

THE CAPE CORAL SUN

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

Another Seabreeze Publication



VOL. 2 NO. 3 www.seabreezecomunications.com MARCH 2023

Conquer The Cape Coral Quest

Whether you live in Cape Coral or are just visiting, Cape Coral Quest is a great way to explore the city and win awesome prizes through Nov. 30! During this scavenger hunt, use the clues to find a code at each location. Some locations even offer coupons! Enjoy exploring and learning as you visit local businesses, parks, and fun landmarks, all specific to our growing city! Earn points as you go and trade them in for some Cape Coral or Lee County swag!



Start exploring with the latest pass to earn discounts and rewards in Cape Coral. Known for its unique shopping opportunities and more than 400 miles of canal waterways, the area is full of vibrant culture. Grab your friends or family and take a tour of the award-winning rum distillery, Wicked Dolphin, and visit landmarks like Big John, the well-known, 28-foot-tall statue that has towered over downtown since 1969. Each participating location has a four-digit code somewhere on the property.

Answer 20 riddles to be entered to win the grand prize: a two-night stay at The Westin Cape Coral with daily breakfast.

Step 1 - Get Your Pass

This mobile exclusive passport is a collection of curated attractions, retailers, restaurants and more and offering deals and discounts to redeem during your visit.

Step 2 - Receive Text

Your passport will be instantly delivered to your phone via text and email and is ready to use immediately! There is no app to download. Your pass can be saved to your phone's home screen for easy one-tap access.

Step 3 - Redeem

When visiting a participating business, simply present your phone to the attendant or staff member to redeem available discounts and enter in the four-digit code to check in!

To get your free pass, visit www.visitfortmyers.com/cape-coral-quest.

A few tips: Codes may be inside or outside the property. Pay attention to clues! Each participant should play with their own pass on their own device. Save your points and redeem your preferred prize. Have fun!

Cape Coral Cruise Club

The Best Boating Club In Southwest Florida

By John Queen, Past Commodore

The Cape Coral Cruise Club offers boaters unique cruising opportunities to a variety of destinations in Southwest Florida. Each month, the Cape Coral Cruise Club takes a scheduled cruise to a different marina in Southwest Florida and stays there for several days enjoying the amenities and hospitality of that area. We do that nine times a year along with an extended cruise each spring and take a break during the summer months of July and August.

Our cruising club is the only club for boaters that owns a private island on the Caloosahatchee River. Our private island is located a few miles east of the Franklin Locks near Alva. We hold monthly gourmet picnics the first Saturday of the month at our island.

Some of our members take their boats to the island where we have docking and power accommodations for up to 16 boats. Many of our members who take their boats to the island for the monthly picnic arrive a few days earlier and



Cape Coral Cruise Club on page 3

Sounds Of Jazz And Blues – March 25

The Sounds of Jazz and Blues is the premier musical event in Cape Coral. The Cape Coral Parks and Recreation Department is proud to bring some of the best talents for a night of musical magic, food, and fun. Join in the citywide celebration of jazz and blues music.

Gates open at 4 p.m. at Coral Oaks Golf Course, 1800 N.W. 28th Ave., Cape Coral.



Mindi Abair



Damon Fowler

Tickets

We have sold out in previous years prior to the event, so we highly recommend purchasing your tickets in advance at www.capeconcerts.com/tickets.

Sounds Of Jazz And Blues on page 3

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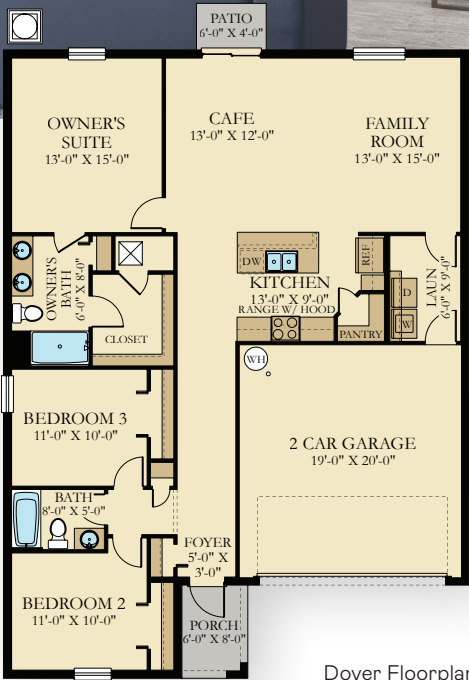
Cape Coral Dentistry

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16 Del Prado Blvd. S, Cape Coral, FL 33990
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Dover Plan



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Cape Coral Cruise Club from page 1

enjoy cookouts, card playing and just good ol' friendship with their fellow club members. Others drive to our nearby lot on the day of the picnic where we keep a club owned pontoon boat to transport them to the island. Our pontoon boat is operated by Coast Guard licensed captains who are also members of the club.

Our island is an amazing place to be! It's old Florida at its best. We have a covered pavilion that seats up to 70 people for meals, restrooms, a fully furnished kitchen, and a large garage with plenty of tools and equipment to maintain our property. Of course, we also have a sophisticated security system to protect our assets when the island is vacant.

When we're not at the island, we enjoy cruising together to a variety of Southwest Florida marinas. Some of our popular destinations include Pink Shell at Fort Myers Beach, Legacy Harbour in downtown Fort Myers, and South Seas at Captiva. Our monthly cruises generally depart on Tuesday and return on Friday. During our monthly cruises, we have games, contests, educational seminars, and lots of food to share.

We also have an extended cruise each April. Our extended cruises are usually seven to 10 days in duration. The club has journeyed to many great destinations such as Miami, Georgia, up to Tampa and beyond, Key West, and even to the Bahamas!

The Cape Coral Cruise Club is a great club to join if you live in Lee, Collier or Charlotte counties and have a power boat with overnight sleeping accommodations. For more information, contact our Membership Chairman Terry Carlson at (239) 770-6955, or visit our website at: www.ourgrouponline.org/CapeCoralCruiseClub.

February "Soup-Er Bowl" Picnic!

Saturday, Feb. 4 was a beautiful, sunny day, for the club's "Soup-er Bowl" picnic! Captain John Queen piloted the *Captain Phil* pontoon and shuttled 42 members to Hidden Island for a fun-filled day of games, camaraderie, and fabulous food!



Janet Noack and Karla Spoke were our hosts this month and, in keeping with the theme, provided some amazingly hearty soups! The menu included tomato basil, chicken chili, chicken tortellini, stuffed pepper, and loaded baked potato! Dessert was a scrumptious strawberry shortcake! Activities also kept with the Super Bowl theme with a "friendly football relay," as well as bocce and horseshoes.



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.



Sounds Of Jazz And Blues from page 1

General (\$25, \$35 day of event). We highly encourage bringing lawn chairs and blankets to enjoy the show! No seats are provided for general admission guests. Food trucks and beverages will be available for purchase.

Experience (\$50, \$55 day of event). Limited tickets available. Includes buffet-style catered meal and two drink tabs for beer, wine, or soda. Water is included. Additional drinks can be purchased at the bar. Round table seating is provided for experience guests. No table reservations will be accepted.

Children under the age of 5 years old do not require a ticket.

No refunds or exchanges, smoking/vaping in guest areas, coolers, outside beverages, food or open containers containing liquid (including coffee), unauthorized/unlicensed vendors, unauthorized solicitations, handbills, sampling, giveaways, etc.



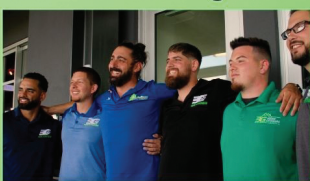
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Volunteer Opportunities

Are you looking to get more involved in the community, accumulate volunteer hours or simply help out? There are a number of great opportunities available throughout the year for friendly and enthusiastic individuals and groups of all ages to volunteer their time and talents to the City of Cape Coral. The gift of your talent and time is appreciated!

Development Services

- Code Enforcement, (239) 574-0624. Answering phone and email inquiries, printing forms, data entry, greeting citizens and providing assistance.

Financial Services

- Financial Services, (239) 574-0497. Help staff with various office work.

Fire Department

- Community Emergency Response Team (CERT), (239) 574-0501. Become more informed and better prepared to cope with a major disaster. CERT volunteers are encouraged to support emergency response agencies by taking an active role in emergency preparedness projects (eight-week class).

Parks And Recreation

- Cape Coral Art Center, (239) 574-0802. Help staff with various art-related projects.
- Coral Oaks Golf Course, (239) 573-3120. Serve as a golf cart attendant, ranger, driving range picker, etc.
- Lake Kennedy Center, (239) 573-3120. Assist with setup and/or cleanup of dinner shows/special events; front desk and light clerical assistance; decorating for the holidays.
- Rotary Park Environmental Center, (239) 573-3120. Assist with nature trail cleanup and other environmental-related projects.
- Special Populations Center, (239) 573-3120. Help people with developmental disabilities engage in craft workshops, cooking classes, dances, bowling and other activities.
- Special Events Division, (239) 573-3123. Assist at citywide special events (i.e. Coconut Festival, Bike Night) with registration, ticket sales, food service, merchandising, etc.
- Tony Rotino Center, (239) 573-3120. Act as an instructor teaching a special skill to seniors.
- Youth Center/Skate Park, (239) 573-3120. Assist staff with planning and facilitating youth programs and activities.

Police

- Police Volunteer Unit. (239) 242-3346. Duties range from administrative tasks at Police Headquarters to checking vacant homes on behalf of residents who are on vacation, to helping patrol the roads and waterways of Cape Coral.

Public Works

- Adopt a Median, (239) 574-0811. Help keep Cape Coral beautiful by adopting all or part of a median or cul-de-sac. This includes landscape installation and maintenance; supplies are not provided.
- Adopt a Road, (239) 574-0811. Take pride in your community and adopt a road! All materials provided, including trash bags, gloves, and safety vests. Public Works will pick up and dispose of full bags of trash.
- Canal Watch, (239) 574-0742. Each month, volunteers collect environmental data and water samples from their canal. The samples and data are then brought to the city's water quality laboratory for analysis.
- Canal Cleanup, (239) 574-0742. Citizens of Cape Coral venture out by land or by boat to remove litter and debris from the Cape's waterways and waterfronts.

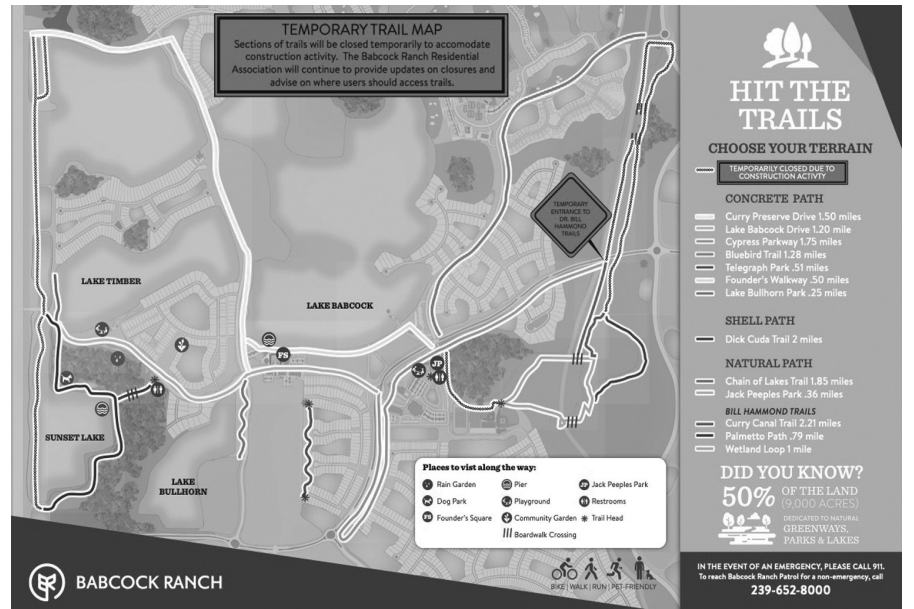
Out Of The Office

Hitting The Trails At Babcock Ranch

I am a big fan of finding things that get kids outside and active. And as far as family activities go, nothing gets everyone involved quite like taking the bikes out for a ride. But choosing the right location is extremely important in ensuring that you have a safe and enjoyable bike ride with your kids. The right trail or bike path can make the difference between a stressful, exhausting ride and an enjoyable one for both you and the kids. Just a short drive from Cape Coral is Babcock Ranch where there are more than 50 miles of hiking, biking and equestrian trails ready to be explored.



Babcock Ranch is designed to encourage residents and visitors to abandon their cars and explore the community



Tax Talk

What Taxpayers Should Know When Choosing A Tax Professional

Bud Krater has been doing taxes in Lee County for over 30 years. He has his Enrolled Agent (EA) status with the IRS, which means he can represent you in front of the Internal Revenue Service. He is passionate about his job of saving people tax dollars. His company, A Bud Krater Inc., has three guarantees. For more information, contact him at (239) 772-1040. He will be happy to help!



Many taxpayers turn to tax professionals to help them prepare their federal tax return. These taxpayers should choose their preparer with care. While most tax return preparers provide quality service, unfortunately some are unreliable or even fraudulent. Taxpayers are ultimately responsible for all the information on their income tax return, regardless of who prepares the return.

When Using A Tax Return Preparer, Taxpayers Should

- Look for a preparer who's available year-round in case questions come up after filing season is over.
- Ask about service fees. Taxpayers should avoid tax return preparers who base their fees on a percentage of the refund or who offer to deposit all or part of the refund into their own financial accounts.
- Ensure their preparer offers IRS e-file. The IRS issues most refunds in fewer than 21 days for taxpayers who file electronically and choose direct deposit.
- Provide records and receipts. Good preparers ask to see these documents.

on foot or by bike. I moved to Babcock Ranch last summer, and daily I see an influx of visitors and many are joining us residents on the many trails and connecting sidewalks offered in our sustainable community.

The Dick Cuda Trail is my family's favorite. This flat 2.5-mile loop begins and ends in Sunset Park. From Sunset Part we like to take the Lake Babcock Trail through town to the other side of the community. You can take a water break at Jack Peeples Park and let the kids have playtime on the playground. We usually end with the half mile trail loop around Telegraph Park before taking a scenic route back to our home.

All of the trails are open to the public and visitors are encouraged to bring your bikes and explore our beautiful environment. After biking around the community, you can stop in Founder's Square to cool off with some delicious ice cream from Square Scoops Coffee & Creamery or grab a full meal at Slater's or The Lakehouse.

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!

- Understand the preparer's credentials and qualifications and review their history for complaints or disciplinary actions.

- Never sign a blank or incomplete return. Taxpayers are responsible for filing a complete and correct tax return.

- Review their tax return before signing it and ask questions if something is not clear or appears inaccurate.

- Make sure any refund will go directly to the taxpayer's bank account – not into the preparer's bank account.

- Taxpayers should review the routing and bank account number on the completed return and make sure it's accurate.

"Ghost" Tax Preparer Warning Signs

By law, anyone who is paid to prepare or assists in preparing federal tax returns must have a valid Preparer Tax Identification Number. Paid preparers must sign and include their PTIN on any tax return they prepare. Not signing a return is a red flag that the paid preparer may be looking to make a quick profit by promising a big refund or charging fees based on the size of the refund. Taxpayers should avoid these unethical "ghost" tax return preparers.

How To Report Preparer Misconduct

Taxpayers can report preparer misconduct to the IRS using Form 14157, Complaint: Tax Return Preparer. If a taxpayer suspects a tax return preparer filed or changed their tax return without their consent, they should file Form 14157-A, Tax Return Preparer Fraud or Misconduct Affidavit. Both these forms are available on the Make a Complaint About a Tax Return Program page of IRS.gov.



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Harry Chapin Food Bank
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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**

March 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 \$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

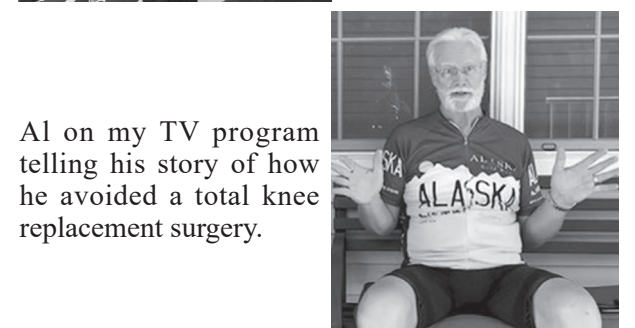
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P.S. When accompanied by the first, I am also offering the second family member this same examination for only **\$45.**

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.



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!

Call Today 239-482-8686

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Cruisin Tikis, Entertainment, Cape Coral, FL 33904, www.capecoralcruisintikis.com, (239) 365-9900



Monarcas Authentic Mexican Cuisine Bar & Grill, Restaurant, 1604 S.E. 46th St., Cape Coral, FL 33904, www.monarcasrestaurants.com/cape-coral, (239) 540-9533

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Happy St. Patrick's Day

MARCH 17



Cape Coral Art League

March And April 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 March and April from 1 to 4 p.m. Open to the public. \$2 for members, \$6 for nonmembers (pay at the door).

Silent Auction

The silent auction will be available for viewing from March 2 through March 29, during gallery hours: Monday through Thursday, 11 a.m. to 4 p.m.



The silent auction items such as artwork, supplies, and services were donated by Art League members and instructors and range from a painting or a service like a class; a portrait; a special lesson; art supplies; or pottery.

The auction will close on Wednesday, March 29 at 11 a.m. and the highest bidder will be contacted.

People And Places

Class Act – artwork by members who have taken a class or workshop will be available for viewing from March 6 to 30 during gallery hours. Wine and cheese reception will be Thursday, March 9 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.

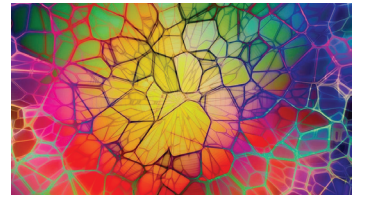


Workshop: Approaching Abstract Using Mixed Media – Cheryl Fausel

Thursday, March 2; Friday, March 3; and Saturday, March 4; 9: a.m. to 4 p.m.

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.

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. Check our Facebook page or our website for updates.

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.

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Featured Artist

Donna Maves



I started painting when I was 50, came home after my first lesson and told my husband Fred, "This is what I want to do for the rest of my life."

I studied with a great teacher, Sharon Wilson, for seven years. When I retired from teaching in Bloomington, Minn., after 35 years, I combined my love of teaching and watercolor. I started a new retirement career teaching watercolor to adults.

I have my own studio at our lake home in Minnesota, where we live for six months over the summer, called Cottontail Studio. During the winter six months, I teach here at the Cape Coral Art League, the best club in the area!

Teaching watercolor has enhanced my retirement beyond my wildest dreams. I get to share my passion with people from all over this country and from other countries who live here in Cape Coral and at my lake home up north.

I continue to improve my watercolor techniques by taking lessons from many nationally ranked watercolor artists.

If you would wish to buy a painting or take lessons, please contact me at (218) 330-8946.

Remember When ...

Cape Coral Gardens

Porpoise Show

The Cape Coral Gardens was the largest attraction of Cape Coral but due to the times, the gardens were closed in 1970. An article about the Cape Coral Gardens in *The New York Times*, dated Nov. 22, 1964, stated, "One of Florida's newest attractions, a 22-acre installation that embraces a variety of gardens, an amphitheater, a fountain-studded lake and a pool inhabited by four performing porpoises, is scheduled to open here before Dec. 1."

Aage Schroder was 18 years old when he landed the job at the Porpoise Pool. When asked what his fondest memory of his job, he stated, "My fondest memory was being in the Porpoise Pool with the four porpoises. All were females. Because I was the new guy, I had to do the cleaning. I had to get in the pool to vacuum the bottom and scrub the tile along the water line. When you first got in the pool, you had to spend 10 minutes greeting each of the four porpoises, scratch their backs and rub their bellies. They would not let you do any work until you interacted with them. If you did not do this when you first entered the pool,

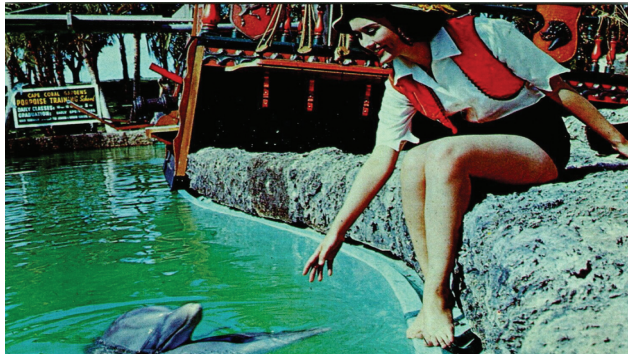


Photo by Angelo Cario

the porpoises would come up and bump you gently with their snout to let you know they wanted to 'play.' The porpoises would let me hold on to their dorsal fin and be pulled around the pool. That was great fun.

"My favorite was Susie. She was the youngest and cutest. She was the 'teenager' and only about 5 feet long. She always seemed to be in a good mood, and she was very playful," Aage shared.

A Porpoise Puts On A Show At The Porpoise Pool – 1960s

Submitted by Cynthia Williams

Before there was Sea World in Orlando, there was the Porpoise Pool in the Cape Coral Gardens. Never mind that the saltwater mammal commonly found along the Gulf coast of Florida is the bottlenose dolphin and not the porpoise (there's no coral under Cape Coral, either), the Porpoise Pool, after the Waltzing Waters show, was the most popular attraction in this 1960s Cape Coral tourist attraction.



The Porpoise Pool was a 240,000-gallon, free-form pool of fresh water into which eight tons of rock salt was dumped to simulate the surrounding saltwater environment of Cape Coral.

Here, captive wild dolphins performed tricks in exchange for 20 pounds of fish per day, sometimes leaping 18 to 20 feet in the air to take the fish from the fingers of the trainer on the prow of a "pirate ship" propped on an artificial reef at one end of the pool.

Three of the first four performers were captured while still nursing infants, but wow! They gained 5 pounds a week, and training with props was delayed until they were old and tamed enough to pay attention.

Some dolphins were not inclined to learn tricks. A dolphin named Theresa, for instance, became so irate at being pressured with a 6-foot hoop, that she rammed the side of the pool until she broke the heavy underwater gate. Others, like Dumbo, were more pleasant tempered; Dumbo slid into a big "bathtub" and allowed the trainer to brush his teeth. Another trainee modeled hats.

The performing pool was 10 feet deep. The holding pens, where the dolphins lived when not learning tricks, were 4½ feet deep. These water tanks were billed as a "porpoise paradise,"

but to beings who are from 7 to 12 feet long and weigh up to 1,400 pounds, they must have seemed rather confining compared to their natural home in the Gulf of Mexico.



During the time the Rose Gardens were closed, but still existed, my brother and I would explore out there. This is a souvenir that's been in my family since.

Photo by Rick Ruscin

The Flamingo Pool And Fountain

This was home for graceful swans, flamingos, and other colorful waterfowl.

In May 1965, *News-Press* writer, Chris Ketrige, reported that 10 flamingos had been added to the Gardens. Imported from Peru and Colombia, they "were placed on a small island in the lagoon near the Hanging Gardens. The birds averaged 4 feet in height and, according to their caretaker, "required a great deal of care." To achieve the brightest pink color, they were fed "powdered shrimp, fish pellets, dog meal, cracked corn, stale bread and ... Glamen Oil, which is high in vitamin A and D and costs \$32 a gallon."

Nevertheless, soon after the birds were brought to the Gardens, one of them walked away. Then the escapee's mate got her foot caught in the fence and the foot was amputated. The caretaker hoped that the experimental attachment of a plastic foot would succeed, although it would then be necessary to cage the bird for life to keep the other flamingos from killing it.

In May 1966, *The News-Press* reported that four more of the "pink beauties" had escaped. The escapees had a price on their heads of \$25 each if returned in good condition (barring the escape preventative of mutilated wings, of course). Readers were warned to be on the lookout for one of these escaped prisoners who had been spotted "around Sanibel."

In February 1968, flamingos were still living in the Gardens, along with "a young Indian elephant, alligators, deer, foxes, bobcats, bears, monkeys, raccoons, and other wildlife." The tourist attraction closed in 1970.



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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.

March Events

Thursday, March 2

- Lake Kennedy Day Trip to Bok Tower Gardens

Friday, March 3

- Kid's Indoor Obstacle Course at Four Freedoms Park
- Butterfly Garden Design at Rotary Park

Saturday, March 4

- Florida-Friendly Yards Tour Departs from Rotary Park

Monday, March 6

- Morning Craft Workshop at Lake Kennedy Center

Tuesday, March 7

- Free Florida Mammals Program at Rotary Park
- Rotary Park's Full Moon Paddle
- Evening Craft Workshop at Lake Kennedy
- "Confused About Hospice?" Lunch and Learn at Lake Kennedy

Wednesday, March 8

- Guided Preserve Hike at Four Mile Cove Eco Preserve

Thursday, March 9

- Zentangle Art Class at Lake Kennedy Center
- Lake Kennedy Day Trip to Arcadia Rodeo
- Kid's Craft Workshop at the Youth Center
- Midweek Bingo at Lake Kennedy
- Adult Bunco Group at the Youth Center
- Ladies Make and Take Craft Workshop at the Youth Center

Friday, March 10

- Exhibit Reception for "Art Focus" and "We Exist" at the Cape Coral Art Center
- The Del Prados at Lake Kennedy Center
- Cape Music and Arts Fusion on S.E. 47th Terrace

Saturday, March 11

- Pajama Movie Night with Popcorn at the Youth Center
- Tropical Fun-Shine Polynesian Show at Rotary Park

Sunday, March 12

- St. Patrick's Day Bingo at Lake Kennedy Center

Tuesday, March 14

- "Combatting Depression" Lunch 'n' Learn at Lake Kennedy Center
- Cape Coral Friends of Wildlife Meeting at Rotary Park

Wednesday, March 15

- Wild Edibles Walk at Rotary Park

Thursday, March 16

- St. Patrick's Day Lunch at Lake Kennedy Center

Friday, March 17

- School's Out Days at the Youth Center
- Guided Kayak Tour of Eco Preserve at Four Mile Cove

- Vino's Picasso Pain pARTy at Rotary Park
- Shake the Shamrock at Lake Kennedy Center

Saturday, March 18

- Tropical Plant Sale at Rotary Park

Tuesday, March 21

- "Scam Calls ID Theft" Lunch 'n' Learn at Lake Kennedy

Thursday, March 23

- Lake Kennedy Day Trip to Sarasota Jungle Gardens
- Afternoon Movie at Lake Kennedy
- Ladies Make and Take Dips at the Youth Center

Saturday, March 25

- Florida-Friendly Landscaping at Rotary Park
- Sounds of Jazz and Blues, Coral Oaks Golf Course

Tuesday, March 28

- "Health Head to Toes" Lunch 'n' Learn at Lake Kennedy

Wednesday, March 29

- Nature Journaling Home School Program at Rotary Park
- Guided Preserve Hike at Four Mile Cove Eco Preserve

Thursday, March 30

- Books and Beyond at Four Freedoms Park
- Lake Kennedy Day Trip to Herrmann's Royal Lipizzans

Friday, March 31

- Glow in the Dark Egg Hunt at Four Freedoms Park
- Single and Ready to Mingle at Lake Kennedy Center

Cape Coral Museum Of History

Presents Speaker Series

The Great Escape – March 7, 5 To 6:30 p.m.

Join us as we welcome multi-award-winning author and internationally acclaimed lecturer Robert Macomber for his presentation "The Great Escape" as part of our Speaker Series.

"The Great Escape" is the riveting tale of Confederate Secretary of State Judah P. Benjamin's epic escape in 1865 to freedom through the islands of Southwest Florida.

Cape Coral Burrowing Owls Don't Hoot – March 14, 5 To 6:30 p.m.

Join us as we welcome author Beverly Saltonstall as she presents on her new book *Cape Coral Burrowing Owls Don't Hoot* as part of our Speaker Series. Book signing to follow presentation.

Who Made The Everglades? – March 28, 5 To 6:30 p.m.

Join us as we welcome Natalie De La Torre Salas for

her presentation "Who Made the Everglades?" as part of our Speaker Series. Natalie A. De La Torre Salas, MA, RPA is the Public Archaeology Outreach Coordinator for the Southwest Region of the Florida Public Archaeology Network associated with the Florida Atlantic University Anthropology Department.

Please visit our website at <https://capecoralmuseum.org/calendar/> to register for any of our free Speaker Series presentations.

Cape Coral Museum Of History Information

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

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

Cape Coral Museum of History, 544 Cultural Park Blvd., Cape Coral, FL 33990, (239) 772-7037. [www/capecoralmuseum.org](http://www.capecoralmuseum.org).

Photons For Your Brain

Dementia is a progressive neurological disorder that affects an individual's cognitive abilities, including memory, language, problem-solving, and decision-making. It is a multifactorial condition, meaning that it can be caused by a variety of factors, including age, genetics, lifestyle, and environmental factors.

Age is one of the most common causes of dementia. As people age, their brains become less efficient at processing information, leading to a decline in cognitive abilities. Genetics can also play a role in the development of dementia, as certain genetic mutations can increase an individual's risk of developing the condition. Lifestyle factors, such as smoking, alcohol consumption, and poor diet, can also increase an individual's risk of developing dementia. Finally, environmental factors, such as exposure to toxins or head trauma, can also increase an individual's risk of developing dementia.

Fortunately, there are treatments available to help manage the symptoms of dementia. One such treatment is photobiomodulation

(PBM), which is a form of light therapy that has been shown to have positive effects on cognitive function in individuals with dementia. PBM works by stimulating the production of neurotransmitters, which are chemicals that help the brain communicate with the rest of the body. Studies have shown that PBM can improve memory, language, and problem-solving abilities in individuals with dementia.

In conclusion, dementia; Alzheimer's disease and Parkinsonism are chronic complex illnesses. There is no silver bullet to combat these diseases. However, when identified in their early stages, a multi-modal approach can optimize an individual's recovery.

References upon request.

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.

Paid Advertisement

Room Rentals

Looking for an affordable indoor venue to host a wedding, baby shower, family reunion, anniversary, meeting or other special occasion? Cape Coral Parks & Recreation, has you covered!

Please contact the facility of your choice for more information, to schedule a tour, and to book your private rental.

- Cape Coral Art Center, 4533 Coronado Parkway – Conference room (18 seated)
- Coral Oaks Golf Course, 1800 N.W. 28th Ave. – Knickers Pub (88 people)
- Four Freedoms Park, 4818 Tarpon Court – Main room (96 seated)
- Lake Kennedy Center, 4000 Santa Barbara Blvd. – Ballroom (160 seated). Two side rooms: Terrace (30 seated) and Veranda (40 seated)
- Rotary Park, 5505 Rode Garden Road – Environmental Center main room (80 people)
- Youth Center, 315 S.W. 2nd Ave. – Main room and back room (100 people). Good for private and corporate events.

Please note: Normal room capacities are indicated in parentheses.

Movie In The Park

**Saturday, April 1,
Cape Coral City Hall (Front
Lawn) – Peter Rabbit (2018)**

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!

Music And Arts Fusion Walk

Friday, March 10 – 5 To 9 p.m.

The Cape Coral Parks and Recreation Department is proud to bring local artists and musicians together! Join us on Friday, March 10 from 5 to 9 p.m. on S.E. 47th Terrace (between Vincennes Boulevard and S.E. 15th Avenue) for an evening of live music and vendors and support local businesses. This event will feature pop-up shops by local artists, designers and makers with high-quality, handmade, original work from handmade jewelry to paintings. This is a family-friendly event!

Friends Of Cape Coral Library

Cape Coral Library Art Gallery March To April Exhibit

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 from March 2 through April 29. For information, contact Art Gallery Chairperson, Monica Rahman, by email to galleries@capefriends.org or visit www.capefriends.org. Follow "Friends of the Cape Coral Library" on Facebook.

We're excited to show artwork by students in the visual arts classes of the Oasis Schools. The walls, as well as the three lighted display cases of the library gallery, will be filled with projects created by these young artists. Thank you to teachers Susan Schaefer of Oasis Elementary South, Dawn Oliver of Oasis



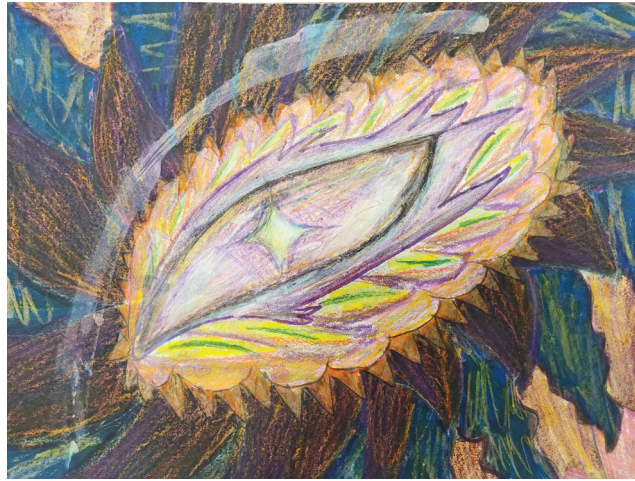
Self Portrait by Donovan H., seventh grade



Surrealistic Portrait by Charlee P., seventh grade



Google Doodle by Ava J., eighth grade



The Dragon Eye by Stella H., sixth grade

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.

Pictured are just a few samples of art that will be in the exhibit. Look for more examples next month, or better yet, stop by the Cape Coral-Lee County Public Library and be amazed at all of the young talent on display!

17th Annual "Coloring The Earth" Children's Environmental Art Contest

Theme For 2023 Art Contest: Let's Save The Florida Scrub Jay!

The Friends of Cape Coral Library and the Cape Coral-Lee County Public Library invite local children ages 5 to 12 to participate in the 17th Annual Children's Environmental Art Contest "Coloring the Earth." The theme this time is Let's Save the Florida Scrub Jay! To enter the contest, children are asked to create an original painting or drawing that shows how we can protect this threatened species from habitat loss and other main threats. Prizes will be awarded to winners in four different age categories.



Photo by John Wolaver

For an entry form with details about the art contest, see a link to the flyer on the Friends of the Cape Coral Library home page at www.capefriends.org. Or find information and entry forms at the Cape Coral Library, 921 S.W. 39th Terrace, in the youth services area where a designated box for submitting artwork entries is also located. The contest deadline is noon on Saturday, April 29, so there's still plenty of time for youngsters to come up with creative ideas. Questions? Please contact Art Contest Chairperson Alessia Leathers by email to alessialeathers@yahoo.com.

50th Anniversary Celebration Was A Big Success

The Friends of the Cape Coral Library (FOCCL) 50th Anniversary Celebration, held at the library on Jan. 21, proved to be a truly memorable event! There were 65 attendees including members and guests, beautiful gold-toned decorations with a 50th theme, a nice selection of fruits and pastries to enjoy with tea and coffee, plus special favors featuring chocolate acorns tied up with gold ribbons. (A nod to the fact that the organization was called "Little Acorns" when it was first founded.)

FOCCL President Dawn LaVacque narrated an excellent slide presentation about the intertwined history of the city,

the library, and the Friends organization. Cape Coral Mayor John Gunter, County Commissioners Kevin Ruane and Brian Hamman, and Director of the Lee County Library System Mindi Simon were honored guests. Each spoke from the heart about their appreciation of libraries and how their own early experiences visiting a library had a positive influence on them.

Two previous FOCCL presidents, Maria Maddalena and Monica Rahman, recounted their terms when leading the organization as well as the accomplishments of other past presidents. Current FOCCL President Dawn LaVacque presented District 1 Commissioner Ruane with a check for library enhancements that include interactive play walls in the children's section and shaded seating in the butterfly garden. To quote LaVacque on this day of celebration: "The Friends are proud to have contributed over half a million dollars to the library over the span of 50 years. We hope to be a part of this wonderful library's history for many years to come."



FOCCL president presented check to County Commissioner Kevin Ruane.

Friends Of Cape Coral Library General Membership Meeting Is March 25

When: Saturday, March 25, 9:30 to 11 a.m.
Where: Meeting Room, Cape Coral-Lee County Library, 921 S.W. 39th Terrace

Refreshments and social time start at 9:30 a.m. followed by a brief business meeting and the program described below. The meeting is open to the public. For more information about the Friends of the Cape Coral Library visit www.capefriends.org.

Program: Walt Irmen, docent at the Edison and Ford Winter Estates, will give a short presentation on the friendship between Thomas Edison and Henry Ford and their winter homes. The Edison and Ford Estates contain a historical museum and 21-acre botanical garden on the adjacent sites of the winter homes located in Fort Myers beside the Caloosahatchee River.

Involving The Whole Family In Spring Cleaning

By Mandy Carter

Spring is usually the time to tackle some deep cleaning in your home. As a working mother, it is typically a challenge to set aside a large chunk of time to deep clean your home. The task of spring cleaning is a daunting one you shouldn't have to tackle alone. So, it's time to get the whole family involved! Not only does it take some of the load off you, but it's also a great way for your kids to learn about responsibility. Before you freak out about spring cleaning this year, spend some time planning it out so your kiddos can get in on all the action.

Steps For Getting Your Family Involved In Spring Cleaning

- Start by making a list of everything you want to have done. Get the family together, walk around your home, and write down everything that needs to be completed.
- Assign jobs. It may take some extra time to show your kids how some tasks are done but consider this an investment in your children.
- Schedule cleaning time. Every day set a time for your family to work on spring cleaning.
- Set deadlines for every task. Deadlines will keep everyone accountable and help them feel like they're part of a team and stay motivated.

Including your entire family in this big cleaning can make the job go faster while also creating memories. Most kids don't want to help with household chores, so to make it fun and memorable, turn it into a game for your younger

kids or offer a reward at the end for your older kids/teenagers. This will motivate them to want to participate more enthusiastically. And throw some music on! Music can make you feel good and distract you from mundane cleaning tasks. Studies also find it increases your productivity.



Now that everything's getting a good deep clean, it'd be awesome to keep it that way. So, this leads to the perfect time to set up a regular cleaning routine that will get your family involved in maintaining spring cleanliness!

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!



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LOOKING FOR PRACTICAL & PROVEN TIPS TO SLEEP BETTER?

New Book by Local Sleep Expert, Jerry LeCompte, Shares Helpful Information, Tips and Advice for Achieving the Best Sleep of Your Life

In 2020, it's estimated that 50-70 million people suffer from one or several sleep disorders, which is why local sleep expert and owner of Naples Mattress and Cape Coral Mattress, Jerry LeCompte, has published a new book, *Sleep Better*, to show area residents how to achieve the best sleep ever.

This helpful book, designed to be read in about an hour, gives readers a helpful path of information, advice and tips based on his years of experience in helping others who want to sleep better.

Jerry's book, *Sleep Better*, was written for those people who are experiencing poor sleep or simply want to get a better night's sleep.

The eight main chapters are titled:

- *Advantages To Good Quality Sleep*
- *Major Health Issues Related To Poor Sleep*
- *Tips For Getting Better Sleep*
- *Your Rhythm & Assessment*
- *Why Buying Local Matters*
- *Mind Shift Mattress Buying*
- *Tips For Mattress Buying*
- *Sleep Better Solutions*

Each chapter in this easy-to-read book provides important information and tips to help readers achieve and maintain better sleep habits.

In describing why he published this book, Jerry shared the following comments.

"As a resident of this area for years, I've seen thousands of individuals and couples affected by poor sleep. When one doesn't sleep well it negatively affects all aspects of life and it typically persists until the root causes are uncovered."

He continues, "It's my personal mission in life to help, encourage and guide these people to sleeping better. I want them to know, they are not alone and my team and I are here to help when needed."

For a limited time, you can receive a free copy of this helpful book. There is no obligation and you can read it in the privacy and comfort of your home.



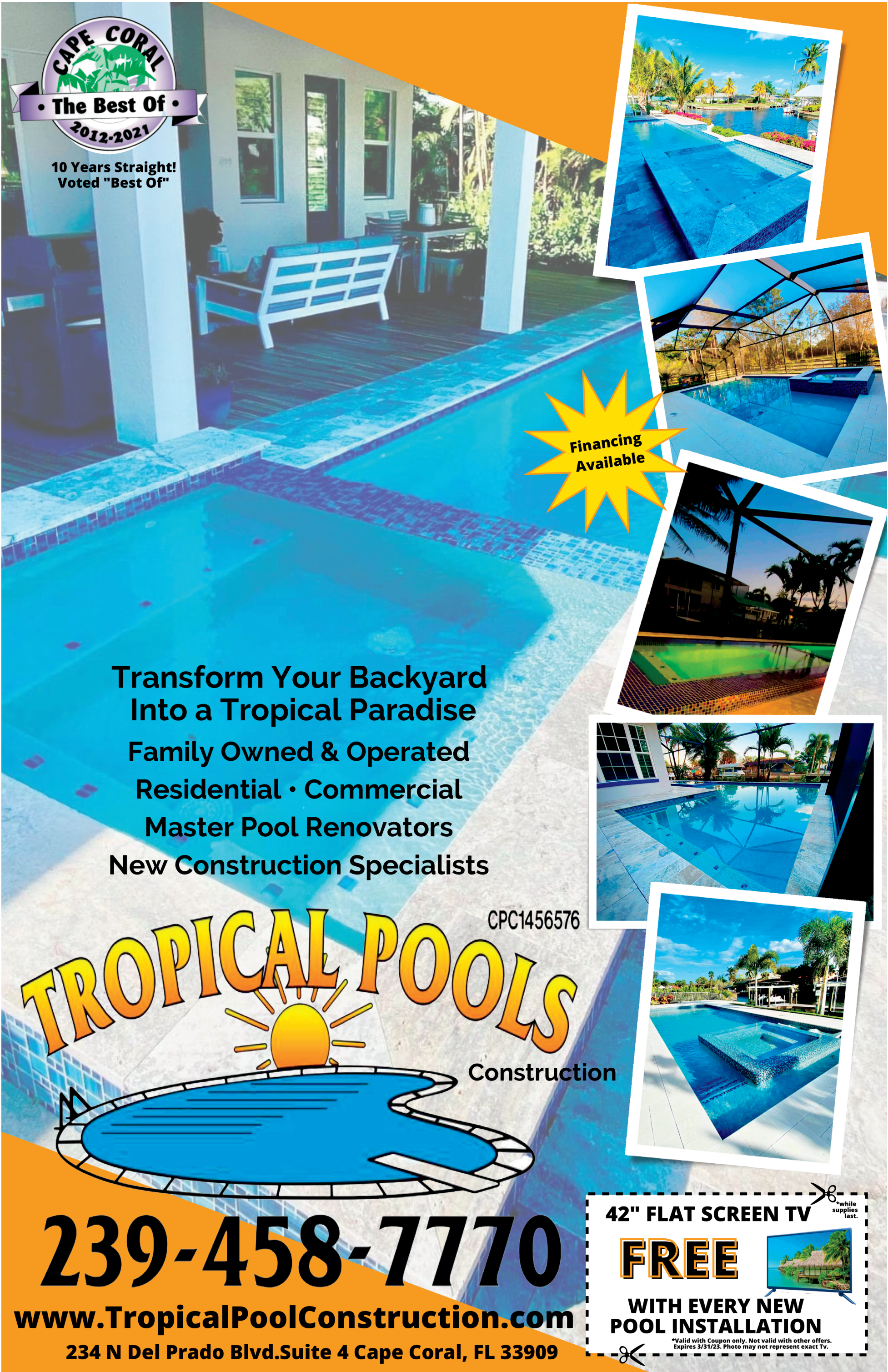
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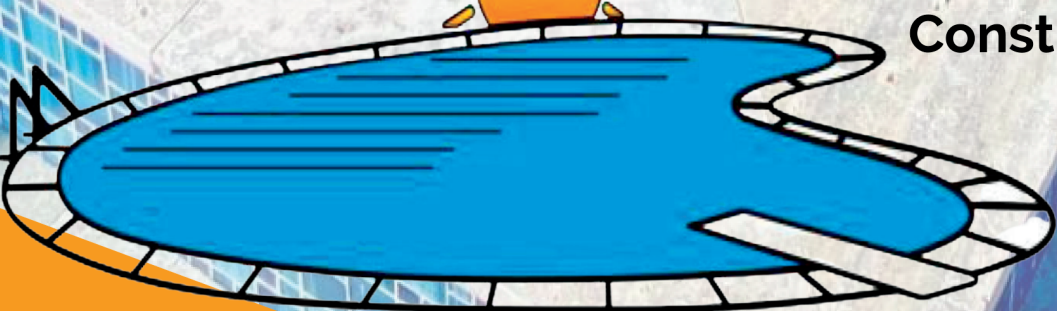
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Expires 3/31/23. Photo may not represent exact TV.