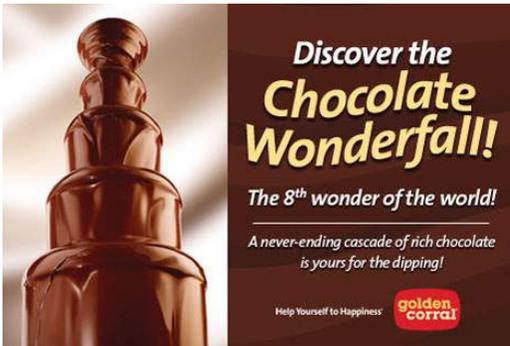


## ANDREW'S NEWS

End of 4th Quarter 2018 (Issue # 57)



Don't let your grand-children become meteorologists; it's just no fun being wrong, most of the time. Over the past decade, there have been 26 *Once-In-500-Year* storms! How come the near-Earth appearance of a meteor can be predicted to the exact hour, but the tv meteorologist says it won't rain for 3 days... yet I am standing here getting soaked?

If a meteorologist cannot get it right, what hope is there for a climatologist? Evidently, this fraught situation is even fraughtier than I thought, since all of the following are said to be manifestations of a global warming trend: plentiful hurricanes, minimal hurricanes, excessive heat, extreme cold, inordinate snow-melt, super-abundant

icing and, finally, the consistency of the chocolate fountain at Golden Corral. Frankly, I blow hot and cold about it all, being content for now to sit on the fence and keep both ears to the ground (now there's a visual), until I can get a good sense of what it climate change really means. Anyway, at least hurricane season is over for now, and sphincters state-wide can relax for another six months, until next June.

**QUICK NEWS** – A Tesla Showroom has been proposed for Coconut Point, to contain 3 vehicles, although final approval has not yet been given \* If you have not visited Krispy Kreme in Fort Myers yet for their just-cooked doughnuts (photo inset), put that on your list. 4904 S. Cleveland Avenue, Fort Myers, FL 33907. Tel: (239) 931-9926 \* After that, stagger over for a look at the wonderful new Whole Foods Market, located at 6891 Daniels Parkway (NW corner of Daniels & Six Mile Cypress Parkway). Tel: (239) 935-6550 (two photos inset) \* Hertz has revised their paint scheme for Germain Arena (photo inset), and it looks like this new toned-down version will be approved \* In November, Naples was named by Livability.com as the best place to retire in the U.S. out of 2,300 cities examined. Data points considered included safety, affordability, property tax, natural disaster risk and nursing home accessibility and quality \* One G.E. appliance tech recently told me that if the numbers on the LED lights on your oven start to flicker or partially disappear, go to the electrical circuit-breaker and turn off the relevant breaker for a full 5 minutes, then turn it back on again. He says this fixes the problem, more than 50% of the time. \* As fun as it is to get lost wandering the aisles in Publix, they do have a delivery service. Go to <https://delivery.publix.com> to get started \* Early December saw the ground-breaking ceremony for the new Lover's Key Welcome & Discovery Center, a 3,900 s.f. structure set to open in 2020 and featuring a discovery exhibit hall, multi-purpose room, book store, catering kitchen, gallery space, office, restrooms, outdoor classroom



and wildlife viewing areas. Although a \$4M appropriation funds the construction, private funding of \$1.5M is needed to complete the inside furnishing and exhibits (\$495k has been raised to date). Tel: (239) 463-4588

[www.friendsofroverskey.org](http://www.friendsofroverskey.org) (F.O.L.K.S) \* Fed up with the lack of fairly balanced news from either side? The SmartNews app claims to deliver quality news from *all* sides \* After NCH announced a new policy that only NCH-employed 'hospitalist' doctors would be able to admit patients to NCH area hospitals (and not your own primary care or specialist physician), a firestorm of protest has erupted from area physicians and the public \* Is Lucky's Market coming to Estero? Maybe. The idea is for the Colorado-based natural and organic foods grocer to be the 30,000 s.f. anchor tenant in the proposed 10-acre Marketplace at Coconut Point (between US 41 and Rapallo, just north of the fire station).





Other plans for the Marketplace include a sit-down restaurant, a fast/casual restaurant and a retail building. There is a Lucky's Market in East Naples and one is under construction at Gateway Shoppes on US 41 at Wiggins Pass in North Naples \* The final section of the Logan Boulevard extension, connecting Immokalee Road and Bonita Beach Road and emerging onto the latter between the communities of VillageWalk and Palmira, is expected to open in late 2019 \* Considered one of the greatest musicals ever, *Guys & Dolls* is playing at Blackburn Hall (Sugden Theatre) in Naples from March 6 to April 7, and our own Joseph Loiacono will

reprise the character of Arvide Abernathy, a role he portrayed there 15 years ago. Tickets are already scarce. Book tickets now at <https://naplesplayers.org> or else call (239) 263-7990 \* The recently opened 169-acre Naithloriendun (a.k.a. Gore) Wildlife Sanctuary in Golden Gate Estates is the former property of zoologist and conservationist Bob Gore. Purchased by Conservation Collier, the plan is to raise funds to purchase the adjacent 10 acres where Gore's home stands and turn it into a Nature Center. For further information, contact Cypress Cove Conservancy on (239) 777-0186 or email them at [cypresscoveconservancy@gmail.com](mailto:cypresscoveconservancy@gmail.com) \* To most men, a haircut is a haircut. But at The Reel Deal Barbershop, Jay and Jerry make sure it is the best and most professional walk-in 'haircut' experience you can have, at a fair price. Tel: (239) 319-5774. Located on US 41 in Bonita Springs at 24611 Production Circle, Unit 2, Bonita Springs, FL 34135 \* Popeye's Louisiana Kitchen is coming to Bonita, just south of Bonita Beach Road on the west side of US 41 and just north of KFC \* Koreshan State Park's first chamber music concert of the season is on January 13 at 3 p.m., featuring the music of composers Antonin Dvorak and Bedrich Smetana. The tickets are \$42. Tel: (646) 257-0003 or else email [rcc@rccnaples.org](mailto:rcc@rccnaples.org) \* Jimmy P's has apparently taken over the lease of Sunshine Café, in the original location of Sushi Thai \* The Don Eslick Bridge over I-75 in Estero has been re-named Estero Community Bridge; a Lee County ordinance apparently forbids a public structure from being named after a person who is still alive. What a great shame, when Don has done so much for Estero! \*

**NCH HEALTHCARE BONITA** – Open Day on December 15 was well attended, showcasing the excellent facilities here with a full spectrum of services for emergencies and outpatients. It is open 24/7. Once emergency patients are stabilized (the longest time spent here is likely to be no more than four hours), they will be sent to a hospital. Call 911 or visit the Emergency Department for any emergency in which you are experiencing symptoms of heart attack, stroke, severe pain or any other symptoms where there is an immediate danger to life or limb. Interestingly, they have rattlesnake antivenom on hand, plus the clot-busting TPA drug for strokes. There is a roving robot that monitors patients (photo inset), they have the most modern equipment and scanners, and they have a cooperative relationship with the Mayo Clinic. The facility officially opened on December 26. Located at 24040 S. Tamiami Trail, Bonita Springs, FL 34134, with entrances on US 41 and on Walden Center Drive. Emergency Department: (239) 624-6900. Outpatient Imaging: (239) 624-4443. NCH Physician Group: (239) 624-0300.



**LEE HEALTH COCONUT POINT** – Billed as being *Everything But A Hospital*, the new facility at Lee Health Coconut Point is also now open, a wellness destination that does not look or feel like your average health care spot. Visit your primary care physician for a checkup or wellness exam; confer with a specialist, who can discuss your concerns with your primary care physician in the same building; visit the next door lab for blood tests or other procedures; walk downstairs or enjoy a quick elevator ride to the radiology department for an X-ray or scan; drop by the café for a healthy snack or plant-based lunch; take part in a yoga class; sit outside in the healing garden; take part in an educational class, and pick up all of your medications before leaving.

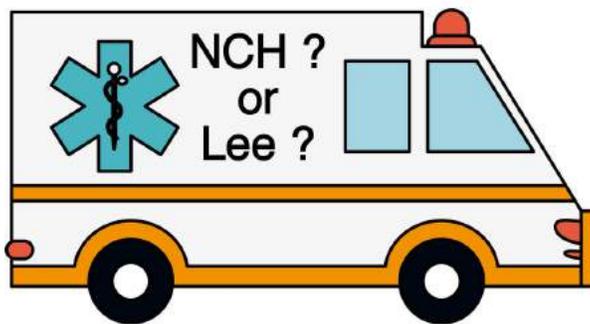
New tools integrate with your smartphone, so you can organize and track your health records, schedule your appointments and refill your prescriptions. Wayfinder is a tool that helps you navigate the facility, even tracking your movements, and My Car Saver saves your parked car's location. Try the Lee Health Mobile app.

**EMERGENCY CARE – WHAT TO DO** - If you ever feel like you are having an 'event', immediately call 911 and then call downstairs to let the La Scala front desk know. The first to respond will almost certainly be a fire truck, and they could be here as quickly as 10-15 minutes. They always have EMTs with them. An ambulance will probably arrive soon afterwards. They have all been to La Scala several times, so the front desk knows the drill. If a life-threatening condition (such as a heart attack or stroke) is suspected, you need *emergency* care rather than simply *urgent* care. So please don't just sit there musing to yourself, "So this is what a stroke feels like..."



**Bonita Springs - Urgent Care** at Bonita Health Center at 3501 Health Center Boulevard, Bonita Springs, FL

34135. Tel: (239) 949-1050. Hours: Mon-Fri 7 a.m. to 7 p.m., Sat & Sun 8 a.m. to 4 p.m. **or Urgent Care** at NCH Healthcare, 3302 Bonita Beach Road SE, Suite 170, Bonita Springs, FL 34134. Tel: (239) 624-5000 or (239) 624-1050. **Emergency Care** at NCH Healthcare just outside Pelican Landing on US 41. 24040 S. Tamiami Trail, Bonita Springs, FL 34134, with entrances on US 41 and on Walden Center Drive. Emergency Department: (239) 624-6900. Hours: 24/7. **Estero - Urgent Care** at Urgent Care Center of SW Florida, 10201 Arcos Avenue, Suite 105, Estero, FL 33928. Tel: (239) 333-2273. Hours: Mon-Fri 8 a.m. to 7 p.m., Sat 9 a.m. to 5 p.m. and



also Sun 9 a.m. to 4 p.m. **Emergency Care** at Emergency Department at Lee Health Coconut Point, 23450 Via Coconut Point, Estero, FL 33928. Tel: (239) 468-1000. Hours: open 24/7.

**HOSPITALS AND DISTANCES** - You may not know that you, the patient (or spouse/next of kin), have the right to tell the EMTs to which hospital you want to go. The 'right' hospital is a question of how quickly you can get there, and it is also the place where will you find the best treatment for your condition. EMTs in a Lee County ambulance will probably want to take you to Lee Memorial Hospital in Fort Myers, but that may not be your best option. Here are the distances from La Scala:

- NCH Healthcare Bonita: 3 miles from La Scala (*not a hospital, but when minutes count...*)
- Lee Health at Coconut Point: 3 miles from La Scala (*not a hospital, but when minutes count...*)
- NCH North Naples Hospital: 12 miles from La Scala.
- Gulf Coast Hospital in Fort Myers: 14 miles from La Scala.
- Golisano Children's Hospital of SW Florida: 17 miles from La Scala.
- Physicians Regional Medical Center (hospital) on Pine Ridge Road: 18 miles from La Scala.
- NCH Baker Hospital in Naples: 19 miles from La Scala.
- Lee Memorial Hospital in Fort Myers: 21 miles from La Scala.
- Physicians Regional Medical Center (hospital) on Collier Boulevard: 28 miles from La Scala.

**WHEN MINUTES MATTER,  
SECONDS COUNT**



**THINGS TO DO IN EAST NAPLES** - *Reflections On Glass* is an exhibit until March 31 of whimsical glass sculptures positioned throughout Naples Botanical Garden. Open 9-5 daily. \$19.95 per adult. While there, try the 8 Food Trucks and Tiki Bar at Celebration Park in the Bayshore area of East Naples. Food trucks: Nawty Hog BBQ, Dutchkinz (try the puffers), Red's Pizzeria, Smith Organics, Gigi Gourmet, I Love Curry (great samosas), Gyros2Go and Dilly's Seafood. Located at 2880 Becca Avenue, Naples, FL 34112. Tel: (239) 316-7253. Open 10 a.m. to 10 p.m. Tue-Sun. Free parking in the nearby Becca Avenue and Weeks Avenue parking lots. It is becoming very popular and trendy, and the food trucks get 100+ visitors a day. Nearby Dilly's Seafood at Three60 Market is famous for fresh fish, shrimp, lobster and stone crabs. Located at 2891 Bayview Drive, Naples, FL 34112. Tel: (919) 672-9827.

**A DAY OUT BOATING, WITH YOUR GUESTS** – I have written about this before for when you have out-of-town visitors. While some guests may be content to relax and do little, others might want to – as the Disney motto so succinctly puts it – Get To The Fun Fast. So here goes, for a full 9-5 day of fun, sun and water activities. Call Extreme Family Fun Spot at Bayfront in Naples and rent a Class 1 18-foot Sport Deck Boat (up to 5 people) or a Class III 22-foot Deck Boat for the day. Book ahead: they get busy! They are located at 423 Bayfront Place, Naples, FL 34102. Tel: (239) 774-0061. [www.extremefamilyfunspot.com](http://www.extremefamilyfunspot.com). Head on south down Naples Bay and cut into the canals of Aqualane Shores and Port Royal to marvel at the magnificent homes and quasi-palaces before heading further south to Marco Island. When outside a Manatee Zone, you can open it up and zip along. For lunch, there are a couple of waterfront dining choices where you can dock right at the restaurant; either Snook Inn on Marco Island at 1215 Bald Eagle Drive, Marco Island, FL 34145. Tel: (239) 394-3313 or Capri Fish House on the Isle of Capri at 203 Capri Boulevard, Naples, FL 34113. Tel: (239) 389-5555.



After lunch, head to the south end of Keewaydin Island and nose the boat onto the sand to join the throng of boats that turn this into a weekend beach party, complete with food/drink barges (burgers, beer, ice cream), music, dogs and of course a patrolling police boat; so watch your speed here. If there is an outgoing tide, don the boat's lifejackets and enjoy the ride in the current down to the mouth of the estuary, getting out and walking back up the beach for another drift. Allow an hour to cruise back to Bayfront. Dock the boat there, hand over the keys (now that's what I call boating), and walk the few yards to Stoney's Stone Crab, located at 492 Bayfront Place, for a delicious seafood dinner. Tel: (239) 331-4821. When you get back home, your guests will beg for an early night and then disappear as fast as cupcakes at a pot party. Talking of which....

**CANNABINOIDS** - I once thought CBD was the acronym for Central Business District. But at a recent Pelican Landing Trivia Night, I was surprised by the number of people talking about CBD; how it helps insomnia, arthritis pain and a host of other afflictions. These are not youthful wastrels but Baby Boomers and Silent Generation folk (an ironic name, since many sport hearing aids and tend to shout). Having had three shoulder surgeries myself, I have used CBD cream on my shoulder joints for a while. It works for me.

**What Is it?** There is extensive information on the internet, so the following is necessarily brief. Cheech and Chong were clearly not interested in medicinal benefits; they just wanted to get high. What they *were* interested in was marijuana with a high content of THC (tetrahydrocannabinol), THC being the cannabinoid that has the intoxicating psychoactive and euphoric effect.





Hemp and marijuana are two varieties of the cannabis plant, and THC and CBD (cannabidiol) are both cannabinoids derived from the cannabis plant. But while marijuana contains about 5% to 10% THC, hemp has a very low THC content (below 0.3%) and a high CBD content. There are some interesting and informative websites including [www.leafly.com](http://www.leafly.com) and [www.ministryofhemp.com](http://www.ministryofhemp.com) and also [www.projectcbd.org](http://www.projectcbd.org)

**Is it legal?** By the mid-1930s, cannabis was regulated as a drug in every state. It was outlawed for any use (medical included) in 1970 with the Controlled Substances Act, which unintentionally also banned hemp, one of the world's oldest domesticated crops with a multitude of practical uses. CBD oil from industrial hemp plants is legal in the U.S. and President Trump signed the Farm Bill on 12/20/18 which legalized industrial hemp. Medical Marijuana is different. Although it is legal in Florida for medicinal use, you first need authorization from a physician and a Medical Marijuana Card.

**Does CBD work?** Not to equivocate, but yes, no and maybe. As individuals, we will all experience different results. Individual dosing - both systemic (ingested) and topical (creams) - may vary from one person to the next. Yes, it's all fun and games in life until your metabolism slows and your body parts start to creak. Try CBD and see for yourself. If you are not convinced, know that the U.S. Government holds a 2003 patent (Patent Number 6630507) on cannabis plant compounds, covering the potential use of non-psychoactive cannabinoids to protect the brain from damage or degeneration caused by certain diseases such as cirrhosis. So, the federal government owns a patent ostensibly for a medical use for marijuana, and yet federal law claims there is "no accepted medical use" for cannabis. Can you identify any hypocrisy here?

**Is it harmful?** You will go blind, gain 300 pounds and then try to fly. It will happen in that order and will not be pretty. Joking aside, I believe there are no known harmful side effects from ingesting CBD or from applying it to your skin. No one has died from it, overdosed on it or had their gender reassigned while asleep. Cheech, Chong and Willie Nelson are all still alive and kicking.



**Where do I get it?** Online or at a local store. The CBD Store recently opened just outside Pelican Landing in the small shopping center (where Joyful Yoga is) at 3104 Pelican Landing Parkway, Suite 4, Bonita Springs, FL 34134. Tel: (239) 319-5957. [www.cbdrx4u.com](http://www.cbdrx4u.com). The owners are Elizabeth 'Pinkie' Mitchley, Kim Halmrast and Kim Urban, and they are all very helpful; two of them live in Pelican Landing. On another note, rumor has it that there may soon be up to three medical marijuana dispensaries in the Bonita Springs area.

**Will my spouse still love me?** Only one way to find out, my friend. But always remember that when your spouse says, "Just do whatever you want", you should never ever *just do what you want*.

**40 YEARS OF ORGANIZING AFRICAN SAFARIS** - Although Jackie and I sell real estate, and I organize African safaris, I have deliberately eschewed both topics since starting these newsletters in 2005. I was a professional Safari Guide in the late 1970s, and the year 2019 marks my 40<sup>th</sup> year of planning and organizing custom African safaris for a discerning global clientele. I do not advertise, receiving almost all clients from referrals and repeats, and I have never had a single dissatisfied client. Every few years, Jackie and I also host a group on safari; we are escorting four couples to Southern Africa this coming August. I also write an African Safari newsletter each quarter. If you are interested in receiving it, let me know, and I will email you the current newsletter and ensure you receive future issues. *We now return to our regular program...*



**FOOD & DRINK – Leopardi’s Italian Restaurant** is new (photo inset), the passion of Anthony (of Cornerstone Builders of SW Florida) & Gina Leopardi. Located in the old Dwyers castle at 13851 S. Tamiami Trail, Fort Myers, FL 33912. Open Mon-Thu 11 a.m. to 10 p.m., Fri & Sat 11 a.m. to 12 midnight, Sun 12 p.m. 9 p.m. Tel: (239) 887-4940. [www.leopardi.com](http://www.leopardi.com) **Mediterrano** is an excellent restaurant in Olde Naples, located just off 3<sup>rd</sup> Street South at 336 13<sup>th</sup> Avenue South, Naples, FL 34102. Open daily 5:30 p.m. to 9:30 p.m. Tel: (239) 261-7498. [www.mediterrano-naples.com](http://www.mediterrano-naples.com) **The Claw Bar** (photo inset) is on the first floor of the Bellasera Resort, 200 yards from 5<sup>th</sup> Avenue South, at 221 9<sup>th</sup> Street (US 41), Naples, FL 34102. Lunch Mon-Fri 11 a.m. to 2 p.m. Dinner 5 p.m. daily. Happy Hour 2 p.m. to 5 p.m. daily. Tel: (239) 231-3912. [www.theclawbar.com](http://www.theclawbar.com)



For really tasty vegan food, try **Vegan Kitchen** (the owners of the former Loving Hut) just off of US 41 in North Naples, located at 794 Neapolitan Way, Naples, FL 34103. Open 11 a.m. to 8:30 p.m. Tel: (239) 307-4813. <https://vegan-kitchen.us> Want breakfast before a very early flight or dinner when your flight arrives at midnight? **41 Diner** is open 24/7 (free coffee refills, endless soup and salad bar), just a 13-minute drive away from RSW.



Located at 19050 S. Tamiami Trail, Fort Myers, FL 33908. Tel: (239) 208-4103. [www.41diner.net](http://www.41diner.net) Opened in 2014 in Bonita Springs, **Vanilla’s Cakes & Desserts** is operated by mother and daughter team Aucia & Milena DePaula, and they create delicious cakes for all occasions, plus cupcakes, pies, cheesecakes, pastries and more. Open Tue-Sat 8-5. Located at 28441 S. Tamiami Trail, Bonita Springs, FL 4134. Tel: (239) 494-1084. **Narrative Coffee Roasters** in Cape Coral roast beans to their utmost potential to highlight each coffee’s unique flavor notes. Beans are all ethically sourced and hand selected before being roasted. Online sales at [www.narrativecoffeeroasters.com](http://www.narrativecoffeeroasters.com) or else contact Roast Master Caleb MacPherson at (239) 218-7316.

Season is here again! ‘Season’ is an odd word really, since the words seasoned, seasoning and seasonal can all mean entirely different things. But anyway, season *is* upon us once more, so enjoy....

Andrew

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