



Your MONTHLY Garden Gnome News! "with a little help from my friends!"

Volume 2, Issue 3

HOME OF THE GNOME!

March 2017

20 Little-Known Uses of Toothpaste

1. **Nail Polish** ~ You can even use toothpaste to remove the nail polish and make your nails smell fresh.
2. **Silver polish** ~ Use your regular toothpaste to clean your tarnished silver items effectively and safely. All you have to do to restore the shine to your old silver item is to rub some toothpaste on it.
3. **Car Headlights** ~ Make your car headlights as good as new by rubbing some toothpaste on them.
4. **Old Piano Keys** ~ Use toothpaste to clean your ugly old piano keys, and you'll be amazed by the results.
5. **Shoes** ~ You can even clean the dirt from your shoes using some toothpaste. Feel free to use it on every type of shoes.
6. **Foggy Swimming Goggles** ~ If you use toothpaste to clean your swimming goggles, you will actually prevent them from fogging. This is because it will leave a thin-layered film on your swimming goggles.
7. **Water Stains on Tables** ~ A bit of toothpaste can remove the stubborn water spots on your table.
8. **Ink Stains on Shirts** ~ No one likes pen stains on their clothes, but removing the ink can be quite hard – until now. Make your clothes as good as new by applying some toothpaste on the stain and letting it dry overnight. The next day just wash your shirt as usual.
9. **Hair Dye Stains** ~ Clean your towels from the nasty hair dye stains using toothpaste in the same way as cleaning ink stains.
10. **Mosquito bites** ~ To reduce the irritation and itching caused by mosquito bites, rub some toothpaste on the bumps.
11. **Pimples** ~ Many people say they have successfully treated their pimples and even acne, by applying toothpaste on them and leaving it dry overnight.
12. **Iron** ~ You can clean and restore the shine of your iron by polishing it with a bit of toothpaste.
13. **Mobile Phone** ~ Make your smartphone screen look as new by cleaning it with some toothpaste.
14. **Shoe Odor** ~ According to some, a bit of toothpaste and an old toothbrush can help eliminate the unpleasant odor of your shoes.
15. **Carpet Stains** ~ There's no need to panic if

Continued on page 2..

My first BOD meeting at the Big Kid's table

It's quite a heady experience.. no wonder Denise loved that seat so much!! And thank you for wearing that seat for all the time you've volunteered to work at that position.

The room was attentive, even though we were going into our third hour, but LOOK what we got done!

So many items got discussed and voted on .. easing change into a tight-knit community of doing stuff the same way for like.. EVER..

As the meeting went on, and trust me, this might be the only meeting lasting that long for the rest of the year. My heart-felt request is that on meeting days, please don't plan anything til after the meeting is over. It was very disconcerting for both owners and BOD members to get up and walk out. We need to figure something better going forward. I hope!

It's hard to keep track of everything and what's supposed to happen next.. we have several suggestions for the ground, patio furniture (she's the Irish girl: Patty O'Furniture.. LOL) But everyone seems to be working so well together and I thank all the volunteers that are spending their time saving us Condo Money by helping out for FREEEEEE!! Thus, saving anyone from dipping into our condo funds to pay for things.. SO appreciated! Thanks so MUCH!

And if anyone knows me at all, I'm not a 'color inside the lines' kinda girl.. and El Presidente Mason was VERY patient with reigning my exuberance in.. when my daughter was a baby girl, she called them ZOOBS. "I can't sit down, Mama, I've got ZOOBS in me!!" I was full of ZOOBS yesterday and so fun!

In the Mean Time! It seems we're all having so much fun.. alternating between the 3 gathering places: The Patio, in the East part of the acreage; the Pad next to the Clubhouse and the West Patio, in front of A Building below the Gorgeous tree. And they are all looking so fine with all the new furniture that Janet Rassmussen, Goddess of the Internet Find, keeps coming up with! Go Janet!!

So wandering back and forth and enjoying the different parts of our SG Yard, is great fun! And surrounded by like-minded and good friends, the fun just keeps happening!

And the days of the lack of support and thinking everything is a lie will be OVER! yes! We are gettin it done!!!

I'll be back to the April Meeting I hope, after my surgery on February 28th, so stay chillin! ~ Bekki, SG VP

Why you should always put a coin in the freezer before you leave home.

Discovered and presented by Kate Buckley

Have you ever come home from vacation, business trip or maybe a weekend away with the family - and noticed your digital clocks flashing the wrong time?

You quickly realize that you had a power outage while you were away, but it's basically impossible to tell when it occurred or how long it lasted. It's therefore also impossible to tell just how long the food in your freezer may have thawed, gotten destroyed and then frozen again.

Or is it? In connection with Hurricane Matthews, which recently swept over parts of the eastern United States, a woman named Sheila Pulanco Russell shared a clever trick on her Facebook wall with anyone who was forced to evacuate their home.

But the trick is certainly also good to know in case of any prolonged departure from your home - and will ease your mind about whether or not the food in your freezer is good to eat - or best be thrown out right away.

The trick lies in the magical combination of three simple but effective tools everyone already has at home: a mug, a coin and some tap water.

~*~*~



In a Facebook post which quickly received hundreds of thousands of reactions and shares, Sheila explained how to proceed.

She wrote:

"For those of you that are evacuating from the coast, I just heard a great tip. It's called the one cup tip. You put a cup of water in your freezer. Freeze it

solid, then put a quarter on top of it and leave it in your freezer. That way, when you come back after you've been evacuated, you can tell if your food went completely bad and just refroze, or if it stayed frozen while you were gone.

If the quarter has fallen to the bottom of the cup, that means all the food defrosted and you should throw it out.

But if the quarter is either on the top or in the middle of the cup, your food may still be ok.

It would be a great idea to leave this in your freezer all the time.

Then, if you lose power for any reason, you will have this tip to fall back on.

If you don't feel good about your food, just throw it out. The main thing is for all to be safe.

Simple, effective - and definitely a money saver, because you don't have to toss loads of food unnecessarily.



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Toothpaste uses, Continued from page 1

you spill some coffee or wine on your carpet. Just rub some toothpaste on the stains, and they'll quickly be removed.

16. **Dirty Hands** ~ The same toothpaste ingredients that clean and deodorize your teeth, can do the same thing for your dirty and stinky hands.

17. **Thermos** ~ If you use the same thermos for a longer period, it can become quite stinky. But, you can remove the odor, disinfect and make it smell fresh once again with the help of some toothpaste and water. Just fill it with water and add some toothpaste. All you have to do now is just shake the thermos well.

Tice Church Suppers!

Third saturday of every month

\$10 in advance, \$12 at the door.

Contact Ann Palmer in C3 for advance tickets!

Tice Church gift shop open every saturday and tuesday from 9am to noon

Don't Fall for Scam Calls & Emails Posing as IRS

Scams continue to use the IRS as a lure. These tax scams take many different forms. The most common scams are phone calls and emails from thieves who pretend to be from the IRS. Scammers use the IRS name, logo or a fake website to try and steal money from taxpayers. Identity theft can also happen with these scams.

Taxpayers need to be wary of phone calls or automated messages from someone who claims to be from the IRS. Often these criminals will say the taxpayer owes money. They also demand payment right away. Other times scammers will lie to a taxpayer and say they are due a refund. The thieves ask for bank account information over the phone. The IRS warns taxpayers not to fall for these scams.

Below are several tips that will help filers avoid becoming a scam victim.

IRS employees will NOT:

- * Call demanding immediate payment. The IRS will not call a taxpayer if they owe tax without first sending a bill in the mail.
- * Demand payment without allowing the taxpayer to question or appeal the amount owed.
- * Require the taxpayer pay their taxes a certain way. For example, demand taxpayers use a prepaid debit card.
- * Ask for credit or debit card numbers over the phone.
- * Threaten to contact local police or similar agencies to arrest the taxpayer for non-payment of taxes.
- * Threaten legal action such as a lawsuit.

If a taxpayer doesn't owe or think they owe any tax, they should:

Contact the Treasury Inspector General for Tax Administration. Use TIGTA's "IRS Impersonation Scam Reporting" web page to report the incident. Report the incident to the Federal Trade Commission. Use the "FTC Complaint Assistant" on FTC.gov. Please add "IRS Telephone Scam" to the comments of your report.

In most cases, an IRS phishing scam is an unsolicited, bogus email that claims to come from the IRS. Criminals often use fake refunds, phony tax bills or threats of an audit. Some emails link to sham websites that look real. The scammers' goal is to lure victims to give up their personal and financial information. If they get what they're after, they use it to steal a victim's money and their identity.

For those taxpayers who get a 'phishing' email, the IRS offers this advice:

- * Don't reply to the message.
- * Don't give out your personal or financial information. Forward the email to phishing@irs.gov. Then delete it.
- * Do not open any attachments or click on any links. They may have malicious code that will infect your computer.
- * More information on how to report phishing or phone scams is available on IRS.gov.

All taxpayers should keep a copy of their tax return. Beginning in 2017, taxpayers using a software product for the first time may need their Adjusted Gross Income (AGI) amount from their prior-year tax return to verify their identity. Taxpayers can learn more about how to verify their identity and electronically sign tax returns at Validating Your Electronically Filed Tax Return.

Additional IRS Resources:

- * Identity Protection Tips
- * Identity Protection Home Page
- * IRS YouTube Videos:



Tax Scams – English | Spanish | ASL
Phishing-Malware – English | Spanish | ASL

IRS ID Theft FAQ – Going After the Bad Guys – English | Spanish | ASL

Daily Mojo

By Janey Hesche

Well, my friends, today I am going to tell my tale of woe about the Agony and the Ecstasy.

Last month I wrote about challenges, to be more specific, MY challenges.

I have many "Irons in the fire" but am just going to talk about my two big YEARLY ones, You vs. the Year, where you have to run 1000 kilometers in one year, and the I Love to Run challenge where you have to run, walk or crawl 1000 miles in one



year.

The Ecstasy is, I am doing very well and holding my own in both of these as of mid- February. For the, You vs. the Year I have logged 190 km. The I Love to Run challenge, I've logged 273.1 miles. Six miles a day, every day! (It's what

I like to do.)

Now for the Agony. I got injured and therefore have had a set-back for a couple of weeks. I am not quite sure HOW the injury occurred. Some say it is the repetitive forward motion of running and not enough cross training. Others say weak hips, and my husband says old age. I have kept up my daily Yoga practice and weekly Tai Chi, and strength training, but my run has slowed to a brisk walk, hobble, shuffle broken up into three miles in the morning, and three miles at night! All I know is that there is a Piriformis muscle above/over your Sciatic nerve and sometimes they make contact. It is called an excruciating pain in the glute!

I was extremely annoyed when I had to cancel the five mile Friday run with my neighbor, Steph. At the time, I only said that I was nursing a back injury. Sometimes you just can't bring yourself to say the obvious when it hurts so bad! But now, the cat is out of the bag, and it is the whole truth and nothing but the truth. I don't even find it embarrassing!

So, a couple of weeks of stretching, ice and heat therapy, ibuprofen and NEW RUNNING SHOES, (just in case THAT was the problem) I am back in business. Life goes on. Bring on the five mile Friday run!

My husband and kids found it very amusing. My neighbors were sympathetic! (Kate and Brenda, you know you were!) Everything is back on track and in good working order.

During my set-back I still continued to look at it as a purposeful, powerful and positive lesson. I am not a spring chicken. It was a gentle and painful reminder!

I have suffered many set-backs over the years. That is just the game of life...and Life Is Good!

Going to close this month with these words of wisdom:

Buddha says, "Fall down seven times, get up eight."

His truth is infinite.

Namaste



**From Janice and Ray Noble,
Our Delightful Social Directors!**

- **St Patrick's day 5 pm potluck. **
- ** Bingo 3rd Tuesday of month at 7 pm **
- ** Bunco 1st Thursday at 6:30 **
- ** Potluck April 13th. 5 pm Thursday **
- **Memorial Day cookout May 27th Saturday 1 pm with potluck sides. **
- **Left, right, center Play with your nickels (bring 2 rolls of nickels) Monday March 6 at 7 pm **
- **Make 3 cards \$7.50 call Denise at 362-3903 to RSVP February 22, March 8, March 22, April 12, April 26, May 10, May 24 at 1:00 pm. **
- ** Crafts every Friday come anytime during the day to work on your crafts. **

***I love asking the universe for Info
& asked FaceBook, which is also part of
our Universe!!
(I love social media!!)***

What how many more suggestions and “what else can you use dishwasher crystals for?”

Me: I don't have an electric Dishwasher.. I AM the dishwasher..(LOL), but I use the crystals for scrubbing my tub and cleaning my blender..

What do YOU use it for?? (other than in a dishwasher?)
And our own Alexis Linder replied: Laundry stain remover. Cleaning algae & mold off of sidewalks & windowsills. Along with a scrub brush ~ Alexis Linder
I LOVE FACEBOOK!! (and guess what? YOU don't have to!!) ~ Bekki

Toothpaste uses, Continued from page 2

18. **Scratched CDs and DVDs** ~ If you rub some toothpaste using a napkin on a CD that doesn't work because of scratches, it will play again.

19. **Car Scratches** ~ You can rub your car scratches with toothpaste and a soft cloth to make it shiny once again.

20. **Glue Posters** ~ That's right. You can use it as a glue to stick a poster on your wall. Just put some toothpaste on the back of the poster, and stick it on the designated place on the wall. In this way, you won't damage your wall when removing the poster

source:www.healthandlovepage.com

Downtown Fort Myers



EVENTS



Art Walk:

- October 7/8
- November 4/5
- December 2/3
- January 6/7
- February 3/4
- March 3/4
- April 7/8
- May 5/6
- June 2/3
- July 7/8
- August 4/5
- September 1/2

Bike Night (4):

- November 12
- January 14
- March 11
- May 13

Car Cruise-In:

- October 22
- November 26
- December 24
- January 28
- February 25
- March 25
- April 22
- May 27

Creative Arts Market:

- November 11-12
- December 9-10

Downtown Countdown:

- December 31

Freedom Fest:

- July 4

Holiday Stroll:

- December 2

Music Walk:

- October 21
- November 18
- December 16
- January 20
- February 17
- March 17
- April 21
- May 19
- June 16
- July 21
- August 18
- September 15

Mystery Walk:

- October 14
- November 11
- December 9
- January 13
- February 10
- March 10
- April 14
- May 12

Pet Walk:

- October 28
- November 25
- December 23
- January 27
- February 24
- March 24
- April 28
- May 26

St. Patty's Day:

- March 17

Veterans Day Parade:

- November 12

The events listed above are brought to you by the River District Alliance with support of our partners, sponsors, and members. All RDA events are free & family friendly for you to enjoy and explore the one-of-a-kind historic downtown Fort Myers River District.

Event changes in times/dates may periodically occur. Please be sure to visit our website prior to attending:

www.fortmyersriverdistrictalliance.com

The River District Alliance would like to thank our sponsors, volunteers and event donors who make Downtown Fort Myers rock!



Tech In A Flash
Matthew Rebstock & Bekki Shanklin at your service!

