


THE NEWS-PRESS
@HOME


Designer Dream Room: "From Paris with Love" by Angela Fine Furnishings. SPECIAL TO THE NEWS-PRESS

MAKE THEM WORK

Get those home resolutions back on track at Miromar Design Center's 2014 Home Design Show

The News-Press staff

So you made some New Year's resolutions to remodel your home, redo your interior decor or refresh the look of your lanai furniture. Stumped for inspiration and ideas? A trip to the Miromar Design Center's 2014 Home Design Show can help. The annual show features the newest products from 45 home furnishing stores plus interior design experts offering creative ways to furnish, remodel or update your home in line with this year's trends, which include pops of color, modern kitchens, spa-like bathrooms and more.

Learn about the latest trends in home furnishings, new furniture lines, color, lighting and more during the free three-day event, which begins Thursday and runs through Saturday, Feb. 15. The design center is open daily from 9:30 a.m. to 5:30 p.m.

See DESIGN » D2



The Richlin Interiors "Minimal Luxury" Dream Room at the Miromar Design Center. SPECIAL TO THE NEWS-PRESS



"Sophisticated Glamour" by Henredon Interior Design Showroom at the Miromar Design Center.

GARDENING



STEPHEN BROWN
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Disease can kill citrus

Q: Several weeks ago I wrote to you about my sick Valencia orange tree. You pointed out that a number of possibilities exist. Since then an article about the greening disease appeared which seems to fit the symptoms in that leaf drop is prominent, plus I have had to cut off at least half of the branches which had died. If it is greening, how costly is the medicine and when should it be applied, and is it a chronic disease?

- John, Cape Coral

A: If it is citrus greening, it is a chronic disease meaning there is no cure and it will significantly weaken or kill the tree if left untreated. The disease is quite common to many citrus varieties in our area including Valencia orange. The bacterium is transmitted by an insect known as the citrus psyllid, which is well established in Florida. No inoculants or sprays exist to treat this disease.

Keeping the tree as healthy as possible is the best way to control it. Lee County Extension can provide you and other county residents with a trained master gardener citrus adviser. The adviser will examine your tree for this and any other citrus problems and recommend treatments.

Q: Our pine trees within our entire master community are either completely dead or are beginning to turn yellow, which probably means they too will die. A few years back we had a pine beetle that borrowed

See GARDENING » D2

SWEET SLEEP

Mattress key to restful night

A good one will gently support your body at all points

Getting a good night's sleep is essential to our mental, emotional and physical health. However, according to the Better Sleep Council, more than 55 million Americans don't get the recommended amount of seven-and-a-half to eight-and-a-half hours of sleep per night, and 62.8 million complain that the quality of sleep they get is poor. In many cases, the



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culprit causing uncomfortable and disrupted sleep is an aging or poorly constructed mattress

and box spring/foundation. As the Norris Home Furnishings sleep expert, I know that getting a good night's sleep begins with a good mattress. I help clients select the best mattress for their specific needs.

How do you know you need a new mattress? If your mattress is from five to seven years old, it is probably time to replace it. Also, as we age, our bodies change as do our needs for comfort

and support from our mattress.

Compare your current mattress to newer models every few years. A new mattress can make the difference in how you feel and function. A study by Oklahoma State University found that participants with mattresses five years old or older reported significant improvements in sleep quality, duration

See MATTRESS » D2



Create the perfect sleep retreat for restful nights. Poster bed, chest and nightstand from Norris Home Furnishings' Tommy Bahama Island Estate Collection.

SPECIAL TO THE NEWS-PRESS

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HOME WORKS - FOR YOU

Indoor appliances not made for outdoors



BARBARA NEWELL
inspectorbarbara@aol.com

In the 21 years that I was a home inspector, I constantly saw old refrigerators that were retired to the garage and used for drinks, frozen items and extra "stuff" that just won't fit into the kitchen refrigerator. A household refrigerator is made to be in the home, not out in an uncontrolled environment

that may go from cold to hot and have humidity. There are specially made refrigerators just for these environments. They have great seals or gaskets and are well-insulated. They are stainless steel and some actually have a heating element in them that will kick on if the temperature of the environment

drops too low. This is great for those who live where temperatures plummet. Florida home or Northern home, think about the energy and money you can save by having a real "outdoor" refrigerator. Choices of indoor or outdoor kitchens and appliances are quite

varied these days, and it can become confusing. You need to be educated before you go anywhere to purchase such items. Even though a particular appliance of one name brand may appear to look the same as one in another store, there may be a huge difference. Be sure to compare by model number. What is

on the inside is just as important as what is on the outside, and so is quality. When considering outdoor kitchens and appliances, select those that will weather the elements and are made to high standards to do so.

Contact Barbara Newell at inspectorbarbara@aol.com or 234-0038.

IF YOU GO

- » **What:** Miromar Design Center's 2014 Home Design Show
- » **When:** Thursday through Feb. 15 from 9:30 a.m. to 5:30 p.m. daily
- » **Where:** Miromar Design Center, 10800 Corkscrew Road, Estero
- » **Admission:** Free
- » **Information:** Go online to MiromarDesignCenter.com for a complete schedule or to register.

HOME DESIGN SHOW KEYNOTE SPEAKERS

» **Thursday at 1 p.m. - Artist Lorna Marsh**
Born in Cape Town, South Africa, Lorna Marsh is considered to be one of the most important female artists of our time. She is a figurative expressionist who blends symbolism, surrealism and expressionism to create fresh images, which reflect upon the human condition.

» **Friday, Feb. 14 at 1:30 p.m. - "Color, Pattern, Play!" with Madcap Cottage**

Madcap Cottage designer duo John Loecke and Jason Oliver Nixon will teach you how to rev up your interiors. Considered the gurus of pattern and color, their creations have a respect for tradition while taking it up a notch. The result? Fun, functional and fabulous.

» **Saturday, Feb. 15 at 12:30 p.m. - "Feng Shui Room by Room" with certified feng shui practitioner Michelle Luongo**

Expert Michelle Luongo will take you on a journey through your home and discuss the environmental affirmation for each room in the house. Learn how to transform your home to bring about the change you are seeking and create a supportive and harmonious space.

Design

Continued from D1

Highlights include:

- » **Tour Designer Dream Rooms** featuring furnishings and finishes from the stores at Miromar Design Center. Luxury living spaces include living and dining rooms, bedrooms, kitchens, baths and more. Vote for your favorites.
- » **Learn about the Latest Design Trends** and how to incorporate them with pillows or lamp shades, eye-catching accessories, fabrics

and more. Find new product trends for 2014 in a designer showcase on our first floor and identified with Trend-spotter Tags throughout the building.

» **See new collections for 2014 in Miromar's 45 home furnishing stores.**

» **Tour the Art & Design Exhibit** as Miromar Design Center and the Aldo Castillo Gallery pair international works of fine art with furnishings. Learn how art and furnishings merge to create a beautiful and cohesive living space.

» **Enjoy 15 free seminars** including How to Use Color from the experts at Sherwin Williams, Before and After Design, How to Value Art and much more.

IN BRIEF

Class focuses on growing roses

Find out the best roses to grow at Lee County Extension Service's annual Homeowner Garden Series.

Lee County Master Gardeners Ann Fischer will join Master Gardener Debbie Hughes at the Edison & Ford Estates, to speak about the best roses to grow in Southwest Florida and how to care for them. This class is being held from 10 a.m.-noon Wednesday; classes continue each Wednesday through March 26.

Topics yet to be covered include choosing and caring for palms, pests and diseases of citrus, tropical flowering trees, invasive critters and plants and more.

The classes take place at Fort Myers Regional Library, 1651 Lee St., Fort Myers.

They cost \$8 per class or \$30 for the series (seven classes).

For registration and information: lee.ifas.ufl.edu or call 533-7504 or 533-7513.

Mattress

Continued from D1

and comfort when they switched to a new mattress — regardless of age and weight.

Most mattresses have a "half-life" after which gradual degradation occurs, resulting in sleep problems. Well-designed, premium mattresses provide sleep enhancing comfort and support for many years with little degradation. Here are a few questions to help you determine if it's time to buy a new mattress.

» **Is your mattress five to seven years old?**

» **Do you wake up with stiffness, numbness, aches and pains?**

» **Have you enjoyed a better night's sleep somewhere other than your own bed?**

» **Does your mattress show signs of overuse such as sags or lumps?**

Remember the story of Goldilocks and the Three Bears? Goldilocks tried the first bed, but it was too hard. She tried the second bed, but it was too soft. Then she tried the third bed, and it was just right. Goldilocks fell asleep. Just like Goldilocks, you need to find the mattress that works best for you.

Before you start shopping for a new mattress, you need to know some bedding basics. The most widely purchased type of bedding uses innersprings (tempered steel coils) in a variety of configurations that provide support. Varying types and layers of upholstery provide insulation and cushioning between your body and the spring unit, resulting in a range of comfort choices.

Solid foam mattresses offer a wide choice of sleeping comfort levels. They can be made of a solid core or several layers of different types of foam laminated together. Advanced technology in polyurethane foams, refinements of traditional latex, visco-elastic (memory) foams and cooling gels have added to the available choices of comfort, support and performance.

Other sleep options address individual and space needs such as airbeds, waterbeds, futons and sleep sofas. Adjustable beds have become popular because sleepers can adjust the head and foot of the bed to suit comfort. Many provide a massage setting as well.

Regardless of the type of sleep system you decide to purchase, always evaluate the mattress for comfort, support, durability and surface space. The mattress that best addresses those needs is the mattress for you.

Today's top quality mattress/foundation ensembles are built for superior comfort. Luxurious new cushioning materials and extra soft surface treatments create a plusher, more comfortable feel. Foams and fabrics used in mattress construction today even wick moisture away from you to keep you dry and cool.

A good mattress and foundation will gently support your body at all points, and keep your spine in the same alignment as a person with good standing posture.

Find the right mattress, and sweet dreams will follow.

It is very important to have a knowledgeable sales person to guide you in selecting your mattress. Test drive a number of mattresses before making your selection. Remove your shoes, and lay on the mattress in your typical sleep position. Remain in this position for 15-20 minutes to be sure the mattress is conforming to your unique body structure.

Pay special attention to your shoulders, hips and lower back — the heaviest parts of the body.

Shop for the best value, not the lowest price. The best assurance for great mattress performance over many restful years is to invest in the highest quality sleep set you can afford. Norris Home Furnishings carries several excellent mattress lines, including Bellagio, iComfort and iSeries by Serta.

We recently expanded our mattress department to add the amazing handmade Aireloom mattress line, available in Southwest Florida exclusively at Norris. These mattresses are so superior that they are becoming known as the sleep choice of the stars.

As the Norris Home Furnishings sleep expert, I am available to assist you in any way I can. I love my work. I get to help people find the mattress of their dreams so that they can experience wonderful, rejuvenating sleep! What could be more rewarding than that?

Norris Home Furnishings Sleep Expert Steven King is an author, speaker, trainer and columnist. His book about sleep and the bedding industry is used as an industry-wide training manual. You can reach him at sking@norrishomefurnishings.com.

Gardening

Continued from D1

through the bark and killed several trees. Could this be happening again? Any insight you can give would be greatly appreciated.

- *Jenny, Estero*

A: Yes this certainly can be happening again. The roots of slash pines are often damaged during the construction of roads and buildings. In many cases, the damaged roots do not recover and the weakened trees attract opportunistic insects. In other cases, soil for construction is used to elevate the land around the pine trees resulting in soil compaction with the same negative results.

Bark beetles, wood borers, IPS and an assortment of other insects can severely damage or kill weakened slash pines. Another and perhaps less serious possibility is a case of severe iron deficiency. To help ascertain this, a soil test should be taken and the correct fertilizer containing iron should be applied over time.

Q: My 18-year-old pygmy date palm needs pruning again. I've been pruning it all along, but now they tell me that there is a place on the leaves where I should cut. I've done it rather haphazardly before. What should I be doing?

- *Claire, Fort Myers*

A: The place to prune the leaves is as close to the trunk as possible, taking care not to be injured by pointed and unforgiving spines at their base. If you have any problem getting into the canopy to make the cuts, consider contracting out the job. The spines could potentially break inside your flesh and if left alone can cause infection.

It is recommended that not much more than dead and dying leaves should be removed. Green leaves are required by plants for photosynthesis and food production. Pruning this palm to tidy it up is usually done about once a year and most often in the spring or summer.

Stephen Brown is a horticulture agent with the Lee County Extension Service. Submit questions by calling the horticulture desk at 533-7504 between 9 a.m. and 4 p.m. or by emailing brownsh@leegov.com. Visit his Web page at <http://lee.ifas.ufl.edu/hort/Garden-Home.shtml>. For native plants click on Publications A-Z.

HOME CALENDAR

SPOTLIGHT



Almost all culinary herb flowers are edible. MCT

Edible Gardening: Edible Flowers

This series of classes is taught by master gardener Adrienne Diaz. Learn all about growing your own food right at home. Please register in advance. (16-plus years) Future classes: March 15: The Fun Fruit: Berries & Grapes, April 12: Tropical Fruit. 10:30-11:30 a.m. today, Rotary Park, 5505 Rose Garden Road, Cape Coral, 549-4606. \$10 Cape residents; \$15 non-Cape residents. CapeParks.com

Abrams Blvd., Lehigh Acres, 334-8000. 603-2941. Shirley-maedove.org

than a dozen local artists present their truly unique, handcrafted items. 10 a.m.-2 p.m. Alliance for The Arts, 10091 McGregor Blvd, Fort Myers, 939-2787.

» **Gift Shop Explosion** The Alliance Gift Shop will overflow into the Main Gallery as more

» **GreenMarket Farmers Market** Find produce, seafood, honey, cheeses, baked goods, plants and gardening supplies. 9 a.m.-1 p.m. Saturdays. Alliance for The Arts, 10091 McGregor Blvd., Fort Myers, 939-2787.

TODAY

» **Cape Coral Farmers Market** Approximately 100 vendors offering fresh, local and healthy produce and foods. Certified organic produce, Gulf-fresh seafood and Pine Island clams, fresh breads, pickles and olives, native plants, fresh cut flowers and orchids, cheeses, homemade jams, jellies and sauces, honey. 8 a.m.-1 p.m. Club Square in downtown Cape Coral, SE 47th Terrace and SE 10th Place, Cape Coral, 549-6900. capecoralfarmersmarket.com

» **Free Butterfly House Tour** Free Tom Allen Memorial Butterfly House Tour every Monday, Friday and Saturday at 10:30 a.m. Reservations are not required. Call 549-4606, email rotaryparkinfo@capecoral.net or visit capeparcs.com for information. Rotary Park, 5505 Rose Garden Road, Cape Coral, 549-4606. capeparcs.com or ccfriendsoffwildlife.org

» **Furniture to Foster Program** Helps needy families and children aging out of the foster care program. They need money as well as gently used furniture, couches, love seats, dressers, TVs, washers and dryers, kitchen tables and chairs, coffee and end tables. Uncle Bob's Self Storage, 800

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