

THE CAPE CORAL SUN

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

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DECEMBER 2023

The Cape Coral Sun Is Now Online!

We are thrilled to announce that *The Cape Coral Sun* newspaper is expanding its reach to better serve the community. We have taken into consideration the needs of our readers and listened to their feedback.

Starting Dec. 1, 2023, you can access *The Cape Coral Sun* online at mycapecoralsun.com. The online version will have the same high-quality content as the printed version, but with the added convenience of being accessible from your computer, tablet, or phone.

The printed version of *The Cape Coral Sun* will still be available at your favorite store, library, or business in Cape Coral. We are also adding new locations every month to make it more convenient for you.

As we expand, we will be introducing new features both online and in print to be your go-to source for local news, community happenings, and great deals from our advertisers.

We appreciate your continued support of *The Cape Coral Sun*!

The Future Of Cape Coral

Bimini Square Mixed-Use Development Coming To Cape Coral

Bimini Square, a new mixed-use development featuring luxury apartments, health care, waterfront dining, and marina, is coming to Cape Coral.

Community leaders, project partners and supporters gathered on Oct. 19 to celebrate the groundbreaking of the new Cape Coral concept. Located just west of Four Freedoms Park at 440 Cape Coral Parkway E., the six-acre lot will be home to 218 residential units and 58,000 square feet of nonresidential space, including a two-story Lee Health outpatient clinic and restaurants including Deep Lagoon Seafood and Oyster House.

The concept is led by Crown Development owners Larry and Matt Nygard, a father and son team based in North Dakota, who have been building projects in the upper Midwest since 1987. Their desire to enhance the community and partner with local leaders, including the Cape Coral Community Redevelopment Association (CRA) and Cape Coral Economic Development Office, prompted them to expand Crown Development to Southwest Florida. The company has already worked on local projects such as The Cape at Savona, The Club at Pine Island, and now Bimini Square.

"This concept is exciting for Cape Coral, bringing a unique mix of luxurious residences, state-of-the-art health care, dining and a waterfront that's packed with amenities," said Larry Nygard, president of Crown Development. "This concept showcases all that makes Cape Coral a great place to live and work. Through the planning and development process, we have been committed to bringing together partners and features to make Bimini Square a true destination for residents who want to experience all that downtown Cape Coral has to offer."

The five-story apartment building at Bimini Square will offer a variety of unique floorplans ranging from studio to penthouse



styles, and all the homes will feature private balconies, some with basin water views and some overlooking an interior courtyard. Inside, residents will enjoy quartz countertops, stainless steel appliances, tile showers, backsplashes, large windows and a washer and dryer.

Residents will have access to private amenities including an infinity edge rooftop pool, outdoor kitchen and cabanas, clubhouse, state-of-the-art fitness center, walking paths, dog spa and park, resident-only workspaces and meeting rooms and covered parking. A seven-story parking garage will be for both Bimini Square residents and public use, and boat slips will also allow guests to travel by water.

Lee Health will occupy a two-story outpatient clinic and offices that will bring new specialty services to the region, including pediatric and mental health services. Lee Health will provide medical services on the first and second floor that includes adult primary care, cardiology services, imaging, breast health, lab services, pediatric primary care and behavioral health services. Lee



Bimini Square groundbreaking

The Future Of Cape Coral
on page 3

Holiday Boat-A-Long

Dec. 16, 4 To 10 p.m.

Four Freedoms Park, 4818 Tarpon Court, Cape Coral, FL 33904

The City of Cape Coral Parks and Recreation Department is hosting its Annual Holiday Boat-A-Long. This free, family-friendly event features stage entertainment, local food trucks, crafts, a visit from Santa Claus, and the boat parade. Be sure to wear your Santa hats and join us in getting into the holiday spirit!

For those interested in having their boat in the parade, please register with Sea Tow by calling (239) 945-4820.

You can also watch as the boats line up in Bimini Basin for the parade which first passes by the park's beach before heading down various canals in south Cape Coral.

Following the boat parade will be a **free** movie in the park featuring *Polar Express* (2004), G rating. It will be shown on the big screen following the boat parade!

Be sure to bring your lawn chairs and blankets to enjoy the festivities!

Parking: A free shuttle runs from various downtown parking lots to the event.

For questions and more detailed information, (239) 573-3128, seclerk@capecoral.gov.



Christmas Fest

Event By Local Ladies' Social Network, Inc.

Join us Saturday, Dec. 16 from 10 a.m. to 3 p.m. for the Christmas Fest at the German American Social Club, 2101 S.W. Pine Island Road, Cape Coral, FL 33991.

We'll have a huge variety of local vendors, food trucks, Christmas music, face painter, fairy hair, Christmas cookie decorating, children's coloring and craft tables and more! Live performance by Dance Dimensions of SWFL at 11 a.m. Meet the Grinch from 11 a.m. to 12 p.m., Ugly Christmas Sweater Contest at 12:30 p.m., selfies with Santa from 1 to 2 p.m. Free public admission and free parking.

Please follow our Facebook page for more events. www.facebook.com/localladiesouthflorida?mibextid=LQQJ4d

Interested vendors please email Christy Dunn at LLSN@comcast.net or visit our website at www.llsnevents.com.

The Cape Coral Cruise Club's Activities



Submitted by Laurie Carlson
Sept. 19 Cruise To Naples!

Naples is a favorite destination for our club and this cruise did not disappoint. This year, six couples journeyed to Naples on Tuesday, Sept. 19 to enjoy four days of shopping, dining, and beach time. Four came by boat and docked at the Naples City Dock, while two other couples joined in and had hotel accommodations. The recently remodeled Cove Inn was a pleasure with its private tiki bar and pool, overlooking the bay and city docks. The first day, several members treasure hunted through an upscale resale shop and found some great treasures to bring home!

Wednesday morning, the cruise leaders, Tim and Janet Coons, provided a huge breakfast spread. Wednesday dinner was at the Famous Tommy Bahama restaurant on Third Avenue! We had a large crowd as some also came down by car that evening just to join in for dinner, and all had a fabulous time. The remainder of the trip was spent exploring the shops of Fifth Avenue, Tin City, walking the downtown area to the beach, and lots of



relaxing camaraderie. Perfect seas, weather, and sunsets were provided by Mother Nature, and we look forward to returning next year!

October Anniversary Celebration At Hidden Island

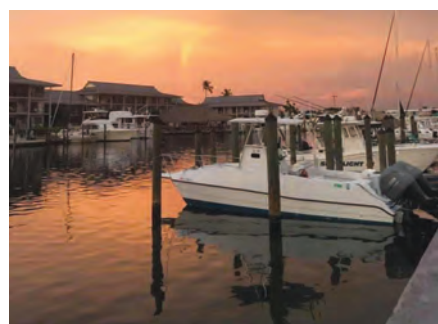
October's picnic was a 60th anniversary celebration for our club at Hidden Island. Several members came by boat and stayed on the island for four days. We had an Italian-themed potluck feast this month with several types of pasta, sauces, garlic bread, and mouthwatering sides to share, as well as Italian-themed desserts. The weather was perfect, and our afternoon was complemented by a steel drum player. Longtime member and past commodore, Brenda Butler, assembled a commemorative display with lots of memorabilia. Later in the day, longtime member and past commodore, John Queen, read a historical account of our club that was written years ago by an original founding member. It was a special moment and I



think we all were captivated, learning many things about the club's history that we had not known. We had a large crowd and all who attended had a wonderful afternoon.

Come Join The Fun!

If you own a boat with full overnight accommodations and would like information on becoming a member of the Cape Coral Cruise Club, please contact our Membership Chairman, Terry Carlson, at (239) 770-6955. You can also follow our fun on our Facebook page and check out our website at www.capecoralcruiseclub.com.



Movie In The Park

The City of Cape Coral Parks and Recreation Department proudly presents a free "Movie in the Park" series on our giant inflatable screen. The movie starts at dusk, but plan to arrive early to enjoy dinner from our onsite food truck, grab a good spot, and have a chance at our giveaways. Don't forget to bring a blanket and chairs to enjoy the movie!

Upcoming Movies

Saturday, Dec. 16, Four Freedoms Park, *Polar Express*
 Thursday, Feb. 29, 2024, Four Freedoms Park, *Leap Year*

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Cape Coral Art League

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.)

Every Wednesday from 1 to 4 p.m. Open to the public. \$2 for members, \$6 for nonmembers (Pay at the door.)

Student Sundays – 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. New lesson every week. Check our Facebook page or our website for updates.

December

Water Wonderland

Dec. 4 to 21 – 11 a.m. to 4 p.m., Monday through Thursday.

Wine and cheese reception on Thursday, Dec. 7, 5 to 6:30 p.m. Free parking and entry.

Holiday Sale Of Members' Art

Dec. 4 to 21 – 11 a.m. to 4 p.m., Monday through Thursday.

Wine and cheese reception on Thursday, Dec. 7, 5 to 6:30 p.m. Free parking and entry.

January

Food For Thought

Jan. 8 to Feb. 1, 2024 – 11 a.m. to 4 p.m., Monday through Thursday.

Wine and cheese reception on Thursday, Jan. 11, 5 to 6:30 p.m. Free parking and entry.

Members' Month

Jan. 8 to 31 – 11 a.m. to 4 p.m., Monday through Thursday

Wine and cheese reception on Thursday, Jan. 11, 5 to 6:30 p.m. Free parking and entry.

Upcoming 2024 Workshops

Please visit our website for updates.

Expressive Palette Knife With Jan Atkielski

Jan. 5 and 6, 9 a.m. to 4 p.m.

Instruction To Painting With Chalk Pastels With Leslie McNeil

Feb. 2 and 3, 9 a.m. to 4 p.m.

Storyboard Creative Painting With Linda Lucas

March 15 and 16, 9 a.m. to 4 p.m.

Four-Mile Cove Ecological Preserve Kayaking And Lunch With Carmen Sprague

April 19, 9 a.m. to 2 p.m.

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.

Beading for Cancer



Cape Coral Art League



516 Cultural Blvd., Cape Coral, FL 33990
Phone: 239-772-5657 Email: capecoralartleague@gmail.com





Thursday, December 1st, 2023, from 5:30 – 8:00 PM
\$10.00 per person
Children under the age of 14 must be accompanied by an adult.

Come and enjoy the fun. Bring your niece, nephew, grandchildren, and friends. String one bracelet for yourself and donate the second to the American Cancer society. We will use beautiful crystal and glass beads to string our bracelets.
Light snacks will be available.
Website: www.capecoralartleague.org / Facebook: Cape Coral Art League

The Future Of Cape Coral from page 1

Health will also lease space in Bimini Square's first floor that will offer women's health services and pediatric rehabilitation.

Giving patients in need of quality medical care access to physician services and primary care closer to their homes, offices and schools is expected to help decrease wait times and ensure more access to care for the Cape Coral and Southwest Florida community.

"We are committed to caring for our community, and we envision the Bimini Square project to offer premier care to residents and visitors in Southwest Cape Coral," said Dr. Larry Antonucci, president and CEO of Lee Health. "As the city continues to grow, its residents and visitors will need easy access to more primary and specialty care services, and we are happy to continue to fully expand our commitment to compassionate patient care in Cape Coral."

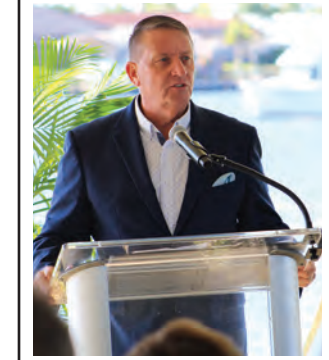
Deep Lagoon Seafood and Oyster House, a member of the Phelan Family Brands restaurant group, will be located in a separate 8,000-square-foot outparcel building with 360-degree views of the waterfront. Known for its fresh seafood, steaks and more, Deep Lagoon Seafood and Oyster House will offer an outstanding waterfront culinary experience with spectacular views, serving as a place for the entire community to enjoy upscale dining.

"Phelan Family Brands is proud to introduce Deep Lagoon Seafood and Oyster House as Bimini Square's new waterfront dining concept," said Grant Phelan, owner of Phelan Family Brands. "As we celebrate our 26th year in business, we are pleased to continue enhancing our restaurant offerings here in Southwest Florida."

Additionally, a popular locally owned restaurant will serve freshly made breakfast and lunch and will be sidewalk accessible to visitors from Cape Coral Parkway. The project also entails upgrading the surrounding infrastructure, including public improvements such as the addition of street parking and new driving lanes.

Bimini Square is projected to be complete by fall 2025. Construction partners include Brooks & Freund, PDS Architecture, Avalon Engineering, GMA Architects & Planners, Hans Wilson & Associates, Passarella & Associates, Velocity Engineering Services and more.

For more information and latest development updates, visit BiminiSquare.com.



Cape Coral Mayor John Gunter



Cape Coral City Manager Michael Ilczyszyn



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Fused Glass And Jewelry By Judy Van Inwegen On Exhibit At Cape Coral Library

Changing exhibitions in the Cape Coral Library's expansive art gallery are sponsored by the Friends of the Cape Coral Library and are designed to afford local artists the opportunity to share their work in this public forum. The library is located at 921 S.W. 39th Terrace, off of Mohawk Parkway, and the current exhibit will be open during regular business hours through Dec. 27.

Fused glass artist Judy Van Inwegen has recently joined the current exhibit at the Cape Coral Library, which also features acrylic paintings and origami by award-winning artist Elaine Weissborn. Van Inwegen's glass art is on display in two of the gallery cases. Her work is very popular with library visitors, so she has been invited to exhibit her fused glass here previously on several occasions, but this time she has added some unique jewelry for her fans to view.

It was stained glass that first captured her interest until she discovered the skill and enthusiasm for working in fused glass. As Judy describes her experience, she studied with "the best glass artists from Bullseye Glass Company at Miami University." She also attended classes in coldworking with Jonathon Schmuck, glass artist and author of the definitive book on the process. Van Inwegen's glass art has been shown

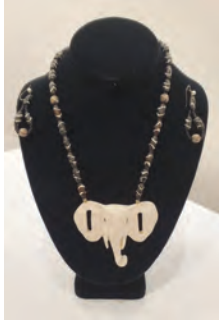
in numerous exhibitions in Pennsylvania and Southwest Florida. She is a member of the Southwest Florida Fine Craft Guild and also attends classes at the Cape Coral Art Center.

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

Judy Van Inwegen Jewelry



Think Pink



Elephant



Sandy

Judy Van Inwegen Fused Glass



Leaf



Whirlwind



Punk Rocker

'Have No Fear,' Featuring Local Artist Carrie Briggs

Through the month of December, Cape Coral Art Center will host "Have No Fear," a solo exhibit of the expressive clay sculptures of local artist Carrie Briggs. Each piece in this collection captures the raw essence of every emotion of her characters, allowing them to jump to life. Carrie incorporates the beats of music into every curve and line of her powerful figures.



Growing up in Central New York State in the '70s and '80s, Carrie's favorite days were spent either riding horses, or sculpting old Play-Doh® into tiny horses and people. It wasn't until

2021, after moving to Southwest Florida, that she took up a hand clay class. At this time, Carrie was moved through a spiritual awakening in parallel with a bipolar episode and sculpting surprisingly erupted into her life. Since then, a steady stream of sculptures has come through. Carrie strives to stand up daily to chronic pain and feels a great deal of compassion for those who suffer (seemingly everyone).



Her creative process consists of intuitively choosing music while preparing the clay and asking the spiritual realm to participate and take the lead in the creation. The song becomes an integral part of the artistic meaning. Each piece is finished

with a simple glaze and final firing. Carrie welcomes commissions, too, whereby clients choose a subject and a musical piece or genre.

"Have No Fear" will be on display Dec. 1 to 28 in the Cape Coral Art Center Main Gallery, 805 S.E. 46th St. Admission is free and open to the public Monday through Saturday 9 a.m. to 4 p.m. Meet the artist and enjoy an evening of art and light refreshments at the gallery reception on Friday, Dec. 8, 5 to 7 p.m.



For more information about Carrie, visit CarrieBriggsSculptures.com. For more information about the Cape Coral Art Center, including upcoming classes, exhibits and events, call (239) 574-0802.

Author From New Jersey Features Stories From Two Local Shelters In Latest Book *Magical Dogs 3 – On The Road*

Two interesting and heartfelt stories of local interest are featured in a new book by New Jersey author, Patti Kerr.

In her third book, *Magical Dogs 3 – On The Road*, Patti tells heartwarming stories about "magical" dogs that inspired, encouraged, and oftentimes changed the lives of the humans lucky enough to love them. Each story is uplifting, inspiring, and full of love. The book features the story of our Executive Director Liz McCauley, her dog, Sammy, and the circumstances that led to devoting her life and career to saving animals.

In this book, you will also find the story of Anke and Sunset – a beautiful story of a sweet pup left to die in a ditch and rescued by Gulf Coast Humane Society in Fort Myers. These are just two of many stories that will make you laugh, cry, and give your own pups some extra hugs.

"I was honored when Patti asked to tell the story of how Sammy gave my life direction," said McCauley. My hope is that it will encourage others to follow their passion. I was so happy when I found out the story of Anke and Sunset was also included in the book – I had the pleasure of meeting them while working at Gulf Coast Humane Society. The rescue community



is such a small, close-knit, special group of people."

Patti is generously donating a portion of the proceeds to the shelters featured, including Cape Coral Animal Shelter and Gulf Coast Humane Society.

The Cape Coral Animal Shelter has found forever, loving homes for over 3,900 animals since opening in March of 2020. Our veterinary clinic provides affordable care to assist the animals of our community and their owners. Plans are in the works for major expansion of both the shelter operations and the clinic in 2024.

About Cape Coral Animal Shelter

The mission of the Cape Coral Animal Shelter is to engage a special bond between people and animals by means of adoption services, medical care, education, and training for the prevention of cruelty and abandonment. We provide a safe

place where animals will remain in our care until they are placed in qualified, forever homes. Cape Coral Animal Shelter brings new hope to Southwest Florida's homeless animals by understanding their needs and taking action to meet them.

The Cape Coral Animal Shelter is a 501(c)(3) nonprofit, no-kill shelter that is located off Santa Barbara Boulevard at 325 S.W. 2nd Ave., Cape Coral, FL 33991.

Please visit our website www.capecoralanimalshelter.com to learn more.



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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! 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.

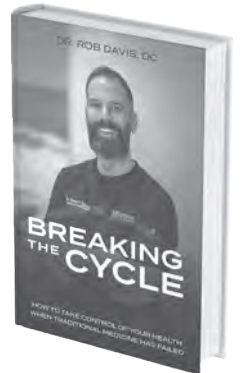
That’s where my practice comes in. I have **found a way** so that more people are able to afford the treatment they need, even those on a fixed income with or without health insurance coverage. One Non-Surgical Operation in my clinic could cost what you’d pay for just the deductible of a joint replacement 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 \$197.** That’s it, for the entire neurological examination & report of findings. This examination & report could cost you over \$500 elsewhere. But, please

call **right away** because this offer expires on December 31, 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 \$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 the best-selling author of **Breaking The Cycle** - how to take control of your life when traditional medicine has failed. **An amazon #1 new release in three categories.** I’m a graduate of Life University School of Chiropractic practicing since 1998. I am a licensed chiropractic physician certified in functional neurology. I’ve been entrusted to take care of avid morning walkers, pro-athletes and business tycoons you may have heard of.



My office is called **Active Health Brain & Body** 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 and Winkler Road behind the Bank of America. The phone number is **239-482-8686.** Please call my wonderful assistants Megan or Silvia today to make an appointment.

I wish you the Very Best in Health and Life!

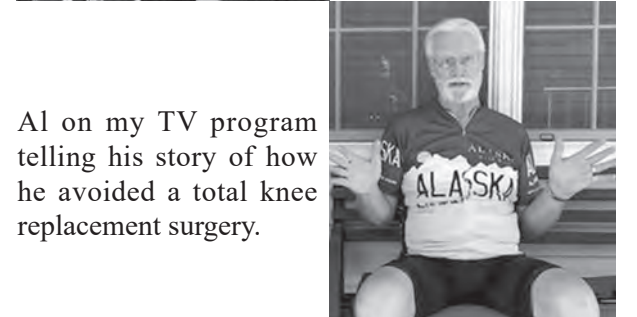
Dr. Rob Davis, DC

P.S. When accompanied by the first, I am also offering the second family member this same examination for only **\$97.**

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.



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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Chamber Of Commerce Of Cape Coral

DECEMBER 2023

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October Ribbon Cuttings



Personal Plumbers LLC, Plumbing, 617 N.W. 28th St., Cape Coral, FL 33993, (239) 893-7372, www.personal-plumbers.com



Gino's Pizza, Restaurant, 3108 Santa Barbara Blvd., Cape Coral, FL 33914, (239) 673-9309

Coming Up In The Cape

Sunset Food Truck And Vendor Fest At Four Freedoms Park

Join us Wednesday, Dec. 6 at Four Freedoms Park, 4818 Tarpon Court, Cape Coral, FL 33904 from 6 to 9 p.m. to enjoy food trucks, vendors, and a beautiful sunset over the Bimini Basin! Each month will feature different food trucks to allow patrons to try new flavors. This event is free and open to all ages!

Bad Moms Gift Exchange Party At Four Freedoms Park

The "Bad Moms Favorite Thing Christmas Party" at Four Freedoms Park, 4818 Tarpon Court, Cape Coral, on Friday, Dec. 8, will include plenty of "bad" Christmas fun!

This event, open to ladies ages 18-plus, is \$15 per person and includes games, music, drinks, and snacks. BYOB.

Bring one of your favorite things to exchange at this event, and prizes will be given away, too!

For more information and to R.S.V.P, call Four Freedoms Park at (239) 574-0804.

Free Gardening Series At Rotary Park

Join us on Saturday, Dec. 9, at 10 a.m. for a free program on butterfly gardening sponsored by the Master Gardeners of Lee County.

After class, there will be time for questions and answers and a walk around the building to discuss eco-friendly gardening principles.

For more information, call (239) 549-4606.

Breakfast With Santa At Lake Kennedy Center

Join us at Lake Kennedy Center, 400 Santa Barbara Blvd., on Saturday, Dec. 16, and enjoy a delicious breakfast with everyone's favorite jolly guy! The fun will begin at 9 a.m.

Tickets are required to attend. The cost is \$16 per adult, \$12 per child. Children ages 2 and under are free but still must register.

For more details and to purchase tickets, call (239) 574-0575.

Full Moon Paddle At Four Mile Cove Eco Park

Paddle along the shore of the Caloosahatchee River by the light of the moon on Tuesday, Dec. 26 from 5 to 7 p.m. The meeting location is given upon registration. A limited number of single and tandem kayaks are available for \$40 per person, or bring your own kayak (BYOK) for \$15 per boat. **No refunds for no-shows or late arrivals.**

If you have to cancel for any reason, you must notify the office at (239) 549-4606 at least 24 hours before departure to receive a refund or a credit. We often have a waiting list. Plan to arrive at least 20 minutes before your scheduled departure time.

Get more information and reserve your spot at (239) 549-4606.

Fun! Fun! Fun!

Join The Chamber

As a member, you are helping to strengthen our local economy, promote the community, provide networking opportunities, represent the interests of business with government and take political action.



As your Chamber of Commerce, we work to bring you more business, create better connections, make you more visible and help you work smarter. Your membership is a good investment in the future of our community and your business.

We offer membership for all business sizes, nonprofits, retired individuals or those not working in an organization or business. If you are an individual not affiliated with a business or are retired, you can contact a member of our membership department at (239) 549-6900 to see if the individual level is an opportunity that is available to you.

For more information on membership, please visit our website at www.capecoralchamber.com.



Southwest Psychological Services, Counseling, 1314 Cape Coral Parkway E., Suite 210, Cape Coral, FL 33904, (239) 834-9333, www.southwestpsychservices.com

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Christmas Attractions Worth The Drive

By Mandy Carter

It's that time of year again; Florida might not experience the winter wonderland that some northern states enjoy during the holiday season, but that doesn't mean the Sunshine State lacks Christmas spirit. From dazzling light displays to icy adventures, Florida offers a unique and unforgettable Christmas experience. Here are my family's top three attractions that are worth the road trip!

Snowcat Ridge

If you've ever dreamed of snow tubing down a snowy hill in Florida, Snowcat Ridge in Dade City can make that dream come true. Florida's first and only snow park offers a unique opportunity to experience winter activities in a tropical state. The main attraction at Snowcat Ridge is the Arctic Igloo, a massive snow tubing hill with real snow. You can grab a snow tube and slide down the hill, enjoying the exhilarating rush of the cold breeze as you descend. www.snowcatridge.com.



ICE! At Gaylord Palms

For the most frigid attraction in Florida, take a drive to Gaylord Palms Resort in Orlando for ICE!, the award-winning display of millions of pounds of ice hand-carved into amazing sculptures by artisans from China. This year, the theme is a fan favorite: *A Charlie Brown Christmas*. The resort also offers indoor snow tubing, snowball toss, a Snoopy scavenger hunt, a Christmas Cirque show and more! www.christmasatgaylordpalms.marriott.com.

Miami Zoo Lights

The Miami Zoo transforms into a magical winter wonderland during the holiday season with its annual "Zoo Lights" event. This attraction offers a delightful combination of wildlife and holiday-themed festivities. Stroll through the zoo's beautifully illuminated pathways, and you'll be greeted by thousands of twinkling lights and stunning animal-themed light displays. The ambiance is festive and inviting. You can enjoy photos with Santa, hot cocoa, and festive treats. zoomiami.org/upcoming-events/event/zoo-lights-miami-2023.



Consider exploring one of these festive attractions or one of the many others taking place throughout Florida this holiday season; most importantly, go create cherished memories with your loved ones.

About Mandy Michelle Carter

Just a Southwest Florida mom living the dream; she loves to inspire parents to spend authentic time with your kids and to chase your own dreams unapologetically! Found on Instagram @mandymcarter and her family blog at Acupful.com.



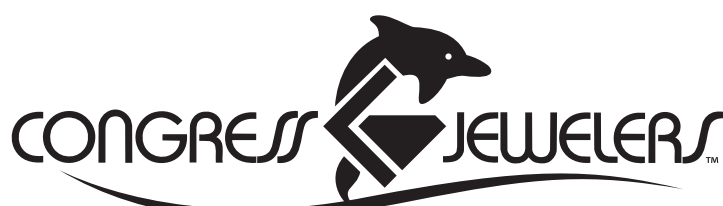
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Cape Coral Historical Museum

Remember When....
(Now And Then)

Cape Coral Shopping Plaza (South Cape Towne Center) Location: 1201-1317 Cape Coral Parkway E.



Elmer's Market opened in 1960 along with the plaza. The owner, Elmer Tabor, came to Cape Coral from West Virginia. At the time the store opened, there were only about 500 people living in the Cape. Tabor was concerned about the viability of the store and its ability to turn a profit. To that end, Gulf American agreed to subsidize the store until it could become profitable. This was both for the benefit of the current residents and a marketing tool for potential customers. Longtime residents recall that Elmer's was only open during the day; there were no evening hours like today's supermarkets. It carried a little bit of everything. In the mid-1960s, the store's name was changed to Jack's Suprex. A Publix supermarket was built nearby in 1965.

The first stores in the new 20,000-square-foot shopping plaza were opened for business in August of 1960. These were Elmer's Market, Magic Care Garden Supply, Cape Coral Cleaners, Paul's Barbershop, and the Coral House Furniture Co.

Come visit us for more historical information about Cape Coral.

Hours: Closed Sunday, Monday and Tuesday. Open on Wednesday, Thursday and Friday, 11 a.m. to 4 p.m. and Saturday, 10 a.m. to 2 p.m.

Admission: Adults, \$5; members, free; students with ID, free; children 17 and under, free.

Cape Coral Historical Museum, 544 Cultural Park Blvd., Cape Coral, FL 33990, (239) 772-7037, capecoralmuseum.org.





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