

THE CAPE CORAL SUN

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

Another Seabreeze Publication

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APRIL 2024

Cape Coral Culture Fest

Arts, Cultures And Foods From Around The World

Join us Saturday, April 27 from 11 a.m. to 4 p.m. at Cultural Park, 528 Cultural Park Blvd., where the City of Cape Coral is proud to celebrate different cultures through live music, performances, international food, and more! Connect with your community during the eventful afternoon and explore the sights, sounds, and flavors of Cape Coral with performances and activities for all ages.

Some of this year's performers are: Calypso Magic; Mariachi Juarez International; Kellyn Celtic Dance Performance; Kobayashi Dojo "Karate Kids"; Cultural Park Theater Performance; Danza Azteca- Naples; Albanian American Organization of Southwest Florida; Middle Eastern Performances; Polynesian Luau Performances.

The Culture Fest is about more than just music and art—it's a celebration of community, diversity, and, of course, mouthwatering cuisine. So, come hungry, leave happy, and savor the flavors of the world right in the heart of the festivities.

Immerse yourself in a shopping experience like no other at this year's Culture Fest! Our vibrant marketplace



is set to dazzle with an eclectic array of vendors, each offering a treasure trove of unique products that embody the spirit of diversity and creativity.

Get ready to be swept away by the enchanting rhythms, soulful melodies, and electrifying beats at this year's Culture Fest! Our stage is set to come alive with a diverse lineup of musical performers, promising an unforgettable journey through a world of music.

This is a rain-or-shine event. Chairs for lawn seating are allowed to enjoy the performers on the main stage!

For questions and more detailed information, please visit www.capeculturefest.com.

Summer Camp

Registration Opens Monday, April 1

The City of Cape Coral Parks and Recreation will open summer camp registration on Monday, April 1 at 7 a.m.

This year's summer camps will be offered at multiple locations and cater to a wide variety of interests including athletics, science, nature, and the arts.

Payments must be made at the time of registration in order to reserve camp placement. No early registrations will be accepted.

Spots are likely to fill quickly. Look for more details on camp locations and themes at www.CapeParks.com or visit the desired camp location to sign up beginning April 1.



Touch-A-Truck – Saturday, April 6

This is a family-friendly event where kids of all ages can explore and ask questions about their favorite vehicles such as Cape Coral Rescue Firetruck, Lee County Emergency Medical

Ambulance, Cape Coral Police BMW Motorcycles, and the Florida Forestry Swamp Buggy just to name a few.

Tons of exciting vehicles from firetrucks and monster trucks to construction giants and we'll have something for everyone to explore. Last year we had 50 vehicles.

A vibrant community gathering for bringing families together for a day of learning, discovery, and creating lasting memories. Over 4,500 attended this event last year.

All participants will receive a truck passport and can visit the designated locations for a chance to win a



prize. We will also be having a stage with entertainment geared toward children of all ages, health and safety exhibitors, and local vendors and sponsors. Get a truck passport stamped and be eligible to win prizes.

Ready to join the adventure? Head over to www.ehlfragilex.org/touch-a-truck for more details and sponsorship/vendor packages. Let's make this Touch-a-Truck event one for the books!



JOIN THE LARGEST ANNUAL COMMUNITY CLEAN UP IN CAPE CORAL!

#CapeCoralCleanup24

Each year, to celebrate Earth Day, the City of Cape Coral and its residents unite to help keep our city debris-free.

Scan the code below to sign up and learn more!

Saturday, April 20
8 a.m. - 12 p.m.

Celebrate EARTH DAY APRIL 22

Friends Of The Cape Coral Library

Book Sale Fundraiser In April

Location:

Meeting Room,
Cape Coral
Library, 921 S.W.
39th Terrace



Dates and times: Thursday, April 18 – 10 a.m. to 3 p.m., Members only preview sale (Nonmembers may join FOCCL at the door for only \$15 per family.) Friday, April 19 and Saturday, April 20 – 9 a.m. to 3 p.m. – Sale open to the public.

About the book sale fundraiser: For three days in April, the large meeting room of the Cape Coral Library located at 921 S.W. 39th Terrace (near the intersection of Mohawk Parkway and Skyline Boulevard) will be filled with thousands of quality used books arranged by category. There will be lots of fiction for adults and sections for children and teens. Find nonfiction sorted by subject. Find audio books and music CDs, plus movies on DVD. Most items are \$1 or \$2, with small paperbacks at less than a buck! In addition, a wonderful selection of “Special” books will be highlighted. These specialty items (including works by Florida authors, autographed books, collectibles and more) are priced somewhat higher, but are still an incredible bargain! Proceeds from the event are used to support the Cape Coral Public Library branch.

Pay by cash or personal check only: Credit cards are not accepted.

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

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

Children’s Environmental Art Contest

The Friends of Cape Coral Library and the Cape Coral-Lee County Public Library invite local children ages 5 through 12 to participate in the 18th Annual Children’s Environmental Art Contest. The theme this time is Let’s Save the Smalltooth Sawfish! To enter the contest, children are asked to create an original painting or drawing that shows how we can protect this endangered species from habitat loss and other main threats. Prizes will be awarded to winners in four different age categories.

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 in the Youth Services area where a designated box for submitting artwork entries is also located. The contest deadline is noon on Saturday, May 4, 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.



Photo from Center for Biological Diversity website. Photographer David Illif

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Lois Johnston Fused Glass, Kay Foote Watercolors In Art Gallery

The three lighted display cases in the Art Gallery at the Cape Coral Library are filled with unique fused glass created by Lois Johnston. The walls of the gallery feature 36 exquisite watercolors by artist Kay Foote. The exhibit is open during regular library business hours and will remain in place through May 2. Changing 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 and to sell their artwork without commissions. For information contact Monica Rahman, Art Gallery chairperson at galleries@capefriends.org or visit www.capefriends.org. Follow Friends of the Cape Coral Library on Facebook.



Vase by Lois Johnston



Dreams of Fame by Kay Foote

species and about our nonprofit volunteer organization dedicated to enhancing the resources and services of the Cape Coral Library.)



Family visiting our Burrowing Owl Festival booth



FOCCL volunteer Bonita and Art contest chair Alessia a gator at Burrowing Owl Festival



Poses with tall gal at Reading Festival

Friends Of The Cape Coral Library Had Very Busy Booths At Recent Festivals

The Friends of the Cape Coral Library recently had booths at each of two popular local events: the Burrowing Owl Festival on Feb. 24 at Rotary Park in Cape Coral and the Southwest Florida Reading Festival at the Fort Myers Regional Library Campus on March 2. Friends’ members and some wonderful student volunteers from FGCU had paper and art supplies ready at our tables for kids to create their entries to the 18th Annual Children’s Environmental Art Contest. Printed materials about the endangered smalltooth sawfish were on hand for the young artists to browse through for inspiration. (Adults who visited our booth also learned about this precious



Volunteers at our Reading Festival booth

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Tax Talk

Tax Season Coming To An End!

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!



Can you believe tax season is ending already? April 15 is the deadline to file your tax return or extension request.

Investment Strategies For 2024 And Beyond

- Did you owe more than expected or receive a larger-than-expected refund for 2023 tax year? You may want to consider adjusting your withholding amount. The IRS has provided a Tax Withholding Estimator online that can help you figure out how much withholding should be taken. You may visit www.irs.gov/individuals/irs-withholding-calculator.

- You may consider increasing your retirement savings, depending on your adjusted gross income, to reduce your tax liabilities. You have until April 15 to make an IRA contribution for the 2023 tax year.

- It is important to remember that taxes should not be the primary driver of your investing decisions. Taxes do, however, play a role in wealth management. As the tax code continues to evolve, everyone should consider how changes directly affect their overall tax and investment strategies.

Tax Planning Strategies

Here are some basic steps you can take to help start your personal tax planning:

- Estimate your income, deductions, credits, and exemptions.
- Identify items that you can shift from 2023 into 2024 and beyond.
- Determine your marginal tax rate – the rate at which your next dollar will be taxed.
- Determine how much tax you owe and when you must pay it to avoid underpayment penalties.
- Determine whether you are subject to the alternative minimum tax (AMT).
- Above all, consult with your tax advisor for more precise guidance.

Updates For 2023 Tax Return Filing

Hopefully by now you have filed your tax return or are almost ready to file your tax return. The IRS has made some updated changes to the 2023 tax return filing for qualifying taxpayers or taxpayers who claim a dependent on their tax return.

- The standard deduction for married couples filing jointly for tax year 2023 rises to \$27,700, up \$1,800 from the prior year. For single taxpayers and married individuals filing separately, the standard deduction rises to \$13,850 for 2023, up \$900, and for heads of households, the standard deduction will be \$20,800 for tax year 2023, up \$1,400 from the amount for tax year 2022.

- Earned Income Credit (EIC) can range from \$600 to \$7,430, making it a \$495 increase from 2022. The amount is determined by the income and number of qualified dependents.

- Additional Child Tax Credit (ACTC) is \$1,600 per qualified child, an increase of \$200 from 2022.

- For tax year 2023, the monthly limitation for the qualified transportation fringe benefit and the monthly limitation for qualified parking increases to \$300, up \$20 from the limit for 2022.

- For the taxable years beginning in 2023, the dollar limitation for employee salary reductions for contributions to health flexible spending arrangements increases to \$3,050. For cafeteria plans that permit the carryover of unused amounts, the maximum carryover amount is \$610, an increase of \$40 from taxable years beginning in 2022.

- For tax year 2023, participants who have self-only coverage in a Medical Savings Account, the plan must have an annual deductible that is not less than \$2,650, up \$200 from tax year 2022; but not more than \$3,950, an increase of \$250 from tax year 2022. For self-only coverage, the maximum out-of-pocket expense amount is \$5,300, up \$350 from 2022. For tax year 2023, for family coverage, the annual deductible is not less than \$5,300, up from \$4,950 for 2022; however, the deductible cannot be more than \$7,900, up \$500 from the limit for tax year 2022. For family coverage, the out-of-pocket expense limit is \$9,650 for tax year 2023, an increase of \$600 from tax year 2022.

- For tax year 2023, the foreign earned income exclusion is \$120,000 up from \$112,000 for tax year 2022.

- Estates of decedents who die during 2023 have a basic exclusion amount of \$12,920,000, up from a total of \$12,060,000 for estates of decedents who died in 2022.

- The annual exclusion for gifts increases to \$17,000 for calendar year 2023, up from \$16,000 for calendar year 2022.

- The maximum credit allowed for adoptions for tax year 2023 is the amount of qualified adoption expenses up to \$15,950, up from \$14,890 for 2022.

Hopefully you can take advantage of the mentioned changes. If you have already filed your tax return and feel you missed out on some credits, please contact your tax advisor for a revision. As a reminder, to avoid penalties and interest for Failure-to-File or Failure-to-Pay, you must file your tax return or extension request by April 15. This is also the deadline to file your estimated tax liability for the first quarter of 2024.

Make sure to consult your tax advisor for further assistance.

Coming Up In The Cape

Visit Cape Coral's website at www.capecoral.gov and click the Parks and Recreation's "View Jan-Apr Activity Guide" to view more activities and events.

Sunset Fest

Wednesday, April 3 – 5 to 8 p.m.

Join us for the monthly Sunset Fest at Four Freedoms Park, 4818 Tarpon Court. It will feature vendors, food trucks, and a beautiful sunset! Each month will include different food trucks to allow patrons to try new flavors! This event is free and open to all ages.

Free Concert In The Park

Thursday, April 4 – 5 to 8 p.m.

The City of Cape Coral Parks and Recreation Department proudly presents a free "Concert in the Park" on Thursday, April 4, from 5 to 8 p.m. at Four Freedoms Park, 4818 Tarpon Court, featuring the music of Sheena Brook.

The music will start at approximately 5:30 p.m., but plan to arrive early to enjoy dinner from our onsite food truck, grab a good spot and have a chance at our giveaways! Blankets and lawn chairs are encouraged.

Bring a date or a group of friends, or even fly solo if you enjoy live music, dinner, drinks, and a breathtaking sunset! No R.S.V.P. is needed.

Spaghetti Bingo At Lake Kennedy Center

Sunday, April 7 – 2 to 4 p.m.

Adults ages 18-plus are invited to join us for spaghetti bingo at Lake Kennedy Center, 400 Santa Barbara Blvd. The doors will open at 1:30 p.m., and bingo will begin at 2 p.m. The cost is just \$10 per person to play 10 games and includes a snack. Feel free to BYOB.

Full Throttle Coffee And Cars

Saturday, April 13 – 9 a.m. to 12 p.m.

Car lovers are invited to come out to Four Freedoms Park, 4818 Tarpon Court, for one Saturday a month to see some cool, unique, and classic cars! A coffee vendor will be onsite, and there will be something fun for the entire family!

The cost to show a car is \$10, and spectators are free. Call (239) 574-0804 to register.

Cape Bike Night On 47th Terrace

Saturday, April 13 – 5 to 10 p.m.

Join us for another night of great entertainment, food, vendors, and motorcycles in the South Cape! The City of Cape Coral has been hosting Bike Night for over a decade! Whether or not you're a hardcore biker, you'll have a blast! Join us Saturday, April 13 from 5 to 10 p.m. at SE 47th Terrace (from Coronado Parkway to Vincennes Boulevard).

For complete event details, visit <http://www.ccbikenight.com>.

Free Bird Walk At Rotary Park

Sunday April 14 – 9 to 10 a.m.

Held on the second Sunday of the month through April, meet up with other birders to stroll around Rotary Park,

5505 Rose Garden Road, and look for some wonderful migratory species.

These guided walks are free, but please R.S.V.P. to (239) 549-4606.

Cape Coral Community Cleanup Event

Saturday, April 20 – 8 a.m. to 12 p.m.

To celebrate Earth Day each year, the City of Cape Coral and its residents unite to help keep our city debris-free.

For more details visit www.capecoral.gov/government/city_government/city_manager/office_of_communications/clean_up_event.php.

Earth Day Celebration At Four Freedoms Park

Saturday, April 20 – 2 to 7 p.m.

Celebrate Earth Day on Saturday, April 20 from 2 to 7 p.m. at this vibrant outdoor event at Four Freedoms Park, 4818 Tarpon Court. The event will feature music from local performers, craft and jewelry vendors, delectable bites (including vegan options), and fun activities for the entire family!

Free admission to the public; interested vendors may contact (239) 574-0804.

Full Moon Paddle And Walk

Tuesday, April 23 – 7 to 9 p.m.

Take a leisurely paddle along the Caloosahatchee River by the full moon's light.

This trip departs at dusk and returns after dark. The meeting location will be given upon registration.

The cost is \$40 for a single kayak or \$80 for a tandem kayak. Preregistration is required at (239) 549-4606.

Freedoms Prom Night At Four Freedoms Park

Friday, April 26 – 6:30 to 10:30 p.m.

Participants aged 18-plus are invited to dress in their best prom outfits and join us for this fun event at Four Freedoms Park, 4818 Tarpon Court, on Friday, April 26, from 6:30 to 10:30 p.m.

Dress your best for the chance to win a prize at the end of the night!

The cost is just \$10 per person and includes a live DJ and finger food refreshments. B.Y.O.B.

Register in advance at (239) 574-0575.

Designer Bag Bingo At Lake Kennedy Center

Friday, April 26 – 7 to 9 p.m.

Adults ages 18-plus are invited to join us for Designer Bag Bingo at Lake Kennedy Center, 400 Santa Barbara Blvd., on Friday, April 26 from 7 to 9 p.m. The doors will open at 6:30 p.m., and bingo will begin at 7 p.m. The cost is \$25 per person to play 10 games for the chance to win a designer handbag.

Participants are welcome to B.Y.O.B. and food. Please R.S.V.P. to (239)574-0575.

Culture Fest At Cultural Park

Saturday, April 27 – 11 a.m. to 4 p.m.

The Cape Coral Parks and Recreation Department proudly presents the second annual Culture Fest at Cultural Park on Saturday, April 27, from 11 a.m. to 4 p.m.

This event celebrates different cultures through live music, performances, international food, and more!

Connect with your community during this fun afternoon and explore the sights, sounds, and flavors of Cape Coral with performances and activities for all ages.

For more information, visit www.capeculturefest.com.

Fun! Fun! Fun!

BROADWAYPALM
PRESENTS

February 23 – April 6



Beautiful
The Carole King Musical

The Tony and Grammy Award-winning musical tells the true story of Carole King's remarkable journey from teenage songwriter to Rock & Roll Hall of Fame. Featuring over 24 classics including *You've Got a Friend*, *One Fine Day*, *Up on the Roof*, *You've Lost That Lovin' Feeling*, *Will You Love Me Tomorrow* and *Natural Woman*, this crowd-pleasing phenomenon is filled with songs you remember and a story you'll never forget.

April 12 - May 25





The Addams Family
A NEW MUSICAL COMEDY

America's darkest family comes to life in this comical feast that embraces the wackiness in every family and features an original story about love, family, honesty and growing up. Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family. Everything will change on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents.

Dates may be subject to change.

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Cape Coral Art League

Shows And Events

Open Painting

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



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

Student Sundays – Teaching Young People Art (October Through June)

Exposing young people to the visual arts can help in the development of motor skills, language skills, social skills, teamwork, decision-making, risk-taking, and, of course, inventiveness. At the Cape Coral Art League, we strive to teach the next generation about drawing, color, layout, perspective, and balance – skills that can benefit them in their academic work as well as expand their creativity. And they have fun while learning!

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

April

Celebrating Color

April 1 through May 2 – 11 a.m. to 4 p.m., Monday through Thursday

Wine and cheese reception, Thursday, April 4 from 5 to 6:30 p.m. Mingle with fellow artists, enjoy the wonderful goodies, have a glass of wine and be sure to vote for the People's Choice Award. We look forward to seeing you! Free parking and entry.

Save The Date For Our Spring Luncheon

Save the date, April 12, for our upcoming Spring Luncheon, which begins with coffee and donuts at the Berne Davis Botanical Garden at 9:30 a.m. and is followed by luncheon at 11:30 a.m. at Pinchers Restaurant. The Edison Garden shop will be available to purchase plants, and all is within walking distance. Sign-up sheet at the league or call the office.

Four Mile Cove Ecological Preserve Kayaking And Lunch With Carmen Sprague

April 19 – 9 a.m. to 2 p.m.

May

Florida Life

May 6 to May 23 – 11 a.m. to 4 p.m., Monday through Thursday

Wine and cheese reception, Thursday, May 9 from 5 to 6:30 p.m.

Classes

(See CapeCoralArtLeague.org for details and to register.)

Beginning Acrylics – Monday, 10 a.m. to 12 p.m.

Acrylic Painting for Students with Some Experience – Monday, 12:30 to 3:30 p.m.

Creative Watercolor for the Beginner and Above – Tuesday, 9 a.m. to 12 p.m.

Learn to Draw – Tuesday, 9 a.m. to 12 p.m.

Fundamentals of Oil and Acrylic Painting for Intermediate Level – Tuesday, 12:30 to 3:30 p.m.

The Art of Zentangle – Tuesday, 1 to 3 p.m.

Oil Painting for All Levels – Wednesday, 9 a.m. to 12 p.m.

Digital Photography and Graphics – Wednesday, 3 to 5 p.m.

Hooked on Watercolor, Intermediate – Thursday, 9 a.m. to 12 p.m.

Adventures in Color Using Soft Pastels – Thursday, 9 a.m. to 12 p.m.

Unique Gifts At Reasonable Prices!

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

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

Speaking of gifts

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

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

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

Coral Oaks Golf Course

Book Tee Times Online Now!

Coral Oaks tee times begin at 7 a.m. daily and reservations may be booked up to seven days in advance.

- **Same day tee times cannot be reserved online,** please call the Pro Shop at (239) 573-3100.

- Tee times can be reserved up to seven days in advance.

- Upon entering the registration site, you may view and reserve tee times with or without setting up an account with password (setting up an account reduces the amount of information required to make future bookings).

- To access and reserve tee times, click on the **Golf Tee Times** button on the top right corner of the screen.

- Request the **day, time, and number of players** you wish to reserve a tee time for (limit of four players per reservation), then click on the **Search** button and the system will produce a list of times that meet your criteria.

- Select the time that works best for you by clicking on the button to **Add Item To Cart.**

- Complete the Tee Time Reservation page with your

billing information then hit **One Click To Finish** to access a screen to enter your name, address and valid credit card information.

- **Please note:** Credit cards will not be charged for placing reservations; golf fees are due in full at the time of check-in at the Coral Oaks Pro Shop.

- **Tee times must be cancelled by telephone at (239) 573-3100 a minimum 24 hours in advance to avoid cancellation fees.**

Please call the Pro Shop at (239) 573-3100 for tee times, group bookings and season pass information.

For more information about Coral Oaks, including amenities, details on PGA golf instruction, upcoming events, special online discount coupons, and to book tee times online, visit www.CoralOaksGolf.com.

So, what are you waiting for? Get out to Coral Oaks because "Every day is a great day at Coral Oaks!"

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

Unsupervised Play For Kids, Are You Scared Of It?

By Mandy Carter

Unsupervised play was once the main way kids played. Now it has become a controversial topic. As a mother, I have a hard time with this topic because I understand the value of play to a child's development yet have grown up with fear being instilled in me by the media and various people. So for those who are like me that know your kids need unsupervised play but are afraid that something will happen to them (my mind goes to getting seriously hurt or kidnapped) keep reading.

I personally know that most of my best work is done when no one is watching, questioning and suggesting. When I feel free to be flexible, self-paced, and creative is when I really conjure up some great ideas and final pieces of work. So as a mom that can't help but worry about my kid's safety, I make sure that my children have time to explore and create and learn without the pressure of my direction, correction or encouragement. I try to let them be even if I am watching closely from afar or remaining just an arm's length away.

Most importantly, let's remember that they are children and their job is to play. So I try to allow it to happen as organically as possible! But whatever your opinion is on play and what you choose to do, remember this: *being a mom is tough, fun, heartbreaking, and joyful; You are a good mom who is doing the best she can to raise good kids!*

Benefits Of Unsupervised Play

- It is believed by some (and supported in some research) that kids who are allowed some time out to explore on their own or with friends are more physically active than kids who were always supervised.

- Unsupervised play builds confidence.

- Allows kids to make decisions on their own and learn how to deal with the consequence of that decision.

Forms Of Unsupervised Play Other Than Roaming Free

- Not hovering a child while on the playground can allow a child to have some unsupervised play. Grab a seat on a bench; you can stay aware of the general location of your kid but allow him/her to play "unwatched."

- Allow them to play outside in your yard within the window view.

- Don't plan every activity a child participates in. Teach them how to be flexible and spontaneous by not always having organized fun.

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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“I Just Don’t Believe That...”

Dear friend,

When I meet people in town, they usually say, “Oh, yeah, I know you, you’re that doctor with the beard on TV.” Well, perhaps I should tell you a little more about myself, the picture from television and why I use it in my ads.

Let’s start with me, the guy with the beard. Ten years ago I was living here in Florida. At that time my mother was down visiting from New Jersey for the season when she showed up in my clinic with a **frozen shoulder**. She was desperate and in pain having lost practically all use of her dominant arm. She could hardly fix her hair, reach for a coffee cup or even fasten her brassiere. Basic hygiene had become extremely difficult for her. She was afraid, because the two orthopedic surgeons that she had consulted told her, “Your only option is to have your shoulder replaced.” I remember saying to my mother, “**I just don’t believe that.**”

Now at that time I was a chiropractor who worked primarily on the spine. Frankly... I didn’t know how I was going to help her. I just knew there was a non-surgical solution out there and I was going to find it.

And boy did I find it! I found the answer to my mother’s shoulder problem and much, much more. And where did I find it? Of all places, I found it at the birthplace of Elvis Presley, Tupelo, Mississippi. Immediately I hopped on a plane and flew into Memphis, rented a car and drove out to a chiropractic neurologist who was willing to teach me how to fix my mother’s frozen shoulder. I spent three days in his clinic shadowing him, learning a new technique I had never even heard about before. Eager to help my mother, I developed this new skill set quickly. When I returned to Florida I wanted to be able to immediately fix my mother’s shoulder.

And that’s exactly what happened. After I performed the first Non-Surgical Operation on her shoulder, her pain went away significantly and she recovered to nearly full range of motion. She was so happy that she avoided surgery and got her life back.

It’s strange how life is, because that same doctor who showed me how to fix my mother’s shoulder opened up his treasure chest of knowledge and showed me how to help people with **chronic knee, neck, low back pain and those suffering with neuropathy** in their hands and feet, **all without the use of Drugs, Surgery or Injections.**

I spent the next several months flying back and forth to Mississippi learning all that I could.

Many years later we now have over one thousand successful patient testimonials. Many of them were told by their doctors that their only option was to have their knee or shoulder replaced or to take toxic drugs for the rest of their lives to mask their neuropathy symptoms.

Al was one of those patients who was told he had **‘bone on bone’** degeneration. His knee stopped unlocking properly, similar to what I’m describing in the photo, and he was facing knee replacement surgery. He was suffering from **chronic degenerative knee pain**, couldn’t walk properly and was easily holding onto 60 pounds of excess body weight. His doctors would have eagerly scheduled him for a knee replacement surgery had he decided to go in that direction.

Immediately after the Non-Surgical Operation I performed on Al’s knee, he was squatting and walking up and down the stairs normally without pain.

Al is now in his early 70s touring Alaska in his RV. He has dropped over 60 pounds and is biking 15 - 20 miles per day and loving life. He regularly sends me great pictures from his adventures.

Joyce was told by her oncologist, “There’s nothing that can be done.” She would have to live with the chemo-induced **neuropathy in her hands and feet**. Hot and cold were indistinguishable and the numbness and tingling made it impossible for her to walk any distance.

Joyce was a cancer survivor only to have come out on the other side with another debilitating condition. She and her husband showed up in my clinic and told me what their medical doctor had said. I told her the same thing I told my mother, “**I just don’t believe that.**”

After a thorough neurological examination and report of findings she trusted me enough to follow my protocols. Within two weeks her numbness and tingling in her feet subsided and the feeling was coming back.. After 12 weeks she was feeling the sand between her toes as she walked along the beach again. At her one year checkup Joyce’s sensory loss had improved over 80% overall to within the normal range... She is all smiles these days!



You should know that ***I don’t heal anyone of anything.*** What I do is perform a specific non-surgical operation that resets the communication between the brain and knee or shoulder, instantly decreasing pain and inflammation, increasing strength and flexibility and **helping with tissue healing.** For our neuropathy patients we have a 4 step, proven approach that heals your nerves and reverses your symptoms. We get tremendous results. It’s as simple as that! –We get tremendous results. It’s as simple as that!

Today in the United States medical doctors are prescribing more drugs than ever before. These drugs are designed to cover up symptoms as your condition gets worse underneath the surface. The toxicity from the daily use of these chemicals ultimately leads to nasty side-effects and more drugs to treat the new symptoms. The current “healthcare” system was built to maintain your condition, not fix it. It’s a brilliant business model for the pharmaceutical industry and the hospitals, but a horrible strategy to follow if one is looking to age gracefully.

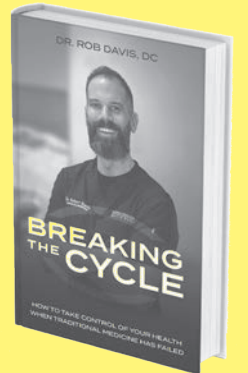
That’s where my practice comes in. I have **found a way** so that more people are able to afford the treatment they need, even those on a fixed income with or without health insurance coverage. One Non-Surgical Operation in my clinic could cost what you’d pay for just the deductible of a joint replacement surgery.

You Benefit from a Unique Offer...When you bring in this article, you will receive a **FREE CONSULTATION with me to determine whether you are a good candidate for our Non-Surgical Knee or Shoulder Operation. If you’re being seen for Neuropathy we will take a thermal image of your feet **at no charge to you.** This will give me enough information to know whether I can help you. Once we determine you’re a good candidate and you feel comfortable in my clinic **the complete examination is only \$197.** That’s it, for the entire neurological examination & report of findings. This examination & report could cost you over \$500 elsewhere. But, please**

call **right away** because this offer expires on April 30, 2024, and I don’t want you to miss out. By the way, further care is very affordable and you’ll be happy to know that the non-surgical, drug free therapies and procedures performed in my clinic **can cost as little as \$300 per month.** You see, I’m not trying to seduce you to come see me with this low start up fee, then to only make it up with high fees after that. Further care is very important to consider when making your choice of doctor because **higher costs can add up very quickly.**

“You shouldn’t be forced to choose drugs and surgery just because that’s the only treatment medicare and your insurance company will cover.”

You should know a little about my qualifications. That’s important so that there’s no misunderstanding about the quality of care. I’m the best-selling author of **Breaking The Cycle** - how to take control of your life when traditional medicine has failed. **An amazon #1 new release in three categories.** I’m a graduate of Life University School of Chiropractic practicing since 1998. I am a licensed chiropractic physician certified in functional neurology. I’ve been entrusted to take care of avid morning walkers, pro-athletes and business tycoons you may have heard of.



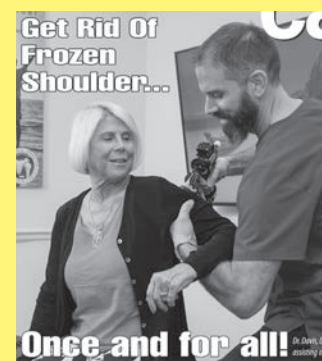
My office is called **Active Health Brain & Body** and it is located at 6710 Winkler Road, Suite #1. It’s the gray Key West-style building at the corner of Cypress Lake Drive and Winkler Road behind the Bank of America. The phone number is **239-482-8686.** Please call my wonderful assistants Megan or Silvia today to make an appointment.

I wish you the Very Best in Health and Life!

Dr. Rob Davis, DC

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

P.P.S. Your time is as valuable to you as mine is to me. That’s why I have a “no wait” policy. It is highly unusual to wait more than a few minutes in my office.



My mother and I featured in a local publication for non-surgical shoulder solutions.

Al on my TV program telling his story of how he avoided a total knee replacement surgery.



Joyce is all smiles at her one year checkup. No more neuropathy!

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Cape Coral Cruise Club 60th Anniversary Cruise



By Captain John Queen

The Cape Coral Cruise Club just celebrated its 60th anniversary with an amazing cruise on the Royal Caribbean cruise ship *Freedom of the Seas* from Feb. 19 to 23. There were 16 club members and family members who joined in the festivities to Royal Caribbean's Coco Cay private island and funky Nassau, Bahamas.

Club members who participated in our 60th anniversary cruise were John and Pati Queen, Chris and Karla Spoke, Linda Haddaway and David Rhodes, Barb and Joe Byrnes, Terry and Laurie Carlson, and Pam and Wayne DeWitt. Also joining us were Lesia Laugavitz and Ashley Wilson (Karla's sister and niece), and Dave Rhodes Jr. and girlfriend Shelley Serratt.

We all dined at two adjacent tables in the main dining room and enjoyed each other's company. Everyone had a great time and enjoyed the activities, entertainment, and music aboard the ship.

On the second day, the ship arrived at Coco Cay where everyone had a perfect day at Coco Cay laying out on the beach, having fun on the zipline, enjoying drinks at Captain Jack's, or feasting on all the food at several pavilions on the island.

Upon returning to the ship, we all had dinner at Giovanni's Italian Restaurant. Our waitress was



Valentina Jankovic from Montenegro, who overwhelmed us with her vibrant personality and over-the-top service. Valentina turned our dinner into an unforgettable culinary experience! She ensured that everyone had plenty of appetizers including bringing out massive meat and cheese platters that lined the 30-foot table. The filet mignon steaks that many ordered were cooked to perfection! To top things off, Valentina even had the chef prepare a cake for us that was iced with "Happy 60th Anniversary."



By the time we finished dinner, we were all so stuffed, that we couldn't even eat the cake and had it held for the final dinner on board.

On the third day, the ship arrived in Nassau, Bahamas. After debarking the ship, a dozen of the group crammed into a van for a short taxi ride to Paradise Island and the Atlantis Resort. We walked around the marina, strolled the shops at the resort, and finally ended up at Margaritaville for some well-deserved drinks. Afterwards, we all got onboard

Cape Coral Cruise Club on page 8



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Cape Coral Cruise Club from page 7

a questionably safe water taxi along with about 30 other people that ferried us back to the cruise ship docks.

The entertainment onboard the ship throughout the cruise was very good. We enjoyed a performance that evening by Greg London, a singer who impersonates famous rock and roll stars, and who was voted best entertainer in Las Vegas several years back. He was a hoot and in his final number invited audience members to join him on stage to dance. Of course, our party girl, Karla, jumped right up there and danced like there was no tomorrow!

The fourth day of the cruise was a sea day, and everyone was off doing their own thing for most of the day. In the afternoon, many of us got together to enjoy a game of "Cape Coralopoly" – a takeoff of Monopoly where all properties are based on Cape Coral streets, businesses and landmarks like Tarpon Point, Lady Lobster, Chiquita Boulevard, etc. (Available at Walgreens on Cape Coral Boulevard for \$19.95 – by the way).

We divided into five teams consisting of Barb and Joe, Linda and Dave, Chris and Karla, Terry and Laurie, and Pati and me. It was a fun game, and we had to cut it short as dinnertime approached. Barb and Joe ironically ended up in "jail" most of the game and were only able to pass "Go" once. Linda and Dave were the winners and claimed bragging rights.



At dinner that night in the main dining room, we had the 60th anniversary cake that Valentina from Giovanni's prepared, brought down and served. It was hilarious that the waiters in the dining room were not aware of the club's anniversary and actually thought Pati and I were celebrating our 60th anniversary and sang to us accordingly!! (I don't remember getting married when I was 8 years old!)



All in all, it was a great cruise, and everyone had a great time. The Cape Coral Cruise Club has been around for 60 years now, and we hope to be around for another 60. The club has its own private island on the Caloosahatchee River and we enjoy cruising to different marinas each month. To learn more about our amazing club, contact our membership chairperson, Laurie Carlson at (239) 910-5543, or visit our website at www.CapeCoralCruiseClub.com.



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Cape Coral Friends Of Wildlife

Tom Allen Memorial Butterfly House

The Tom Allen Butterfly House at Rotary Park, 5505 Rose Garden Road, Cape Coral, FL 33914 is one of the premier attractions in Cape Coral. The Butterfly House is home to many native butterfly species, including the Florida State Butterfly, the zebra longwing.

We are conducting free tours of the Butterfly House and Garden every Monday, Friday, and Saturday starting at 10:30 a.m. Please call (239) 549-4606 for additional information. The tour guides explain the different butterflies and their caterpillars and host plants. Donations are gratefully accepted and are used to purchase more plants for the hungry caterpillars.



Black swallowtail (female) - Host plants are parsley, dill, fennel.



Gulf fritillary - wings open. Host plant is passionvine.



Zebra longwing - zebra longwing is the Florida state butterfly. Host plant: passionvine and corky stem passionvine.



Monarch butterflies - Male on the left, female on the right. Their host plant is milkweed.

Amateur Radio Enthusiasts

Welcome New Members To Join Dynamic Ham Radio Club

There are multiple organizations in Southwest Florida that contribute to the greater good. One such organization is the Fort Myers Amateur Radio Club. Joining a club can contribute to personal growth, skill development, and a sense of belonging. It provides a structured and supportive environment for individuals to pursue their interests and connect with others who share similar passions. By joining a ham radio club it can offer several benefits, including:

1. Learning Opportunities. Ham radio clubs often provide educational resources and opportunities to learn more about amateur radio. Whether you're a beginner or an experienced operator, you can enhance your knowledge and skills.

2. Community And Networking. Joining a club allows you to connect with like-minded individuals who share an interest in amateur radio. You can exchange ideas, experiences, and advice, building a supportive community of fellow enthusiasts.

3. Access To Resources. Clubs may have access to shared resources such as equipment, antennas and testing facilities. This can be especially helpful for those who are new to ham radio or have limited resources on their own.

4. License Assistance. If you're interested in obtaining an amateur radio license, many clubs offer licensing classes and assistance with the FCC exam preparation. Joining a club can be a valuable resource for those looking to get licensed.

5. Public Service Opportunities. Ham radio operators often play a crucial role in providing communication support during emergencies and public events. Joining a club may give you the opportunity to contribute to your community by participating in public service events.

6. Field Days And Contests. Ham radio clubs frequently organize field days, contests, and other events that allow members to test their skills and enjoy the hobby in a social setting. These activities can be both educational and fun.

7. Technical Support. If you encounter technical challenges or have questions about equipment, a ham radio club can provide a pool of experienced individuals who may be able to offer assistance and guidance.

8. Fun And Social Interaction. Being a part of a ham radio club is not just about the technical aspects; it's also about having fun and enjoying the social interactions with fellow enthusiasts. Clubs often organize social events, meetings, and gatherings.

Ultimately, if you find ham radio interesting, joining a ham radio club can enrich your experience in amateur radio by providing a supportive community, access to resources and opportunities for both learning and socializing.

About The Fort Myers Amateur Radio Club, Inc.

Established in 1957, the Fort Myers Amateur Radio Club, Inc., has been dedicated to fostering camaraderie among individuals with a shared passion for amateur radio. With a commitment to facilitating the exchange of information, promoting electronics and amateur radio knowledge, advocating for good radio operating practices, and advancing the art of amateur radio, the club strives to create a vibrant community. Additionally, the club actively sponsors and promotes various activities related to amateur radio, provides crucial public service during emergencies and actively engages in other community initiatives. FMARC is affiliated with and sponsored by the American Radio Relay League (ARRL), which is the national association for amateur radio, connecting hams around the United States with news, information, and resources.

The club meets at 7 p.m. on the last Tuesday of the month at the Lee County Emergency Operations Center. Call (941) 275-9145 to attend. Learn more about ham radio and the club at www.fmarc.net or by email at membership@fmarc.net.

Cape Coral Historical Museum

Remember When... History Of The Cape Coral Historical Society

The Cape Coral Historical Society was founded in 1978 when the editor of the *Cape Coral Breeze*, David Hobe, discovered that it was difficult



CAPE CORAL MUSEUM OF HISTORY

to find material about Cape Coral's formative years even though the city was but 20 years old. He discussed this matter with Betsy Zeiss, who was then writing *The Other Side of the River*, a history of the community. Betsy along with David, Jerry Ladner, Paul Fickinger, and Tony Zeiss met to discuss how to proceed with establishing a historical society. A notice they placed in the *Breeze* drew almost a dozen interested community members. On July 20, the nonprofit organization was created at a meeting at the Cape Coral Yacht and Racquet Club.

The founding group met in their homes until January 1980, when they began meeting in the Cape Coral Library's Bicentennial Room. Their efforts led to incorporation. On June 12, 1980, the Articles of Incorporation established the Cape Coral Historical Society Inc. as a Corporation Not for Profit.

The board held regularly scheduled meetings and their highest priority was acquiring a building to house the museum. The city owned and planned to raze a building at Four Freedoms Park that had originally been the snack bar and pro shop at the Cape Coral Country Club. The city was willing to make it available, and, at the board meeting on May 31, 1983, the board decided to move forward on it. They worked with the city to develop a plan to move the building to the board-preferred location, the park at Jock Boulevard (now Cultural Park Boulevard), where the theatre group was building. The building was moved on Aug. 22, 1983. It took almost four years to get the building up to standard and to get the certificate of occupancy issued on Dec. 23, 1986.

The museum then opened on April 12, 1987.

Come visit us for more historical information about Cape Coral.

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

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

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



Consumer Alert

In The Checkout Line Buying Gift Cards? Read On To Avoid A Scam

If you're in the checkout line with a gift card (or several) in your hand, ask yourself: is the gift card you're buying for a gift? Or is someone on the phone with you as you're checking out telling you what to do – like buy a gift card to pay for something and give them the numbers? Gift cards are **only** for gifts. That means if the gift card isn't for someone's birthday, anniversary, or for any other gift giving reason, it's a scam.

Gift card scammers only want your money. First they'll call, text, email, or send a social media message. Then comes a made-up story: They're from the government

Did someone tell you to buy a gift card and give them the numbers?

That's a scam.

Report it to the gift card company.

Ask for your money back.



(pay taxes or a fine), tech support (something's wrong with your computer – pay to fix it), or you've won a prize (but pay for it first). Other scammers might use AI voice cloning to sound like a family member in trouble. It's always urgent. They always want you to act fast or something bad will happen. And it's always a scam.

Think you gave gift card numbers to a scammer? Act fast. Grab your gift card and the gift card receipt.

• **Report the gift card scam to the gift card company.** It doesn't matter when the scam happened. Use this link – bit.ly/48GKNdF – which will take you to the How To Contact Gift Card Companies section of the Avoiding and Reporting Gift Card Scams web page. There is a list of specific companies that sell gift cards and instructions on how to contact the company to report a gift card scam.

• **Ask for your money back.** Some companies are helping stop gift card scams and might give your money back. Always ask.

• **Tell the FTC at ReportFraud.ftc.gov.** Your report makes a difference and helps protect people in your community from fraud and scams.

• Remember: gift cards are **only** for gifts. If it's for anything else, like to pay to fix any problem for **any** reason, it's a scam.

Visit ftc.gov/gift-cards to learn more. Share this information with your friends, family and community to help stop gift card scams.

Gorillas Versus Humans

Why we can't get all of our nutrients from plants

Gorillas have a colon that is two to three times larger than their small intestine. A large colon is suitable for breaking down fibrous plants and the cellulose to be converted into energy. Their big belly is necessary to accommodate a large colon. They eat about 40 pounds of food every day; they are considered hind gut fermenters having a specialized digestive system for eating plants.

Humans on the other hand have a colon that is half the size of their small intestine. The small intestine is suitable for dense, smaller volume foods and cannot digest cellulose, it passes right through the body. A big belly is not necessary and is associated with poor health. Lesser volume of food is required. Humans are opportunistic feeders, and prefer eating nutrient dense food, meat, but can also eat plants when meat is not available.

I chose to eat like a gorilla for 16 months. The initial cleansing effect from eating all fruit and plants was welcomed. However, overtime I never felt satiated or satisfied. I was always hungry and my health suffered. My digestive system was always churning, energy was never balanced and I became depressed. It was very disappointing because I worked really hard at what I had been told was the best nutrition for myself and I even recommending this type of diet to my patients.

Safely transitioning into eating a more ancestrally appropriate diet for a human being may be one of the most important decisions you can make to decrease pain and inflammation, increase energy levels, and prevent cognitive decline and dementia.

*Dr. Rob Davis is the author of **Breaking the Cycle**, How to take control of your health when traditional medicine has failed. Call (239) 482-8686 to schedule an appointment.*

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Earth Day 2024

Planet Vs. Plastics

Earthday.org, the global organizer of Earth Day, has announced the global theme for Earth Day 2024: Planet vs. Plastics.



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Your support is the heartbeat of our community, and we want to ensure you're always in the know! Here's how you can stay connected with the latest happenings in Cape Coral:

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Stay up-to-date with the latest news, features, and community highlights, all at your fingertips.

Let's continue to build a stronger, more connected community together.

Each month we will publish a few places where you can find the *Cape Coral Sun*!

Location	Address	Zip
5th Third Bank	2724 Del Prado Blvd S	33904
Accupuncture Center for Spiritual Healing	4632 Vincennes Blvd Ste 104	33904
Ace Hardware	1012 Cape Coral Pkwy E	33904
Annies Restaurant	814 SE 47th St	33904
Beverly Mesch Acupuntcure	4818 Coronado Pkwy Ste 6	33904
Black Belt Taekwondo	4424 Del Prado Blvd S	33904
Board of Realtors	918 SE 46th Ln	33904
Botanical Brewing - Jessica	839 Miramar St	33904
Busy Bank	2524 Del Prado Blvd S	33904
C21 Sunbelt	725 Cape Coral Pkwy	33904
Cape Coral Art Studio	4533 Coronado Pkwy	33904
Cape Coral European Market	4536 SE 16th Pl Unit 3	33904
Capt Robs	3714 Del Prado Blvd S	33904
Casa Loma / OYO Waterfront Hotel	3608 Del Prado Blvd S	33904
CC Chamber Welcome Ctr - Inside	2051 Cape Coral Pkwy E	33904
CC Chamber Welcome Ctr - OSR	2051 Cape Coral Pkwy E	33904
CC Title Insurance Agency	1307 Cape Coral Pkwy E	33904
Century 21 Birchwood	4040 Del Prado Blvd S	33904

Planet vs. Plastics unites students, parents, businesses, governments, churches, unions, individuals, and non-governmental organizations (NGOs) in an unwavering commitment to call for the end of plastics for the sake of human and planetary health, demanding a 60 percent reduction in the production of plastics by 2040 and an ultimate goal of building a plastic-free future for generations to come.

To achieve a 60 percent reduction by 2040, earthday.org's goals are: (1) promoting widespread public awareness of the damage done by plastic to human, animal, and all biodiversity's health and demanding more research be conducted on its health implications, including the release of any and all information regarding its effects to the public; (2) rapidly phasing out all single-use plastics by 2030 and achieving this phase out commitment in the United Nations Treaty on Plastic Pollution in 2024; (3) demanding policies ending the scourge of fast fashion and the vast amount of plastic it produces and uses; and (4) investing in innovative technologies and materials to build a plastic-free world.

"The word environment means what surrounds you. Now plastics do more than surround us; we have become the product itself – it flows through our bloodstream, adheres to our internal organs, and carries with it heavy metals known to cause cancer and disease. Now this once-thought amazing and useful product has become something else, and our health and that of all other living creatures hangs in the balance," said Kathleen Rogers, president of earthday.org. "The Planet vs. Plastics campaign is a call to arms, a demand that we act now to end the scourge of plastics and safeguard the health of every living being upon our planet."

Plastics extend beyond an imminent environmental issue; they present a grave threat to human health as alarming as climate change. As plastics break down into microplastics, they release toxic chemicals into our food and water sources and circulate through the air we breathe. Plastic production now has grown to more than 380 million tons per year. More plastic has been produced in the last 10 years than in the entire 20th century, and the industry plans to grow explosively for the indefinite future.

"All this plastic was produced by a petrochemical industry with an abysmal record of toxic emissions, spills, and explosions," said Denis Hayes, chair emeritus of earthday.org. "Plastics are produced in polluting facilities that somehow seem to always be located in the poorest neighborhoods. Some plastics are lethal when combusted; other plastics transmit hormone-disrupting chemicals; and all plastics can starve birds and suffocate sea life. At every stage of their lifecycles, from the oil well to the town dump, plastics are a dangerous blight."

More than 500 billion plastic bags – one million bags per minute – were produced worldwide last year. Many plastic bags have a working life of a few minutes, followed by an

afterlife of centuries. Even after plastics disintegrate, they remain as microplastics, minute particles permeating every niche of life on the planet.

100 billion plastic beverage containers were sold last year in the United States. That's more than 300 bottles per inhabitant. A few of them will be converted into park benches; none of them will be made into new plastic bottles and 95 percent of all plastics in the United States won't be recycled at all. Even the 5 percent of plastics being recycled are "downcycling" to inferior products or shipped to poorer countries for "recycling," leaving the demand for virgin plastic undiminished.

People seldom think of water when they think of plastics. But making a plastic water bottle requires six times as much water as the bottle itself contains.

Earthday.org demands the International Negotiating Committee on Plastic Pollution (INC) mandate the end of production of single-use plastic by 2030 in the Global Plastics Treaty. Moreover, it demands the treaty be implemented using the precautionary principle and the polluter pays doctrine.

The fast fashion industry annually produces over 100 billion garments. Overproduction and overconsumption have transformed the industry, leading to the disposability of fashion. People now buy 60 percent more clothing than 15 years ago, but each item is kept for only half as long.

Approximately 85 percent of garments end up in landfills or incinerators, with only 1 percent being recycled. Nearly 70 percent of clothing is made from crude oil, resulting in the release of dangerous microfibers when washed and continued contribution to long-term pollution in landfills.

Social injustice and fashion are directly intertwined, with exploitative working conditions, low wages and widespread child labor. For far too long, the industry has relied on a fractured supply chain and an almost total lack of governmental regulation.

To learn more about Planet vs. Plastics and join the movement for a plastic-free future, please visit <https://www.earthday.org/earth-day-2024/>. To educate yourself on the impacts of plastic on human health, check out the plastics health research module and earthday.org's earth hub for all fact sheets, toolkits, press releases and articles.

About Earthday.org

Earthday.org's mission is to diversify, educate, and activate the environmental movement worldwide. Growing out of the first Earth Day (1970), earthday.org is the world's largest recruiter to the environmental movement, working with more than 150,000 partners in nearly 192 countries to build environmental democracy. More than 1 billion people now participate in Earth Day actions each year, making it the largest civic observance in the world. Learn more at earthday.org.

Tip: Use this free carbon footprint calculator to check out your greenhouse gas emissions ... bit.ly/3OyxK6O.

From The Desk Of Sheriff Carmine Marceno

2023 Fraud Numbers Are In

The Federal Trade Commission works diligently, throughout the year, to both document consumer fraud incidents, as well as to notify law enforcement of current trends and activities.



The information is stored in a secure database called the "Consumer Sentinel Network" and is available to law enforcement agencies only. This information is extremely valuable and we pass on much of what we learn regarding trending practices to our residents.

The 2023 numbers are in and while there has been a decrease in reported incidents from 2022 to 2023 (6.12 million reports in 2022 reduced to 5.39 million reports in 2023), the volume of fraudulent activity remains disturbing.

With the advent of the Internet and social media, the numbers have ballooned. For this reason, I constantly remind our residents and guests, here in Lee County, to exercise extreme caution when utilizing the Internet, email, cellular text and social media.

Below, please find a list of the most commonly reported fraud categories across the United States and, when encountering these subjects/topics online, please exercise discretion and approach them with skepticism and caution:

1. Identity theft – 1,036,903 reports
2. Imposter scams – 853,935 reports
3. Credit bureaus, information furnishers and report users – 711,802 reports
4. Online shopping and negative reviews – 369,469 reports

5. Banks and lenders – 230,224 reports
6. Auto related – 178,100 reports
7. Prizes, sweepstakes and lotteries – 157,520 reports
8. Internet services – 125,118 reports
9. Debt collection – 124,450 reports
10. Business and job opportunities – 110,364 reports

The financial losses that were the result of the reported frauds and scams reached \$10,021,305,005 ... well over 10 billion dollars!

While many assume that seniors are the most frequently-targeted individuals, 44 percent of victims were between the ages of 20 and 29 years of age ... seniors ages 70 to 79 represented only 25 percent of the reports.

While this may partially be true as many seniors fail to report their victimization, I share this to remind our residents that anyone can be victimized if not careful ... even "tech-savvy" adults.

Regrettably, one of the most victimized states is Florida.

There are no easy solutions or foolproof tips to protect you from these criminal activities. Certainly, basic measures such as using strong passwords, keeping devices up to date with the most current updates and guarding your personal information will prove to be helpful, however, intense scrutiny of any and all online opportunities should be performed and, whenever uncertain, reach out for assistance prior to making hasty decisions online.

All fraudulent activity needs to be reported. These incidents should be reported to local law enforcement as well as to the Federal Trade Commission at <https://reportfraud.ftc.gov/#/>.

Stay alert. Be cautious. Ask for assistance when uncertain.



The New Math:

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Southwest Florida Fine Craft Guild Scholarship Recipients

The Southwest Florida Fine Craft Guild is a nonprofit organization that is dedicated to fostering creativity and artistic excellence. We offer numerous opportunities for our members to showcase their work, share their experiences, and connect with other artists in the community. Our members come from all walks of life, and we work hard to ensure that each member feels supported and respected. All money raised by our events, raffles, and donations goes to support our Art Scholarship program for local youth.



Art Gallery on the school's campus. All these winners' work was cohesive, bold, and impactful. The winner of the \$1,500 "Brian J. Duddy Memorial Scholarship" was Emily M., who showcased various storytelling mediums. Each of the next four artists won \$250 scholarships: Zachary Y., Mariangel R., Serenity R., and Jameson A.

On March 21, we moved on to FGCU, where scholarships were awarded during the FGCU annual student art exhibition reception from 5 to 7 p.m. This show will be on display March 22 to April 4.

If you would like to donate to help our local youth, check out our website <https://www.swffcg.org/donations>.



Winners from left to right: Emily M., Zachary Y., Mariangel R., Serenity R., Jameson A. and Trudy Sampson.



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When It Needs To Be Perfect

Make Every Day Take Back Day

Dispose Of Unwanted Medications

The United States Drug Enforcement Administration (DEA) has launched an easy way to encourage the public to make **every day take back day** by utilizing year-round collection sites to dispose of unneeded and unwanted medications.



For more than a decade, DEA has worked with state and local law enforcement partners to host National Prescription Drug Take Back Days each year to help Americans rid their homes of unneeded medications. The Take Back program has received an overwhelming response from communities across the country. In 2023, DEA collected more than 1.2 million pounds of unneeded medications at more than 4,600 sites nationwide during their two, one-day events.

DEA has now registered a record 17,000 pharmacies as authorized collectors to help Americans dispose of unused prescription drugs any day of the year. These safe disposal receptacles, in addition to DEA's annual Take Back Day events, provide the public with an easy, no-cost opportunity to anonymously dispose of medications that are no longer needed.

Unneeded medications can be a gateway to addiction and have helped fuel the opioid epidemic. According to a report published by the Substance Abuse and Mental Health Services Administration (SAMHSA), a majority of people who use a prescription medication for a nonmedical purpose obtained that medication from a family member or friend. Removing unnecessary medications from the home can help prevent situations involving not taking medication as intended or dosed; taking someone else's prescription; and taking the medicine for euphoric effects rather than medicinal purposes.

Make **every day take back day** by visiting the DEA website at [bit.ly/49Qo2Fd](https://www.dea.gov/bit.ly/49Qo2Fd). Enter your zip code or your city and state, and click one of the five-, 10-, 20- or 50-mile radio buttons. You will find a list of pharmacies, hospitals or businesses where you can drop unneeded prescription medication any day of the year. In addition, many local police departments provide year-round drug disposal boxes.

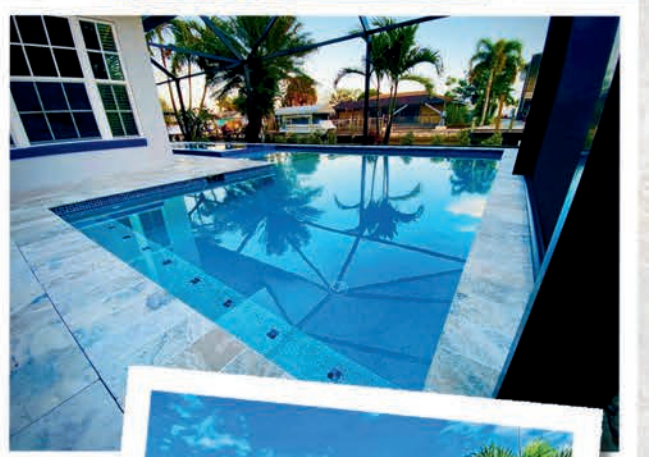
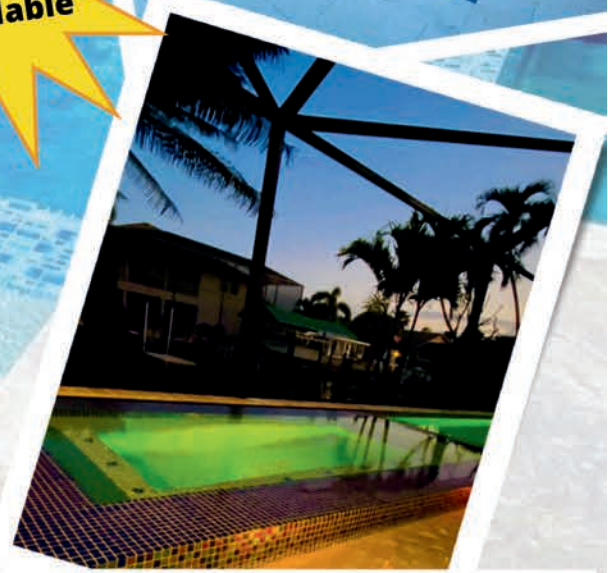
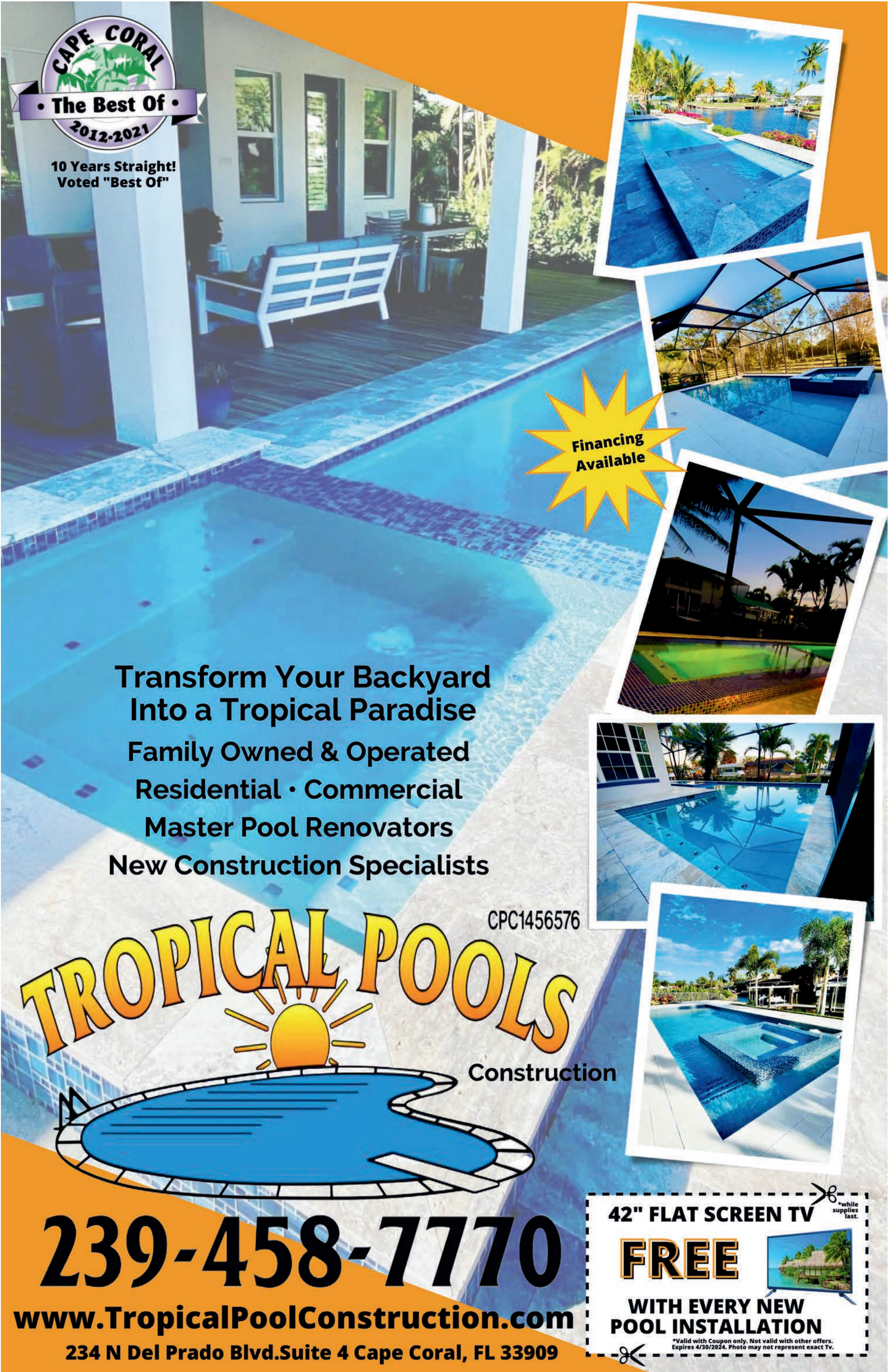
How easy was that?

Source: <https://www.dea.gov/press-releases/2024/01/24/dea-encourages-communities-make-every-day-take-back-day>.





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