little sugar did obtain a reduction in blood pressure.

How can we use this knowledge to keep from getting high blood pressure or to lower pressure that is already elevated?

The answer is simple, though not necessarily easy. If you ate totally unprocessed foods, eliminating sugar in all its forms, ate ample fruits and vegetables, and used salt sparingly, preferably unprocessed sea salt, you would probably see a drop in your blood pressure.

Next month I will detail what such an eating plan would consist of. The information for this article was obtained from an excellent book on the subject, *The Blood Pressure Solution: A Scientifically Proven Program for Preventing Strokes and Heart Disease*, by Richard D. Moore, M.D., Ph.D.

Cook's Corner

Pasta Cacio e Pepe

(Pasta Cheese And Pepper)

By Frank Pirone

This savory pasta dish is simple to make and super flavorful. This dish's roots come from Rome and it is very popular in the higher end Italian restaurants.

Ingredients:

8 ounces dry spaghetti noodles
8 ounces grated Pecorino Romano cheese
4 quarts of water
Salt and fresh ground black peppercorns

1. In a 6-quart pot add 4 quarts of water and 2 tablespoons of salt and cook spaghetti noodles until al dente.

2. Ladle out 4 ounces of the salted pasta water and set aside.

3. Once the pasta is cooked, strain, and replace in the 6-quart pot.

4. To the spaghetti in the pot, add 4 ounces of the grated Pecorino Romano cheese and ground black pepper to taste and mix well.

5. Add the salted water to the pot with the remaining Pecorino Romano cheese and spaghetti. Mix well.

6. Plate up the spaghetti and finish with a little more cheese and pepper to taste and enjoy.

This is a simple but tasty dish ... perfect for all ages. I hope the readers enjoy this recipe.

Continental Women's Club

The Continental Women's Club will hold its monthly luncheon meeting on Thursday, June 2 at 11:30 a.m. at The Hideaway Country Club.

Our program this month will feature Karl Steidinger, executive director of the Midwest Food Bank. Midwest serves nonprofit organizations such as food pantries, soup kitchens, homeless shelters and others helping our community. Food banks are much needed these days, and

we are looking forward to a very interesting presentation.

Continental Women's Club 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 \$24. Please call Liz Paul at (239) 691-7561 for additional information or to make a reservation.

Liz Paul

Whiskey Creek Ladies' Club Meeting

The May meeting of the Whiskey Creek Ladies' Club (WCLC) was held at the Whiskey Creek Country Club. Members were greeted by hostesses Mary Hartsell and Lona Leugers. Spring floral arrangements, designed by Cathy Trent, decorated the tables.

President Mo Poirier opened the meeting with a flag salute. She welcomed 32 members and three guests. Ellie Neal read an inspirational message which consisted of musings, by Reba McIntire, about the various "Bones" in our lives. The treasurer's report was read by Ellie Neal in the absence of Millie Kuehn, treasurer. Members who celebrated their birthdays during the month of May were congratulated. The minutes of the previous meeting were approved. A monthly raffle was held by Gail Gehring and Luanne Lapham. President Poirier offered get well wishes to Cathy Savage and Millie Kuehn. President Poirier announced that the position of Whiskey Creek Ladies' Club treasurer has been filled by Cathy Trent. A Sunshine chairperson is needed for next season. Anyone interested in filling the position should call or email Linda Jones at (678) 744-5461 or piglinjones@gmail.com.

WCLC membership dues of \$25 are due by May 31. Dues may be sent to Betsi Bastian. Make checks payable to WCLC. President Poirier reminds members that, if you are not able to attend a meeting and have signed up for the luncheon, you need to cancel your lunch 24 hours before the meeting. Otherwise, the Ladies' Club must pay for your meal. Call or email Linda Jones at (678) 744-5461 or piglinjones@gmail.com to cancel reservations.

Vice President Peggy Mocharski introduced Annisa Karim, operations manager of the Randell Research Center, Pine Island, Fla. Randell Research Center is affiliated with The University of Florida and is a Florida museum. She told of the

Calusa Indians who inhabited Southwest Florida. These people were fishers, hunters and gatherers who lived on the bounties of the estuaries in the area. They built shell mounds on Pine Island and in the surrounding areas. Randell Research Center has preserved and is researching these mounds. Randell Research Center is open to the public for tours and events. Contact (239) 283-2157.

The Whiskey Creek Ladies' Book Club will meet on the **third Thursday** of each month, from October to May, at the Whiskey Creek Country Club at 10:30 a.m. There will be lunch and a book discussion.

The Whiskey Creek Ladies' Club is a social and service organization. Membership is open to all women in Lee County. We meet on the **first Thursday** of each month at the Whiskey Creek Country Club, at 11:30 a.m. Meetings are from October to May. An interesting and informative program is presented each month. New members and guests are always welcome. For information about the Whiskey Creek Ladies' Club, contact Linda Jones at wcladiesclub@aol.com or call (678)744-5461.

The next Whiskey Creek Ladies' Club meeting is Oct. 6. President Poirier wished those members who travel north for the summer, a safe journey.

Lena Pryor



Signs

A dog that can do magic ... is a Labraca-dabrador.

Puns For Educated Minds

Hear about the new restaurant called Karma? There's no menu ... you get what you deserve.



Due to COVID-19 – *Sweet Caroline* is banned – no touching hands, reaching out, touching me, touching you.

For Lexophiles

I wondered why the baseball was getting bigger ... then it hit me!

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June Juried Exhibition

The Road To Florida

Opens: June 3 – 6 p.m.

Closes: June 24 – 10 p.m.

General Admission: \$1 entry donation

Gallery Hours: Monday through Friday 10 a.m. to 5 p.m. Most Wednesday and Friday gallery hours extend to 10 p.m.



Word Scramble Solution from page 2

Funny	Humorous	Uproarious
Amusing	Ironic	Witty
Droll	Jolly	Zany
Howling	Jovial	Satirical

Crossword Solution from page 2

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

What brought you to Florida? Are you Florida born? What keeps you in Florida? The sunshine state has many things to offer, beautiful beaches, great weather all year round, natural wonders, and exuberant vegetation.

Elementary

Opens: June 3 – 6 p.m.

Closes: June 24 – 10 p.m.

General Admission: \$1 entry donation

Gallery Hours: Monday through Friday 10 a.m. to 5 p.m. Most Wednesday and Friday gallery hours extend to 10 p.m.

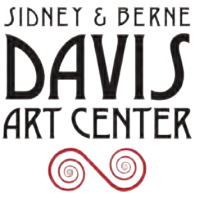
Do you remember doodling when you were



a kid? Remember your art on the refrigerator door? Remember how proud you felt? Or if you have kids now, how proud you feel about your child's creation?

This exhibit showcases those masterpieces by young artists to remind the rest of us how free we felt in those days, how we created without thinking it was art, to remind us to never grow up.

Sidney & Berne Davis Art Center (SBDAC), 2301 First St., Fort Myers, FL 33901, (239) 333-1933, www.sbdac.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 Landings Yacht, Golf, and Tennis Club (community entry off McGregor Boulevard between Cypress Lake Drive and College 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, June 23, and our speaker will be from Golisano Children's Hospital. Luncheon fee is \$25 per person and the planned menu will be turkey, fresh asparagus and Parmesan crepes with sundried tomato cream, harvested wild rice, rolls and butter, and chef's choice of dessert. There is always an optional plant-based/vegan menu entrée with fresh fruit for dessert available.

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, June 16.

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- Evaporator Coil
- Blower Wheel
- Electrical Connections and Wires
- Temperature Splits
- Float Switch Operation
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- Brush Out Electrical Cabinet
- Flush and Vacuum Drain Line and Pan
- Lubricate All Moving Parts
- Overall Performance

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- Inspect T and P Valve
- All Plumbing Connections
- All Electrical Connections
- Thermostats
- Elements
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- Manifold
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Catch The Action

June On The Water

By Capt. Bill Russell

Warm sunny days with calm seas followed by afternoon thunderstorms is our typical weather pattern for June as summer sets in. Although Southwest Florida is rapidly growing, you notice a big decline of boaters and anglers over the next several months.

As far as fishing goes there will be good days and bad ones, strong tide days should give you the best opportunities. With the summer heat the bite is often better early and late in the day, however, be aware of thunderstorms in the afternoons. If you have the opportunity, fishing after a late day thunderstorm is often very good once the storms pass. However, we have very nasty and dangerous thunderstorms, do not put yourself or others at risk if lightning is in the area.

Tarpon fishing is in full swing throughout the month, fishing around the full and new moon tides may give you the best



shot at conquering the silver king. Warm water brings a lot of sharks to our coast, if you want to battle a big fish and avoid the tarpon crowds this may be for you. Anchoring up with fresh bait soaked on bottom or under a float while waiting in the shade with a cool beverage is relaxing and productive. Do not be surprised if you hook a tarpon though!

If you are looking to bring home dinner snapper may be your best bet. Decent size mangrove snapper are moving inshore as well as the Gulf passes. Large mangrove snapper plus grunts and other bottom dwellers are often plentiful in Gulf waters within sight of land over hard bottom and reefs. Shrimp, squid, and small pinfish or pilchards are candy to snapper, but you need to remember they have keen eyesight and easily become leader shy. If the water clarity is good, dropping down to 10- or 12-pound fluorocarbon leader may be necessary to fool the larger fish. A fresh block of chum also helps with the bite, especially offshore.

Gag grouper season reopens this month across Southwest Florida. If you are snapper fishing offshore, it may be worth the time to drop a live bait down on a larger rig and stick it in the rod holder in hopes of hooking a gag. A few big gags are a possibility while fishing the Gulf passes and bridges as well. The minimum size is 24 inches overall length, the further you fish offshore the better the odds of catching larger grouper.

The best snook fishing through the summer months is generally in and near the Gulf passes and islands. Snook may range in size from fish under 20 inches to big females over 40 inches. This is their mating season with large schools of fish found along the beaches and nearby structure with strong tide movement. If they're active and hungry they will pounce on a variety of baits (with live the top choice), if not, they can be difficult to entice.

With warm to hot water and high tides, under the shade of mangrove shorelines and structure such as docks and piers is the place to hunt redfish. Live bait, cut bait, and lures all work, just some better than others at different times. Many anglers prefer to soak a smelly cut bait on bottom and let the scent bring in the fish. It works great for redfish, and often snook and trout, just be prepared to unhook a number of catfish.

Sea trout, another tasty inshore fish are plentiful and found throughout the inshore waters. Most are caught over grass flats in 3 to 8 feet of water. Fishing over grass flats one can expect a mixed bag including ladyfish, mackerel, jack crevalle, sharks, bluefish, and other species. The best trout action generally occurs before the midday sun heats up the shallow water. It's possible to hook sea trout on a variety of lures and live baits.

If you're making a day of it, as the midday heat sets in is the perfect time to head to one of our beautiful beaches for a swim and picnic lunch. This is also a great time to cool off while wetting a line and possibly get into some good catch and release snook action as schools are working up and down the surf. If a picnic lunch is not your thing, you can drop in to one of the many great island restaurants accessible to boaters for a fresh prepared meal and beverages.

As we enter summer, many anglers, including me, prefer to get an early start and back to the dock before the midday heat sets in. If you fish all day or only a few hours, bring plenty of water and drink often to stay hydrated. It's easy to get caught up in the moment on a hot day and before you realize it you are past the point of return.

You can visit www.myfwc.com for updated fish rules and regulations for your fishing area.

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 26 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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Sudoku Puzzle Solution from page 3

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

Boating With Liquor Is More Dangerous Than On Land

Drinking alcoholic beverages, even small amounts, while operating or riding as a passenger on a boat is extremely dangerous. Drug or alcohol use is involved in boating fatalities, with falls overboard remaining the main cause of boating fatalities.

Alcohol, with its well-known ability to impair performance, creates an even more hazardous situation when added to the stress of the marine environment – motion, vibration, engine noise, and elements of sun and wind – increases impairment. The operator’s coordination, judgment, and reaction time are reduced by fatigue caused by these stressors.

Only one-third of the amount of alcohol that makes a person legally impaired on the road is enough to make a person equally impaired on the water. No alcohol is the safe way to go. Remember, intoxicated passengers can fall overboard, too.

It’s unlawful to operate a boat while under the influence of alcohol or drugs. Enjoy your boating outing more by having the party ashore after you dock!

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 boating under the influence of alcohol or drugs contact Brian Raimondo at ipcleecounty@gmail.com or (239) 330-2240.

Poetry Corner

‘Tis The Season

By Judith Foley

It’s hard to believe
It’s almost past reason
Can it really be time
For Hurricane Season?

From June ‘til November
We keep a close eye
On those tropical storms
As we watch them pass by.

We stock up on canned goods
And openers, too
Bring in bottled water
And a cooler or two.

Something to cook on
Propane works great
A stove or a grill
Do it early---don’t wait!

We check all the shutters
To make sure they’re tight
Get flashlights and batteries
And candle for light.

And don’t forget pets
They need extra stuff, too
The shelters don’t take them
Just between me and you.

A portable radio
Or a mini -TV
Will really come in handy
I think you’ll agree

Buy extra meds
First Aid kit’s a must
And don’t forget this
Make a plan you can trust.

Then sit back and wait
For the storms that we fear
Let’s hope that the “season”
Is quiet this year.

LONG DISTANCE

By Robert Nelson

Grief, a long-distance runner
Always favored in that marathon
I never wished to run,
But when she dropped out, I was picked.
Her number pinned to my chest
I headed out through blocked off streets
And sleepy neighborhoods
Seeing only numbers on sweaty backs.
Then a glimpse of grief slowing down,
Limping, as if hitting runners’ wall,
Until side by side motioned me ahead,
And I ran like a breeze through wind chimes
And still running.

Lee County Library System

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Lakes Library Hours:

Monday to Wednesday, 9 a.m. to 8 p.m.
Thursday, 9 a.m. to 6 p.m.
Friday, 9 a.m. to 5 p.m.
Saturday, 9 a.m. to 5 p.m.
Sunday, Closed

Upcoming Virtual Events And Programs For June

Monday

English Café, June 6, 13, 20, and 27, 6 to 7:30 p.m.
Online Meditation Monday, June 6 and 20, 11 to 11:15 a.m.
Preschool Pirate Party, June 13, 10:30 to 11:30 a.m.
Preschool Ocean Fun, June 20, 10:30 to 11:30 a.m.
Preschool Polar Animals Party, June 27, 10:30 to 11:30 a.m.

Tuesday

Wednesday

Online Storytime, All Day
Online Writers Workshop, June 17, 2 to 3 p.m.
Online Book Discussion for Adults, June 27, 10 to 11:30 a.m.

Thursday

Online: Taking a Stand Understanding German Social Status, June 2, 10 to 11:30 a.m.
Book Discussion: *The Midnight Library* by Matt Hale, June 2, 2 to 3 p.m.
Download Drop-In, June 16, 11 a.m. to 12 p.m.
The Five Senses with DoDads Lab, June 16, 10 to 11 a.m.
Teen Ocean Treasure Chests and Jewelry Trays, June 16, 2 to 3 p.m.
SRP Kids Event: Title TBD, June 23
Bucky’s Fun House, June 30, 10 to 11 a.m.
Teen Ocean Zen Garden, June 30, 2 to 3 p.m.

Friday

All-Abilities Kids Storytime, June 18, 10 to 10:30 a.m.
Teen Leadership, June 18, 2 to 4 p.m.

Local Action Numbers

Emergency	911	Lee County Transit	533-8726
Sheriff	477-1000	Libraries	479-4636
Action Coordinator	533-9400	Page Field	936-1443
Animal Services	432-2083	Parks and Recreation	533-7275
Chamber of Commerce SW FL	278-1231	Poison Info Center	1-800-222-1222
Child Abuse	1-800-962-2873	Red Cross	278-3401
Code Enforcement	533-8895	School Transport	590-4000
Dead Animal Removal	949-6246	Social Security Administration	1-800-772-1213
Div. of Motor Vehicles	533-6000	Suicide Prevention Lifeline	1-800-273-8255
Elder Helpline	211	Supervisor of Elections	533-8683
Emergency Management	477-3600	Road & Canal Maintenance	694-3334
Health Dept.	332-9556	Tax Collector	533-6000
Fraud Line	477-1242	Utilities (Water & Sewer)	533-8181
Lee County D. O. T.	533-8580	Waste Management	334-1224

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