

the Whiskey Creek News

www.whiskeycreeknews.net

Another Seabreeze Publication



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MAY 2021

President's Message

Well, my NCAA bracket got busted early on as I am sure many of you did but what an amazing tournament, the UCLA and Zags game must go down as an all-time classic.

As we roll out of winter into the blooming season of spring, I have witnessed many of you planting flowers, landscaping, and doing general spring cleaning. We continue to see new families moving into our neighborhood and hopefully you have noticed some of the upgrades in our community. As we approach summer and hopefully the back end of COVID-19 please continue to respect the protocols at the club and in our community; even if you have received your vaccine as many have, please continue to practice safety protocols.



I mentioned spring and landscaping above which has been the perfect scenario for some beautiful yards in our community. If you would like to nominate your neighbor or have your neighbor nominate you please email the Yard Beautification Committee, Mark Franzer at mfranzer@yahoo.com, you can also find more information on the WCCA website.

I received the most feedback from last month's letter than any time prior and the bulk of comments were based around the update I gave regarding the 2021 WCCA Board of Directors reviewing many of the community suggestions as well as moving forward with approved items. I would like to give a quick update to the most popular items:

- Continuing the efforts to improve the entrances
 - Reaching out to the service company to ensure proper maintenance, landscaping, street cleanings are done
- Partnering with the country club on community events, community partnerships, membership programs

- Planning stages and agreed upon events are in process: all is going very well with our friends and partners at the club.

- I would encourage families and friends to visit the club, explore social memberships, summer memberships or general golf membership.

- Slow /Safety signs along WC Drive, professional DOT approved signs and locations

- Currently working with the county on proper sign locations and traffic counts

- Start discussion with Lee County regarding drainage ditches and speed bumps on high traffic streets in our neighborhood

- This is an open discussion, and we welcome your feedback on the Whiskey Creek/Tanglewood FB page <https://www.facebook.com/groups/1430022127286192>.

- Working with Lee County on a maintenance schedule for our ditches and waterways

- Speed bumps in high traffic side roads, not WC Drive, currently working with the county and DOT on traffic counts.

We continue to have one of the most desirable communities to live, play, retire or raise a family in and that is evident every day if you just look around our community. The WCCA Board is honored to serve the friends and families of Whiskey Creek. Stay safe, stay strong, and stay well.

Much respect,
Cole Peacock,
Board President, WCCA

Yard Of The Month

When Kelly Scagliotti bought 1477 Sautern Drive, the small front yard looked like an overgrown jungle. With sweat equity, she started sawing, cutting and chainsawing. What she couldn't handle, area tree and landscaping services provided. She is grateful for family and neighbors' assistance in planting asparagus and foxtail ferns, tiki plants and installing a lamp post. These have created an aura of serenity around the cheerfully



1477 Sautern Drive

Painted yellow front door. The yard is still in transition awaiting a butterfly garden to enchant the whimsical flight of flapping colors and the curiosity of neighborly interests. Drive by, make a point to take a gander and get to know your neighbors. You won't regret it.

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.

Security Report

By Michael Kuehn

There has been concern expressed about parked cars in the bicycle lane along Whiskey Creek Drive. The bike lane is a no parking zone. Stopping is allowed. Stopping is discharging or picking up passengers, making a delivery, a service person for a short interval such as a pool cleaning service. If your driveway is unavailable for any reason, your vehicle should be parked on the nearest side street or in your front yard temporarily.



This month there were five traffic stops at stop signs with three written and two verbal warnings. Four of the stops were at Selby and Reynard and were for parents picking up students at Tanglewood Elementary School. There was also one traffic stop using radar for speeding. There were two 911 hang-up calls from a cell phone and the officer could not locate the source of either call. A deputy also assisted at a medical call where an elderly stroke victim had to be transported to the hospital. A suspicious vehicle was reported driving through the neighborhood and a suspicious person was reported at the adult condos, neither could be located when the deputy arrived. A deputy responded to a call about three juveniles jumping off the bridge on Whiskey Creek Drive near the golf course clubhouse. The juveniles were located on Whiskey Creek Drive near Sautern Drive and they were educated about the dangers and legalities of jumping from the bridge. A deputy assisted with locating a missing person.

Keep your outdoor lights on, your garage door down, and remove valuables. Lock the doors on any vehicle left in the driveway.

Whiskey Creek Civic Association

2019 Board of Directors

President	Cole Peacock	462-5805
		colepeacock@comcast.net
Vice President	Jim McCabe	313-1056
Secretary	Jeanne McCafferty	481-8460
Treasurer	Karen Tice	936-1475
	Wylar Gins	220-1036
	Lawrence Union III	lunioniii@gmail.com
	Seth Hartt	seth@boat-trailers.com
	Kyle DeCicco	810-3729 kyle.decicco@gmail.com
	Jessica Nolan	462-6885 weathersnolan@gmail.com

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Area V	Kevin Yeager	826-1533
Area VI	Adult Condo Office	

Articles for *The Whiskey Creek News* must be submitted to the editor by the fifth of the month, typed and double-spaced appreciated.

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 Shoen, Irrigation	732-570-3321
Fitzroy Alexander, Landscaping	433-1836
Josh Malo, MSTBU Coordinator	533-2308

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 Hideaway Country Club, 5670 Trailwinds Drive, Fort Myers, FL 33907. Meetings begin at 11:30 a.m. with a short social period followed by sit-down lunch at noon and then 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 takes place on Thursday, May 27. Our featured speaker will be Bud Stoddards, board member of the Florida Coalition Against Human Trafficking.

The regular lunch menu will be a chicken and Mediterranean orzo salad with seasonal fruits and a croissant. Dessert will be pound cake with lemon curd and vanilla berry compote. The vegan entrée will be beet, mushroom, and avocado salad with a fresh fruit cup for dessert. Lunch fee is \$25 per person.

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, May 20.

Word Scramble

By Ellie Neal

- | | |
|-----------|-----------|
| Necoa | Arerint |
| Nnttienoc | Sverri |
| Ntsocurie | Ntsaounmi |
| Sredte | Nsdslia |
| Fulg | Roqueta |
| Rtaew | Ovlonasc |

Word Scramble Solution on page 7

Sudoku Puzzle

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

Sudoku Puzzle Solution on page 6

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Fort Myers-Lee County Garden Council Inc.

Berne Davis Botanical Garden

The garden is open to the public for Tuesday garden walks from 10 a.m. to 1 p.m. until the end of May.

The Berne Davis Gardens were professionally designed and lovingly planted by members of the Fort Myers-Lee County Garden Council Inc. Among them are areas full of bromeliads, hibiscus, rare and tropical fruit, roses, herbs, native plants, orchids and a bonsai display.

There is free admission and parking. Handicap parking

is on Virginia Avenue. Regular parking is on Larchmont Avenue. Bring all your friends! Social distancing and wearing of masks is required. We hope you enjoy your visit and thanks for working with us during these challenging times.

The gardens are located at 2166 Virginia Ave. (off McGregor Boulevard), Fort Myers, FL 33901.

Upcoming Event

Sunday, May 16, 1 to 4 p.m. – American Hibiscus Society 69th annual show and sale at Araba Temple, 2010 Hanson St., Fort Myers.

Crossword Puzzle

Across

- Picket line crossers
- Anew
- Infantile paralysis
- Smarmy
- A framework of steel bars
- Quandaries
- And so forth
- Honors
- Hotel
- Regretted
- Friends
- Pot
- Wings
- Potato
- A Freudian stage
- 50 percent
- Beer barrel
- Slant
- An inn or lodge
- Pathfinder
- Make lace
- Pervert
- Outlay
- Novice
- Bright thought
- Scout
- You (archaic)
- Mongrels
- Historic period
- Day after Monday
- Slice
- Grant credentials to
- Benni
- An accuser
- Adhesive
- Decorative jugs
- Gloss

Down

- Food turner
- Hide
- Altitude (abbrev.)
- Engage in logrolling
- Kind of bean
- Far away from home
- White aquatic birds
- Beers
- Belief
- Insignificantly small
- Anything that covers
- Feudal worker
- Hebrew unit of weight
- Draftiest (British spelling)
- Increased
- Thaw
- Saintly
- Three-handed card game
- Years (French)
- Car
- Not in
- Rowed
- Meager
- A small rounded boat
- Teach
- Earwax
- Urgency
- Belonging to them
- Defunct
- House style
- French for "head"
- Vipers
- "Sure"
- Uncooked
- South Southeast

Crossword Solution on page 6

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Catch The Action

May On The Water

By Capt. Bill Russell

To experience Southwest Florida at its best, there is no better way than on the water enjoying the outdoors and catching a few fish.

May is a month that ranks high on the list for anglers fishing the coastal waters of Southwest Florida. It could be our best time of the year for chasing big fish.

Tarpon season is at its peak, if you want to hook into a big tarpon, this is the time to do it. Large schools will gather off the beaches, as well as in Charlotte Harbor, Pine Island Sound, San Carlos Bay, and other inshore waters. Tarpon, aka the Silver King, will also be hanging around the Sanibel Causeway, Big Carlos Bridge, and Gulf passes up and down the coast, with Boca Grande getting the most attention. It's common to see upwards of a hundred boats on any given day tarpon fishing Boca Grande Pass, if you are going to fish there do your homework first.

Sharks of all sizes invade our waters everywhere from the shallow inshore flats to offshore. Many of the larger females including bull, lemon, and blacktip, move into inshore waters to give birth to their pups. Sharks are a very underrated game fish, when caught on moderate tackle they are an absolute blast, especially high-flying blacktip, and spinners. Be very careful when handling them, or better yet leave them in the water at boat side. If you cannot easily remove the hook, cut the leader as close to the hook as possible.

As the waters warm in May, big snook head for the Gulf passes and nearby areas for their upcoming summer spawning session. Although snook season is closed, they offer a challenge, and a lot of fun for the catch and release angler. If you hook into one, please handle it with extra care for a safe release. Never hang a large fish from its lips or mouth; this has proven to do irreversible damage to the heavier fish, likely leading to its death, plus it's illegal. It's best to not remove a big fish from the water at all, not just snook, but any big fish to be released. If you remove one for a picture, hold it horizontal with both hands while supporting the belly. Make it quick, snap the picture and return the fish to the water.

Hooking into a big redfish is possible throughout the month. Calm mornings give sight fishermen on the skinny flats some great opportunities at stalking tailing fish. Look for good fishing under the shade of the mangroves on the



midday high tides. Redfish may run in size from little guys less than a foot, up to brutes pushing well over 30 inches. Redfish eat a wide range of baits including live, cut, and artificial.

Season remains closed for snook, spotted sea trout, and redfish in waters of Southwest Florida from the Hernando/Pasco county line south through Gordon Pass in Collier County. You can still catch them, but make sure and return them to the water unharmed. Visit www.myfwc.com for all current regulations in your fishing region.

Of all fish, mangrove snapper is my favorite on the table. They aren't the biggest fish around, but they fight incredibly hard for their size and offer excellent table fare. As we move closer to summer expect good numbers of snapper throughout the inshore waters, the gulf passes, and nearshore reefs.

Spanish mackerel are in good numbers inshore, around the passes, and nearby artificial reefs. Mackerel are a blast to catch with blazing speed and often run in large schools. Spanish mackerel are very good on the table but should be eaten fresh, not frozen. While a stationary bait like a live shrimp under a bobber works for mackerel, they really like fast moving shiny baits. A fast moving silver spoon is hard to beat.

It's a month to be prepared for anything; you never know what you might run into. I like to always keep a large rig handy, just in case. If you are targeting tarpon or sharks you will already have the heavy arsenal out, but if you are just having fun on the flats with trout you never know when that once-in-a-lifetime cobia or school of tarpon might show up. Preparation and awareness are the key, have a rod that

will handle the job rigged and ready and pay attention or that trophy fish might just swim right by without you even knowing it. Weather should be good and fishing even better. Get out there and take advantage of it!

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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Real Estate Round-Up

Whiskey Creek Sellers Are Giddy!

By Bob Oxnard, REALTOR®

In my 20-year real estate career, I have never seen such a strong seller's market. The market was good for sellers back in 2005, but not this good. Last year is infamous for being affected by COVID in many ways. It started in March when news of an imminent pandemic created near panic. Baseball's spring training abruptly shut down. We were advised to hunker down and avoid contact with each other to stop the spread of COVID-19.

Real estate transactions were deemed to be an essential business, so homes under contract continued the closing process. Many showings stopped and some who had homes listed for sale withdrew them from the market.

In Whiskey Creek, there were 111 homes (single-family, villas and condos) sold in 2020. In the first three months of 2020, 19 sales occurred with a median price of \$300,000. Those figures were largely unaffected by COVID since the outbreak wasn't of great concern in the United States until March.

Compare that with 2021 when we had 29 closed sales in the first three months with a median price of \$315,000. This is a 52 percent increase in 1Q sales. Sales were greater



than first quarter sales in Whiskey Creek in over five years. Sales were also greater in Fort Myers as a whole, which saw a 24 percent increase in sales in 1Q 2021 over 2020. Again, this was also the most in over five years.

The biggest problem we face moving forward in 2021 is lack of inventory. There are so few homes on the market that new listings are snapped up quickly. Some sellers are receiving multiple offers. The lack of supply will continue to put pressure on prices and will also temporarily lower the number of home sales as buyers are forced to wait.

In this writer's opinion, we could see several trends affecting the real estate market moving forward. **Because of these trends, I see little danger of a housing bubble anytime soon.** The frenzy we are experiencing is likely temporary. Homeowners wanting to sell may well look back at 2021 as the year they should have pulled the trigger.

1. Supply and demand will remain the unbreakable law in real estate as in all markets.

2. The supply of new construction homes will continue to fall short of demand until the cost and availability of materials becomes more affordable. This will keep pressure on existing home sale prices.

3. Interest rates on mortgages will continue to climb. Although still low by historical standards, they are already up 30 percent this year. Inflationary pressure will continue to cause rates to increase. The influx of stimulus money will likely be replaced by the need for increased taxes.

4. The increase in prices of homes, combined with the increase in the cost of mortgage money will put a damper on home buying demand in the future.

So where do we go from here? If you are a potential seller in the next few years, it may behoove you to act sooner than later. If you are a potential buyer, it may also be prudent to act sooner than later. **If you are living in the home you love in Whiskey Creek,** you may want to consider locking in a lower interest rate on your mortgage. You may have missed the bottom, but it is still a good time to hedge against future increases. If your home is paid for and you are comfortable with the size and location, pat yourself on the back and count your blessings. **There are many who would love to trade places with you.**

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

Whiskey Creek — News

***The very popular Whiskey Creek Country Club Summer League started on April 27 and runs through Oct. 28.**

***Registration: 5 to 5:30 p.m., tee off 5:30 p.m., Nine holes, call (239) 481-3021 for details.**

***Summer Golf Membership (golfing and full clubhouse privileges) available May 1 through Sept. 30.**

Whiskey Creek Country Club recently held their awards celebration. The following members were the winners:

Shoot Out Tournament Winners

Flight A: Bob Oxnard and Betty Chasse

Flight B: Rod Larson and Mo Poirier

27 Hole Tournament Winners: Ruth Morgan and Mark Steinbeck

Flight A: Skip Tanner and Cindy Saldin

Flight B: Bob Oxnard and Ginny Nichols

Flight C: Al Marino

54 Hole Men's Tournament Winners

Men's Club Champion: John Webber

Flight A: Lou Byrda

Flight B: Bob Oxnard

Flight C: Al Marino

54 Hole Club Women's Tournament Winners

Women's Club Champion: Carol Mirando

Flight A: Betty Chasse

Flight B: Carolyn Todd

Flight C: Ginny Nichols

Pro Shop ... need a gift? Some of the many new items for purchase are sunglasses, new logoed golf shirts and jackets, visors, hats, baseball-style caps, and assorted golf merchandise such as Tervis Tumblers, ball markers, golf gloves and golf balls. Also available are WCCC gift certificates!

Stop in and have a drinksee a beautiful club with a lovely, relaxing view and friendly peoplelocated right in your neighborhood. Pick up a brochure and see what WCCC has to offer both you and your family for 2021!

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

Puns For Educated Minds

A vulture boards an airplane, carrying two dead raccoons. The flight attendant looks at him and says, "I'm sorry sir, only one carrion allowed per passenger."

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Membership

By Gordon Lytle

As of March 31, 433 members have joined or renewed their memberships in the Whiskey Creek Civic Association for the year 2021. Of these, 28 were newly

enrolled. We are glad to welcome them to our community. The names of those who have joined since March 1 are listed below (except for those who requested that their names not be published).

Gail Ann Anderson

Michael C. and Kimberly B. Bauman

Lloyd and Nancy Boger

Jitka Bohacola and Vladimir Bohac

James W. and Ann W. Booth

Kristin Gunderson and Karl Bradford

John Richard and Jennifer Brady

Donald L. and Ann M. Brinson

Dennis H. and Kathleen A. Bubar

Trisha Toor and Todd A. Calfee

Joseph and Marilyn Caputo

Mary Ann Cowan

Thomas M. and Deborah C. Crawford

Matthew T. and Amy P. D'Altrui

Karen L. Danzi

Dan and Kate Davis

Adam L. and Lacey K. Davis

John and Mary Davis

Kyle and Jennifer DeCicco

Dennis K. and Mary S. DeFoe

Richard E. and Rosalie T. Dehner

Darlene DeMarce

Vern and Kay Denning

Ada R. and Bruce A. Dennington

Ruth Lewis Derrick

Stephen K. and Victoria S. DiTomaso

William and Joy Dobson

Thomas M. and Katherine G.

Dougherty

Thomas G. and Jo Anne Drake

Gary A. and Susanne H. Drew

Charles C. and Janet L. Dugan

John S. and Laura C. Dunn

Dr. Roger A. and Barbara K. Dunphy

Roger and Lu Durbahn

Michael and Jane Echols

Susan Kohler and Tom Ehr

Dominic and Morgan Engels

Charles J. and Ethel C. Engleman

David Wayne and Nikki L. Ernst

Pat V. and Maryann Esposito

Thomas M. and Hedy S. Essley

Thomas Ehman and Michael Ezzo Jr.

Robert E. and Catherine A. Farnham

Frank W. and Gail S. Felton

Melissa Peshka and Derek Ferreira

Nelson Herold and Patricia Fitzpatrick

Foster L. and Virginia Flint

Eugene and Annie Franke

Ronald M. Frazer

Edgar W. and Barbara F. Freedman

Michael and Francine Gagel

Rich and Shari Garcia

Michael A. and Joanne E. Gennaro

Stephen and Adrienne Gerard

Mark J. and Judine M. Gillis

Lloyd and Lucy Gladding

Holly B. Glenn

Claire H. Goldhagen

Marsha J. and Gary M. Green

William G. and Cynthia S. Davey

Dan and Nancy Eaton

James M. and Denise A. Elwell

Debra A. Escobar

Sally K. and Fred P. Fieni Jr.

Kevin M. and Lisa J. Fleishman

Norma L. Floccari

Elaine L. Gates

Albert W. and Rebecca J. Geiger

Steve Willson and Debra George

Paul J. and Amalia A. Giordano

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Geraldine Hanf

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Michael A. and Denise A. Joyce

Lawrence D. and Grace M. Kelly

Lewis Edward King III

David A. Leichtman

Mark and Moyna Johanna Leverick

Jason Lipsher

Scott London

John A. Myatt and Mary K. Longer

Ines M. Lopiccio

Karen A. Tice and Gordon E. Lytle

Carolyn Steele and Bruce T.

MacKechnie

Paul D. and Ann S. Mantell

Laertes and Alice Manuelidis

Nancy V. Marti

W. Blake Matherly

Margaret F. Maves

James and Lauren R. McCabe

James E. and Jeanne T. McCafferty

Robert S. and Carol A. McCarthy

Samuel A. and Leslie O. McGargle

Eddie L. and Courtney B. McGirt

Brian W. and Kellie A. McGonagle

Richard Ricciardi and Brenda McNeill

Richard A. and Marietta C. Meacham

Ronald J. and Lynn R. Melvin

Kevin R. and Michelle L. Michalowicz

David D. and Donna Michie

Frank and Angela Mikat

Steve and Carla Miller

Pat Miller

Thomas O. Miller

Mary C. Miniea

Bonnie O'Neill and Kenneth L. Minton

George F. and Suzanne Moeggenberg

Justin T. and Lesley Eva Mufalli

M. Joan Murphy

Mary K. Murphy

Mary Ellen Murphy

Wanda Myers

Linda Naletko

John B. and Mary-Gail Naylor

Judith M. Nelson

Robert J. Nelson

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John C. and Denise A. Nielsen

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Vitamin D – The Official State Vitamin Of Florida

By Mary Lou Williams, M. Ed.

In last month's article, we discussed how vitamin D was discovered and its importance in the health of bones. In this month's column, we will discuss the various sources of vitamin D through food, sunshine, and supplements.

Sources Of Vitamin D

Animal products constitute the main food source of vitamin D that occurs naturally in unfortified foods. Fatty saltwater fish such as mackerel, herring, salmon, and sardines are good sources of vitamin D, as are fish liver oils such as cod liver oil. Small quantities of vitamin D are derived from butter, cream, egg yolk, and shrimp. Vitamin D is also found in the skin of poultry.

However, the most important source of vitamin D is sunlight. According to Michael F. Holick, director of the Vitamin D, Skin and Bone Research Laboratory at Boston University Medical Center, it is not often appreciated that casual exposure to sunlight during everyday activities provides most humans with their vitamin D requirement. Your skin can make vitamin D when it is exposed to sunlight. When ultraviolet light penetrates the skin, it converts a precursor in the skin to vitamin D. Floridians can make vitamin D all year round. But if you live north of Los Angeles on the West Coast or north of Atlanta on the



East Coast, you don't get enough ultraviolet light from the sun in the winter to make adequate vitamin D. North of that latitude – above 35 degrees – you can't make any vitamin D in your skin in the winter, even at noon. Canadians can't make vitamin D in their skin for four to seven months of the year. They are at high risk of vitamin D deficiency.

The Sunshine Vitamin

According to Holick, who is also professor of medicine, dermatology, physiology, and biophysics at Boston University Medical Center, there are clear benefits to sensible exposure to sunlight and essentially no evidence that it will increase risk of skin cancer. By sensible exposure he means five to 10 minutes a week between 11 a.m. and 2 p.m. for a light-skinned Caucasian living in Boston in June. In Florida, it may be only two or three minutes.

Aging has no impact on how much vitamin D you absorb from food. How much you make from the sun is another matter. If you are 70, your skin can make only a quarter of the vitamin D that a 20-year-old can make when exposed to the same amount of sun. But a 70-year-old can make enough. According to Holick, if elders are out in the sunlight for 15 to 20 minutes a couple of times a week, they will maintain their vitamin D levels. If elderly persons do not take advantage of the beneficial effect of sunlight, they can develop vitamin D deficiency, which can result in secondary hyperparathyroidism. This condition accelerates osteoporosis and can cause a mineralization defect in bones,

resulting in adult rickets or osteomalacia. The net effect is to weaken bones and increase the risk of fracture.

For older people living in Boston, Holick recommends exposure to sunlight in the morning or late afternoon for five to 30 minutes in the spring, summer, and fall (depending on skin sensitivity to sunlight). Elderly people need not be exposed to prolonged periods of sunlight because the amount of vitamin D they can produce in this period of time should satisfy the body's requirements. Although excessive sun can damage the skin, there has never been a case of vitamin D toxicity because of too much sun. Nature has programmed into the system that any excess from the sun is destroyed.

Excessive amounts of vitamin D are not normally available from usual dietary sources and thus reports of vitamin D toxicity are rare. However, there is always the possibility that vitamin D intoxication may occur in individuals who are taking excessive amounts of supplemental vitamin D. Alan R. Gaby, M.D., in the *Townsend Newsletter* of February/March 2021, has suggested that the optimal vitamin D dosage range for preventing bone loss may be 800 to 1,200 IU per day. It is best to take vitamin D in the morning since it can keep some people awake at night.

Helmets: For All Ages, At All Times

Bicycling has become an important means of transportation for both adults and children in Lee County. Helmets are an essential part of being on a bicycle (or any kind of wheels, such as skates, skateboards, and scooters); it has been documented that wearing a helmet can save a life.

But, you say, "I don't need to wear a bicycle helmet; I'm only riding in my community." Would you rather have a messed-up hairdo or brain damage? Many bicyclists think that just because they're biking in their own community, it's not necessary to wear a helmet – they feel they're invincible.

But crashes happen when least expected, and can occur riding around your home just as often as if you were on a long ride or going to work. There are bumps in the streets (or sidewalks) and an individual, no matter how experienced he or she is, can take a bad tumble! That helmet that wasn't needed might be the reason the person survives the tumble.

Helmets should not be purchased or obtained just because the adult or child likes the color or shape! They must be fitted to the individual who will be wearing it. It's also important that the helmet is worn properly; an improperly fitted or worn helmet is like no helmet at all.

Helmets need to be replaced periodically, especially for children as they grow, and their heads increase in size. Bicycle helmets have an expiration date, typically five years after date of manufacture, tied to how the materials used in making the helmet can break down over time. Also, be careful in accepting a used helmet – and never purchase a helmet that's been involved in a crash.

Johns Hopkins All Children's Hospital recommends the following five steps in the proper procedure for fitting and wearing a bicycle helmet:

- The helmet should be level on the head.
- You should be able to place one or two fingers on the forehead between the bottom of the helmet and the eyebrow.

- The front and back straps should be equally tight and meet a "V" just below the ears.

- You should be able to fit one or two fingers between the chin and the chin strap.

- A proper fitting helmet will not move on your head.



A helmet worn at the back of the head won't protect the bicyclist's head (and brain); it must cover the front part of the forehead. Also, the helmet should not be worn over something else (such as a baseball cap).

Note: Motorcyclists in Florida are especially vulnerable to traffic mishaps. That's why they are required to wear helmets unless they have proof of \$10,000 insurance in medical benefits, and they must be 21 years of age, to legally not wear a helmet.

The Injury Prevention Coalition of Lee County (<http://www.leecountyinjuryprevention.org/>), in partnership with other nonprofit organizations, promotes safety in all walks of life. The Pilot Club of Fort Myers (<https://www.facebook.com/groups/246664288701838>) distributes (and fits) about 1,000 helmets at various children's safety events each year under normal circumstances; these are provided at no charge. BikeWalkLee is a community coalition raising public awareness and advocating streets that are designed, built, operated and maintained for safe and convenient travel for all users: pedestrians, bicyclists, motorists, and transit riders of all ages and abilities. Information, statistics and background online at <https://bikewalklee.blogspot.com/>.

Children's Network: The Pilot Club of Fort Myers participates in the Children's Network of Southwest Florida annual "Walk." At a recent Walk, Pilot Club member Patsy Tortora was with a child who had just been fitted properly with a bicycle helmet.

They Ask Why I Like Retirement!

Question: How many retirees does it take to change a light bulb?

Answer: Only one, but it might take all day.



Due to my **isolation**, I finished three books yesterday ... and believe me ... that's a lot of coloring!

Clever Signage

A sign on a plumber's truck:

"We repair what your husband fixed."

Did You Know?

Fort Myers has many nature sites to visit including the Caloosa Nature Center, J.N. "Ding" Darling Wildlife Sanctuary, Carl Johnson State Park and Lakes Park.



A Whiskey Creek safety concern:

Early morning walkers are not visible to drivers. Please remember to wear reflective items and lights to increase your visibility. You **ARE NOT VISIBLE** without them, this is a disaster waiting to happen.



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Sudoku Puzzle Solution from page 2

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

Crossword Solution from page 2

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

Alliance For The Arts

GreenMarket

Every Saturday – 9 a.m. to 1 p.m.

Fresh air and fresh finds make Saturday morning worth rising for. Uncover a fresh backyard experience with a locally rooted vibe at our weekly GreenMarket!

Our outdoor farmers' market is loaded with local produce, artisanal foods, edible and landscape plants, yoga on the lawn, live music, art, one-of-a-kind gifts, backyard farming workshops and all the good flavors and good vibes you can fit into your Saturday morning. Plus, there's plenty of shade, camaraderie and community – the perfect setting to enjoy a bite and relax!

Our weekly market is open from 9 a.m. to 1 p.m. each and every Saturday, year-round and rain or shine.

Sisters: 21st Century Female Artists – Online Art Lecture

May 13 – 10:30 to 11:30 a.m.

From the Rubell Collection in Miami, Fla.

The increased importance of female artists on the international arena of contemporary art is becoming more evident to historians and collectors alike.



In 2015 the Rubell Family launched the exhibition NOMANSLAND, an exceptional cross-section of advanced art by over 100 female painters and sculptors. It surprised and stunned audiences by its prescience.

This lecture will introduce these 21st century female artists and assert their influence on contemporary art. Join art historian Kevin Costello as we learn that art is always provocative and fresh, yet seated in its history, giving life to new ideas.

This exciting, live virtual art lecture series is free to Alliance members or \$15 for nonmembers. You may become a member to participate.

Please note: This interactive and hands-on lecture is hosted online, which means you get to enjoy it from the comfort of your living room, studio or kitchen table! It will be hosted via Zoom. If you've never used Zoom before, we suggest you take some time to familiarize yourself with the platform ahead of time and download the app.



You can find everything you'll need at Zoom.us or in the App store on your phone or tablet. An access link will be provided prior to the start of class.

About the presenter, Kevin Costello: Costello graduated from the Chelsea School of Art and University of London's Goldsmiths College with diplomas in fine art and art history.

Virtual Cheese Tasting: Life Is A Picnic – Online Event

May 13 – 6 to 7 p.m.

The best way to learn about (and enjoy) cheese is to taste it! This crowd-pleasing virtual affair is back by popular demand. Join Caroline



Hostettler of Quality Cheese for a delightful, online event tasting of perfect summer cheeses.

Elevate your at-home Thursday evening happy hour by learning and tasting what cheeses are ideal for a picnic or a simple al fresco meal and resistant to the Florida heat.

You will discover what pairs best with the cheeses, both food and beverage wise, and enjoy combinations that are complementing and contrasting, surprising and scrumptious.

Come happy and hungry!

How It Works

Your tasting kit is your ticket to this unique and exciting event. Reserve yours now to meet an array of textures, flavor and aromas. Limited tasting kits available. The cost is \$45 for Alliance members or \$50 for nonmembers.

As we get closer to the event, we'll be in touch about details on how to pick up your kit at the Alliance for the Arts and provide an access link to you to log into the event.

Please note: This interactive and hands-on event is hosted online, which means you get to enjoy it from the comfort of your living room, patio or kitchen table! It will be hosted via Zoom. If you've never used Zoom before, we suggest you take some time to familiarize yourself with the platform ahead of time and download the app. You can find everything you'll need at Zoom.us or in the App store on your phone or tablet. An access link will be provided prior to the start of the event.

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

Consumer Alerts

Ignore Bogus COVID-19 Vaccine Survey

By Colleen Tressler, Division of Consumer and Business Education, FTC

Scammers are using a new trick to steal your money and personal information: a bogus COVID-19 vaccine survey.

People across the country are reporting getting emails and texts out of the blue, asking them to complete a limited-time survey about the Pfizer, Moderna, or AstraZeneca vaccine. (And no doubt, there may be one for Johnson & Johnson, too.) In exchange, people are offered a free reward, but asked to pay shipping fees. If you get an email or text like this, **stop**. It's a scam! No legitimate surveys ask for your credit card or bank account number to pay for a "free" reward.

If you get an email or text, you're not sure about:

- Don't click on any links or open attachments. Doing so could install harmful malware that steals your personal information without you realizing it.

- Don't call or use the number in the email or text. If you want to call the company that supposedly sent the message, look up its phone number online.

Remember:

- Don't give your bank account, credit card, or personal information to someone who contacts you out of the blue.

- You can filter unwanted text messages on your phone, through your wireless provider, or with a call-blocking app.

If you get an email or text that asks for your personal information and you think it could be a scam, tell the FTC at ReportFraud.ftc.gov.

To learn more about COVID-related frauds and scams, visit ftc.gov/coronavirus/scams.

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Make A Difference!

Volunteer At Your Local Midwest Food Bank Florida

Midwest Food Bank of Florida (MFBFL) – a volunteer-driven, faith-based organization dedicated to alleviating hunger, malnutrition and providing disaster relief locally, and throughout the world would like to encourage volunteer sign-up at their 5601 Division Drive, Fort Myers, FL 33905 warehouse.



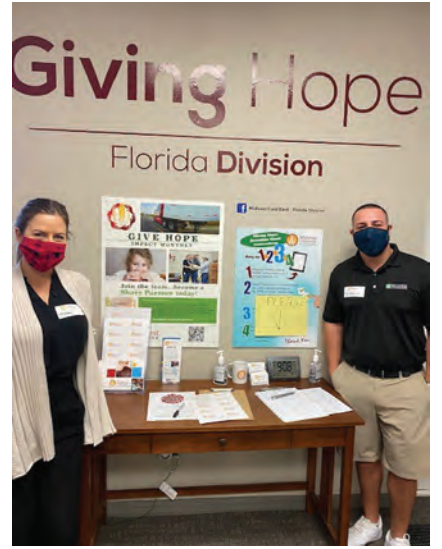
Midwest Food Bank volunteers in kitchen



Midwest Food Bank volunteers



FGCU students volunteering



Enterprise volunteers



Inasmuch Day mission volunteer group



Fort Myers Rotary Club volunteers

During 2020 over 800 dedicated, local volunteers put in over 18,205 hours at Midwest Food Bank Florida. This is equivalent to nine full-time employees. Thanks to this commitment from the local community, MFBFL is able to take \$1 donation and turn it into \$34 worth of food donated to hungry people. Keeping their administrative costs to less than 1 percent means 99 percent goes directly to supporting people in need.

“We utilize all skill levels and offer many volunteer opportunities throughout our organization. Whether you can help in our warehouse with inventory, food distribution or packing needs, or you prefer administrative duties, we have something to fit all abilities and commitment levels,” says Karl Steidinger, executive director.

If you are interested in volunteering please contact Kelly Apfel at kapfel@midwestfoodbank.org, (239) 690-1722, Ext.105. Stay connected and engaged with the food bank’s mission impact by joining the new Midwest Food Bank Florida Facebook group at <https://www.facebook.com/groups/2662826313969851>. This new group contains volunteer information, food distribution information, community events and all the food banks food relief news updates.

Midwest Food Bank has 11 locations, including eight in the United States and one each in East Africa and Haiti. For more information about MFB Florida, please visit our website at midwestfoodbank.org/florida.

About Midwest Food Bank

Midwest Food Bank (“MFB”) is a private, nonprofit 501(c)(3) charity. As a faith-based organization, it is the mission of Midwest Food Bank to share the love of Christ by alleviating hunger and malnutrition locally and throughout the world and providing disaster relief; all without discrimination. Our vision is to provide industry-leading food relief to those in need while feeding them spiritually.

Word Scramble Solution from page 2

Ocean	Desert	Terrain	Islands
Continent	Gulf	Rivers	Equator
Countries	Water	Mountains	Volcanos

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Continental Women's Club

The Continental Women's Club will hold a luncheon meeting at The Hideaway Country Club on Thursday, May 6, at 11:30 a.m. The program this month will include the installation of the new officers for 2021/22, recognition of our past presidents and a May Day Hat contest.

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. Tables are "socially distanced" and masks are required. The cost to attend the luncheon is \$24. Please call Liz Paul at (239) 691-7561 for additional information.

Liz Paul

Cook's Corner

Creamsicle Cake

Remember those yummy treats on a stick when you were a child? Frozen orange on the outside and creamy vanilla on the inside? Well, here's a cake that tastes just like those wonderful treats!

Ingredients

- 1 (18.25-ounce) box orange cake mix
- 1 cup milk
- 2 (3-ounce) packages orange Jell-O™
- 1 teaspoon vanilla extract
- 1 (3-ounce) package vanilla instant pudding

1 (8-ounce) container of nondairy whipped topping

Directions

Bake cake as directed in a 9 x 13-inch pan. When done, use a meat fork to poke holes across the top of the entire cake. Let cool.

In a bowl, mix 1 box of Jell-O, 1 cup hot water and 1 cup of cold water. Pour over the top of cake. Refrigerate 2 to 3 hours.

Mix remaining box of Jell-O, pudding, milk and vanilla together. Beat well. Fold dessert topping into this mixture and spread on top of the cake. Keep refrigerated.

Poetry Corner

THE "SEASON"

By Judith Foley

The roads are so busy
The restaurants, too
I guess it's the "season"
What are we to do?

The movies, the drugstores
The car wash is crammed
The banks and the cleaners
Gas stations are jammed!

The Malls are all crowded
The groceries are, too
The hair salon's crazy
And the Wal-Mart's a zoo!

It seems worse this year
I cannot tell you why
I think folks come down
Not to rent but to buy!

In the old days the tourists
Spent a week or a day
Nowadays they come down
And don't leave...they just stay!

All kidding aside
We should welcome them here
Cause the tourists, you know
Are big business 'round here.

Plus we've got such great weather
That I think we should share
With our friends from the north
That would only be fair.

As for me, I'm in hiding
Think I'll stay underground
And come out around June
When it all settles down.

But by that time of year
I will hide for good reason
Cause June starts the dreaded
New Hurricane Season!

ROWING ACROSS

By Robert Nelson

Alone now my grieving is like rowing a boat across a deep lake in the dark. Facing aft I can't see where I need to go, and turning my head only causes the oars to meander. So I pick out the light you left behind and row in a straight line away from it. That's where I am now, rowing ahead in a straight line using your light as guide until landing on the other shore at a point unknown, always seeing your glow across the water, misty now, dimming, but still life giving and unforgettable.

For Lexophiles

A boiled egg is hard to beat.

Observations

Okay, the schools are closed in California. So do they drop the kids off at the teacher's house or what?



Whiskey Creek Ladies' Club

The Whiskey Creek Ladies' Club is announcing that it will not be holding in-person meetings and luncheons until the fall 2021 season due to the COVID pandemic. They anticipate that by October they may be able to safely meet and resume their regular monthly meetings.

Members can expect an email informing them when the organization will be resuming regular meetings. As much as the board would like to resume our regular schedule, the board is concerned about the safety of our members. The board will convene again in August to make that decision.

The Whiskey Creek Ladies' Book Club will meet on Wednesday, May 19 at 10:30 a.m. at the Whiskey Creek

Clubhouse, for the discussion and lunch. The book to be discussed will be, *The Home for Unwanted Girls*, by Joanna Goodman. New members are welcome.

The Whiskey Creek Ladies' Club is a social and service organization. We meet on the first Thursday of each month at the Whiskey Creek Country Club, at 11:30 a.m., 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 (678) 744-5461.

Stay safe!

Lena Pryor

Lee County Library System

Lakes Library

15290 Bass Road, Fort Myers, FL 33919
(239) 479-4636

Upcoming Virtual Events And Programs

Monday

*Small Business Series:

Overview of doing business with the federal government, 2 to 3:30 p.m. (5/24)

Tuesday

*Intermediate ESOL and Digital Literacy, 11 a.m. to 1 p.m.

Wednesday

* Storytime Anytime! New video each Wednesday.

* Financial Literacy Class, 6 to 7:30 p.m.

* Virtual Book Discussion for Adults, 10 to 11:30 a.m.

* Murder at the Library

* Book Club Author Presentation, 7 to 8 p.m. (5/26)

Thursday

* Healthy Living for Your Brain and Body, 1 to 2 p.m. (5/6)

* Understanding Alzheimer's and Dementia, 1 to 2 p.m. (5/20)

* Tidy Up and Spark Joy with the KonMari Method, 2 to 3:30 p.m. (5/27)

Friday

* Basic ESOL and Digital Library, 6 to 8 p.m., (5/7, 5/14, 5/21, 5/28)

* Author Series Karen White, all day (5/28)

Saturday

* Citizenship Classes, 9 to 11 a.m. (5/8, 5/15, 5/22, 5/29)

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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