

the Whiskey Creek News

www.whiskeycreeknews.net

Another Seabreeze Publication



VOL. 39 NO. 6

www.seabreezecomunications.com

JUNE 2024

President's Message

Greetings Whiskey Creek Community,

As June rolls in and we gear up for summer vibes, I hope everyone had a blast cheering on their horse during the Kentucky Derby! Summer also ushers in the arrival of hurricane season, it's paramount that we direct our focus toward ensuring the preparedness of our homes and plans, safeguarding both our community and loved ones.



During the summer, we should be extra vigilant while driving and keep an eye out for children on their bikes, skateboards, scooters, or running from house to house.

While our board meetings take a hiatus until September, our dedication to fostering community engagement remains unwavering. Stay connected, stay involved – your voice matters in shaping our neighborhood. We encourage you to visit the Whiskey Creek Facebook page to learn about upcoming events in our community.

Big shout out to the Whiskey Creek Country Club for keeping the good times rolling with their new offerings. From chill happy hours to tasty brunches the club continues to serve as a central hub for social interaction and relaxation.

A heartfelt appreciation goes out to all residents for their enthusiasm and contributions during our monthly meetings. Your valuable insights drive the Whiskey Creek Civic Association's ongoing commitment to better serve you. For those unable to attend, we encourage you to utilize the resources available on our website to stay informed and engaged.

Whiskey Creek remains a coveted destination for residents from all walks of life, each contributing to the rich tapestry of our community. Whether you're here to settle down, unwind or raise a family, your presence is integral to our collective vision.

Wishing you all a summer filled with good vibes, safety and strength.

Warm regards,
Cole Peacock,

Board President, Whiskey Creek Civic Association

Yard Of The Month

By Mark L. Franzer

Ten-year residents of 5381 Fairfield Way have a setting that most would dream of. Nestled on this cul-de-sac, Austin and Dawn Peterson are graced with the nonstandard views of waterways and mangroves with the occasional visits of manatees and porpoises. This locale is extremely suited for this couple's endeavors of Stoke's Marine general manager and Tanglewood Elementary educator, respectfully. Austin, a lifelong resident of Whiskey Creek and Dawn, an Ocala native, have raised two sons, Jack and Cole, whom have further strengthened the family's attraction to whatever the canal access and deeper water can provide. The "safe family orientation" is what effortlessly sprang forth when asked what appeals to them the most of their choice locale. But it's not that view that captured this editor's attention. Their home is exquisitely manicured and adorned with Florida flora. But isn't that what makes this beloved community favored? There is always depth and breadth that emanates from the recognition of one's efforts in calling one's residence a honored Whiskey Creek home. Take a spin on this cul-de-sac and be introduced to this exquisite locale and find out the meaning their Chocolate Lab "Roby's" name ... you'll learn something about "Robalo" and make the acquaintance of a fine Whiskey Creek example!

If you have family or friends that you'd like to share details of our beloved Whiskey Creek community (or show off your



5381 Fairfield Way

hard earned recognition!), the web page for their review is <http://www.whiskeycreeknews.net>.

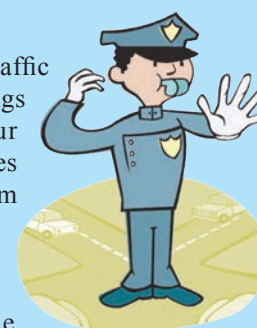
Also, please check out Whiskey Creek's very own private Facebook page for additional community information, involvement and market areas! You'll need to request membership to gain access! <https://www.facebook.com/groups/1430022127286192>

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

During April we had 27 traffic stops at the stop signs. Warnings were issued for 23 and four received citations. The deputies responded to two requests from residents for assistance. A deputy followed up on a previous report of fraud. A deputy, while on nighttime patrol, noticed someone prowling around the exterior of a house with a flashlight. His investigation revealed that it was a resident. The deputy was dispatched to assist at a crash at McGregor and Tangerine until the regular patrol car was available to take over. There was one burglar alarm responded to with no trouble found. Responded with patrol to a report of juveniles in an abandoned building on Presidential Court. Two wellness checks were performed. The deputy was approached by a resident who advised him that his car had been stolen two days prior. A stolen car report was filled out and filed.



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.

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 News

PRSR STD
US POSTAGE
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**CBD-INFUSED
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PURENATIVE
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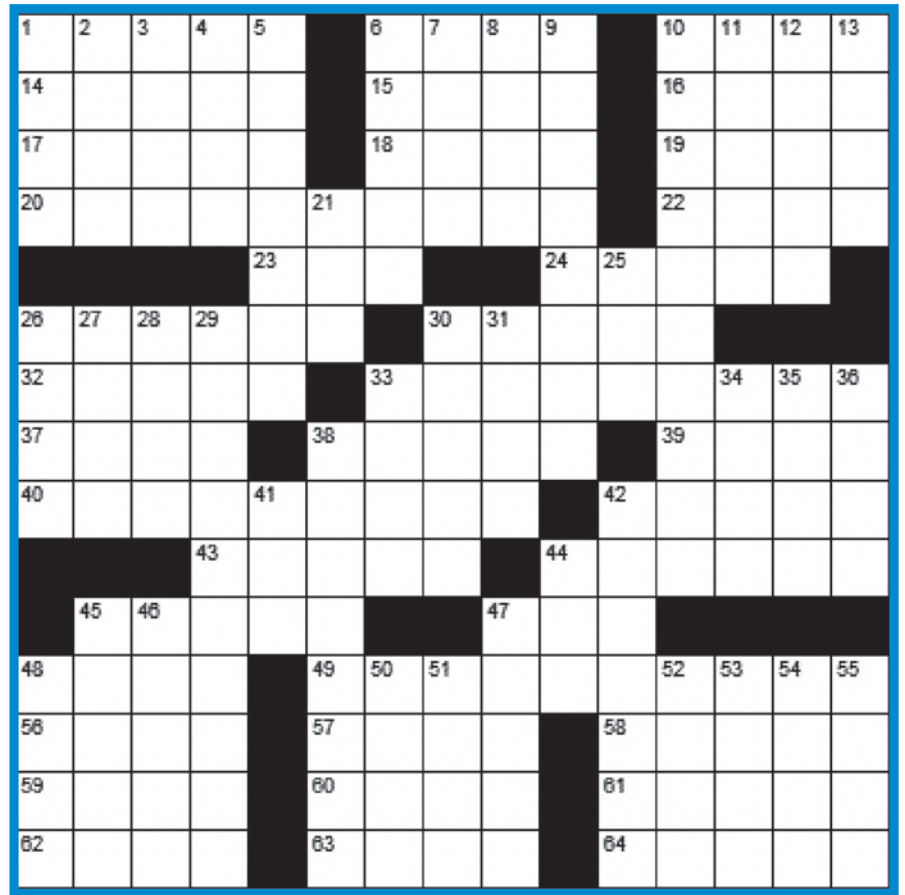
FT MYERS & VENICE, FLORIDA SEEDANDBEANMARKET.COM

Crossword Puzzle

- Across**
- 1. Monastery head
 - 6. Sharp intake of breath
 - 10. Abbey area
 - 14. Audacity
 - 15. Bobbin
 - 16. Edges
 - 17. Bay window
 - 18. District
 - 19. Extended family
 - 20. Instigators
 - 22. Tube
 - 23. Type of hat
 - 24. We chew with them
 - 26. Color of the midday sun
 - 30. Dress or polo
 - 32. Perpendicular to the keel
 - 33. Dubious writings
 - 37. Backside
 - 38. Swings around
 - 39. Juicy fruit
 - 40. Conditioners
 - 42. Desert plants
 - 43. Cast out
 - 44. Chatted
 - 45. Get together

- 47. Tin
- 48. Steer
- 49. Irrespective
- 56. Margarine
- 57. Colored part of the eye
- 58. Tropical vine
- 59. French for "names"
- 60. Egyptian river
- 61. School assignment
- 62. Make a sweater
- 63. Neuter
- 64. Stairs

- Down**
- 1. Dwarf buffalo
 - 2. Large mass of floating ice
 - 3. On-board prison
 - 4. Completed
 - 5. Telecommunication
 - 6. Clutch
 - 7. Pertaining to flight
 - 8. Fortune teller
 - 9. Acrylics, etc.
 - 10. Prototypical
 - 11. Plane driver
 - 12. Break into pieces
 - 13. Feudal worker
 - 21. Wood-cutting tool
 - 25. Be mistaken
 - 26. Blabs
 - 27. River in Spain
 - 28. Table extender
 - 29. Most recent
 - 30. Gush
 - 31. Garden tools
 - 33. Anagram of "sale"
 - 34. An American dry measure
 - 35. Detest



- 36. Dry
- 38. Derisive
- 41. Ovum
- 42. Wax lights
- 44. Driveway surface
- 45. A fruit of the gourd family
- 46. Lacquer ingredient
- 47. Enclosed
- 48. Blow a car horn
- 50. A Great Lake
- 51. Pint fraction
- 52. Itemize
- 53. Lack of difficulty
- 54. Break in two
- 55. Declares

Crossword Solution on page 7

Word Scramble

Rivers

By Ellie Neal

- | | |
|--------------|-------------|
| Sipssmippiis | Kouny |
| Rssmiuoi | Mascasreotn |
| Rodoloca | Omnaza |
| Blouamci | Glova |

Word Scramble Solution on page 7

Sudoku Puzzle

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

Sudoku Puzzle Solution on page 6

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Montage Women's Club

The Montage Women's Club is a social and philanthropic club open to all women residing in Lee County. We meet on the fourth Thursday of each month at The Landings Yacht, Golf and Tennis Club (community entry off McGregor Boulevard between Cypress Lake Drive and College Parkway). Meetings begin at 11:30 a.m. with a short social period followed by lunch at noon followed by an informative speaker program and a short business meeting. Within the organization are various interest groups for members' participation. Membership is open to both year-round and seasonal residents. We welcome you to visit Montage for a luncheon.

Our next meeting will be held on Thursday, June 27, and

our guest speaker will be Barbara Shearer, president, Neighbors Network of Lee County. Shearer will inform our members about this new nonprofit organization that is helping ageing residents remain in their homes versus entering some sort of nursing or living assisted facility. Luncheon fee is \$28 and the planned regular menu entree will be chicken pecan salad with citrus vinaigrette. The plant-based/vegan option entree will be an oriental quinoa bowl with vegetables and grilled bok choy.

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

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Creating Beautiful, Healthy Smiles

“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.

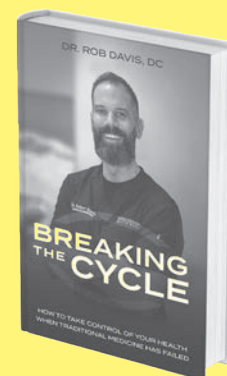
That’s where my practice comes in. I have found a way so that more people are able to afford the treatment they need, even those on a fixed income with or without health insurance coverage. One Non-Surgical Operation in my clinic could cost what you’d pay for just the deductible of a joint replacement 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 June 30, 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.



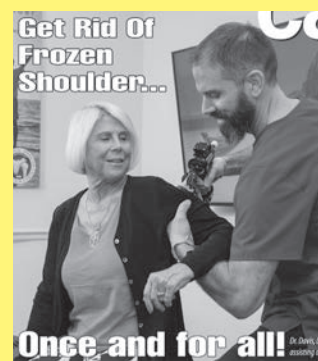
My office is called **Active Health Brain & Body** and it is located at 6710 Winkler Road, Suite #1. It’s the gray Key West-style building at the corner of Cypress Lake Drive and Winkler Road behind the Bank of America. The phone number is **239-482-8686.** Please call my wonderful assistants Megan or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

I wish you the Very Best in Health and Life!

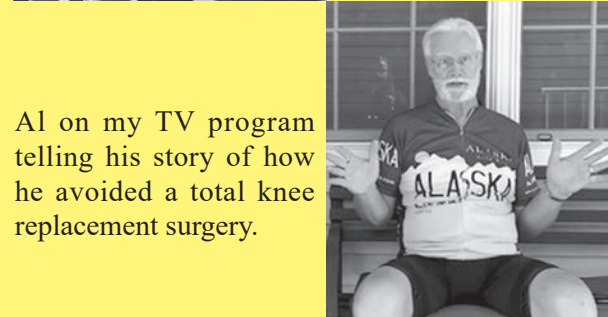
Dr. Rob Davis, DC

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!

Call Today 239-482-8686

Sponsored Content

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Real Estate Round-Up

By Bob Oxnard, REALTOR®



Why Are Home Prices Declining In Whiskey Creek?

Interest rates are in the 7.5 percent range for 30-year fixed rates loans to home buying customers with good credit. High interest rates equate to lower home sales because buyers can't afford to pay as much for a house with the same monthly payment. This is just one reason that prices for homes locally are going down.

Hurricane Ian damaged many homes in our area taking inventory off the market and reducing the supply just as buyers were scrambling to find someplace to live while their home was being repaired. That is a big reason that home prices stayed high in our local area while the decade-long "seller's market" was finally ending elsewhere. That temporary demand has abated and is causing prices to fall locally while we catch up with the declining market.

Insurance prices have risen at unprecedented rates causing some snowbirds to delay plans to buy a second home in Lee County. Many condominium owners pay for their insurance in their condo maintenance fee. These assessments are also increasing very quickly. Higher condo fees and insurance costs push prices for homes down.

The law of "supply and demand" always prevails. The housing market is just one of the many markets that follow that law. Increased supply and/or lower demand equates to lower home prices. The number of homes **active** for sale in Whiskey Creek in early May was 28. Another 15 were under contract for sale and 32 had sold in the previous four months. This is a large supply of homes for sale at this time of year which is the end of our typical "selling season." The housing supply usually grows during the summer months and prices fall as buyer demand decreases.

What advice would we give to a seller in this market? If you want to wait for a seller's market to return, you might have to wait several years. Likewise, if you want to wait for interest rates to return to a rate that would make buyers think borrowing is a bargain, you might have an even longer wait. Most pundits are now saying interest rates will stay higher for longer.

A more prudent game plan for a seller would be to reduce the price to get ahead of the curve and entice a buyer. Buyers in today's market are taking longer to "pull the trigger." They look at more homes and bargain harder for a fair price. The only homes that sell quickly these days are those that are priced right and do not need TLC. I overheard a conversation at the golf course the other day where a Whiskey Creek homeowner was remarking about how fortunate his family was to find their dream home in Whiskey Creek some years ago. He said that in today's market a Whiskey Creek home like they found would no longer be affordable for them.

Our neighborhood is known for its desirability. There are only 1,577 homes in Whiskey Creek. The supply cannot increase. This is just one more reason why Whiskey Creek homes sell for more than similar homes in other subdivisions. We have many blessings; our Whiskey Creek community is surely one of them!

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

Continental Women's Club

Since 1998, Continental Women's Club has awarded \$78,000 in scholarships. This year we have another two recipients – Nashely Gabriel Cardenas, who is a graduate of South Fort Myers High School and will attend Florida State University, and Jessalyn Alvarez who is a graduate of East Lee County High School and will be attending Florida Southwestern University. We will meet these two young ladies at a future luncheon meeting.

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. There will not be a luncheon on Thursday, July 4, due to the holiday. For additional information on the club please contact Liz Paul at (239) 691-7561.

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.

Whiskey Creek Country Club News

Whiskey Creek held a Cinco de Mayo breakfast, a lovely Mother's Day brunch and are now planning a Father's Day Brunch. If you haven't had a chance to see Whiskey Creek Country Club (WCCC) or eat at the club ... give it a try.

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

Dinner is served Tuesday and Friday from 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 at (239) 481-3021.



Whiskey Creek Civic Association

2023 Board of Directors

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		colepeacock@comcast.net
Vice President	Jim McCabe	313-1056
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Treasurer	Melissa Metzger	851-1561 msetzger1119@gmail.com
	Wylar Gins	220-1036
	Seth Hartt	seth@boat-trailers.com
	Jessica Nolan	462-6885 weathersnolan@gmail.com
	Paul Copeland	464-8726 pcopeland@mcgriff.com

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Membership	Sally Gins	954-801-7914
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Whiskey Creek News

Editor	Jan Kotcamp	482-7679
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Whiskey Creek News is now Mailed.

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

Whiskey Creek Security is:

The Lee County Sheriff 477-1000

Whiskey Creek MSTBU Advisory Board

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

BROADWAYPALM

PRESENTS

May 31 – June 22

Jump and jive with over 30 songs from the Big Band Era! Swing exploded out of Harlem and shattered cultural and ethnic barriers and now you can relive the dance phenomenon that swept the world. This all singing, all dancing extravaganza features *It Don't Mean a Thing If It Ain't Got that Swing*, *Boogie Woogie Bugle Boy*, *In The Mood*, *Sing Sing Sing*, *Stompin' at the Savoy*, *Cry Me A River*, *Bounce Me Brother* and more.

June 28 - August 10

Everyone's favorite nanny is back! Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives. Using a combination of magic and common sense, she helps teach the family how to value each other again. Mary Poppins is an enchanting mixture of an irresistible story, breathtaking dance numbers and unforgettable songs such as *Chim Chim Cher-ee*, *A Spoonful of Sugar* and *Supercalifragilisticexpialidocious*.

Dates may be subject to change.

JOIN US FRIDAY AND SATURDAY EVENINGS FOR OUR UPSCALE DINING EXPERIENCE

SWFL'S PREMIER DINNER THEATRE

BROADWAYPALM

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239.278.4422 • BroadwayPalm.com

LOCAL

REAL ESTATE | LUXURY COLLECTION

NEW LISTING

6102 Whiskey Creek DR #303
Fort Myers, FL 33919

Amber Reyes

Broker Associate
239-220-5198

Nestled in the vibrant heart of Fort Myers, this charming condo in Whiskey Creek boasts a myriad of delightful features. This condo presents an ideal opportunity to embrace life to the fullest in a sought-after locale.

The Essentiality Of Exercise For Permanent Weight Loss

Part II

By Mary Lou Williams, M. Ed.

In last month's article we saw that exercise not only burns calories, but curbs false appetite resulting from boredom, depression, stress or habit while enhancing true appetite resulting from hunger. Exercise also has profound effects on sleep and depression, which in turn have a profound effect on weight.

Exercise And Sleep

Exercise improves the quantity and quality of sleep. In a 1997 trial at Stanford University, people with moderate insomnia fell asleep twice as fast, slept an hour longer each night and woke up feeling more refreshed once they began going for brisk walks. What does sleep have to do with weight? Quite a bit. According to a study published in the year 2000 in the *Lancet*, a prestigious British medical journal, sleep deprivation can cause weight gain. Researchers found that people deprived of sleep showed drastic change in metabolic and hormonal functioning, resulting in added pounds. Weight loss researcher Sue Ellin Browder came to the same conclusion in her book, *The Power: 11 Ways Women Gain Unhealthy Weight and How You Can Take Charge of Them*. She claims that bad sleepers eat over 15 percent more than good sleepers because when people are tired, they often eat in an effort to boost energy levels.

The National Weight Control Registry

Evidence that exercise works for weight loss and weight



loss maintenance can be found in The National Weight Control Registry, a list of people who have lost at least 30 pounds and have maintained that loss for at least one year. Participants in the study lost an average of over 60 pounds and maintained the minimum loss of 30 pounds for an average of 5.5 years. An ongoing study of these men and women began in 1993, and the first report of the study was published in the *American Journal of Clinical Nutrition* in 1997. Among the conclusions, 90 percent of the people listed in the registry exercise regularly. By burning extra calories, exercise helps to compensate for the metabolic drop that usually accompanies weight loss.

Of the registry enrollees who exercise, most simply walk. They walk about 45 minutes to an hour a day. No definitive study has established how many minutes of walking a day is enough to lose weight and keep it off, but the commonsense consensus among weight loss researchers is that it takes a minimum of 45 minutes to an hour a day to do the job. So the registry members are right on target.

Exercise And Depression

Numerous studies have confirmed the efficacy of exercise in reducing anxiety and stress and elevating mood. One of these, published in March of 2001 in the *British Journal of Sports Medicine*, found that walking could begin reducing symptoms of depression faster than many drugs. In 12 people suffering from moderate to severe depression, symptoms dropped by about a third after only 10 days of exercise. Five of the patients saw their scores fall by 50 percent. The researchers noted that aerobic exercise appeared to work faster than most antidepressant drugs, which generally take two to four weeks to take effect, and

therefore that aerobic exercise could be a viable alternative to prescriptive medication.

The connection to weight control? Depression is often a cause of overeating. Many thin people can't eat when under stress. Most compulsive overeaters can't stop. A common side effect of antidepressant drugs is weight gain. A common side effect of exercise is longevity. Strenuous physical activity throughout the course of life is a common characteristic of centenarians.

So, if a long, happy, and slim life is your goal, walking is a step in the right direction.

Cook's Corner

From Lincoln Heritage Trail Cookbook

Tea Loaf Surprise

½ cup butter
½ cup cream
½ cup honey
3 teaspoons cinnamon, divided
2 cups chopped walnuts, divided
3½ cups flour
3 cups sugar
2 teaspoons baking soda
2 teaspoons salt
1 teaspoon nutmeg
2 cups raw carrots, shredded
1 cup oil
¾ cup water
4 eggs

Line two 9x5-inch loaf pans with foil. In a saucepan combine butter, cream, honey and 2 teaspoons cinnamon. Bring to boil and cook for 1 minute. Stir in 1½ cups of walnuts. Cool. In a separate large bowl combine flour, sugar, baking soda, salt, 1 teaspoon cinnamon and nutmeg. Stir in carrots and ½ cup walnuts. Combine oil, water and eggs. Add to dry ingredients. Mix only until dry ingredients are moistened. Place 1 cup of batter in each pan. Cover with ½ cup of butter and honey mixture. Cover with 1 cup of batter. Then cover with ½ cup of butter and honey mixture. Top with remaining batter. Bake at 350 degrees for 65 to 75 minutes until center is dry to touch. Cool 15 minutes. Remove from pan. Store overnight before slicing.

Note: This recipe was the winner of the 1950 Pillsbury Bake-Off in Florida.

Calico Beans

6 slices of bacon
½ pound ground round beef
1 medium onion chopped
½ cup catsup
Salt
½ cup firmly packed brown sugar
1 teaspoon dry mustard
2 teaspoons vinegar
1 (16-ounce) can pork and beans
1 (16-ounce) can kidney beans
1 (16-ounce) can lima or butter beans

Cook bacon until crisp. Remove to paper towel, drain and crumble. Cook beef in some bacon fat until no longer pink. Add onion and sauté until tender. Combine beef, onion, catsup, salt, brown sugar, mustard and vinegar in a 3-quart baking dish. Drain ¼ cup liquid from each can of beans and add beans in remaining liquid to dish, stirring gently to mix. Sprinkle with bacon. Bake at 350 degrees for 40 minutes.

Whiskey Creek Ladies' Club

By Lena Pryor

The May meeting of the Whiskey Creek Ladies' Club (WCLC) was held at the Whiskey Creek Country Club. The tables were decorated by Cathy Trent in a floral theme. Guests were greeted by Lona Leugers. Vice President Peggy Mocharski opened the meeting with a welcome. Thirty-five members and three guests were present. Vice President Mocharski requested special thoughts for members who are ill. Ellie Neal read the inspirational message, "A Simpler Life."

The treasurer's report was read. The minutes of the previous meeting were read and approved by Rosalie Merola and Betsy Bastian. A 50/50 was conducted by Sue Lynch. Also, a special raffle of a nature photo donated by Mark Franzer was held. Vice President Mocharski reported that next year's dues of \$30 must be paid by the end of May, if your name is to be published in the Whiskey Creek Ladies' Club Handbook. Ballots distributed to allow members to recommend a charity for the organization to select, to make a donation and for program suggestions for next year.

Pam Lucas reported that the book club's next selection is, *Go as a River* by Shelley Read. The WCLC Book Club meets the third Thursday of each month at 10:30 a.m.

Peg Mocharski introduced the meeting's program, SWFL Girls at Play. The talented women performed exciting and



entertaining dance routines. The energetic program was enthusiastically received by the members. The dance group's aim is to provide fun and entertaining shows while engaging their audiences. They also help raise funds for local charities. For more information contact (419) 349-7816 or dancegirlsatplaydance@gmail.com.

President Poirier announced that responses to next month's attendance is due on 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. Next meeting is Oct. 3. Vice President Mocharski wished all a safe and healthy summer.

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.

Whiskey Creek Civic Association Membership

By Sally Gins

As of April 30, 22 percent of households, condos and townhomes in Whiskey Creek have joined as members of the Civic Association for the year 2024. The names of our newest members are listed below (except for those who requested their names not be published).

***Our goal is 100 percent community participation! Please consider becoming a member with any monetary donation. Visit our website www.whiskeycreeknews.net to join online or send a check by mail to 1449 Whiskey Creek Drive, Attention: Whiskey Creek Membership.**

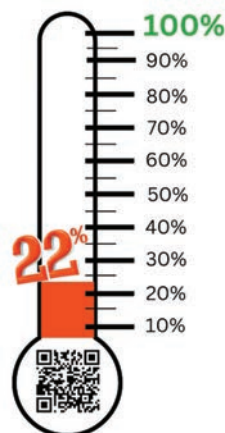
We would love to hear from you! Email wccacct@gmail.com for questions or comments.

Thank you to our newest members:

Patrick C. and Diane Armstrong
Albert and Joanne Bevilacqua
Nunziato and Brenda Burzo
Thomas and Debbie Crep



Elizabeth Bouchard and Gregory Davis
Seth and Brittany Hartt
Nicolas and Melissa Herchenroeder
Dana and Laurie Hume
Barry D. Kruger
Frederic and Soussan Kunzi
Mark and Moyna Johanna Leverick
Chris and Allie Lopez
Mac and Jennifer McWhinnie
Robert and Patricia Mills
George and Suzanne Moeggenberg
Steven and Sharon Niehaus
Kjell and Clemy Pedersen
Donald and Marilee Pettit
Rino Imponenti and Constance Pirone
Christopher and Linda Sue Ryan
Sean Smiley
Joseph and Susan Swalcy
Denis and Linda Ward
Edward and Barbara Wilson
Eric and Julie Zahniser



For Lexophiles

Thieves who steal corn from a garden could be charged with stalking!

Really?

The oldest computer was owned by Adam and Eve. It was an Apple with very limited memory ... just one byte and everything crashed!

Actual Signs

Caution! I don't have an attitude. I just have a personality you can't handle!

Catch The Action

June On The Water

By Capt. Bill Russell

The month kicks off hurricane season and the beginning of summer across Southwest Florida. June brings warm sunny days and calm seas followed often with afternoon thunderstorms. Although Southwest Florida is rapidly growing with many moving here to enjoy the outdoors, you will notice a big decline of boats on the water over the summer.

As always with fishing goes there will be good and slow days. With the summer heat the bite is often better early and late in the day, however, be aware of thunderstorms in the afternoon. If you have the opportunity, fishing after a late day thunderstorm is often good once the storms pass. However, we have very nasty and dangerous thunderstorms, do not put yourself or others at risk if lightning is in the area.

Tarpon are in full swing through the month, fishing around the full and new moon tides may give you the best shot at conquering the silver king. You can make tarpon fishing as easy or difficult as you like. They are big fish with a large appetite and a palate for a lot of different foods. You can spend the day to get in the perfect position to place a hand tied fly in one's path in hopes he gobbles it in. Or you can simply anchor up in known tarpon travel lanes and place a variety of baits out, place the rods in holders, kick back, relax and let them come to you.

Warm water brings a lot of sharks to our coast, if you want to battle a big fish and avoid the tarpon crowds this may be for you. Anchoring up with fresh bait soaked on bottom or under a float while waiting in the shade with a cool beverage is relaxing and productive. Blacktip and spinners sharks are strong, fast and acrobatic, often rivaling a tarpon. While shark fishing do not be surprised if you hook a tarpon.

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

Further offshore in gulf waters American red snapper season reopens this month, plus it is the last month before red grouper season closes. Both require going a good distance to deep water. You may find some decent size grouper beginning around 70 or 80 feet, but for the larger grouper and red snapper you need to fish deeper water well over 100 feet. The month will bring days with flat calm water to make the long ride comfortable.

The best snook fishing during the summer months is often near the gulf passes and islands. Snook may range in size from under 20 inches to big females over 40 inches. This is mating season with schools found along the beaches and nearby structure with good tide movement. If they're active and hungry they will pounce on a variety of baits, if not, they can be difficult to entice. Snook season is closed with catch and release only.

Look for redfish under the shade of mangrove shorelines and structure such as docks and piers. Live bait, cut bait and lures all work, just some better than others at different times. An easy and productive method is to soak oily cut bait or crab on bottom and let the scent bring in the fish. It works great for redfish, and often snook and big trout, just be prepared to unhook a number of catfish.

Spotted sea trout, a tasty inshore fish are plentiful throughout the inshore waters. Most are caught over grass flats in 4 to 8 feet of water. Over the summer they can also be caught along the beaches and passes, often mixed with snook. Fishing over grass flats one can expect a mixed bag including ladyfish, mackerel,



jack crevalle, sharks, bluefish and other species. It's possible to hook sea trout on a variety of lures and live baits.

As we enter summer, seasoned anglers prefer to get an early start and back to the dock before the afternoon heat and thunderstorms kick in. If you fish all day or only a few hours, bring plenty of water, refreshments and drink often to stay

hydrated. It's easy to get caught up in the moment on a hot day and before you realize it you are past the point of return.

Stay up to date with fishing regulations by visiting www.myfwc.com. Also, upload the Fish Rules app on your phone. It has current regulations and seasons with pictures to help identify fish.

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 28 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."

ADAST YE MATIES

Hoist the Jolly Roger there be **treasure** out there.

Come on board starting June 1st to enter for a **chance to win** an authentic **"PIECE OF EIGHT"**.

Eight **TREASURE COINS*** will be given away starting Friday, July 5th, with one **LUCKY Scalawag** every Friday, for eight weeks.

Eight coin giveaways from Friday, July 5th until August 23rd.

(*Authentic silver 2 reale coin per winner, no purchase necessary)

Join us to look over all the jewels and sparkling treasures while sipping a bit of grog and enjoying special offers throughout the store.



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When It Needs To Be Perfect



Sudoku Puzzle Solution from page 2

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

From The Desk Of Sheriff Carmine Marceno

The Three Elements Of Crime – Lock It Or Lose It

Often referred to as the “Crime Triangle,” three elements must exist for a crime to occur:

1. An individual’s desire and willingness to commit a crime
2. A target/victim of said crime
3. The opportunity to commit the crime

As residents, we have no control over the behavioral choices of another individual. Nor do we have choices regarding the target of a crime. These elements belong exclusively to the potential criminal. If a thief is determined to enter a home or car, the decisions to commit the crime and



the target have already been made.

We do, however, have significant input in regard to the third element ... the opportunity.

Unlocked vehicles equate to opportunity. There is no gentler way to express this.

Individuals have already decided that they are going to burglarize a vehicle. Roaming your community, they gaze at the myriad of SUVs, crossovers and cars. It is time to select a target ... and it’s your vehicle.

Parked in a dimly-lit location lacking visible security cameras, with the view from the darkened street obstructed by the 4-foot Podocarpus hedges that you planted for privacy, he/she has chosen your truck.

The individual approaches the driver’s door and pulls on the door handle ... it’s unlocked. How easy!

The following morning, as you approach your vehicle to set out for work, you notice that the driver’s door isn’t fully closed. Upon closer inspection, all of the contents from your glovebox

and center console are strewn about the front and rear seats. Your floor mats lie in the middle of your neighbor’s lawn. Your heart begins to race.

Your first thought ... my firearm! You reach beneath the front seat, as this is your “secret hiding place,” only to find that your firearm has been stolen.

Your laptop that you secured in the trunk is gone, as well as the extra house key that you kept “hidden” in your center console.

You feel violated, disrespected and frightened. You now need to contact your employer, indicate that you will be significantly late for work, and must make the call to law enforcement.

While awaiting the arrival of law enforcement officers, you begin to recognize the harm that may come to someone as a result of the theft of your firearm. Will it be used in the commission of a home invasion? A domestic violence incident? A robbery?

In hindsight, you recognize how easy it must have been to commit this burglary. No need to make any noise ... no broken windows ... no significant amount of time required to steal everything of value from inside of your vehicle.

You come to realize that had you locked your vehicle ... pushed one button ... this likely would have never occurred. You promise yourself that you will never be this careless again.

For now, however, it’s too late.

“Lock it or lose it,” an adage that you have heard hundreds of times but chose to ignore, turns out to be sound advice.

Word Scramble Solution from page 2

- | | | |
|-------------|------------|--------|
| Colorado | Hudson | Amazon |
| Columbia | Nile | Volga |
| Mississippi | Yukon | |
| Missouri | Sacramento | |

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What Is A Hurricane?

When a storm’s maximum sustained winds reach 74 miles per hour, it is called a hurricane. The Saffir-Simpson Hurricane Wind Scale is a 1 to 5 rating, or category, based on a hurricane’s maximum sustained winds. The higher the category, the greater the hurricane’s potential for property damage.



Hurricanes originate in the Atlantic basin, which includes the Atlantic Ocean, Caribbean Sea and Gulf of Mexico, the eastern North Pacific Ocean and, less frequently, the central North Pacific Ocean. A six-year rotating list of names, updated and maintained by the World Meteorological Organization, is used to identify these storms.

“Hurricane Season” begins on June 1 and ends on Nov. 30, although hurricanes can, and have, occurred outside of this time frame. NOAA’s National Hurricane Center predicts and tracks these massive storm systems, which occur, on average, 12 times a year in the Atlantic basin.

As a world leader in hurricane research, NOAA strives to understand the mechanics of these complex storms in order to protect people, property, commerce and natural resources.

Source: <https://oceanservice.noaa.gov/facts/hurricane.html>

Crossword Solution from page 2

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

Wildlife

Downy Woodpecker

By Mark L. Franzer

Downy woodpeckers are smaller versions of the pileated woodpecker of which you've seen "Woody Woodpecker"



of cartoon fame. The downy has an effective chisel-like bill when in search of insect larvae prey. In fact, due to their size they can reach where their larger cousins cannot. They're more apt to open woodlands, particularly among deciduous trees and brushy or weedy edges. The downy woodpecker appears checkered black and white with a boldly striped head and broad white strip down the center of its back. The male has a small red patch on the back of its head. The tail feathers are typically white and few black spots. Of all species of woodpeckers, the downy are more acrobatically attentive in flight with their rising and falling

style. In spring and summer, the downy woodpecker makes a lot of noise, both with their shrill call and drumming on trees to attract a mate. The downy woodpecker's life span is 10-plus years with the oldest banded surviving for about 12 years.

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

Consumer Alert

Pay Your Bills, Not Impersonators

By Andrew Rayo,
Consumer Education Specialist

If you're paying a medical, utility, or other bill online, you probably expect to wind up on the company's website. What might you not expect? An impersonator tricking you into paying them instead. But that's what the Federal Trade Commission (FTC) says a company called Doxo did. Here's what you need to know.

According to the FTC, Doxo pretended to be an official payment site for big-name companies like AT&T, Spectrum, and Labcorp. The FTC says Doxo used online ads that looked like they were from the companies, and even used company names as keywords so Doxo's ads would show up in search results.

If the bills got paid, what's the problem? There's lots of them, says the FTC. People who paid their bills through Doxo often paid fees to Doxo on top of what they owed on the bill they were trying to pay. And, in some cases, the payment never got to the company that issued the bill. People only found out when they got a warning letter from a bill collector or had their utility service shut off. Some people wound up paying late fees to the actual company that billed them – or paid their bill a second time, just to avoid other problems.

If you're looking to pay your bill online, know that search results might not get you to the right place. Instead, check your bill to find the online payment site. And, if possible, use a credit card. Credit cards offer the most protection against fraud, including the right to dispute charges if there are any problems.

Learn more about impersonator scams at ftc.gov/impersonators. If you spot an impersonator scam, tell the FTC at ReportFraud.ftc.gov.



Why do melons have formal weddings?
Because they cantaloupe.



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.

National Donut Day – Friday, June 7

The first Friday in June (June 7) is National Donut Day! Keep an eye on your national chain donut shops – many of them offer a free donut on this auspicious occasion.

Donuts have been around for over 400 years and originally the deep-fried pastry did not have holes. Several stories abound regarding the creation of the hole. One such story is that the Pennsylvania Dutch made this adaptation, so the pastry would be an ideal shape for dunking in coffee.

The first National Donut Day was held in 1938 as a fundraiser for the Salvation Army.

Source: *Doughnut* (2014), In J.F. Mariani's *The Encyclopedia Of American Food And Drink* (2nd ed.).

According to a 2021 poll by the insights and analytics



company, Ipsos, the most popular donut in the United states is **cream-filled (22 percent)**, followed by **plain glazed (18 percent)**. **Chocolate glazed comes in third (12 percent)**. (Google "Cream-filled donuts most popular flavor amongst Americans.")

The well-known U.K. trade publication, *British Baker* espouses in its online publication the trend towards premiumisation – which is the upgrading of an item to justify a higher cost – in the bakery industry.

The "world's first donutelier" has opened in central London in celebration of the fried dough delicacy. (Source: bit.ly/4aiehA1). They offer luxury doughnuts with the accompanying price of £6.50 (\$8.16 USD).

According to a June 5, 2023 publication from the global news service *PR Newswire* the "doughnut market in North America is set to grow by 689.57 million from 2022 to 2027," due to the increase in snacking consumption.

Whether you discover a luxury baker in your neighborhood or you stop at a well-known shop down the street ... enjoy this popular sweet on June 7. Maybe you'll get a free one!

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The New Math:
\$1 = \$8

That's right! The Harry Chapin Food Bank can find, rescue, transport and distribute \$8 of nutritious food for every \$1 you donate. This turns your \$20 gift into 80 meals for a family!

Thank you for your generosity!

Mail your donation to:
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Call (239) 334-7007 or visit:
harrychapinfoodbank.org



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Do The Right Thing

Do you know a child who deserves to be honored as an outstanding citizen or student for his or her exemplary behavior, good citizenship, positive attitude or willingness to help others? If so, the Lee County Sheriff's Office



encourages you to nominate a child for recognition in our monthly Do the Right Thing program.

Nomination forms are available online at www.sheriffleefl.org. For more information, call Program Director Tony Schall at 258-3295 or email aschall@sheriffleefl.org.

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