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Lifestyle

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'TWILIGHT'

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Family tree

Once The Kapok Tree stood there. Now it's where new families take root.

By Nick Sortal
STAFF WRITER

Her relatives commemorated life's milestones at The Kapok Tree. And while the restaurant is long gone, Jessica Massey is back celebrating her most special of occasions on these same grounds.

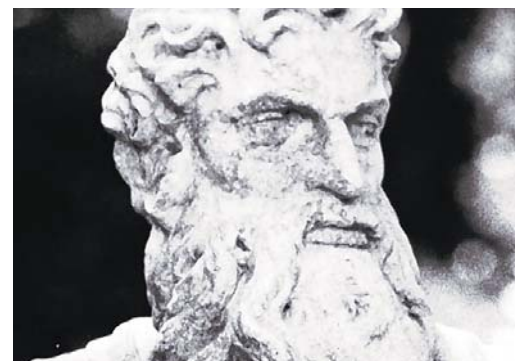
Over a canopy of centuries-old oak trees, ospreys soar into a clear sky. Guests prop their sunglasses atop their heads as *The Wedding March* fills the air. And everyone stands as Massey strolls down the grassy lawn at Long Key Nature Center in Davie.

"This was just a special place to us," says the bride's mother, Charlotte Massey.

Long Key was the first place they looked at for the wedding and (though they made themselves shop around, just to be sure) they loved it. For 14 years in the 1970s and '80s, it was the site of The Kapok Tree restaurant, a garish getaway with bright lights, ornate decorations and a heck of a rum punch ... \$4.95 and you kept the glass.

"You'd drink it and didn't think there was anything in it," Charlotte says, of the concoction of pineapple juice, orange juice, grenadine and three kinds of rum. "But it

» LONG KEY PAGE 5



Phil Skinner, Sun Sentinel file

Over a year ago, Jessica and Frankie Pacious, left, picked Davie's Long Key Nature Center for their wedding day. "It's the last remaining quiet spot around," says Jessica. Above, one of the many statues that decorated The Kapok Tree.

Deanna Dent, Sun Sentinel

SHOPPING

Sales a girl's best friend

It's not too early to start thinking about the day after Thanksgiving — also known as Black Friday — when many of us will celebrate the start of the holiday season by standing in line outside stores, waiting for pre-dawn deals.

It's important to be nimble, despite the boatload of mashed potatoes you may have consumed. It's important to dress comfortably. And it's important to wear something to keep your spirits up!

Like a three-quarter-length sleeved shirt that carries the slogan "B.F.F. Black Friday Forever." It's \$24.99 but has been on sale for \$19.99.

Other items with the "B.F.F." slogan include an acrylic knit beanie; light-weight, short-sleeved juniors tee; and a full-zip hooded jacket.

Available:
theshadowagonstore.com

— Detroit Free Press



YOU DOCS » PAGE 14

Don't mix OTC meds

Certain things are meant to be mixed. Strawberries and deep, dark chocolate. Gin and tonic.

But for pain relievers, paring down is better than pairing up. If you take a pill for sinus congestion on top of something else for head pain, you could cause stomach pain or worse.

Your rule should be to never take two or more different kinds of over-the-counter pain medications together unless your health-care provider says it's OK. Why? If you're taking NSAIDs (pain relievers known as non-steroidal anti-inflammatory drugs), popping different types at the same time (say, ibuprofen and naproxen) can dramatically increase your risk of stomach ulceration.

Exception: Two types of the same medication may be prescribed by your doc — maybe a pill and a patch of ibuprofen — but that's under the doc's supervision.

Also, layering ibuprofen with aspirin causes them to fight in your arteries, so you don't get their vascular protective effects.

And don't take more than the label recommends. The Food and Drug Administration expects you to take OTC meds with common sense, not eat them like candy.

— Drs. Mike Roizen and Mehmet Oz

PRETTY GOOD IDEA » PAGE 6

Quick relief, no sweat

Are you one hot mama suffering from hot flashes? Got night sweats?

Then we've got a cool item for you: **Restore Instant Hot Flash Aid.**

Just a few pumps of this hormone-free spray and pre- and post-menopausal hot chicks will put their sticky symptoms on ice. It noticeably cools skin on contact and smells fabulous.

The patented mist contains extracts of marine algae, grapefruit, green tea, orange flower and other essential oils.

Available: \$24.95 (1.7 ounces) and \$12.95 (travel size);
RestoreAid.com
— Doreen Christensen

