

THE CAPE CORAL SUN

Celebrating the Past, Present, & Future of Southwest Florida's Largest City!

Another Seabreeze Publication



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Cape Coral Cardboard Boat Regatta

Saturday, April 15 (Rain Date – Sunday, April 16)

Regatta History

The first race was proposed to the Nauti-Skippers Boat Club board by Mary Ann Redman, who was their Commodore in 1994. It was accepted by the Board and the membership. The first race had only the Nauti-Skippers participating. The race was well publicized and was attended by a large crowd, many from other boating clubs. After the race, one of the boating clubs, the Merry Mariners, challenged the Nauti-Skippers to see which club could build the fastest boat the following year. The third year the Cardboard Boat Race was opened to any boat club in the area. This event was, for several years, organized and conducted by the Nauti-Skippers.

In 2002 the races almost ended until a committee, composed of members of participating clubs, was formed and they planned and ran the races. The races were strictly noncommercial, and no entry was permitted outside funding or advertising to be used or placed on any boat.



From that humble beginning, the races continued through 2004 with participation limited to boating clubs in the area. As the spectator interest grew and the boating clubs interest waned, more organizations were asking if they could participate in this fun event. In each of the past three years, the races drew over 2,000 spectators to the Yacht Club Beach to view the event.

In 2004, at the urging of Bill Shallbetter, the head of the Cardboard Boat Race Committee at that time, the committee voted to turn the event over to a local service organization so they could expand the event and open it up to more participants. This in turn could raise some money for the service organization.

Shallbetter, who is a member of the Rotary Club of Cape Coral, proposed that the club take over the event as one of the club's projects. The club accepted the challenge and in doing so, made some changes. The first change was to rename the event to the Cape Coral Cardboard Boat Regatta. So, in 2005, the regatta was moved to Seahawk Park in Cape Coral and the date was changed from July to May. The move from the Yacht Club Beach was necessary so the club could make some money by selling food and beverages. This also allowed the regatta to expand and made it easier for spectators to find ample parking without the need for a shuttle from a remote location.

Cape Coral Cardboard Boat Regatta on page 3

Movie On The Lawn Featuring *Peter Rabbit* Along With Spring Egg Hunt Activity

Saturday, April 1 – City Hall Front Lawn, 1015 Cultural Park Blvd., Cape Coral

The City of Cape Coral Parks and Recreation Department is proud to bring you family night as part of our "Free Movie on the Lawn" series! Enjoy the movie *Peter Rabbit* on our



giant inflatable screen and a free family night out under the stars! Sunset is approximately 7:45 p.m., so get there early for a good spot, activities, and our giveaways! Don't forget to bring a blanket and chairs! The movie starts at dusk!

Registration required for Spring Egg Hunt Activity – <https://bit.ly/3kGVD0f>.

Event Schedule

- 6:30 p.m. – Food Trucks Arrive: Sunny Days Ice Cream
- 6:45 p.m. – Spring Egg Hunt for children under 12
- 7:35 p.m. – Giveaway winners announced
- 7:45 p.m. – *Peter Rabbit* on the big screen

For more information, call (239) 573-3128 or email seclerk@capecoral.gov.

Thank you to our April Movie on the Lawn sponsors Achieva Credit Union and Walmart!

Culture Fest

Saturday, April 22 – 12 To 5 p.m., 528 Cultural Park Blvd.

The Cape Coral Parks and Recreation Department is proud to celebrate our diversity through live music, cultural displays, international food, and more! Connect with your community during the eventful evening and explore the sights, sounds, and flavors of Cape Coral with performances and activities for all ages.

Artists, designers, and makers with high-quality, handmade, original work are invited to be a part of Cape Coral Culture Fest. Categories are candles, clay, digital, glass, jewelry, leather, living plants, mixed media, paintings, photography, soaps/lotions, and woodwork.

For more information call Special Events Division at (239) 573-3123 or email seclerk@capecoral.gov.

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Challenge yourself at the expansive state-of-the-art fitness center with the latest cardio and strength building equipment, and take a class in the yoga/aerobics room. Outdoors you can play like a pro on the Har-Tru tennis courts, pickleball courts, and bocce ball courts. Find all the best brands and gear right here at the Tennis Center Pro Shop.

The Clubhouse will offer both casual & formal dining options to delight your tastebuds. The friendly staff will offer a variety of special events and functions where neighbors and friends can mingle, dine and dance. A full-time Activities Director will partner will be on staff to help residents share various hobbies, clubs and games.

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Fun And Interesting Ideas For Celebrating Earth Day

By Mandy Carter

April 22, is more than another Saturday to spend time with your family. It's also Earth Day, a national holiday designed to promote environmental awareness and help individuals reflect on their impact on the planet while raising awareness of the need to protect our natural resources for future generations. The first Earth Day was held on April 22, 1970. Checkout these four fun and exciting Earth Day celebration ideas:

1. Calculate Your Family's Carbon Footprint. If you're finding it difficult to understand your family's environmental impact, try calculating your family's carbon footprint at <https://terrapass.com/carbon-footprint-calculator>. Your carbon footprint is the amount of carbon dioxide that enters the atmosphere due to your daily living. The calculator makes it easy to determine your impact by answering a few simple questions. You can take it further and calculate your plastic footprint (the amount of plastic waste your family contributes to the environment). When you have your results, look into ways to reduce your footprints.

2. Get Crafty. Celebrating Earth Day involves focusing on Mother Nature and ways you can work to improve your environment. If you want to engage your kids, there's nothing like crafting projects to capture and keep their attention. Crafting is also a fantastic way to help teach your kids about the "reuse" part of "Reduce, Reuse, Recycle."

3. Spend Some Time Volunteering. If you want to make a change this year, consider volunteering your most valuable resource: time. Some Southwest Florida organizations, like the Conservancy of Southwest Florida and Environmental Confederation of Southwest Florida (ECOSWF), focus on keeping the local environment clean



Community cleanup with my kids



Earth Day 2022 at Babcock Ranch

and pollution-free. Or walk around your neighborhood, pick up any litter, and recycle what you can. My kids join our community cleanup every chance we get!

4. Run In The Planet 5K And Stay For Earth Day Fair At Babcock Ranch. Preservation and sustainability efforts were built into every aspect of the Babcock Ranch community, so every day strives to be an Earth Day at Babcock. But taking it a step further, The Community Church will hold the third annual Earth Day Fair with nearly 20 nature-related organizations with booths and educational displays for Babcock Ranch residents and visitors to browse. And it kicks off with a 5K Trail Run. Registration is open to anyone: <https://runsignup.com/Race/FL/PuntaGorda/RaceforthePlanet>

You can improve your environmental awareness this Earth Day, from carpooling to volunteering on a local cleanup committee. Regardless of how you celebrate, the end goal is always the same. We celebrate Earth Day to leave our children, their children, and their children's children a cleaner, safer planet.

About Mandy Michelle Carter

I am just a Southwest Florida middle-aged woman who "finally" decided to go after it all: a career on my terms, motherhood, fitness, eco-living and adventure. I want to inspire people to take care of your health and our planet, to spend authentic time with your family and to chase your dreams unapologetically! You can learn more about me by following my family blog at acupful.com.

Cape Coral Cardboard Boat Regatta from page 1

In 2009 the Rotary Club decided to move the regatta to a more central location at Four Freedoms Park in downtown Cape Coral, and moved to April, to try to avoid the beginning of the summer rainy season. At that time, Bob Gaglio took over as chairman of the Regatta Committee and made additional changes. A Friday night event was added where people could preview the boats, listen to live entertainment and have dinner. This move was such a success we have continued to hold the event at Four Freedoms Park.

Gaglio moved to Sarasota after the 2010 Regatta at which time Jim Perry took over as chairman of the committee. Jim continues to do an excellent job as chairman as the regatta grows in boat builder participation and audience each year. In 2011 we tried to enhance the event by adding "The Dock Dogs" as a special attraction. However, we decided to not continue using them after the first year.

2012 was one of the few years where the weather was not on our side. We had rain showers threaten us all day, which did keep many people away from the event. But the people who chose to brave the weather were treated

to a very fun event as boat builders raced their boats in heated competitions to claim first place in one of the many racing heats we ran during the day.

The Cardboard Boat Regatta is open to participation from businesses, schools, youth groups, groups of friends, and nonprofit organizations desiring to build a boat and participate. This is a wonderful team-building experience; giving employees an opportunity to work together toward a common goal and have fun doing it.

Boat Building

Building a cardboard boat is easy. You can make it as complicated or as simple as you want. There are plans and instructions on our Boat Building 101 page at <https://capecoralregatta.com/boat-building.html>.

Get your creative juices going and build a complex boat or a simpler racer. The key is just to have fun.

This year the regatta will be at Seahawk Park, 1030 N.W. 28th St., Cape Coral, FL 33993.

The Cape Coral Cardboard Boat Regatta is proudly presented by The Rotary Club of Cape Coral.

For more information, registration or boat building tips please visit www.capecoralregatta.com.

Photos from previous years' regattas



Mandy at Earth Day 2022



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Remember When...

Cape Coral Operation Cleanup – Phase Five

Editor's note: The following advertisements were placed in the local newspaper of Tohari speaking out against Mr. Rosen of Gulf American Land Corporation and the Cape Coral Operation Cleanup – Phase Five.

Kingman Brewster Jr., President of Yale University, made the following statement in addressing the graduating class of 1965:

Paid Advertisement

CAPE CORAL OPERATION CLEANUP—PHASE FIVE

Kingman Brewster, Jr., President of Yale University, made the following statement in addressing the graduating class of 1965:

"Some of you may have the courage to throw yourself into a life of expressive protest against injustice. More power to you, as long as you seek to build justice, not simply to punish the unjust. The pleasure of harassing the oppressor is no substitute for the patience and the perseverance it takes to enlarge the capacities and the opportunities of others."

It is in this spirit that I address myself in this struggle for the good name of Cape Coral and Lee County to someone else again, namely to Mr. Rosen of Gulf American Land Corporation. He is coming next week to speak to the Cape Coral Civic Association and I would be again denied the right to talk by those who prefer to be on his bandwagon with a good number of his own loyal employees. These are my questions:

1. What steps have you taken to bring industry and jobs to Cape Coral?
2. Can you imagine that the 80,000 acres of Cape Coral will become a city of 750,000 people?
3. According to your own 1965 balance sheet your total cash collections were about \$53,000,000, but you spent \$36,000,000 for selling and administrative expenses. Where is the money coming from to properly develop 80,000 acres in Cape Coral (with streets, canals, utilities, etc.) as promised?
4. Is the strip zoning in Cape Coral a symbol of the CITY OF TOMORROW or does it better fit the city of yesterday without parking spaces and proper large shopping center?
5. When will all the present 5,000 residents of Cape Coral have a sewer system as requested by the State of Florida last month?
6. What legal grounds do you have to charge every new house owner with \$800 for "water" and non-existent "sewage" connections?
7. Why don't you plant more trees in Cape Coral?

Mr. Rosen, you will not chase free Americans and Citizens of Lee County out of Cape Coral. We have guts and we will take the risk of a scuffle with you. We will do so because we believe that it is the independent although not necessarily rich people who are the ones that made this Country what it is. We have been pioneers and we have suffered through the birth pains of Cape Coral. Therefore we intend to remain in Cape Coral and fight for the betterment of our community. We invite you to help us, even though you are not one of us. But we will fight you if you will try to make us only tools of your promotions.

(Signed) Edward Tohari

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(Signed) Edward Tohari

Tax Talk

How To Know It's Really The IRS Calling Or Knocking On Your Door

Bud Krater has been doing taxes in Lee County for over 30 years. He is passionate about his job of saving people tax dollars. For more information, contact him at (239) 772-1040. He will be happy to help!



Many taxpayers have encountered individuals impersonating IRS officials – in person, by telephone and via email. Don't get scammed. We want you to understand how and when the IRS contacts taxpayers and help you determine whether a contact you may have received is truly from an IRS employee.

The IRS initiates most contacts through regular mail delivered by the United States Postal Service.

There are special circumstances in which the IRS will call or come to a home or business but will first send several letters from the IRS in the mail.

The IRS Does Not

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail a bill to any taxpayer who owes taxes.
- Demand that you pay taxes without the opportunity to question or appeal the amount they say you owe.

• Threaten to bring in local police, immigration officers or other law enforcement to have you arrested for not paying.

Here Is What The IRS Will Do

If an IRS representative visits you, he or she will always provide two forms of official credentials called a pocket commission and a government issued HSPD-12 card. You have the right to see these credentials.

Collection

IRS collection employees may call or come to a home or business unannounced to collect a tax debt. They will not demand that you make an immediate payment to a source other than the U.S. Treasury.

The IRS can assign certain cases to private debt collectors but only after giving the taxpayer and his or her representative, if one is appointed, written notice.

Audits

IRS employees conducting audits may call taxpayers to set up appointments or to discuss items, but not without having first attempted to notify them by mail.

Criminal Investigations

IRS criminal investigators may visit a taxpayer's home or business unannounced while investigating. However, these are federal law enforcement agents, and they will not demand any sort of payment.

Beware Of Impersonations

Scams take many shapes and forms, such as phone calls, letters and emails. Many IRS impersonators use threats to intimidate and bully people into paying a fabricated tax bill or giving their Social Security number. They may even threaten to arrest or deport their would-be victim if the victim doesn't comply.

Contact the IRS if you suspect a scam by calling (800) 366-4484.

ADVERTISEMENT

PERSONAL ANNOUNCEMENT

This is to notify my friends in Cape Coral and in Fort Myers that I have been reassigned at my own request, from the Management team of my Insurance Company, to the position of an Insurance Consultant.

Gulf American Land Corporation apart from filing a suit against me for One Million Dollars, complained to my superiors about my activity on behalf of "Cape Coral Operation Cleanup." Since I do not wish to involve my Company in this matter and since I wish to continue my present efforts for the betterment of my community, this was the proper thing to do. I have been a Millionaire Producer in my first year in Insurance business and I hope to repeat this performance next year with the help of all my friends and those who know me.

The suit against me is being defended by Harkavy, Doyle, Feigin, Hasson and Ludacer, of Sarasota, and I will refrain from filing a countersuit for wrongful process at the present time.

My activity has only the object of defending the good name of the people of Lee County and Cape Coral, without malice to anyone.

(Signed) Edward Tohari

21 Dec 1965

Consumer Alerts

So, What's The Deal With "Home Warranties"?

By Kira Krown, Consumer Education Specialist

When big things in your home break – like your dishwasher or air conditioning system – they can cost lots of money to fix. Some people buy "home warranties" (which are really service contracts) to help cover these costs. But what exactly is a so-called home warranty?

There are different types and options depending on the company and amount you pay, but home warranties typically cover replacements and repairs for things like appliances or air conditioning systems. They last for a set amount of time and – unlike builder warranties for new homes, or warranties included with some products – they cost extra.

And after looking at the details, you may find that a home warranty duplicates coverage you already have, or covers only part of a product, or makes it nearly impossible to get repairs done when you need them.

So here are some things to think about before committing to a home warranty:

Is it likely to save you money? Consider both the upfront cost and costs that may be hidden, like deductibles

or fees you need to pay each time products are serviced.

What are the limitations? Are there limits on the amounts you can be reimbursed? Is accidental damage covered? Are certain appliances or systems not included? Are there restrictions or fees for cancellation?

Does the claims process seem difficult or slow? Waiting a long time to get paid back can reduce the value of having coverage.

Does the company have a good reputation? A home warranty is only as good as the company responsible for coverage. Search for the name of the company and words like "review" or "complaint" to see if people have had issues in the past.

Learn more about extended warranties and service contracts by visiting <http://bit.ly/41ClmYm> or scan the QR code.

Getting unwanted calls about service contracts? Those might be telemarketers looking for your money or personal information.

If you've had a bad experience with your home warranty, tell the FTC at ReportFraud.ftc.gov.



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“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!

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 \$90.** That’s it, for the entire neurological examination & report of findings. This examination & report could cost you over \$300 elsewhere. But, please call **right away** because this offer expires on**

April 30, 2023, 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 \$150 - 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 a graduate of Life University School of Chiropractic who has been in practice for 24 years. 7 of those years were spent practicing in New York City. I am a licensed chiropractic physician certified in functional neurology, strength & conditioning, regenerative detoxification and I have my diplomate in addictionology. I’m published in leading chiropractic journals and my television program can be viewed daily on NBC-2. I’ve been entrusted to take care of regular morning walkers and pickleball players to pro-athletes and business tycoons you may have heard of.

My office is called **Active Health Knee & Shoulder** 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 behind the bank of america. The phone number is **239-482-8686.** Please call my wonderful assistants Becky or Silvia today to make an appointment.

God bless.

-Dr. Robert Davis, DC, CSCS

239-482-8686

P.S. When accompanied by the first, I am also offering the second family member this same examination for only **\$45.**

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.

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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!

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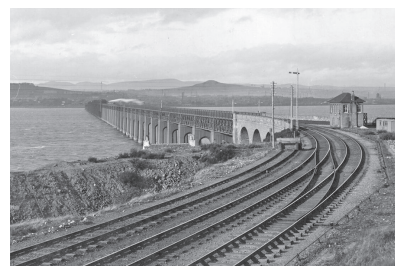
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Did You Know...

Time Zones Were Invented For The Railroad

Before mechanical clocks were invented, people used sundials to tell the time. "Noon" was considered to be when the sun was at its highest point in the sky, due south. As a result, each town and city had its own version of time even after the introduction of mechanical timepieces. With the invention of the transcontinental railroad, however, the lack of standardized time became problematic. As people left one city and traveled by railroad across the country, watches had to be reset frequently to accommodate the different times at each station. To solve this predicament, the United

States borrowed the idea of time zones from Sir Sandford Fleming. A Canadian railroad engineer, Fleming had originally come up with the idea of dividing the world into 24 different longitudinally based time zones, each with an hourly variation. The United States adopted this idea nationally, creating four different zones based on degrees of longitude. A year later, England, Scotland, and Wales followed suit, and eventually, the rest of the world did too.



Cape Coral Art League

April And May Shows And Events

Open Painting

Enjoy the company of fellow artists. Just drop by and bring your own art project and supplies. Enjoy some yummy snacks and enjoyable music too! No registration required! (Adults only, please.)

Wednesday in April and May from 1 to 4 p.m. Open to the public. \$2 for members, \$6 for nonmembers (pay at the door). **Student Sunday – Teaching Young People Art (October Through June)**

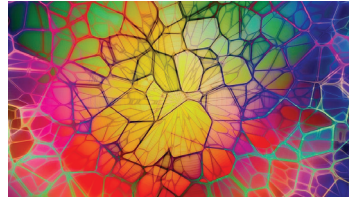
Exposing young people to the visual arts can help in the development of motor skills, language skills, social skills, teamwork, decision-making, risk-taking, and, of course, inventiveness. At the Cape Coral Art League, we strive to teach the next generation about drawing, color, layout,

perspective, and balance – skills that can benefit them in their academic work as well as expand their creativity. And they have fun while learning!

Ages 6 to 14 (no younger, please). 1 to 4 p.m. Fee: \$20. All materials provided. Cash or check at the door only. Please arrive 15 minutes early to register – no pre-sign-ups. No reservations required. Check our Facebook page or our website for updates.

Celebrating Color

This is a joint exhibit with Southwest Florida Fine Craft Guild. Viewing is April 3 to 27 during gallery hours, Monday through Thursday, 11 a.m. to 4 p.m. Wine and cheese reception will be Thursday, April 6 from 5 to 6:30 p.m. where you can mingle with like-minded folks, meet the



artists exhibiting and maybe purchase a wonderful work of art. Free parking and entry.

Workshop: Photography Trip To Six Mile Cypress Slough Preserve

Friday, April 14, 8 a.m. to 3 p.m.

Looking Up

May 1 through 15, 11 a.m. to 4 p.m., Monday through Thursday. Wine and cheese reception will be on Thursday, May 4, from 5 to 6:30 p.m. where you can mingle with like-minded folks, meet the artists exhibiting and maybe purchase a wonderful work of art. Free parking and entry.



Unique Gifts At Reasonable Prices!

The gift shop is located inside the Cape Coral Art League and showcases talent within the league.

Come browse the creativity of local artists. Thinking of a gift for someone special? You will find it here among the unique and treasured. Artistic expression is found here – come in and experience it. Don't forget to pick up a **mini** – small originals made by our members – they are a perfect gift!

Speaking of gifts ...

Give a gift that keeps them creating! The Cape Coral Art League gift certificates are available in any amount. They can be redeemed toward a variety of classes and workshops for adults and children.

Office, gallery and gift shop hours are Monday through Thursday: 11 a.m. to 4 p.m.

Cape Coral Art League,
516 Cultural Park Blvd.,
Cape Coral, FL 33990,
(239) 772-5657, www.capecoralartleague.org.



Judy Van Inwegen, Whirlwind John Cowgill, Birchwood

Friends Of Cape Coral Library

Spring Book Sale – Cape Coral Library, 921 S.W. 39th Terrace

Thursday, April 20 – 10 a.m. to 3 p.m. Members only preview sale. Nonmembers may join at the door for just \$15 per family.

Friday, April 21 and Saturday, April 22 – 9 a.m. to 3 p.m. Sale open to the public.

From April 20 through 22, the large meeting room of the Cape Coral Library will be filled with thousands of quality used books arranged by category. There will be lots of fiction for adults and a section for children and teens. Find nonfiction sorted by subject, such as art, crafts, history, biography, cookbooks, gardening and more. Find audio books and music CDs, plus movies on DVD. Most items are \$1 or \$2, with small paperbacks at less than a buck! We will also highlight a large selection of “special” books (such as those by Florida authors, autographed books, collectibles and more) that are priced somewhat higher, but are still an incredible bargain.

Proceeds from the event are used to support the Cape Coral Public Library branch.



The books are all organized and awaiting first customers.

Friends Of Cape Coral Library on page 8

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Friends Of Cape Coral Library from page 7

How to pay: Bring cash or personal check. (Credit cards are not accepted.)

Donate books: Donations of gently used resale quality books, CDs and DVDs for our book sales are accepted year-round. Call the Friends' phone message service at (239) 349-2572, leave a clear message with your phone number, and we will return your call.

For more information visit us at www.capefriends.org and follow us on Facebook.

Children's Environmental Art Contest

Theme – Help Protect The Florida Scrub Jay

All children in Lee County ages 5 to 12 are invited to participate in the 17th Annual Children's Environmental Art Contest "Coloring the Earth." Organized by Friends of the Cape Coral Library and the Cape Coral-Lee County Public Library, the theme for 2023 is "Save the Florida Scrub Jay."



Photo by Audubon Field Guide

The focus will be on ways to protect Florida's only endemic bird from habitat loss and other main threats. Winners will be selected from four age categories: 5 to 6, 7 to 8, 9 to 10 and 11 to 12. There will be five awards for each age group with certificates and prizes for first, second and third place, as well as certificates for two honorable mentions. Awarded artwork will be exhibited at the library from early May to June 29 and displayed on www.capefriends.org under the "Art Gallery" tab. A wildlife expert will be the keynote speaker at the awards ceremony to be held at 6 p.m., Wednesday, May 10 at the Cape Coral-Lee County Public Library.

Contest Rules

Contest is open to all children in Lee County ages 5 to 12. Submit **one entry only**.

Entry must be an original painting or drawing that shows how we can protect the Florida Scrub Jay.

Entries should be on a flat medium- to heavy-weight art paper



size 8.5" by 11". Watercolor, crayons, pencils, color markers and/or any other preferred material may be used. Please **do not fold** artwork.

Write **clearly** on the back of the entry the following information: Child's full name, age, school, grade level and teacher's name (if applicable), phone number and email address for notifying winner. Entries with incomplete or illegible information won't be considered.

Visit <https://bit.ly/FL-ScrubJay> to learn more about ways we can help save the Florida Scrub Jay.

Artwork will be viewed and voted on by a team that includes recognized local artists, a wildlife specialist and a representative of the *News-Press*. Entries will be judged based on originality and quality of art. Winners will be notified by phone the first week of May 2023.

Neither the library nor the Friends of the Library are responsible for lost or damaged artwork. All entries will be returned by directly contacting Art Contest Chair Alessia Leathers at alessialeathers@yahoo.com.

Deadline and submission of entries: To participate in the contest, all artwork must be received by noon on Saturday, April 29. The Cape Coral-Lee County Public Library has a designated box in the children's area to receive entries. Questions? Please contact Alessia Leathers at alessialeathers@yahoo.com.

Oasis K-12 Student Art Exhibit On Display Through April 29

Exhibits in the Cape Coral Library's large art gallery are sponsored by the Friends of the Cape Coral Library and are designed to give local artists the opportunity to share their work in this public forum. Be sure to visit this month to view artwork by students in the visual arts classes of the Oasis Schools now through April 29. The walls, as well as the three lighted display cases of the library gallery, are filled with projects created by the young artists, and you'll be impressed.

Pictured are just a few examples of artwork now on exhibit at the library. The picture of the huge fish sculpture made from trash and titled *All Washed Up* won the "Rethink Waste Award" and \$200 towards art supplies at ArtFest in Fort Myers this

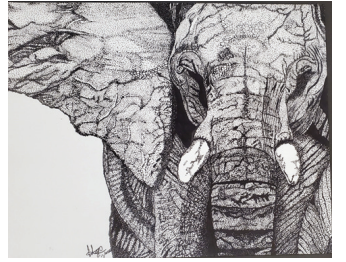


Award-winning fish sculpture titled *All Washed Up* was made by students from trash and is on display in the library.

February. Recently, three other Oasis Middle School students placed in the "Leave the Scene Clean" art contest with the Keep Lee County Beautiful organization. Sixth grader Dianna Davis won first place in her division, and her artwork will appear on a Waste Pro truck and also be available on reusable tote bags this fall! Sixth grader Dihia Benaziz and seventh grader Michaela Murphy won honorable mentions in their divisions in the contest. Congratulations to these talented students and their art teacher, April Gibson!

Thank you to teachers Susan Schaefer of Oasis Elementary South, Dawn Oliver of Oasis Elementary North, April Gibson of Oasis Middle School, and Sherri Dahl of Oasis High School for inspiring their students' creativity and for sharing the artwork with library visitors.

For information about the Cape Coral Library art gallery, contact Chairperson Monica Rahman, by email to gallery@capefriends.org or visit www.capefriends.org. Follow "Friends of the Cape Coral Library" on Facebook.



Elephant Stippling by Caitlyn C., 11th grade



Dragon by Micco P., 2nd grade



Art by Kenna F., 4th grade



The Lion by Sean M., 10th grade



Art by Kailee H., 8th grade



Orange by Remmy D., 7th grade



Jolly Rancher by Kaytee F., 12th grade

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Local Brokerage Celebrates Success At 2023 Sanibel Captiva Realtor Association Annual Awards

Pfeifer Realty Group was celebrated at the Sanibel Captiva Realtor Association 2023 Installation and Awards Lunch, with several members receiving awards and recognition.

Eric Pfeifer, broker-owner received the Community Service Award, which recognizes individuals who have made outstanding contributions to the community through volunteerism and charitable work. This is the eighth time Pfeifer has received this Community Service Award. Bryan Hall, who joined the Pfeifer Realty Group in 2022, was named Rookie of the Year, which recognizes the top-performing new agent of the year. The group's closing coordinator, Heather Chevalier, was also recognized as Administrative Assistant of the Year, which acknowledges the exceptional work of administrative staff in supporting real estate agents.

In addition to the awards, two members of Pfeifer Realty Group were installed as leaders in the Sanibel Captiva Realtor Association. Greg Demaras was installed as president, while Kelly Huguenin was installed as secretary.

"We are incredibly proud of Eric, Bryan, Heather, Greg, and Kelly and their achievements," said Mark Pfeifer, operations director of Pfeifer Realty Group. "Their hard work and commitment to excellence are an inspiration to us all, and we are honored to celebrate their successes together."



Bryan Hall, Greg Demaras, Heather Chevalier, Eric Pfeifer

About Pfeifer Realty Group

Established in 2008, Pfeifer Realty Group has a long-standing reputation for providing exceptional real estate services and fostering a supportive, high-performing culture among its members. The recognition of these members at the 2023 Sanibel Captiva Realtor Association Awards is a testament to the group's continued success and dedication to service excellence. For more information about Pfeifer Realty Group visit www.PfeiferRealtyGroup.com.

Cape Coral Parks And Recreation

There's Always Something For Everyone!

The mission of the Cape Coral Parks and Recreation Department is to provide a wide range of recreational programs for individuals of various ages, skill levels, interests, social needs and economic capabilities that collectively enhance the overall quality of life within the City of Cape Coral.

For the full schedule or more information please visit <https://bit.ly/3QkbTiU> to see all that the Cape Coral Parks and Recreation has to offer.

April Events

Saturday, April 1

- Brownies with the Bunny at Four Freedoms Park
- Youth Center to Offer "Bunny Express" Deliveries
- Fossil Show at Rotary Park
- Flashlight Egg Hunt at the Youth Center

Monday, April 3

- Morning Craft Workshop at Lake Kennedy Center

Tuesday, April 4

- Evening Craft Workshop at Lake Kennedy Center
- "Fall Prevention" Lunch 'n' Learn at Lake Kennedy

Thursday, April 6

- Spring Lunch at Lake Kennedy Center
- Lake Kennedy Day Trip to Manatee Village Historical Park

Friday, April 7

- School's Out Day at the Youth Center

Saturday, April 8

- Cape Bike Night on S.E. 47th Terrace

Monday, April 10

- School's Out Day at the Youth Center

Tuesday, April 11

- "What Are Podcasts?" Lunch 'n' Learn at Lake Kennedy
- Cape Coral Friends of Wildlife Meeting at Rotary Park

Wednesday, April 12

- Reptile Home School Program at Rotary Park

Thursday, April 13

- Books and Beyond at Four Freedoms Park
- Kid's Craft Workshop at the Youth Center
- Adult Bunco Group at the Youth Center
- Midweek Bingo at Lake Kennedy
- Ladies' Make and Take Craft Workshop at the Youth Center

Friday, April 14

- Kid's Indoor Obstacle Course at Four Freedoms Park
- Exhibit Reception for "Ring of Fire" and "Wildscapes" at the Cape Coral Art Center
- The Del Prados at Lake Kennedy Center

Saturday, April 15

- Vino's Picasso Paint pARTy at Rotary Park

Sunday, April 16

- Spring Bingo at Lake Kennedy Center

Tuesday, April 18

- "Healthy Diet and Nutrition" Lunch 'n' Learn at Lake Kennedy

Wednesday, April 19

- Lake Kennedy Day Trip to St. Armand's Circle
- Guided Preserve Hike at Rotary Park

Thursday, April 20

- Ladies' Make and Take Dips at the Youth Center
- Spring Tap Show at Lake Kennedy Center

Friday, April 21

- Spring Fling! at Four Freedoms Park
- Spring Chorus Show at Lake Kennedy Center

Saturday, April 22

- Rain Barrel Workshop at Rotary Park
- Native Plant Sale at Rotary Park
- Culture Fest at Cultural Park

Tuesday, April 25

- "Age Well" Lunch 'n' Learn at Lake Kennedy

Thursday, April 27

- Lake Kennedy Day Trip to Hollywood Casino
- Afternoon Movie at Lake Kennedy Center

Saturday, April 29

- Superheroes Party at Four Freedoms Park
- Ladies' Night Out – A Night in White at Lake Kennedy

Stop Treating The Blinky Light

Did you know that only about 20% of your nerve fibers transmit signals of pain. You have 31 pairs of spinal nerves running from the base your skull to your tailbone. Each one of these spinal nerves has nine nerve fibers. Only two of these fibers transmits signals of pain which equates to approximately 20%. These nerve fibers are the blinky light. This is why you show up in the doctor's office. This is why you take anti-inflammatories and pain medication. This is even why you get certain treatments or have procedures or injections. It's all to cover up the blinky light; the symptom, the pain, the discomfort. You'd like to keep the light from blinking so that you don't know it's there anymore. The problem is if you cover up the blinking light all the time with a piece of duct tape, your engine is still going to break down. The problem is that the breakdown will be much worse if you keep covering it up.

Well, you may say that's great I get it, but...but I'm in pain and I don't wanna be in pain. That's understandable so

let's talk about chronic pain. I describe it to my patients like this. Your chronic pain is a car rolling. And it continues to roll and roll, but it's not rolling because somebody's inside with their foot on the accelerator, no, it's rolling because the brakes are broken. These brakes are the remaining nerve fibers that are not being looked at by most doctors. The brakes are the large diameter afferent nerves that have to do with muscle tone, light touch and balance. And when these brakes are broken or damaged, you will continue to have aches and pain and/or numbness and tingling until you fix the brakes.

This is how my clinic is different. We look at the brakes not just a blinky light. Because we know if we fix the damaged brakes, the blinky light will shut off.

Dr. Robert Davis, DC, DACACD is a chiropractic physician with training in functional neurology and holds a diplomate in addictionology. He has been in practice for 25 years. He may be reached at (239) 482-8686.

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Smoke Alarms Save Lives

A Reminder From The Cape Coral Fire Department

Last month, Cape Coral firefighters responded to a residential structure fire caused by an electrical short in the oven. One of the occupants woke around midnight to do work for their home-based business and found the residence full of smoke. A smoke alarm should have awakened them, but there were none installed. They are fortunate to have needed to wake up for work because, otherwise, without smoke alarms to wake them up and alert them to the fire, the outcome could have been far worse.

These occupants were renters, and according to Florida State Statute, "Unless otherwise agreed in writing, at the commencement of the tenancy of a single-family home or duplex, the landlord shall install working smoke detection devices." In other words, it is the law that the landlord installs smoke alarms in rental units before occupants move in unless it is otherwise agreed in writing. And you should **never** agree to not having smoke alarms installed.

Roughly two out of three fire deaths happen in homes with no smoke alarms, or the alarms are not working. Renting or owning, all residences should have working smoke alarms, with the following in mind:

- Smoke alarms should be installed inside every bedroom, outside each sleeping area, and on every level.
- Keep smoke alarms away from the kitchen to reduce false alarms.
- Test all smoke alarms at least once a month and replace them when they are 10 years old.

If you have questions or need more information, please call (239) 242-3646.

Across The Bridge

Empty Bowls 2023

Fighting Hunger One Bowl At A Time!

Join us Saturday, April 29 from 11 a.m. to 2 p.m. in Centennial Park, Downtown Fort Myers.

Admission is **free** for kids, and \$10 for adults 18 years and older and includes soup and a handcrafted ceramic bowl made by local school children while supplies last. Tickets can be bought at the gate. Pre-purchased tickets will be at will call.

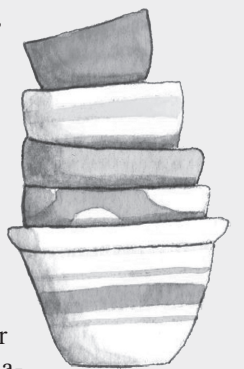
Lee County Schools will be collaborating with this year's event to raise hunger awareness through art. One-of-a-kind handcrafted ceramic bowls made by Lee County school children will be available for purchase at the event as a reminder of those who go hungry right here in Lee County.

This year's event will feature:

- Live student performances
- Family-friendly activities

Empty Bowls supports Community Cooperative's emergency food programs, including Sam's Community Café & Kitchen, the Community Market, and Mobile Food Pantries.

For more information about Community Cooperative please visit www.communitycooperative.com.



Cape Coral Cruise Club

Cruise To Twin Dolphin, Feb. 21 To 25

Submitted by Cruise Leaders, Phil and Pat Kryger

Five boats signed up for the cruise to Twin Dolphin in Bradenton with a stop at the Crow's Nest in Venice on the way up. *Bonfoeyage* left a day early; *Captain's Gig*, *Little Loopy* and *YKnot* headed out Tuesday morning; *Hullablue* met us at Twin Dolphin Marina on Wednesday. We had "attitude adjustment hour" on *Yknot* and dinner at the Crow's Nest restaurant on Tuesday evening.

Wednesday morning, we all left for Twin Dolphin. *Bonfoeyage* had an electrical problem at this marina and *Little Loopy* lost a water pump that locked up and a broken belt that runs power steering and the engine, arriving at the marina on one engine. "Attitude adjustment hour" was held poolside with light snacks. For dinner we all walked to Pier 22 and dined outside with a beautiful view of the river.

Thursday morning breakfast was at 9 a.m. at poolside with scrambled eggs, sausage gravy and biscuits. *Bonfoeyage* was still waiting for help to fix their electrical problem. *Little Loopy* had a water pump being delivered Friday morning. About 4 p.m. we went to Oak and Stone restaurants' eighth floor for early dinner and drinks with a great view of the Manatee River. Several members enjoyed walking the pathway along the river, as well as downtown Bradenton.

Friday all but *Bonfoeyage* left for Crow's Nest. *Yknot* was going outside at Longboat Key but just before deciding to turn around hit a sandbar and dinged the prop causing a vibration. That meant it was a long 7-knot trip all the way to Crow's Nest and home. Luckily *Hullablue* missed the sandbar. *Little Loopy* and *Captain's Gig* traveled outside safely. Happy hour was on *Yknot* with lots of snacks and apple pie and a beautiful sunset over the jetty. We all had leftovers for dinner.

Saturday, all cruisers headed to their home ports. Despite a few minor hiccups, the beautiful weather and smooth seas helped to make it another fun Cape Coral Cruise Club cruise.

We are very excited to have many new members join us this year! As always, you can follow our fun on Facebook, and if you would like information about joining our club, please contact our Membership Chairman Terry Carlson at (239) 770-6955.



Hullablue



Yknot



Twin Dolphin Marina



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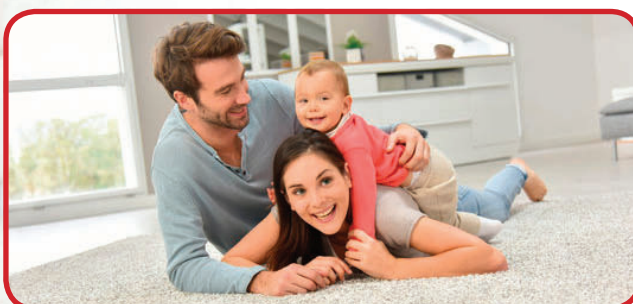
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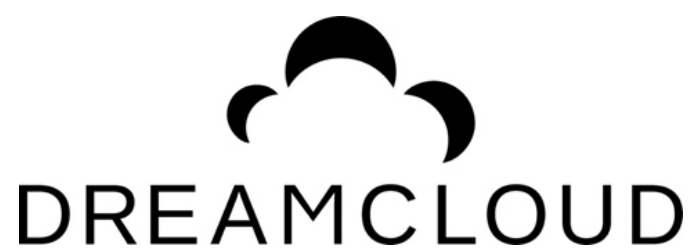
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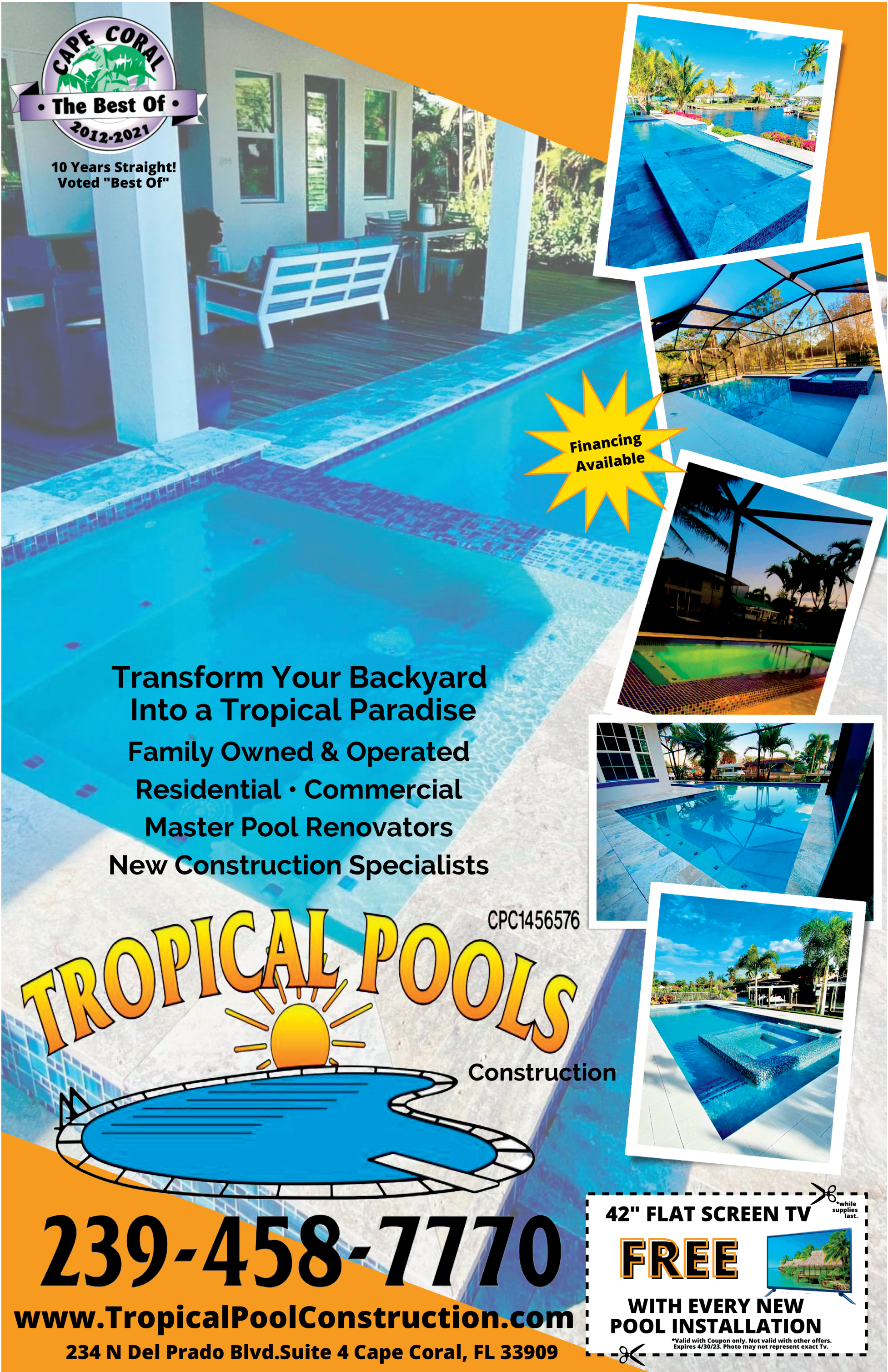
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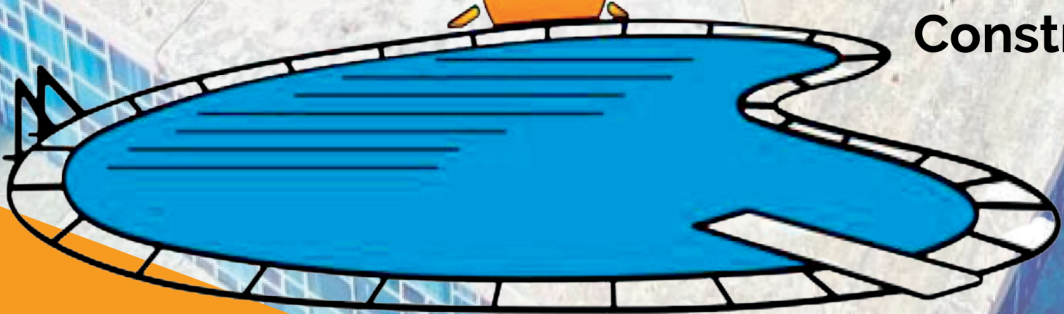
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