

the Whiskey Creek News

www.whiskeycreeknews.net

Another Seabreeze Publication



VOL. 39 NO. 5

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MAY 2024



2024 CIVIC ASSOCIATION MEMBERSHIP

Help us reach our goal of 100% participation!

What are the accomplishments & upcoming goals for the WCCA?

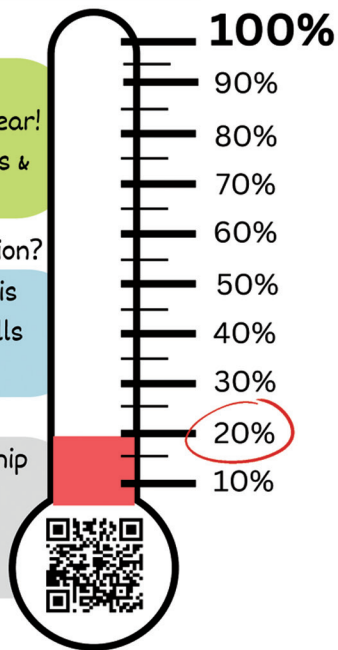
- An update to your community website! www.WhiskeyCreekNews.net
- Event hosting! You are invited to free community events several times each year!
- Planning & working alongside the MSTBU to improve & upgrade both entrances & the landscape along all 18 medians on Whiskey Creek Drive!

Are the adult condos, townhomes, & Wyldeewood Lakes part of this association?

YES! Although these areas have their own HOA, amenities, etc...the WCCA is the group of individuals maintaining our shared entrances, landscape, walls on McGregor/Summerlin, community events, newsletters, & more.

Is this mandatory?

Memberships are optional. But, we encourage you to renew your membership each calendar year. Your membership donation goes directly into the betterment of our entire Whiskey Creek Community. \$125/year is only about \$10/month.



Joining is simple! Send a check with your name & address attached to: "Whiskey Creek Civic Association" 1449 Whiskey Creek Dr. Our goal is to have everyone involved. Please give what you can.

Litter Hotline

The Keep Lee County Beautiful (KLCB) Litter Hotline can be reached at (239) 288-5639. Provide KLCB with the necessary information so that they can better assist with removing the reported litter or illegal dumping. Within 24 hours, KLCB staff will call you to further investigate your report, and will confirm back with you after the site has been cleaned up. Thank you for your help in keeping Lee County beautiful!



Whiskey Creek Country Club News

Tournament play was just completed at Whiskey Creek Country Club and Barron Combs is the Men's Champion. Marie Combs is the Women's 54 Hole Champion. The Women's 54 Hole Flight Winners: Flight 1, JJ Holden; Flight 2, Mo Poirier. Men's 54 Hole Flight Winners: Flight 1, Wyler Gins; Flight 2, Dan Alushi; Flight 3, Graham Baxter; Flight 4, Bob Vanarnam. Congratulations to all!

Be sure to inquire about the Golf Summer Camp at Whiskey Creek Country Club. The five-week camp starts with the first session on June 3. If you need more information contact www.treysongolfinstruction.com for details and sign up.

Dinner is served Tuesday and Friday, 5 to 8 p.m. The bar is open daily, until the club is closed, where you can meet with friends, family and neighbors for that refreshing beverage!

There are so many new fun things to participate in at Whiskey Creek Country Club.

Become a social member and enjoy the many card games, mah-jongg, and events.

Contact the club for more details, (239) 481-3021. Summer memberships are available.

Security Report

By Michael Kuehn

On March 22 the annual meeting of the MSBTU Board held its annual budget meeting at the Whiskey Creek Country Club. The meeting was attended by all the current Board members, our liaison from Lee County, Josh Malo and his assistant, and two residents. As reported previously our two major projects for the year were both completed. First project was power washing and painting the Summerlin Road wall. It was delayed multiple times by the need to repair damage done to the wall by vehicles crashing through it. Second project was the replacement of the four large light fixtures on top of the posts at the McGregor entrance. Again, I urge you to drive to the intersection after dark and see the difference the new lights make. Changing the old amber glass in the lights with clear glass changes the entire effect of the lighting. At this time, we have no major projects planned for the next year. Some trees will be planted as replacements and a few trees will be planted in new spots. As of the meeting, the cost of the security patrols, which is our major expense, has not been increased by the sheriff. The millage rate collected by the tax collector, 1mil, remains the same.



This month we had 10 traffic stops for stop sign violations, only two of which resulted in citations. A deputy was flagged down by a resident concerning a broken window at her residence. It was unknown how it got broken. He advised her that if anything else occurred to call Lee County Sheriff's Office immediately. A deputy was called to a residence about a missing package. The resident was notified by the delivery company that the package had been delivered but the resident never received it. The resident needed a case number to file a claim. The number was supplied. There was approximately a month between notification of delivery and calling the deputy to get the case number. This is another example that you should report something as soon as it occurs. The deputy stopped a golf cart being driven by an underage driver. After educating the driver about the law he let them go with a warning. They might not be so lucky the next time and it could be an expensive lesson. As always keep your outside lights on and overhead garage doors down. Lock all vehicles left in the driveway and remove all valuables and garage door openers from them.

Whiskey Creek News

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Crossword Puzzle

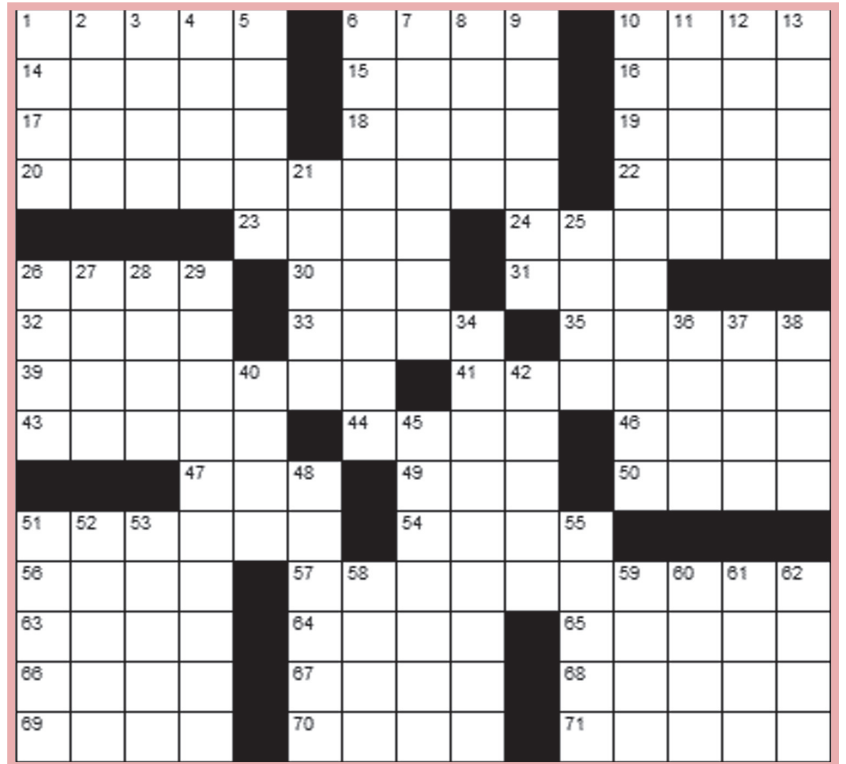
Across

- 1. Personnel
- 6. Bottom
- 10. Get ready
- 14. Besmirch
- 15. Smooth or level
- 16. Rattling breath
- 17. Bless with oil
- 18. Whimper
- 19. Curved molding
- 20. Deadly nightshade
- 22. An American dry measure
- 23. Carpet type
- 24. Seashores
- 26. River barriers
- 30. Half of a pair
- 31. Unit of energy
- 32. Sloth
- 33. Rubber wheel
- 35. Stash
- 39. Intelligent sea creature
- 41. Spread thickly
- 43. Marsh bird
- 44. Moveable fence barrier
- 46. Hearing organs
- 47. Local Area Network
- 49. Large cup for hot liquids
- 50. "Damn!"
- 51. Inform
- 54. Motel employee
- 56. Not fatty
- 57. In an unfruitful manner
- 63. Tilt
- 64. Hindu princess

- 65. Small and light boat
- 66. Behold, in old Rome
- 67. French cheese
- 68. Fund
- 69. Marsh plant
- 70. Affirmative votes
- 71. Writing tables

Down

- 1. Thick slice
- 2. Fork prong
- 3. Cain's brother
- 4. Tumbled
- 5. Bloodsucking parasites
- 6. Deploring
- 7. Retaliator
- 8. Stitched
- 9. Intertwine
- 10. Disseminated
- 11. Goes ballistic
- 12. Select by voting
- 13. Sneaks a look
- 21. Hindu loincloth
- 25. Whale
- 26. Garb
- 27. Any minute
- 28. Anagram of "mail"
- 29. Superseded
- 34. River mouths
- 36. Blacken
- 37. Wife of Zeus
- 38. Once, long ago



- 40. Miami basketball team
- 42. In accordance with law
- 45. Strong-smelling cleanser
- 48. Close at hand
- 51. Gastric woe
- 52. Tranquility
- 53. Terpsichore
- 55. Cut into cubes

- 58. Naked
- 59. Windmill blade
- 60. Terminates
- 61. Glance
- 62. Evergreens

Crossword Solution on page 6

Sudoku Puzzle

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

Sudoku Puzzle Solution on page 6

Montage Women's Club

The Montage Women's Club is a social and philanthropic club open to all women residing in Lee County. We meet on the fourth Thursday of each month at The Club at Pelican Preserve, 9802 Pelican Preserve Blvd., Fort Myers 33913 (community entry off Treeline Avenue between Colonial Boulevard and Daniels Parkway).

Activities begin at 11:30 a.m. with a short social period, followed by lunch at 12 p.m., then an informative speaker program, followed by a short business meeting ending at 2 p.m. 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, May 23, and our planned speakers will be Marcia Davis, executive director for the Housing Authority of the City of Fort Myers, and Desi Wynter, chief real estate officer of that same organization. They design and manage the community development

enterprise known as the Greater Dunbar Initiative. This initiative is a collaborative effort between local, state and federal agencies and private businesses and industries to address issues such as distressed housing, crime and unemployment in the Southward Village and surrounding neighborhood of Fort Myers.

Additionally, our May meeting will conclude with the installation of the new Montage Women's Club Executive Board for 2024/25.

Luncheon fee is \$28 and the planned regular entree will be Three Meat Lasagna with house marinara, broccolini and tiramisu for dessert. The plant-based/vegan entree will be Vegan Lasagna, broccolini, with fresh fruit for dessert. Fresh rolls and butter are always served.

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 12 p.m., Thursday, May 16.



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“I Just Don’t Believe That...”

Dear friend,

When I meet people in town, they usually say, “Oh, yeah, I know you, you’re that doctor with the beard on TV.” Well, perhaps I should tell you a little more about myself, the picture from television and why I use it in my ads.

Let’s start with me, the guy with the beard. Ten years ago I was living here in Florida. At that time my mother was down visiting from New Jersey for the season when she showed up in my clinic with a **frozen shoulder**. She was desperate and in pain having lost practically all use of her dominant arm. She could hardly fix her hair, reach for a coffee cup or even fasten her brassiere. Basic hygiene had become extremely difficult for her. She was afraid, because the two orthopedic surgeons that she had consulted told her, “Your only option is to have your shoulder replaced.” I remember saying to my mother, “**I just don’t believe that.**”

Now at that time I was a chiropractor who worked primarily on the spine. Frankly... I didn’t know how I was going to help her. I just knew there was a non-surgical solution out there and I was going to find it.

And boy did I find it! I found the answer to my mother’s shoulder problem and much, much more. And where did I find it? Of all places, I found it at the birthplace of Elvis Presley, Tupelo, Mississippi. Immediately I hopped on a plane and flew into Memphis, rented a car and drove out to a chiropractic neurologist who was willing to teach me how to fix my mother’s frozen shoulder. I spent three days in his clinic shadowing him, learning a new technique I had never even heard about before. Eager to help my mother, I developed this new skill set quickly. When I returned to Florida I wanted to be able to immediately fix my mother’s shoulder.

And that’s exactly what happened. After I performed the first Non-Surgical Operation on her shoulder, her pain went away significantly and she recovered to nearly full range of motion. She was so happy that she avoided surgery and got her life back.

It’s strange how life is, because that same doctor who showed me how to fix my mother’s shoulder opened up his treasure chest of knowledge and showed me how to help people with **chronic knee, neck, low back pain and those suffering with neuropathy** in their hands and feet, **all without the use of Drugs, Surgery or Injections.**

I spent the next several months flying back and forth to Mississippi learning all that I could.

Many years later we now have over one thousand successful patient testimonials. Many of them were told by their doctors that their only option was to have their knee or shoulder replaced or to take toxic drugs for the rest of their lives to mask their neuropathy symptoms.

Al was one of those patients who was told he had **‘bone on bone’** degeneration. His knee stopped unlocking properly, similar to what I’m describing in the photo, and he was facing knee replacement surgery. He was suffering from **chronic degenerative knee pain**, couldn’t walk properly and was easily holding onto 60 pounds of excess body weight. His doctors would have eagerly scheduled him for a knee replacement surgery had he decided to go in that direction.

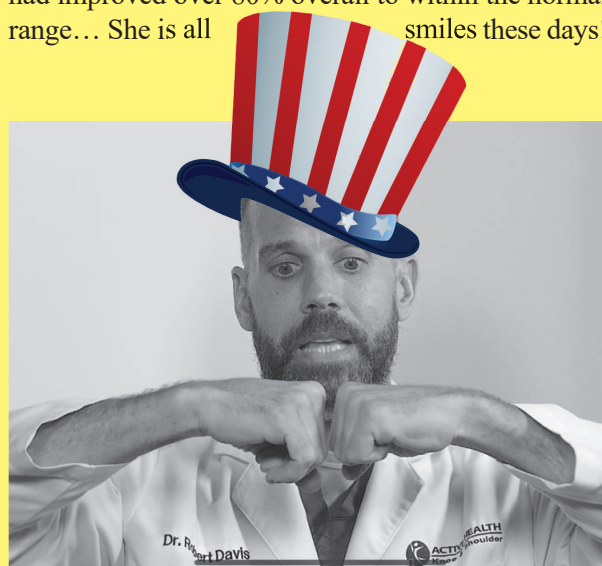
Immediately after the Non-Surgical Operation I performed on Al’s knee, he was squatting and walking up and down the stairs normally without pain.

Al is now in his early 70s touring Alaska in his RV. He has dropped over 60 pounds and is biking 15 - 20 miles per day and loving life. He regularly sends me great pictures from his adventures.

Joyce was told by her oncologist, “There’s nothing that can be done.” She would have to live with the chemo-induced **neuropathy in her hands and feet**. Hot and cold were indistinguishable and the numbness and tingling made it impossible for her to walk any distance.

Joyce was a cancer survivor only to have come out on the other side with another debilitating condition. She and her husband showed up in my clinic and told me what their medical doctor had said. I told her the same thing I told my mother, “**I just don’t believe that.**”

After a thorough neurological examination and report of findings she trusted me enough to follow my protocols. Within two weeks her numbness and tingling in her feet subsided and the feeling was coming back.. After 12 weeks she was feeling the sand between her toes as she walked along the beach again. At her one year checkup Joyce’s sensory loss had improved over 80% overall to within the normal range... She is all smiles these days!



You should know that ***I don’t heal anyone of anything.*** What I do is perform a specific non-surgical operation that resets the communication between the brain and knee or shoulder, instantly decreasing pain and inflammation, increasing strength and flexibility and **helping with tissue healing.** For our neuropathy patients we have a 4 step, proven approach that heals your nerves and reverses your symptoms. We get tremendous results. It’s as simple as that! –We get tremendous results. It’s as simple as that!

Today in the United States medical doctors are prescribing more drugs than ever before. These drugs are designed to cover up symptoms as your condition gets worse underneath the surface. The toxicity from the daily use of these chemicals ultimately leads to nasty side-effects and more drugs to treat the new symptoms. The current “healthcare” system was built to maintain your condition, not fix it. It’s a brilliant business model for the pharmaceutical industry and the hospitals, but a horrible strategy to follow if one is looking to age gracefully.

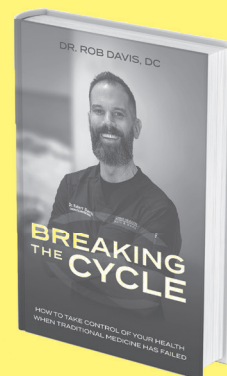
That’s where my practice comes in. I have found a way so that more people are able to afford the treatment they need, even those on a fixed income with or without health insurance coverage. One Non-Surgical Operation in my clinic could cost what you’d pay for just the deductible of a joint replacement surgery.

You Benefit from a Unique Offer...When you bring in this article, you will receive a **FREE CONSULTATION** with me to determine whether you are a good candidate for our Non-Surgical Knee or Shoulder Operation. If you’re being seen for Neuropathy we will take a thermal image of your feet **at no charge to you.** This will give me enough information to know whether I can help you. Once we determine you’re a good candidate and you feel comfortable in my clinic **the complete examination is only \$197.** That’s it, for the entire neurological examination & report of findings. This examination & report could cost you over \$500 elsewhere. But, please

call **right away** because this offer expires on May 31, 2024, and I don’t want you to miss out. By the way, further care is very affordable and you’ll be happy to know that the non-surgical, drug free therapies and procedures performed in my clinic **can cost as little as \$300 per month.** You see, I’m not trying to seduce you to come see me with this low start up fee, then to only make it up with high fees after that. Further care is very important to consider when making your choice of doctor because **higher costs can add up very quickly.**

“You shouldn’t be forced to choose drugs and surgery just because that’s the only treatment Medicare and your insurance company will cover.”

You should know a little about my qualifications. That’s important so that there’s no misunderstanding about the quality of care. I’m the best-selling author of **Breaking The Cycle** - how to take control of your life when traditional medicine has failed. **An amazon #1 new release in three categories.** I’m a graduate of Life University School of Chiropractic practicing since 1998. I am a licensed chiropractic physician certified in functional neurology. I’ve been entrusted to take care of avid morning walkers, pro-athletes and business tycoons you may have heard of.



My office is called **Active Health Brain & Body** and it is located at 6710 Winkler Road, Suite #1. It’s the gray Key West-style building at the corner of Cypress Lake Drive and Winkler Road behind the Bank of America. The phone number is **239-482-8686.** Please call my wonderful assistants Megan or Silvia today to make an appointment.

I wish you the Very Best in Health and Life!

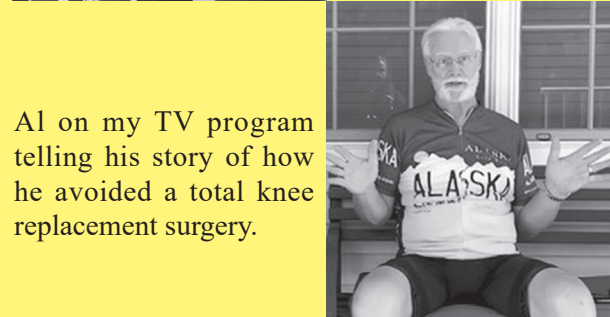
Dr. Rob Davis, DC

P.S. When accompanied by the first, I am also offering the second family member this same examination for only **\$97.**

P.P.S. Your time is as valuable to you as mine is to me. That’s why I have a “no wait” policy. It is highly unusual to wait more than a few minutes in my office.



My mother and I featured in a local publication for non-surgical shoulder solutions.



Al on my TV program telling his story of how he avoided a total knee replacement surgery.



Joyce is all smiles at her one year checkup. No more neuropathy!

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Real Estate Round-Up

By Bob Oxnard, REALTOR®

Realtor Association Pays Huge Settlement!

The National Association of Realtors (NAR) recently agreed to pay \$418 million to end litigation regarding broker commissions. This directly influences the dynamics of buying and selling homes in our area and across the nation.

This settlement, awaiting court approval, aims to resolve claims against NAR, its members, various REALTOR® associations, MLSs, and brokerages that had a residential volume of \$2 billion or less in 2022. The core of these claims involved the MLS cooperative compensation model rule, a framework set up in the 1990s to ensure buyer representation, promoting transparency and fairness in real estate transactions.

NAR maintained that no wrongdoing occurred while committing to this substantial financial settlement. This decision underscores NAR's ethos of preserving consumer choice and enhancing professional standards within the real estate industry. These rules go into effect mid-July.

Key points of this settlement are:

- **Liability Release:** Most NAR members and many stakeholders are released from liability, affirming the legal solidity of their current practices assuring peace of mind for you when engaging with real estate professionals.

- **Cooperative Compensation:** The practice of cooperative compensation remains, ensuring that you, as consumers, continue to have choices in how you engage with buying or selling processes, aligning with consumer protection principles.



- **New MLS Rules:** The settlement introduces a rule change prohibiting the communication of broker compensation offers through the MLS. This move doesn't eliminate compensation negotiation but shifts it off the MLS platform.

- **Paperwork Update:** If you're buying a house and working with an agent, you'll see some new forms to make everything truly clear about what the agent will do for you and what it costs you.

Another new requirement mandates written agreements between MLS participants and buyers, aiming to clarify the services and value provided, ensuring you are well-informed and protected in your real estate dealings.

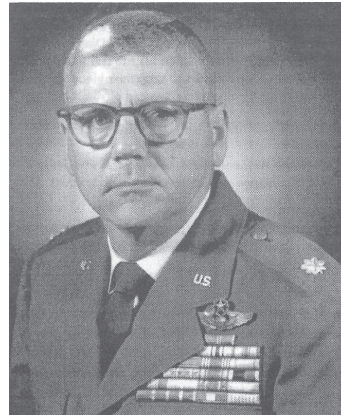
This settlement marks a significant moment in the real estate landscape. It reflects NAR's unwavering commitment to uphold the interests of its members, the real estate industry, and you, the consumers. As we approach the implementation of these changes our focus remains on ensuring that the fundamental principles of choice, transparency and professional integrity continue to guide our business practices.

Greg Snow, owner of Pinnacle Title in Fort Myers, said, "This creates a new paradigm for doing real estate business."

Military Memories

From Horses To Jets – Lt. Col. Donald K. Longer, United Air Force Retired 1940-1969

My federal service began with a train ride from Washington, Iowa, to Camp Bowie, Texas, with Troop D 113 Cavalry regiment Iowa National Guard. At Bowie we gave up our horses for scout cars, jeeps and motorcycles and became a part of the cadre for the Seventh Armored Division at Camp Polk, La.



I deserted the lucky Seventh for pilot's training after which I joined the 389th Squadron 312 Bomb Group Fifth Air Force in New Guinea. En route to New Guinea aboard a Navy troop ship. I unexpectedly met my brother, Jack, a paratrooper. This was our last visit together. In the Pacific Theater I flew 56 missions with the Bomb Group and 40 combat training missions while Commander A-20 Section, Combat Pilot and Crew Training Center.

The most scary time happened when aboard a troop ship departing Manila Harbor, our ship was rammed by a destroyer that was dragging anchor. After a sea voyage of 31 days on a Liberty ship, we arrived in Seattle. At the time of leaving the Bomb Group they were in the process of converting from A-20s to B-32s. The B-32s backing into their revetment was certainly a sight to behold.

After a tour with Air Transport Command I was transferred to Japan for the occupation. My duties required working with the Japanese. It was a great and rewarding experience. Individually, just wonderful people to work with. My tour was extended because of the Korean Police Action. I flew "air evac" moving supplies from Japan to Korea and returning with the wounded.

Upon returning to the states, I was assigned Supply Squadron Commander in Rome, N.Y. While at Rome I wanted to fly the T-33, a jet trainer, however, no check pilots were available, so I soloed without an instructor. This was the

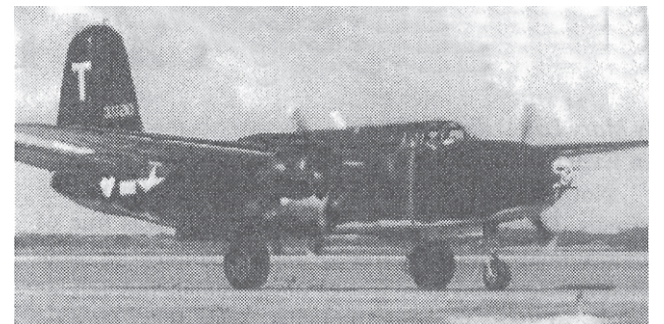
In closing, while the NAR settlement represents a significant financial commitment, it's a step forward in the continuous evolution of the real estate industry, focusing on innovation, consumer choice and professional excellence.

The settlement is important because it means we can keep doing business as usual but with some new improvements to make sure everyone is clear and happy with how buying and selling houses works. It's good news because it keeps your options open and makes sure you have all the information you need.

The Realtor code of conduct was adopted over 100 years ago. Based on the Golden Rule, it serves to guide in our dealings to protect you, the consumer, our customer. As Realtors, we are excited about the future and committed to working tirelessly on behalf of our clients and our Whiskey Creek community. Change is inevitable. Change for the good is welcome news.

My thanks to Lillie Moroles, Genesis Realty Team LLC, for her help with this article.

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



greatest flying thrill I have ever experienced.

I still proudly display the "Flying Tiger Wings" awarded to me by China's Air Force while serving as a military advisor to their Air Service command in Taiwan.

After graduating from the Command and Staff College, duty took me to the Strategic Air Command's missile program and management of the Air Force Equipment system for 23 air bases. My transfer to Korea was the beginning of a four-year involvement with Vietnam. Here I planned and executed a deployment of the first Korean "MASH" unit to Vietnam and participated in several operations in Vietnam.

The war times were hard on the military and their families. Not very different than today. My 29-year career in the United States Military was satisfying and personally rewarding.

Update for our readers –

Recently I attended a special ceremony for Lt. Col. Donald Longer (who is now 105 years old) and lived in Whiskey Creek for many years. He was featured in the *Whiskey Creek News* under Military Memories many years ago. I am resubmitting a copy of the original article above for our May issue during Memorial Day month.



Jan Kotcamp

Continental Women's Club

By Liz Paul

The Continental Women's Club will hold its monthly luncheon meeting on Thursday, June 13 at 11:30 a.m. at The Hideaway Country Club.

Our June meeting is the second Thursday due to a scheduling conflict, and will feature a presentation by Tom Chase, a local retired attorney, comedian and storyteller. You are invited to attend and meet this well-known storyteller who will share some fun stories with us as well as explain the art of storytelling. Please call Liz Paul at (239) 691-7561 for additional information, meal selection and to make a reservation.

Continental Women's Club is a social, cultural and philanthropic organization established in 1975, and membership is open to women living in Lee County. We have many special events and interest groups within our club that you can participate in for social and educational purposes throughout the month and year. In addition, we contribute to many local charities and award two scholarships each year to senior high school girls who plan on furthering their education.

Meetings are usually held on the first Thursday of each month at 11:30 a.m. at The Hideaway Country Club, 5670 Trailwinds Drive, Fort Myers 33907. The cost to attend the luncheon is \$25.

Reservation deadline for June 13 is Tuesday, June 4.

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	Paul Copeland	464-8726 pcopeland@mcgriff.com

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Whiskey Creek News

Editor	Jan Kotcamp	482-7679 whiskeycreeknews@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

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The Essentiality Of Exercise For Permanent Weight Loss

By Mary Lou Williams, M. Ed.

The Best Exercise You Can Do

What is the best exercise you can do? Is it running, jogging, biking, swimming, dancing, walking? The answer – the best exercise you can do is the exercise you will do. It is moving that is important, regardless of the form that moving takes. However, the easiest, most convenient and most universal exercise that everyone knows how to do is walking. Therefore, walking is the specific exercise that I will address. But the principles of exercising for weight loss and weight



loss maintenance apply to exercise in whatever form that exercise may take.

Exercise And Calories

The first benefit of exercise for weight loss and weight loss maintenance is the most obvious. Exercise burns calories. How many? A 150-pound person who walks a mile in 15 minutes will burn 100 calories. Thus, a 150-pound person who walks three miles a day in 45 minutes would burn 300 calories per day. Since 3,500 calories equal 1 pound of body fat, in theory a 150-pound person who walks three miles a day in 45 minutes could lose a pound every 11 or 12 days. In practice weight lost by exercising depends on age, current weight and metabolism. People without much weight to lose

won't lose much weight at all. In their case, exercise will help them maintain their optimum body weight.

Exercise And Appetite

More important than calories burned is the effect of exercise on appetite. Contrary to popular belief, study after study confirms a surprising truth: Unlike dieting, exercise does not cause an automatic increase in appetite. In fact, exercise actually curbs false appetite resulting from boredom, depression, stress or habit, while enhancing true appetite resulting from hunger. Some research has indicated that people who exercise actually have a better sense of how many calories they need than people who don't. Eating from hunger rather than from emotion is the difference between addictive eating and normal eating and, therefore, the difference between normal weight and overweight.

Exercise And Internal Cues Of Hunger And Satiety

Compulsive overeaters don't know when they are hungry and they don't know when they are full. Exercise helps put them in touch with internal cues of hunger and satiety. Overeaters eat from external cues, such as time of day, sight or smell of food, being in a particular place or circumstance, in reaction to an emotional event. Normal eaters eat only when they are hungry. If they are not hungry, no matter what you put in front of them, they will not eat it. Unlike overeaters, they stop eating when they are full. They know when they are no longer hungry. Overeaters don't. Since they don't know when they are hungry, they don't know when they are no longer hungry. They stop eating only when there is nothing left to eat. Exercise is crucial in making the transition from eating triggered by external cues to eating triggered only by hunger. Dieting does not do this. Dieting compounds the problem: By its nature, dieting requires ignoring feelings of hunger, and this results in ignoring feelings of fullness as well.

Next month's article will discuss two other benefits of exercise – its effect on sleep and depression – and the impact that lack of sleep and depression have on weight.

Attention Voters

From The Office Of Tommy Doyle, Lee County Supervisor Of Elections

With the March Presidential Preference Primary Election officially over, we now look to the next major elections of 2024: the Aug. 20 primary election and the Nov. 5 general election.

As always, I encourage you to be election-ready. Ensure your voter registration is up-to-date with our office; this includes your name, address, signature and party affiliation.

Your party affiliation is especially important for the primary election because Florida is a closed primary state. To vote in partisan contests in a primary election, you must be registered with one of the two major political parties.

If you are registered as an Independent, a minor party, or no party affiliation, you can only vote on nonpartisan races

that may appear on your ballot. If you wish to change your party for a primary election, you must do so at least 29 days before that election.

If you plan on voting by mail, it's important to remember that you need to renew your request after every general election. If you have not requested a Vote-by-Mail ballot since the last general election in 2022, you must submit your request again by calling our office at (239) 533-8683 or online at www.lee.vote.

This year is expected to be a busy hurricane season! Requesting a Vote-by-Mail ballot for the upcoming elections is an insurance policy in the event you cannot make it to the polls.

Please reach out to our office with any questions or concerns. My staff and I are your trusted source for election information and are always happy to help.

Yard Of The Month

Residing at 5501 Montilla Court, Carli and Conner Roessler, along with their beloved canines Caia and Cooper, have bounced back from Ian's touch. The privacy hedge once again is restorative in making these newlyweds their own retreat from his medical sales and her Gardner commitments. There is much affection heard when listening to their rendition of their home's acquisition, restoration and sentiment when interviewing; I believe that they'll be here for a long time to come! So, swing by and enjoy greeting a great representation of a hardworking gracious resident, thankful of a wonderful safe neighborhood centrally located and being blessed to call Whiskey Creek home!

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



5501 Montilla Court

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.

Wildlife

Pileated Woodpecker

The pileated woodpecker is one of the most striking "forest" birds in the general area. Its size is comparable to the black crow but with bold white stripes and flaming red crest. You can hear the woodpecker whacking at dead trees and fallen logs in search of their main prey, carpenter ants, leaving unique rectangular holes in the wood. These holes can make crucial shelter to many species including bats to pine martens and ducks to owls. A pileated woodpecker's "excavations" can be so broad and deep that they can cause small trees to break in half. Larger trees are needed for nesting which can become a lightning hazard for rearing their young. Once established, the pileated pair will remain on its territory all year-round and defend it. They will tolerate new arrivals during the winter season for mating. Did you know that the NFL had studied the woodpecker's physiology in an effort to develop safer, shock absorbing helmets for football players? Their unique physiological structure allows them to withstand severe deceleration. A woodpecker's head experiences deceleration of 1,200g on a tree up to 22 times per second. Humans are often left with concussions if they experience 80 to 100g. The longest living known pileated woodpecker was said to be approximately 13 years old!

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/606268990385675>

Cook's Corner

From *Lincoln Heritage Trail Cookbook*

Baked Crab Rangoon

6 ounces crabmeat, flaked
4 ounces cream cheese
½ cup green onions, thinly sliced
¼ cup mayonnaise
12 wonton wrappers

Combine crabmeat, cream cheese, onions and mayonnaise. Grease or spray 12 medium sized muffin tins. Place one wonton wrapper in each cup. Distribute filling among cups. Crimp wrappers above filling. Bake in a preheated 350-degree oven for 18 to 20 minutes.

Bacon Cheddar Sandwiches

4 to 6 slices of crispy fried bacon
1 large package (3 cups) shredded sharp cheddar cheese
6 green onions, chopped
Mayonnaise
Cocktail rye

Mix bacon, cheddar cheese, onions and enough mayonnaise so that the ingredients stick together. Place 1 tablespoon of mixture on each cocktail rye and broil until cheese melts.



I don't know how I got over the hill without getting to the top!

Actual Signs

Driver carries no cash ... he's married.

Really?

Don't bother walking a mile in my shoes. Boring! Spend 30 seconds in my head ... that will freak you right out!

For Lexophiles

The short fortune teller who escaped from prison was a small medium at large!

National Train Day

Fort Myers Amateur Radio Club Commemorates National Train Day With Morse Code Transmission At The Railroad Museum Of South Florida

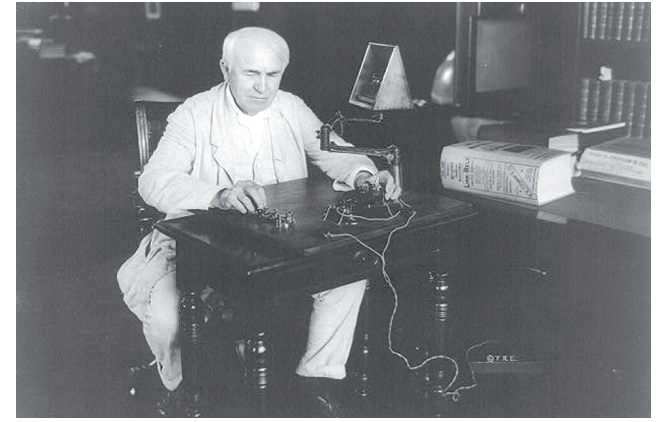
As National Train Day approaches on May 11, the Fort Myers Amateur Radio Club (FMARC) gears up for a unique celebration at the Railroad Museum of South Florida. Marking the occasion, the club will be onsite and on the airwaves, transmitting in Morse code—a homage to the historic role of telegraphy in railway operations.

National Train Day, observed annually on the Saturday closest to May 10, traces its origins back to 2008 when Amtrak introduced the holiday to highlight the significance of railways in American history and promote rail travel's eco-friendly attributes. This year, the Fort Myers Amateur Radio Club, in collaboration with the Railroad Museum of South Florida, will pay homage to this tradition by showcasing the intersection of old and new technologies.

Located in Lakes Park at 7330 Gladiolus Drive, Fort Myers, FL 33907, the event promises an immersive experience for visitors. Attendees will have the opportunity to explore the rich history of the Railroad Museum of South Florida while witnessing Morse code transmissions reminiscent of the



Steam train at the Steamtown National Historic Site, a railroad museum and heritage railroad located in downtown Scranton, Pa.



Thomas Edison, seated at telegraph key, circa 1920

telegraph's heyday. Attendees will also discover the voice and digital options demonstrated by licensed amateur radio operators.

"The telegraph was once the lifeline of railways, facilitating the smooth operation of train arrivals and departures. Today, amateur radio serves a similar purpose, especially during emergencies when conventional communication systems fail," said Bob Lewis, president of the Fort Myers Amateur Radio Club.

The event aims to educate visitors about the vital role of railways in transportation and the enduring legacy of Morse code in telecommunications. Additionally, attendees will learn about the innovative applications of amateur radio in emergency situations, ensuring the timely dissemination of critical information.

Join the Fort Myers Amateur Radio Club on May 11 from 10 a.m. to 4 p.m. to celebrate National Train Day, explore the Railroad Museum of South Florida, and discover the enduring legacy of Morse code in the digital age. Established in 1957,

the Fort Myers Amateur Radio Club, Inc., has been dedicated to fostering camaraderie among individuals with a shared passion for amateur radio. With a commitment to facilitating the exchange of information, promoting electronics and amateur radio knowledge, advocating for good radio operating practices, and advancing the art of amateur radio, the club strives to create a vibrant community. Additionally, the club actively sponsors and promotes various activities related to amateur radio, provides crucial public services during emergencies and actively engages in other community initiatives. FMARC is affiliated with and sponsored by the American Radio Relay League (ARRL), which is the national association for amateur radio, connecting hams around the United States with news, information and resources. The club meets at 7 p.m. on the last Tuesday of the month at the Lee County Emergency Operations Center. Learn more about ham radio and the club at www.fmarc.net. Learn more about the Railroad Museum of South Florida by visiting rsmf.org.

Photos from Library of Congress, Prints and Photographs Division, Washington, D.C. 20540

Sudoku Puzzle Solution from page 2

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

Crossword Solution from page 2

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

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From The Desk Of Sheriff Carmine Marceno

Gas Station Safety

Unless you are operating an alternatively-powered vehicle, a visit to the gas station is likely on your weekly to-do list.

As technology has made the process of filling and paying easier than in decades past, many fuel-station consumers have become so accustomed to the routine that they pay little attention to conditions around them. We are distracted by cell phone calls, fuel pump broadcasts, text messages, etc.

Some utilize filling stations to purchase snacks/food or to use the restroom.

Regardless of the reason for one's visit, it remains imperative that individuals recognize that criminals have



become proficient at taking advantage of our complacency.

"Situational awareness," a practice that our agency stresses in all of our community presentations, is the ability to perceive, understand and effectively respond to any and all circumstances occurring in our immediate location.

Whenever possible, refuel during daylight hours. When refueling at night, avoid poorly-lit stations or stations with little visibility to the roadway.

When you exit your vehicle, ensure that you remove your key(s) or key fob from your car or truck. Lock your doors, especially if going inside to purchase food or use the restroom.

Avoid leaving purses, wallets, cell phones or items of value inside an unlocked vehicle ... even if only while pumping gas.

Roll up all windows prior to exiting an unoccupied vehicle.

The side of your vehicle facing away from the pump is the most vulnerable to entry/theft. While pumping fuel, position

yourself in a way so as to allow you to see your entire vehicle.

Like it or not, gas stations have a way of attracting a wide variety of individuals ... some friendly, some not-so-friendly and some with criminal intentions.

Trust your instincts. If something seems unusual ... if you are uncomfortable ... should you have any concerns, leave the area immediately.

If necessary, please do not hesitate to call law enforcement ... either 9-1-1 or a nonemergency number.

Gifts For Mother's Day

Sunday, May 12

Mother's Day is a celebration of mothers and motherhood. It is celebrated in the United States on the second Sunday of May (Source: Library of Congress). Here are some ideas if you're wondering what to get that special someone.



Suggested Gifts

- Order flowers to come to her home the day before. Carnations have historically been used to commemorate the day.
 - Purchase a gift certificate to a favorite online store.
 - Purchase a gift certificate for a spa day, or to have hair and/or nails done.
 - Give tickets to a concert, theater show, or sporting event that she would enjoy. Pay extra for orchestra seating or purchase the VIP seating.
 - Arrange for an experience at a cooking class, wine tasting tour, and paint and sip party, or a weekend getaway.
 - Make an appointment to have her computer cleaned and software upgraded.
 - Make a special brunch, lunch or dinner or order from a special restaurant that has delivery or curbside pickup.
 - Consider gifting her a new smartphone, tablet, or smartwatch, wireless headphones, a portable charger, or a digital photo frame.
 - On the YouTube website search for **desk accessories 2024** or **desk gadgets 2024**, for ideas for the tech savvy mom's home office. Purchase a lightbar or webcam for her computer.
 - If your mom loves reading, consider gifting her a selection of books by her favorite authors or a subscription to a book club or magazine that aligns with her interests.
 - Tackle a job around the house that your mom would appreciate.
 - Take her car to the car wash and have it detailed. Fill up the tank with gas.
 - Splurge and buy her a laser color printer or a small printer that makes prints from her iPhone.
 - Make arrangements for her to take a course on a favorite topic through FGCU Academy (www.fgcu.edu/academy). Pick an online or a face-to-face class.
 - Purchase an aromatherapy diffuser with several special essential oils.
 - Purchase a sampler of multiple types of teas.
 - Purchase several pounds of a favored coffee.
 - Contact a local jewelry store and purchase earrings or a necklace that is reflective of where she lives (sea shell earrings if she lives near the beach).
 - Make an appointment with a professional photographer and with family members to have a current family picture taken. Or arrange for all to dress in holiday gear so mom can use it as a Christmas (or other holiday) card picture.
 - For moms with health-related interests, purchase a yoga mat, yoga blocks, a fitness tracker, blood pressure watch or personal EKG monitor.
 - Purchase an extra serving dish that matches the pattern of her favorite dinnerware.
- If none of these ideas suit, you can always load/unload the dishwasher. That is always a guaranteed winner!

This Mother's Day Make Mom the Center of Attention.

Radiant Diamonds
Brilliant Gemstones
Fashion & Designer Jewelry
Estate Jewelry
Jewelry Repair
Custom Design
Exquisite Timepieces
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Whiskey Creek Civic Association Membership

By Sally Gins

As of March 31, 19 percent of households, condos and townhomes in Whiskey Creek have joined as members of the Civic Association for the year 2024 (294 out of 1,575 owners). The names of our newest members are listed below (except for those who requested their names not be published). Thank you for your contribution! *If you have questions regarding your membership status or if you did not receive a formal letter of invitation for your 2024 membership, please email wccaacct@gmail.com. We would love to hear from you!



Thank you to our newest members:

Rick and Lisa Armstrong
Kara and Kurt Bell
Paul and Barbara J. Bogdanski
Jason and Shelli Brown
James and Brenda Buckley
Robert and Charmon Byers
Barron and Marie Combs
Paul and Whitney Copeland
Mitch and Leslie Crouch
Ivan and Claudia Cuna
Eric and Melissa Eason
James and Denise Elwell
Foster and Virginia Flint
John and Lisa Galietti

Albert and Rebecca Geiger
Michael and Joanne Gennaro
Charlotte Stigler and Robert Gerber
Susan Griesinger
Hugh and Sherl Moran Hackney
Melanie Harris
Patty Hatcher
Christopher and Shelly Hauble
Kevin and Cindy Hummel
Mark and Candice Johnson
James and Roseanne Keating
Brendan Shearman and Anna Kegelmeyer
Linda Knight
Gary and Kathleen Kurtz
Cindra S. Leachi

Cecilia Maxham
Eddie and Courtney McGirt
Mitchell Myers
Howard Parker
Natalie L. Reckard
Leif Ringsmuth
Roger Andrew Schmall
John and Brenda Schnorbach
Kristina Simos
Mary Tastula
Dean and Samantha Tubekis
Brian and Flora Walker
Laura and Richard Weigold, Jr.

Whiskey Creek Ladies' Club Meeting

By Lena Pryor

The April meeting of the Whiskey Creek Ladies' Club (WCLC) was held at the Whiskey Creek Country Club. The room was decorated by Cathy Trent in a springtime theme. Guests were greeted by Lona Lugers.

President Mo Poirier opened the meeting with a welcome. Twenty-seven members were present. President Poirier requested special thoughts for members who are ill. Ellie Neal read the inspirational message, "Positivity." The treasurer's report was read and approved. The minutes of the previous meeting were read and approved by Rosalie Merola and Sandra McKenna. A 50/50 was conducted by Sue Lynch.

President Poirier reported that next year's dues of \$30 must be paid by the May meeting, if your name is to be published in the Whiskey Creek Ladies' Club Handbook. Next month, there will be ballots distributed to allow members to recommend a charity for the organization to select, to make a donation.

Pam Lucas reported that the book club's next selection is *The Island of Missing Trees* by Elif Shafak. The WCLC Book Club meets the third Thursday of each month at 10:30 a.m. The next book club meeting was April 18. There was a



Cypress Lake JROTC at the Whiskey Creek Ladies' Club

book discussion and lunch. New members were encouraged to attend.

Peg Mocharski and Cathy Trent introduced April's program guests, the Cypress Lake High School JROTC. The JROTC is an elective class of four years in high school. The program provides academic credit and teaches citizenship, leadership, teamwork and personal responsibility. The visiting members, accompanied by D. Scott Varnado, led the Flag Salute and

performed a brief example of a military drill. They explained about the program and responded to questions about their experiences in the JROTC.

President Poirier announced that responses to next month's attendance are due Wednesday, one week prior to the meeting. We encourage you to make your meal selection for the following month when you sign in at the meeting. If you need to cancel, please notify Linda Jones or the club at least 24 hours prior to the meeting. Otherwise, you will be responsible for the cost of your meal. This month's meeting, May 2, will have a "Tea Party" theme. A dance ensemble, "Girls at Play" will perform. If you have a favorite teacup, feel free to bring it, otherwise teacups will be provided. Luncheon will consist of Vegetable Quiche with Mescaline Salad and Petit Fours.

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 contact Linda Jones at wcladiesclub@aol.com or call (678)744-5461.

Poetry Corner

On A Cathedral Tour In Jaraslov, Russia

By Bob Nelson

From a frescoed corner old men sing,
Their vaulted breathing slow to form,
Faith and trembling deep in their lungs
And beyond their lungs,
Rising basso profundo
Through iconic trained throats,
Airborne up the arched stone walls,
Atomized through nozzled gold domes,
Their sacred chants spread like haze,
A white prayer mist of Russian faith,
Coating ancient stands of birch.

The Fort Myers Republican Women's Club

The Fort Myers Republican Women's Club will be meeting on Tuesday, May 21 in the Helm Club's Main Deck at The Landings Yacht, Golf & Tennis Club. The featured speaker was selected at the April 16 meeting. You can go to the website www.fmrwc.com for more information. Beginning with a social hour at 11:15 a.m., the meeting and lunch will start at 12 p.m. with the program shortly afterwards. Please make your reservation no later than May 17. A reminder, after that you will be responsible for the cost of your reservation if you are unable to attend. Make your lunch payment for \$20 to FMRWC ... checks or cash, no credit cards.

Contact: Diane Kinser,
Recording Secretary/Membership/Reservations,
Social.lady@yahoo.com,
Text to (630) 327-3546

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



Save Your Knees!

Many of the patients who visit our clinic for the first time, often tell me the same story, "My orthopedic doctor, who has been giving me steroid injections, told me years ago that I would eventually need a total knee replacement."

My question for anyone who has had a similar experience, did your doctor inform you of the American Medical Association Journal, JAMA randomized clinical trial that studied the safety and effectiveness of steroid injections for chronic knee pain? In this study they took 140 participants with chronic knee pain and split them up into two groups. The control group got a saline solution injection and the treated group got the steroid injection. The injections were given every three months for two years. At the end of the two years they compared notes. The pain level for both groups did not improve much. It was about equal for both groups. *However, what they did find was that the treated group who received all of the steroid injections had a significant loss of cartilage between the knee joint as compared to the saline group.*

Since 1998 when I began practicing, I have found that the most difficult knee cases presenting in our clinic are the patients who have received multiple steroid injections

in their knees. Now it's proven to destroy the connective tissue causing the bones to shear together and resulting in chronic degenerative pain.

In our clinic we use a multimodal approach to optimize your recovery from chronic knee pain. Understanding that nothing happens in isolation, I will leave no stone unturned when I do my evaluation including a complete neurological examination.

Once I determine that you are a good candidate for the non-surgical operation, I will perform a functional neurological procedure that resets the communication between the brain and the body, changing the tone at the knee and allowing it to unlock and bend properly. This procedure instantly decreases pain and inflammation, increases strength and flexibility, and assists with tissue healing.

We get tremendous results for those that qualify for the procedure.

Dr. Rob Davis is the best selling author of **Breaking the Cycle**, How to take control of your health when traditional medicine has failed. Call (239) 482-8686 to schedule an appointment.

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