

THE CAPE CORAL SUN

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

Another Seabreeze Publication



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Festa Italiana (Italian Festival)

The Inaugural Festa Italiana (Italian Festival) will be hosted by the Cape Coral Museum Of History on Sept. 30 from 12 to 5 p.m., as a fundraiser for the museum.

The Cape Coral Museum of History is putting on its inaugural Festa Italiana honoring and celebrating the heritage of Cape Coral's many Italian American residents. The two-part event will be held at the German American Social Club (GASC), 2101 S.W. Pine Island Road, Cape Coral, FL 33991 and will include a 12 to 5 p.m. festival with access to delicious food, fabulous entertainment, cooking demonstrations, games, contests, vendors and more. The evening portion consists of a dinner, dance and show featuring the Italian stylings of nationally recognized entertainer Michael D'Amore.

Festa Italiana will be a chance for residents and visitors of all ages to gather for great food and amazing music. Come celebrate with us and join the fun! All proceeds benefit the museum and its mission.

When: Sept. 30, 12 to 5 p.m., festival and 6 to 9 p.m., dinner, dance and show featuring Michael D'Amore

Where: German American Social Club, 2101 S.W. Pine Island Road, Cape Coral, FL 33991



What: Join the Cape Coral Museum of History for our inaugural Festa Italiana. Sample selections from local Italian eateries and food trucks, view cooking demonstrations, participate in pasta themed contests and games, shop local vendor booths, and enjoy music from local performers.

After the festival we will be hosting a dinner, dance and show featuring entertainer Michael D'Amore. Come dance to the stylings of a true New York Italian crooner. The dinner, dance and show are separate ticketed events.

Entertainment

- Festival entertainment from 12 to 5 p.m. featuring Deena da Singer and Robert Gonnelli
- Dinner, dance and show from 6 to 9 p.m. featuring Michael D'Amore

Tickets

- Festival tickets – 12 to 5 p.m., \$10, Children 12 and under, free.
- Dinner, dance, and show – 6 to 9 p.m. – \$40
- Show **only** – 6 to 9 p.m. – \$20

To purchase tickets for the festival and dinner/concert, visit www.capecoralmuseum.org/festa-italiana/. Online ticket sales close on Sept. 28. Tickets will be sold at the door. For questions about the event, contact the museum at (239) 772-7037 or email info@capecoralmuseum.org.

Festa Italiana on page 3

Cape Coral Parking Study

What Is The Purpose Of The Parking Study In Cape Coral?

The South Cape Downtown Parking Management Plan provides a solid plan for managing parking in Cape Coral's Downtown Core. It ensures organized development and creates a thriving, enjoyable area for the community.

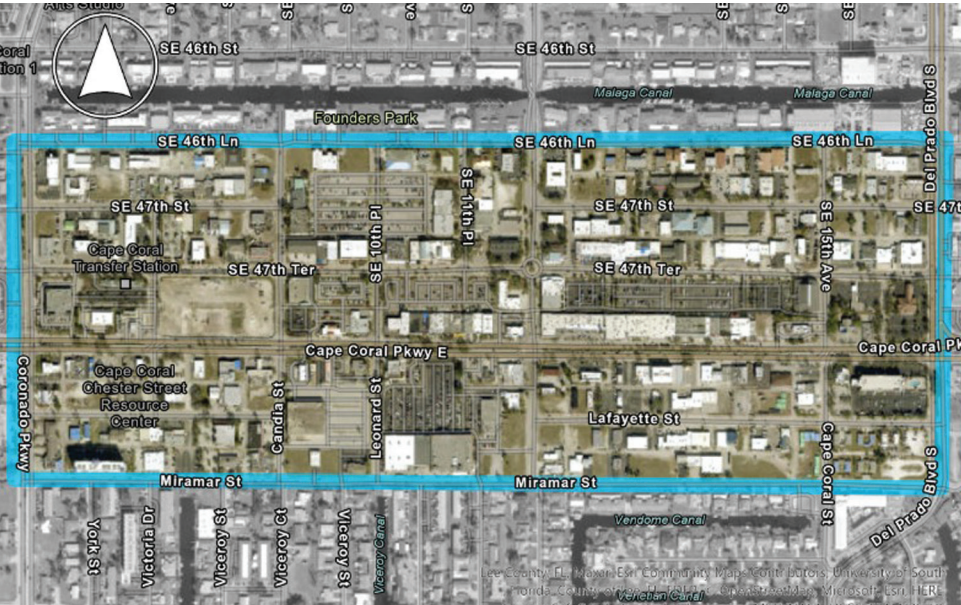


What Is A Parking Management Plan?

- Examine parking conditions and patterns.
- Gather data on parking demand, usage and challenges.
- Make the best use of parking supply and inform policy and regulations.

Why Do We Need It?

- **Parking surveys for data collection:** To gather data and understand current parking conditions and challenges in an area.
- **Goals of a parking study:** Identify areas for improvement, optimize parking availability, and enhance transportation efficiency.



Project limits: Downtown South Cape

Cape Coral Parking on page 4

Save The Date For Oktoberfest!

Oct. 20, 21, 22 And 27, 28, 29

O'zapft is'! Time once again for the community to come together to enjoy life and experience Southwest Florida's biggest party – the 38th Annual Cape Coral **Oktoberfest!**



We here at the German American Social Club are so excited to invite you to the event for fun, great food, German beer, live music, laughter and dancing – from polka to blues and country, to the Chicken Dance. Come and celebrate with your clan or crew, with your significant other, or even on your own – you're bound to meet great people here! With German music and local bands, German food and beer, there's plenty of fun to go around, for any age. So, dust off your dirndls, launder your lederhosen and join us for an epic time of stein slurping with your "beste freunde."

This year's dates are Oct. 20, 21, 22 and 27, 28, 29 – the last two full weekends of the month. This is where the entire community joins us for some **Gaudi** – leg-slapping, joyous fun – and **Gemütlichkeit** – that you're welcome and a part of something special. Come sit with friends, dance under the big tent or relax under the bright umbrellas in the Bavarian Gardens. The hours are Friday from 4 p.m. to midnight; Saturday, noon until midnight; and Sunday from noon until 8 p.m.

This year, the German American Social Club is thrilled to be able to feature a music ensemble from Germany again, featuring the Maselheimer Musikanten, the big band that the community welcomed in 2017, and the Aichers, also from Germany. The event will also feature local favorites such as The Boots, Deb & the Dynamics, A'Finnity, Cape Coral's own Hafenkappelle, Manni Daum Trio, and many more! There will be nonstop foot-tapping music in the tent, the gardens, and inside in the Edelweiss Hall; something for every ear.



Lissette Ortiz, Ms. Oktoberfest 2022

Save The Date on page 4

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

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



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I-75 to exit 158 (Green Gulf Blvd/Tuckers Grade). Go west 1 mile, then north on US 41 for .3 miles. Turn left on Notre Dame Blvd for 2 miles, then turn left on Burnt Store Rd. After 3 miles, community will be on the right.



Heritage-Landing.com

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Out Of The Office

Dining Around Delray

By Mandy Carter

It's fun to visit a new city just to try out their food scene. On a road trip to Delray Beach we did just that by creating our own food tour and the experience was fantastic!

Sunday Brunch

Dada's is located in one of the oldest historic homes in Delray Beach and is listed as a historic site. This quaint house, which was remodeled into a restaurant, is full of charm and creates an eclectic and funky dining vibe. It was voted by Yelp as one of the top 100 restaurants in the United States in 2022. From the shareable sweets to the oversized entrees, we found everything to be delicious. And I had the best avocado toast I have ever had here!

Waterfront Dining

Be sure to visit Deck 84 for waterfront dining with live music and a diverse menu. It is



Dada's brunch



Deck 84 chicken fried rice

a great place to dock, dine, enjoy drinks, live music and dinner that will please even the pickiest of eaters. I had the most delicious chicken fried rice here.

Family Dinner In The Middle Of Everything

Make reservations at Elisabetta's for a delicious traditional Italian meal in the middle of downtown. This casual but fine dining spot offers homemade pastas, daily specials, wood-fired entrees and generously topped pizzas with a well-crafted cocktail menu.



Elisabetta's in Delray

Great Bar Food

If you are looking for bar food with good brews but need a family-friendly location, then the open air restaurant of Johnnie Browns is the perfect place. The menu includes burgers, wings, salads, seafood, barbeque and even vegan options plus a full bar with a great selection of draft beer.

The Perfect Walk-Around Dessert

Ice cream is the ideal dessert when you want to stroll while enjoying a tasty treat. Häagen-Dazs is located right in the middle of Atlantic Avenue, so it is a perfect stop after any meal in the area.

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German American Social Club
in Cape Coral

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Cape Coral, FL 33991
Route 78
7 Miles West of US 41
239-283-1400

Festival Hours:
Fri 4pm-Midnight
Sat Noon-Midnight
Sun Noon- 8pm

So the next time you take a trip, plan your own food tour. And if you head to Delray Beach you are welcome to copy mine!

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.

Festa Italiana from page 1

Want to be involved? Vendor, sponsor, and volunteer opportunities are available. For more information visit www.capecoralmuseum.org/festa-italiana.

About Michael D'Amore

Singer and songwriter Michael D'Amore was born in upstate New York and raised and resided in New Jersey for most of his life. For 35 years, D'Amore has been a professional entertainer hailing from the New York metropolitan area. His performances cover several genres with special attention devoted to harmony, which is one of his passions.

D'Amore currently performs as a member of The Capris and is proud to sing lead on their hits There's A Moon Out Tonight and Morse Code Of Love for music fans around the world. In recent years he has opened for and shared the stage with groups such as The Stylistics, Lou Christie, John Cafferty, The Loving Spoonful, Tony Orlando, Kenny Vance and the Planotones. D'Amore continues to strive for perfection in his craft and will always measure his level of success by the number of smiles in his audiences.

About The Cape Coral Museum Of History

Since its inception in 1987, the Cape Coral Museum of History has sought to discover, preserve, and share the history of Cape Coral through its archives, museum exhibits and public programs. The museum is the official repository for the history of Cape Coral and serves as a public resource for all sectors of the local community, as well as international and United States tourists. Operated by the Cape Coral Historical Society, the museum exhibits artifacts, documents, and photographs pertaining to the history of Cape Coral and Southwest Florida.

Located at 544 Cultural Park Blvd. in Cape Coral, the museum has three buildings and three garden areas to explore! For information on tours contact the museum at (239) 772-7037.

SAVE THE DATE **September 30, 2023**
12 - 5 Festival
6-9 Dinner, Dance and Show

CAPE CORAL
festa
ITALIANA

benefitting the
Cape Coral Museum of History

for tickets and information visit
capecoralmuseum.org
239-772-7037

Food Games Contests Cooking Demos Vendors

Dinner, Dance, and Show featuring Michael D'Amore

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Tax Talk

IRS eScams

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!



The Internal Revenue Service warned taxpayers today to be

on the lookout for a summer surge of tax scams as identity thieves continue pounding out a barrage of email and text messages promising tax refunds or offers to help “fix” tax problems.

The latest email schemes touch on a variety of topics, but many center around promises about a third round of Economic Impact Payments. The IRS is seeing hundreds of complaints daily pouring into phishing@irs.gov about this scam, which has an embedded URL link that takes people to phishing website to steal sensitive taxpayer information.

The IRS is also receiving reports of emails urging people to “Claim your tax refund online,” and text messages that the person’s tax return was “banned” by the IRS. These scams are riddled with spelling errors and awkward phrasing, but they consistently try to entice people to click on a link.

“The IRS is seeing a wave of these summer scams relentlessly pounding taxpayers,” said IRS Commissioner Danny Werfel. “People are being flooded with these email and text messages, but we want them to avoid getting swept up in these terrible scams. Taxpayers should be wary; remember, don’t click on links from questionable sources.”

At the same time, the IRS and Security Summit continue to warn taxpayers against the most recent wave of activity involving tax scammers. Here are some highlights:

The Economic Impact Payment Scheme

This is currently the highest volume email scheme the IRS is seeing. Emails messages are hitting inboxes with titles like: “Third Round of Economic Impact Payments Status Available.” The IRS routinely sees hundreds of taxpayers forwarding these messages each day; the IRS has seen thousands of these emails reported since the July 4 holiday period.

The third round of Economic Impact Payments occurred in 2021, more than two years ago. And this particular scheme, which plays off this real-world tax event, has been around since then. But while the stimulus payments ended long ago, the related scheme has evolved and changed as scam artists look for new ways to adjust their message to trick people.

Taxpayers shouldn’t be fooled by this message for many reasons. For example, these emails are routinely riddled with spelling errors and factual inaccuracies, like this example:

“Dear Tax Payer, We hope this message finds you well. We are writing to inform you about an important matter regarding your recent tax return filing. Our record indicate that we have received your tax return for the fiscal inconsistencies or missing information that require your attention and clarification. You will receive a tax refund of \$976.00, We will process this amount once you have submitted the document we need for the steps to claim your tax refund. Sender : INTERNAL REVENUE SERVICE”

Like many scams, this email urges people to click on a link so they can complete their “application.” Instead, it takes the taxpayer to a website where identity thieves will try to harvest valuable personal information.

The Misleading “You May Be Eligible For The ERC” Claim

The IRS has observed a significant increase in false Employee Retention Credit (ERC) claims. The ERC, sometimes also called the Employee Retention Tax Credit or ERTC, is a pandemic-related credit for which only select employers qualify.

Scam promoters are luring people to improperly claim the ERC with “offers” online, in social media, on the radio, or through unsolicited phone calls, emails and even mailings that look like official government letters but have fake agency names and usually urge immediate action. These unscrupulous promoters make false claims about their company’s legitimacy and often don’t discuss some key eligibility factors, limitations and income tax implications that affect an employer’s tax return. It’s important to watch for warning signs such as promoters who

say they can quickly determine someone’s eligibility without details, and those who charge up-front fees or a fee based on a percentage of the ERC claimed.

Anyone who improperly claims the ERC must pay it back, possibly with penalties and interest.

Eligible employers who need help claiming the ERC should work with a trusted tax professional. False ERC claims were so widespread this year that the IRS added them to its annual Dirty Dozen list of tax scams. Details about eligibility, how to properly claim the credit, and how to report promoters are available at IRS.gov/erc.

The “Claim Your Tax Refund Online” Scheme

Identity thieves know that the concept of free or overlooked money is tempting for people. So the IRS routinely sees email and text schemes playing off tax refunds and suggesting people have somehow missed getting their tax refund.

A variation hitting inboxes in recent weeks has a blue headline proclaiming people should “Claim your tax refund online.”

Again, there are telltale warning signs, including misspellings and urging people to click a link for help to “claim tax refund.” Here’s one example:

“We checked an error in the calculation of your tax from the last payment, amounting to \$ 927,22. In order for us to return the excess payment, you need to create a E-Refund after which the funds will be credited to your specified bank. Please click below to claim your tax refund. If we are unable to complete within 3 days, all pending will be cancelled.”

The “Help You Fix-It” Text Scheme

In another text scam seen in recent weeks, identity thieves come up with a name on a text message that tries to sound official, like “govirs-accnnt2023.” They then send a variety of messages that say there’s a problem with a person’s tax return but, not to worry, the anonymous sender of the text message can help resolve the problem if they click on a link.

Like others, there are many red flags on these text messages, including misspellings and factual inaccuracies:

“MSG ... IRS: You federal return was ban-by the IRS. Don’t worry, we’ll help you fix it. Click this link.”

The “Delivery Service” Scam At Your Door

Earlier this month, the IRS warned taxpayers to be on the lookout for a new scam mailing that tries to mislead people into believing they are owed a refund. The new scheme involves a mailing that arrives in a cardboard envelope from a delivery service. The enclosed letter includes the IRS masthead and wording that the notice is “in relation to your unclaimed refund.”

Receive a scam message?

People that receive these scams by email should send the email to phishing@irs.gov. People can forward the message, but IRS cybersecurity experts prefer to see the full email header to help them identify the scheme.

If people are victims after clicking and entering their information, they should report the email to phishing@irs.gov – but they should also file a complaint with Treasury Inspector General for Tax Administration and visit IdentityTheft.gov and Identity Theft Central at IRS.gov.

The IRS also warns taxpayers to be wary of messages that appear to be from friends or family but that are possibly stolen or compromised email or text accounts from someone they know. This remains a popular way to target individuals and tax preparers for a variety of scams. Individuals should verify the identity of the sender by using another communication method; for instance, calling a number they independently know to be accurate, not the number provided in the email or text.

If you need help, please call us anytime at (239) 772-1040. [Source: www.irs.gov, IR-2023-131]

Save The Date from page 1

Enjoy the German and international delicacies from the various outdoor food vendors, or a sit-down dinner in the Von Steuben Hall. You’ll want to meet Ms. Oktoberfest 2022, Lissette Ortiz! Ask for a photo shoot or dance with her or one of the Ms. Oktoberfests from previous years wearing their pretty dirndls and elegant blue sashes.

The German American Social Club of Cape Coral held its first public Cape Coral Oktoberfest in 1986. It has grown over the years to be the largest Oktoberfest in Florida and the second largest in the country, and last year brought a record number of close to 40,000 attendees to Cape Coral’s Wies’n over the two weekends.

Tickets: \$8 in advance at German American Social Club, (Cape Coral); Farmer Joe’s, (Cape Coral); Trebing Tile, (Cape Coral); European Grocery Market, (Fort Myers); German American Bakery, (Fort Myers); Geier’s Sausage Kitchen, (Sarasota); Kallis German Butcher, (Port Charlotte). Tickets will also be available at the gate for \$10. Children under 12 admitted free.

For more information, visit www.capecoraloktoberfest.com, our Facebook page www.facebook.com/CapeOktoberfest or email us at info@gasc-capecoral.com.

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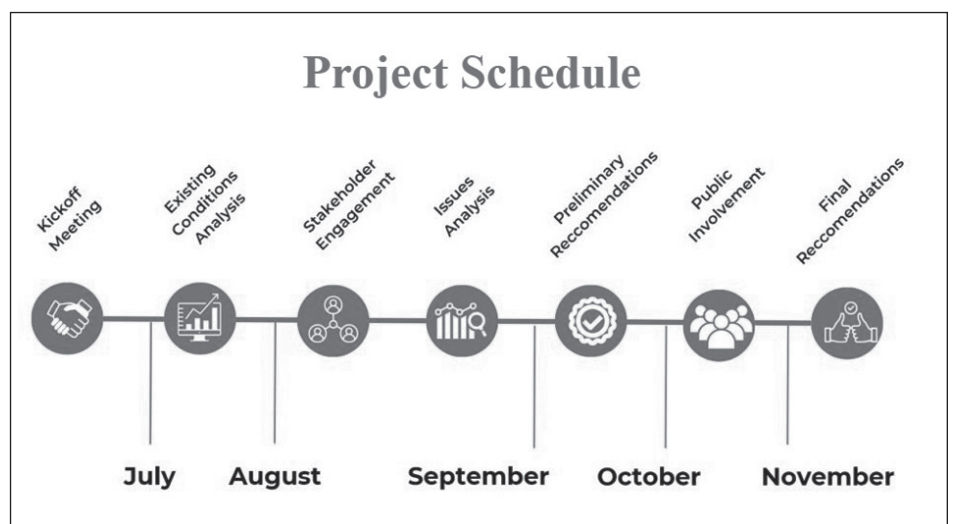
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Cape Coral Parking from page 1

• **Benefits of a parking study for the community:** Valuable insights for decision-making, improved parking for residents, businesses, and visitors, and community involvement in shaping recommendations.

Project Goals

- Comprehensive data collection and informed decision-making.
- Address short-term parking challenges and develop actionable solutions.
- Future-proof parking management recommendations.
- Support long-term mobility vision and public engagement.



How To Get Involved?

We want to hear from you! Complete the survey online at <https://survey123.arcgis.com/share/9b8de4caaf14b84a2d140a475e89860>.

Have a question? Email lauren@nueurbanconcepts.com or info@ddec.com. Subject line: South Cape Parking.

“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 \$197.** 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 **September 30, 2023**, and I don’t want you to miss**

out. By the way, further care is very affordable and you’ll be happy to know that the non-surgical, drug free therapies and procedures performed in my clinic **can cost as little as \$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

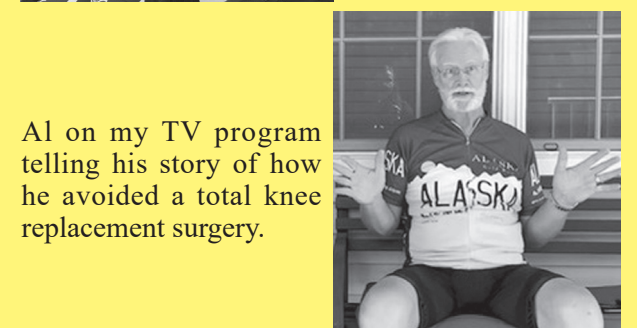
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P.S. When accompanied by the first, I am also offering the second family member this same examination for only **\$45.**

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!

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Cape Coral Cruise Club

Barbecued Ribs And Chicken Picnic At Hidden Island

June festivities began with an amazing barbecue of ribs and chicken, hosted by K.T. and Debra Bowles at Hidden Island! Six members spent the weekend on their vessels at the island and Capt. Jim Eisele ferried 18 other members to the island via our pontoon, the *Captain Phil*. Members arrived dressed in their best red, white, and blue country garb and enjoyed socializing, playing cards, and some country-styled outdoor games.



K.T.'s secret dry rub was the key to the most mouthwatering ribs that were cooked on an open barbecue pit and served with barbecued chicken, red potato salad, coleslaw, collard greens, and Cuban bread. Watermelon and cookies were served for dessert. While rain was in the forecast, Mother Nature cooperated, and we had great weather to enjoy our beautiful island once again.



night the cruise leaders hosted a barbecue on the beach with many different kinds of meats and of course, adult beverages. Sunday started out with lots of wind and rain and a few of us left for home. I believe three boats stayed behind and left on Monday, but more storms were expected on Sunday night.



Cruise To 'Tween Waters Inn

Submitted by Capt. Mike Pitkin

Six boats from the Cape Coral Cruise Club (CCCC) arrived at 'Tween Waters Resort on June 16. After arriving, the gang all took a dip in the resort pool as the temperatures were in the 90s. After some cooling off in the pool, we all sat around a couple of tables on the pool deck and ordered appetizers and drinks until sunset and all retired to our respective boats. Saturday morning, we all gathered around the two large tables in the dock pavilion for a great breakfast hosted by Laz and Chrissy. With the heat upon us again, we all retreated to the cool resort pool. Saturday



Cape Coral
FLORIDA

FERTILIZER RESTRICTIONS

JUNE 1 - SEPTEMBER 30

CHOOSE CAREFULLY

Fertilizer's containing nitrogen or phosphorus are not permitted between June 1 and September 30.



BROADWAYPALM
PRESENTS

August 18 - September 16

AGATHA CHRISTIE'S
MURDER ON THE ORIENT EXPRESS
ADAPTED FOR THE STAGE
BY KEN LUDWIG

This clever adaptation of the Agatha Christie classic boasts glamour, intrigue, suspense and humor. The luxurious Orient Express is surprisingly full for the time of the year, but by morning the train is one passenger fewer. An American tycoon lies stabbed to death, his door locked from the inside. Isolated and with a killer among them, the passengers rely on detective Hercule Poirot to find the murderer before he or she strikes again.

September 22 - October 28

hairspray
BROADWAY'S TONY AWARD-WINNING BEST MUSICAL IS BACK

It's 1962 and Baltimore's Tracy Turnblad, a big girl, with big hair and an even bigger heart, wins a spot on the local TV dance program and overnight is transformed from an outsider to a teen celebrity. Can this new trendsetter win the heart of heartthrob Link Larkin and integrate a television show without denting her 'do? The upbeat score includes *Good Morning Baltimore*, *You Can't Stop the Beat* and the title song, *Hairspray*.

Dates may be subject to change.



Lunch Bunch At Three Fishermen

In addition to our monthly picnics and cruises, the CCCC gathers monthly for a club luncheon at a local waterfront restaurant. We are so excited that Three Fishermen is remodeled, reopened with some new dockage, and under new ownership! Twenty members attended this month's "Lunch Bunch" for great food and camaraderie. A great time was had by all!

Come Join The Fun!

We take a break for July/August due to the heat and weather, and our next picnic is Sept. 2. 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 us on Facebook and check out our website www.capecoralcruiseclub.com.

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Dedicated Artists Of Southwest Florida (DASF) To Exhibit At Cape Coral Library

Sept. 2 Through Oct. 30

A wide array of beautiful two- and three-dimensional works by members of The Dedicated Artists of Southwest Florida Inc. (DASF) will fill the gallery walls and display cases of the Cape Coral Library from Sept. 2 through Oct. 30. This marks the seventh time that the local club of artists will be featured at the library located at 921 S.W. 39th Terrace, off Mohawk Parkway. DASF members have been working on new pieces of art to display, and the variety of their designs and the surfaces on which they paint is extensive. That's no doubt why the club's exhibit of members' latest artwork is always eagerly anticipated by library patrons and visitors.

The DASF is a local club with approximately 60 members who are full- or part-time residents of various cities within the

local tricounty area. People of all ages and levels of ability – from those with no experience up to accomplished artists – are welcome to join. DASF members attend monthly meetings (held in the Cape Coral Art League building) that feature different painting projects in acrylic, oil, watercolor or colored pencil and are conducted by talented instructors. For more information about membership, meeting schedules, location, projects, seminars and events visit www.DASFartists.com.

While learning and teaching the art of painting is integral to the club, they also perform an impressive amount of community outreach. As a 501(c)(3) public charity, DASF philanthropic projects support the Harry Chapin Food Bank, an annual scholarship for a graduating Lee County student who wants to pursue the visual arts, donation of wall art for youngsters leaving the foster system at age 18, a Suitcase Project that provides



Sea Horse – *Cathy Ressler*



Blue and Gold Macaw – *Carol Blankenship*



Shell Basket – *Madonna Williams*



Water Lilies – *Cathy Ressler*



Beautiful Sunset – *Madonna Williams*



Wading Bird – *Carol Blankenship*

decorated cases for the Children's Network of Southwest Florida, and a Memory Box Project that donates hand-painted keepsake boxes to various hospitals around the state for grieving families to hold remembrances of a child lost. To support its community projects, DASF holds an annual winter luncheon fundraising gala for 150 guests at the Legends Country Club, and the 2023 luncheon is scheduled for Saturday, Dec. 9 starting at 11 a.m. It will include a silent auction of DASF members' beautiful artwork and theme baskets, plus a boutique with stocking stuffers for sale. To get details about the December fundraiser, visit www.DASFartists.com, go to home on the menu, then fill out the form under "Contact Us."

Changing art exhibits in the library's 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. For information contact Monica Rahman, Art Gallery chairperson at gallery@capefriends.org or visit www.capefriends.org. Follow "Friends of the Cape Coral Library" on Facebook.

Friends Of Cape Coral Library General Meeting

Saturday, Sept. 16

Presentation: Hurricane Forecasting

All are invited to the Friends of the Cape Coral Library (FOCCL) general meeting on Saturday, Sept. 16. The morning will begin at 9:30 a.m. with light refreshments. The business portion of the meeting will start at 10 a.m., and the presentation "Hurricane Forecasting" will follow. The FOCCL general meeting takes place in the large meeting room of the Cape Coral Library at 921 S.W. 39th Terrace, is free and open to the public. You're welcome to bring a guest or two.

Our guest speaker Greg Rule, WINK news meteorologist, will give a presentation on hurricane forecasting and preparedness – recapping the timeline of Hurricane Ian, what was learned and what can be done better if another major hurricane hits our area. He will also give us a look at real-time satellites and radar and what – if anything – is brewing in the tropics. This is sure to be a fascinating look at what goes on behind the scenes in weather prediction for Southwest Florida.

For more information on Friends of the Cape Coral Library visit www.capefriends.org and follow us on Facebook.

DO YOU KNOW YOUR BIRTHSHELL?

September: The Limpet Shell, Sapphire,

The Limpet shell is truly unique in that though it houses a sea snail, it is not a coiled shell. Characterized by clear thinking and individuality, those born to this shell are often seen as having enhanced mental clarity, a meticulous attention to detail and an analytical and reliable nature.



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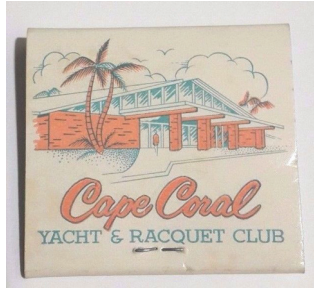
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Plans for our Sanibel location are in the works

Cape Coral Museum Of History Remember When...

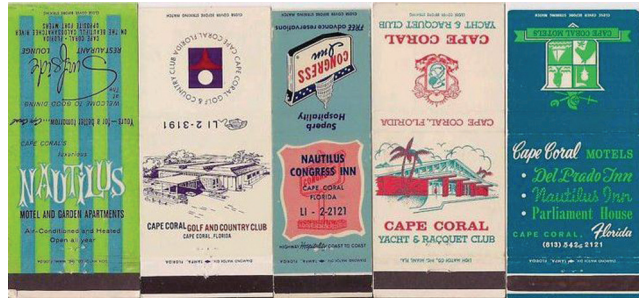
Since its inception in 1987, the Cape Coral Museum of History has sought to discover, preserve, and share the history of Cape Coral through its archives, museum exhibits and public programs. The museum is the official repository for the history of Cape Coral and serves as a public resource for all sectors of the local community, as well as international and U.S. tourists. Operated by the Cape Coral Historical Society, the museum exhibits artifacts, documents, and photographs pertaining to the history of Cape Coral and Southwest Florida.



Vintage Cape Coral Yacht Club matchbook

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

Admission: Adults \$5, members free, students with identification, free, children 17 and under free



Cape Coral matchbook covers from the past



Seven different vintage Cape Coral advertising matchbooks

Photos courtesy of Cape Coral Historical Society

The Cape Coral Museum of History has the no longer out of print *Lies that Came True* for sale! A limited number of books are available for sale in the museum store. As always, museum members receive 10 percent off all museum store purchases.

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

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Lessons My Son Learned From A Summer Job Will Be Lifelong

By Mandy Carter

Having summer jobs can be highly beneficial for kids for several reasons. So, I gave my son the task of starting his own small business in our community this summer to earn money and keep busy in a productive way. I directed him to focus on something he had an interest in that could also be done all on his own and that neighbors needed. He settled on a Plant Watch Service for when our neighbors were traveling. It quickly grew into doing more than just tending to the plants because people saw he was dedicated and worked hard. He added services of weeding, mail retrieval, setting out garbage/recycle and even walking pets!

Not only was he thrilled to make money during all this free time but now he has built a successful business that doesn't stop now that summer is over! He learned so much by working (more than even realizes). Here are some reasons I encourage any child to get some form of a job – whether it is just for the summer, just weekends or continual, the lessons will pay off for life:

- **Developing Responsibility:** Summer jobs teach children responsibility and accountability as they have to show up on time and fulfill their commitment.



Weeding



Weeding is hard work.

- **Financial Literacy:** Earning money and managing finances can help kids learn valuable lessons about budgeting, saving, and spending wisely.

- **Time Management:** Balancing work with other summer activities like vacations or social engagements teaches kids time management skills.

- **Building Confidence:** Successfully handling responsibilities and earning money definitely boost a child's self-esteem and confidence.

But more than anything, my 12-year-old son truly experienced the **value of hard work** for the first time. He has heard me preach it, but through this job, which turned into an ongoing business, he was able to personally understand the importance of a strong work ethic in achieving his goals. This will take him through life long after the memories of this first job responsibility fades. There are no limits to success when you have mastered all these skills as a child!

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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Coral Oaks Golf Course

By Allen Manguson, PGA A-4, Coral Oaks Golf Course
The Heat Is On!

The heat is on at Coral Oaks as we begin preparing for our upcoming tournament season! The 2023 Cape Coral City Championship is scheduled for Oct. 21 and 22, with the Pro-Am and Kickoff Barbecue on Friday, Oct. 20. Start practicing and look for details in September.

Coral Oaks has had an unusually dry summer. Superintendent Joe Hubbard and the Coral Oaks maintenance team are working diligently to make the improvements we all desire. There have been challenges the past month and a half with the irrigation system, which causes difficulties getting water to the front nine greens, tees, fairways, and driving range. The irrigation system is in need of replacement, and we'll continue to recommend council commit the resources needed to bring the golf course up to current industry standards.

As summer continues, please remember to hydrate properly, seek shade whenever possible, and know the symptoms of heat-related illness. It's important that you understand the severity and prepare properly to avoid heat-related health problems.

Good news! Coral Oaks is extending its PGA Family Golf Month specials through September. These specials are a great way to spend quality time with your family outdoors, so take advantage of these great deals. Please visit our website www.CoralOaksGolf.com

for more information on Family Golf specials, then get out and "Play Golf Cape Coral!"

If you are interested in golfing programs, golf outings, or group bookings or would like to hold a banquet or party at Coral Oaks, please call (239) 573-3100 or visit www.CoralOaksGolf.com. Also, follow Coral Oaks Facebook page for the latest course happenings and special deals.

Summer Season Rates* – May 1 To Sept. 30

\$40 before 12 p.m.; \$35 after 12 p.m.; \$30 after 2 p.m.

*Rates do not include sales tax.

Notice: Coral Oaks will be closed Thursday, Aug. 31 for aerification and will reopen Friday, Sept. 1.

The Lesson Tee – Tip Of The Month Swing Speed

There are many factors involved in hitting the ball longer, including physical condition, flexibility, ground force, and, most of all, swing speed. Increasing swing speed is a must if you want to hit the ball further.

Here's something you can do to help get your speed up. Swing a heavy club or one of the weighted swing trainers, and once you find the right one, start swinging that tool 20 times per day as fast as you can. This drill alone will help increase your speed within a month.

If you need help with your game, Coral Oaks has the most qualified and experienced instructors in Southwest Florida. Make sure you give us a call!

Fantastic Fairway Feats

• John Edgar Jr. made his first ever ace on hole No. 12 with a pitching wedge on Independence Day.

• Mike Barnes, our tennis pro buddy and awesome golfer, shot 74 at age 74! Wow!

Congratulations, players!

Please let us know of your "fantastic fairway feats" each month so we can share them with everyone!

We encourage everyone to continue to stay safe and healthy. We look forward to your next visit to Coral Oaks, "Where Every Day is a Great Day!"

Coral Oaks Golf Course, 1800 N.W. 28th Ave., Cape Coral, Fla., (239) 573-3100, www.capecoral.gov/coraloak.

Cape Coral Art League

September And October 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.)



This is on Wednesday in September and October from 1 to 4 p.m. It is open to the public, \$2 for members, \$6 for nonmembers (Pay at the door.)

Student Sundays

Teaching young people art – October through June from 1 to 4 p.m. All materials provided. Ages 6 to 14 (no younger, please). Fee: \$20, cash or check only. Please arrive 15 minutes early to register – no pre-signups.

Upcoming Shows And Events

October Show – People And Places

This show will reflect personal perspectives of artists' interpretation of what they did over the summer.

Oct. 2 through Nov. 2, Monday through Thursday, 11 a.m. to 4 p.m. Wine and cheese reception on Thursday, Oct. 5 from 5 to 6:30 p.m. Free parking and entry.

Member Show – Hispanic Heritage Month And Leadership Show

Oct. 2 through 31, Monday through Thursday, 11 a.m. to 4 p.m. Wine and cheese reception on Thursday, Oct. 5 from 5 to 6:30 p.m. Free parking and entry.

Unique Gifts At Reasonable Prices!

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

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

Speaking of gifts . . .

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

Office, gallery and gift shop hours are Monday through Thursday: 11 a.m. to 4 p.m. **Note:** The Art League is closed during the month of August.

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

Sunken Shipwrecks Reveal Treasures From Florida Waters

By Scot Congress

Florida and its nearby waters have a storied history of shipwrecks laden with hundreds of millions of dollars in cargo and treasures that were brought down by ravaging hurricanes. The famed *Atocha* sank in a hurricane off the Florida Keys in 1622. Much of the wreck of the *Atocha* was famously recovered 38 years ago in July 1985 by the legendary American deep-sea explorer and treasure hunter Mel Fisher.

History repeated itself nearly a century later, on July 31, 1715, when a dozen ships – known as the 1715 Spanish Treasure Fleet – were heading to Spain from Havana, Cuba. They encountered a furious hurricane off Florida's central coast near present day Vero Beach and Sebastian. The winds and waves smashed the ships onto reefs claiming as many as 1,000 lives in one of colonial Spain's largest maritime disasters, resulting in the loss of 11 of the fleet's ships. The wreckage was strewn over a 40-mile area from Fort Pierce to Cape Canaveral on Florida's

Atlantic coast, known today as Florida's "Treasure Coast."

For nearly 300 years the sea would hold the precious cargo secret. Not until the first coin from the fleet was found in 1961, would these shipwrecks begin to give up their treasures, providing special opportunities to buyers to own a piece of history from the 1500s to 1700s.

The shape of the coins minted during that period was of little importance. The two main criteria were to ensure the exact weight, depending on the denomination, and the pureness of the gold or silver. Therefore, no two coins were alike. If you own one, it is truly one-of-a-kind with each piece secretly telling its own story.

These coins are investment pieces with enduring quality for generations to come, and can be made into pendants to wear, representing history and value. To hold one is to be in touch with one of the world's greatest adventures. As experts in individualizing jewelry, Congress Jewelers ensures that the heirlooms created are as unique as the individual wearing them.

The Seven Keys

There are seven key areas of health that I look at when I'm trying to untangle someone's web of dysfunction. Depending on how they're treated, these seven keys can either foster wellness and longevity or create debilitating chronic health problems because each of these keys either adds to our health or actively takes away and destroys our health. Throughout my years of practice and study, I've discovered that any kind of disruption in these seven areas is going to cause disconnection and dysfunction (check engine light) which may eventually turn into chronic issues. When I work with a patient to help them with their chronic health problems, this is always where we begin. When these seven areas are treated well, it unleashes your body's superpower which is its ability to heal itself.

Oxygen: Number One of the BIG Three. It is necessary and essential for life. Oxygen is the deal breaker when it comes to neurological health. The less oxygen we have in our bodies, the more things start to malfunction and the less capacity our bodies have to heal themselves.

Glucose: Number Two of the BIG Three. A good metaphor is that it's like the gasoline for your car engine. Cars run at a certain octane level, and if that level gets out of balance, the car isn't going to run properly. Our bodies work the same way with glucose.

Stimulation: Number Three of the BIG Three. As Einstein once said, "Nothing happens until something

moves," and in the body, no healing happens until something is stimulated.

Autoimmune Disorders: Autoimmune disorders are kind of like "friendly fire." They develop when our immune system starts attacking itself instead of a foreign invader.

Inflammation: Logic tells you that if your house was on fire, you wouldn't start rebuilding it until after the blazes were put out. Inflammation is like a fire in your body, and it can't start to heal until that fire is gone.

Neurotoxins: These toxins are anything that's taken into the body that causes neurological damage. Unfortunately neurotoxins are much more common than you may imagine.

Gut Health: The role of gut health is paramount because poor gut health is a trigger for autoimmune conditions and out of control inflammatory responses. We must heal our guts in order to heal our brains and bodies.

While each of these seven areas are important to address individually, their true power for healing comes alive when we realize that all of these elements are interconnected.

Dr. Rob Davis, DC is the Best Selling Author of *Breaking the Cycle, How to take control of your health when traditional medicine has failed*, an Amazon #1 New Release in Preventive Medicine and Fibromyalgia & Chronic Fatigue Syndrome. Call (239) 482-8686 to schedule an appointment.

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The Chamber of Commerce of Cape Coral building was constructed in 1977.



The Chamber of Commerce of Cape Coral building 2006

Cape Coral Residential Waste Services

The City of Cape Coral contracts solid waste removal services to help keep our city's streets clean and safe. Each residence is provided a tan bin for household waste and a green bin for recyclables. These bins are property of the city and must remain with the dwelling. Residents should familiarize themselves with trash collection protocols to optimize available services and stay in compliance with city requirements. For more information, visit CapeCoral.gov.

Trash Day

- Trash collection services begin at 6 a.m. Monday through Friday.
- Garbage, recycling, yard waste, and bulk waste are all collected on the same day.
- Service will not take place on New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, or Christmas. When any of these six holidays falls on a weekday, trash service will be delayed one day from the holiday for the remainder of the week.

Bins Should Be

- Placed at the edge of the road, wheels and handles facing the house.
- At least 3 feet away from other waste bins.
- At least 5 feet away from mailboxes, trees, parked cars, etc.

Extra Garbage And Recycling

- When your garbage bin is full, extra garbage should be placed in plastic bags next to the cart.
- Extra recycling should be set out in a clearly labeled cardboard box.
- Neither can weigh more than 50 pounds.

Yard Waste

The city provides collection of residential horticulture waste including trimmed branches and limbs from trees and shrubs, grass clippings, fallen fruit, leaves, weeds, and palm fronds. Residents can:

- Use brown biodegradable paper yard clippings bags or

Preparing Your Trash & Recycling

Household Garbage

- Use the **Tan Cart** for garbage ONLY.
- All garbage must be bagged regardless if it is placed inside or outside the cart.
- Place cart for pick-up the night before your scheduled service date.

Recycling

- Use the **Green Cart** for Recycling ONLY.
- Place cart for pick-up the night before your scheduled service date.
- **5 Items for the Cart:** Paper, metal, plastic, cardboard, & glass.
- Do NOT bag your recyclable items.
- No Shredded paper.

Yard Waste

- Place yard waste in a can, 40 gallons or smaller, with a lid and two handles or a paper bag.
- Weight of can, bundles or branches should not exceed 50 lbs, and all tree limbs must be shorter than 6 feet.
- Branches with a diameter smaller than 4 inches should be bundled.
- Palm fronds of any size and branches with a diameter larger than 4 inches can be stacked neatly.
- Items that do not meet the above criteria will require a charge for removal.

Carts should be placed at least 3 feet from each other and 5 feet from mailboxes, cars, trees, etc.

their own cans that are 40-gallon-size or smaller and weigh less than 50 pounds when loaded.

- Neatly set out branches trimmed shorter than 6 feet and weighing less than 50 pounds. If they are smaller than 4 inches in diameter, they must be bundled.

- Set out palm fronds neatly stacked, facing the same direction, and separated from all other yard waste. They do not need to be cut down to size or bundled.

Bulk Waste

- Bulk items should not be stacked and should be easy for two people to pick up.
- All items need to be placed within 3 feet of the road.
- Any item that can fit in a trash bin should be placed in the bin.
- "Move-Outs" are not part of the normal bulk pickup process and must be scheduled for removal. **Note:** A fee may be imposed.
- Cardboard should be broken down and placed in recycle bin.

Residents can also drop off bulk waste at the North Cape Government Complex, 1200 Kismet Parkway, Tuesday through Saturday, from 8 a.m. to 4 p.m. The Bulk Waste Drop-off Site can be accessed from N.W. 14th Avenue.

When a resident hires a company to work on fences, provide landscaping services, trim trees, etc., the service provider is responsible for disposing of all debris and rubbish resulting from the work. They may not leave anything behind for city contractors to collect.

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North Pole Express Tickets On Sale

North Pole Express ticket sales began on Thursday, Aug. 17. Hurry up and buy your tickets now either in person or online at www.frrm.org/north-pole-express.

Join us this December for a 35-minute ride from Parrish, Fla., to the North Pole.

Upon arrival, everyone will detrain at our special North Pole station where Santa awaits to visit with every child. During your stay a variety of entertainment, activities, campfires and all the hot chocolate and cookies you care to eat are included with every train ticket. Additional food and beverage will be available for purchase at the North Pole.

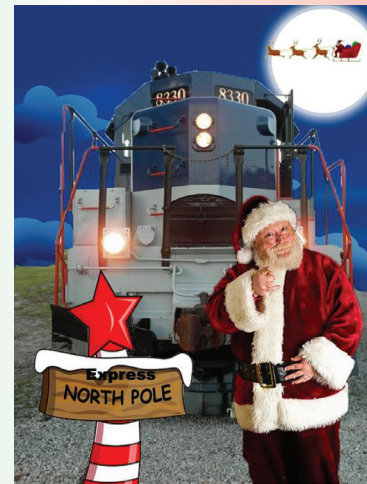
2023 Dates Of Operation

- Nov. 30
- Dec. 1, 2, 3
- Dec. 6, 7, 8, 9, 10
- Dec. 13, 14, 15, 16, 17
- Dec. 20, 21

There will be two boarding times available, 4:45 and 6:50 p.m. Please note that the train will **not** depart from the North Pole until all guests have visited Santa.

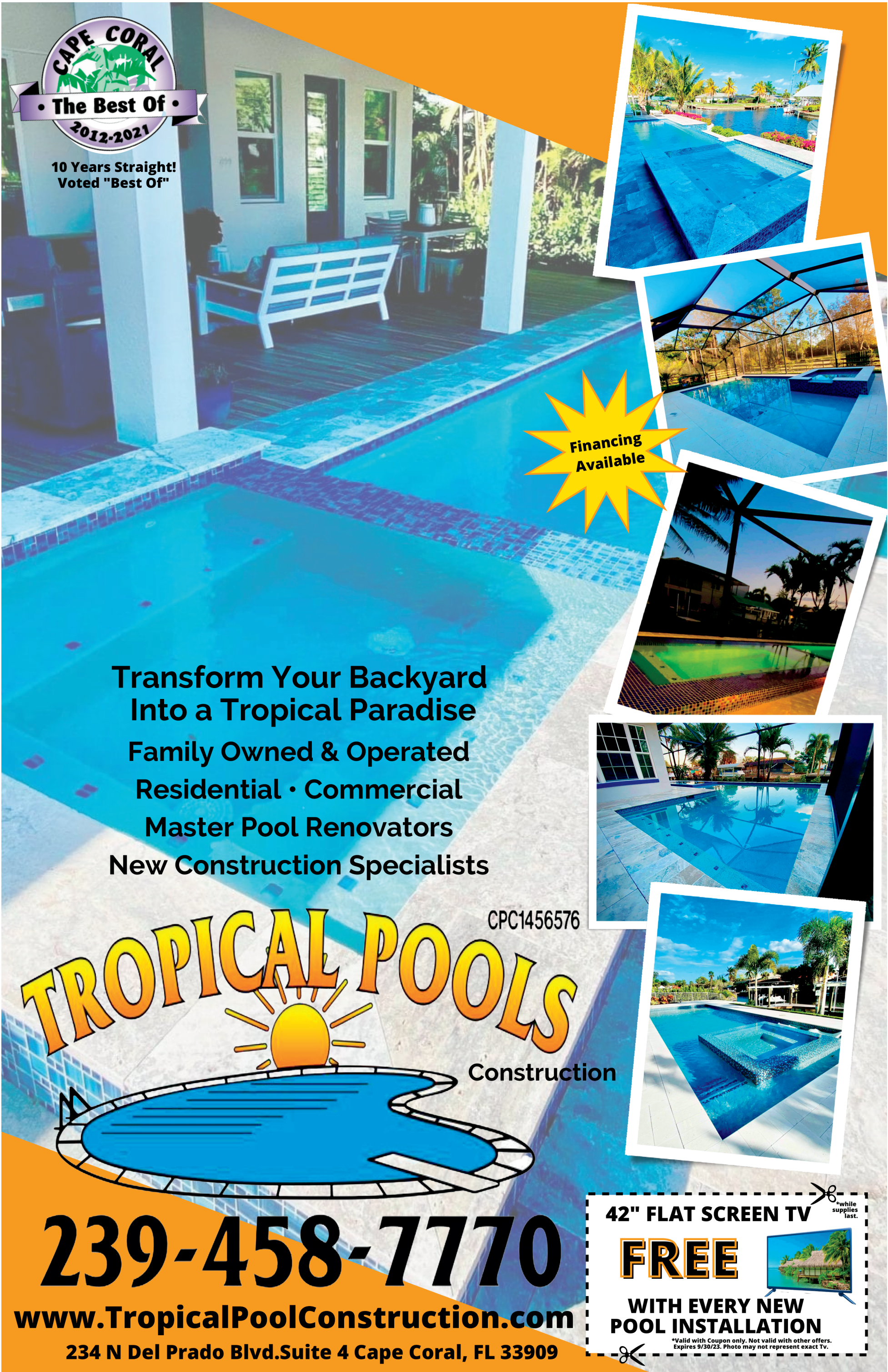
The entire experience lasts approximately 3½ hours, starting and ending with a 35-minute train ride to and from the North Pole.

For more information and to purchase tickets, please visit our website at www.frrm.org/north-pole-express.





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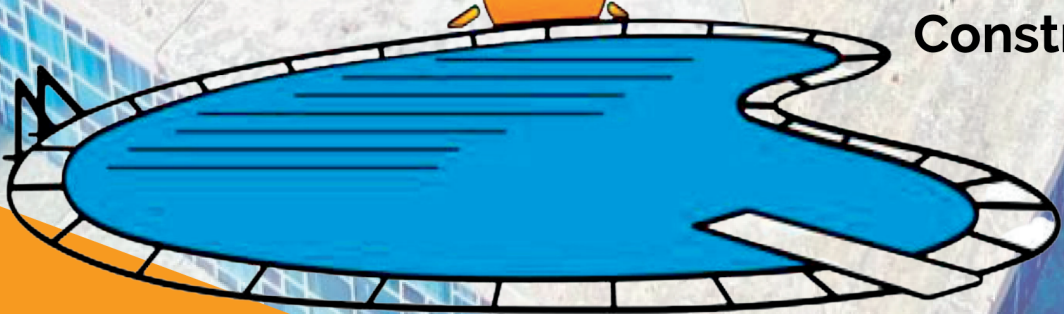
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