

THE CAPE CORAL SUN

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

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Stamp Out Hunger Food Drive Set For May 11

Saturday, May 11 marks the 32nd anniversary of one of America's great days of giving – the National Association of Letter Carriers (NALC) Stamp Out Hunger® Food Drive.

Letter carriers travel through the communities daily, often coming face to face with a sad reality for too many, hunger.

Each year on the second Saturday in May, letter carriers across the county collect nonperishable food donations from customers. These donations go directly to local food pantries to provide food to people in Lee County who need help.

Over the course of its 30-year history, the drive has collected well over 1.9 billion pounds of food, thanks to a postal service universal delivery network that spans the entire nation, including Puerto Rico, Guam and the U.S. Virgin Islands.

The need for food donations is great. Currently, more than 44 million Americans are unsure where their next meal will come from. More than 13 million are children who



feel hunger's impact on their overall health and ability to perform in school. Nearly 5.5 million seniors over age 60 are food insecure, with many who live on fixed incomes often too embarrassed to ask for help.

Our food drive's timing is crucial. Food banks and pantries often receive the majority of their donations during the Thanksgiving and Christmas holiday seasons. By springtime, many pantries are depleted, entering the summer low on supplies at a time when many school breakfast and lunch programs are not available to children in need.

Participating in this year's Letter Carrier Stamp Out Hunger Food Drive is simple. Just leave nonperishable food donations in a bag by your mailbox Saturday, May 11, and your letter carrier will do the rest.

Nonperishable food items include unopened, nonbreakable containers, such as peanut butter, pasta, tuna, rice, beans, canned meats, fruits, vegetables and soups.

With your help, letter carriers and the U.S. Postal Service have collected over 1.9 billion pounds of food in the United States over the 30 years as a national food drive. Please help in the fight to Stamp Out Hunger.

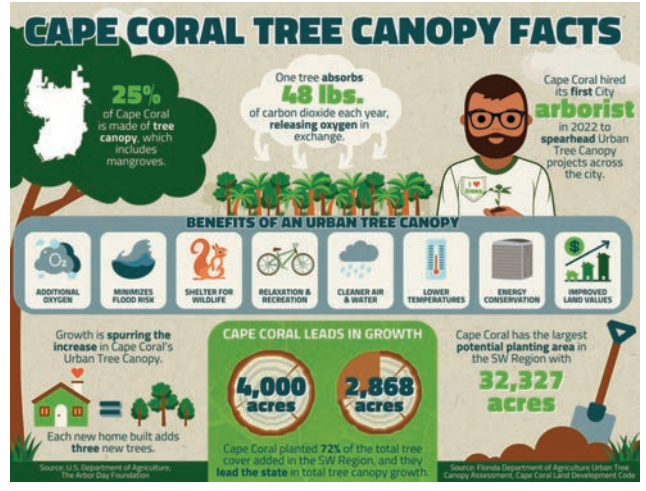
Source: Coordinator's Manual, National Association of Letter Carriers, Stamp Out Hunger Food Drive https://www.nalc.org/community-service/food-drive/body/2024-NALC_Food_Drive_Manual-online.pdf

Cape Coral Named Statewide Leader In Urban Tree Canopy Growth

Typically, Urban Forestry studies are carried out at the city or county level, but this comprehensive analysis provides insights into the broader environmental and economic impact of trees across the state.

Key Findings From The Southwest Region Include

- The average urban tree canopy coverage in Southwest Florida is 32 percent.
- The Southwest region of Florida gained 4,000 acres of tree canopy, the highest among all regions studied.
- Cape Coral leads the state in adding tree cover, with an impressive 2,868 acres gained during the study period.
- Cape Coral showcases the largest potential planting area, covering 32,327 acres.



The increase in Cape Coral's tree cover is directly related to its economic development, which has allowed our city to grow a vibrant tree canopy that will benefit current and future generations. Establishing and maintaining a sustainable urban tree canopy is vital to the social and economic growth of our city.

Trees play a vital role in our city's green infrastructure and will become part of our cultural fabric as we continue to grow. The city will continue to seek new grant and reforestation initiatives to have our status as a leader in this field endure.

Future Forestry – Planting Trees For A Better Tomorrow

In the 1960s and '70s Cape Coral, Fla., was cleared of most of the natural tree canopy for the development of residential lots. The process of digging canals to raise the average elevation disrupted the area's natural foundation and soil.



Our mission is to rebuild the forest canopy and in the process clean the air, water and make a great home for other native plants and animals.

Create The Forests Of Tomorrow

The best time to plant a tree was 20 years ago, the second-best time is today! Trees cool the earth and streets around them. This is south Florida; everyone could use some more shade and breaks from the heat!

Improve Water Quality

Trees improve water quality by slowing rain as it falls to the Earth, and helping it soak into the soil. They also prevent soil from eroding into our waterways, reduce stormwater runoff, and lessen flood damage. They serve as natural filters to protect our streams, rivers and lakes.

Clean The Air

Trees absorb greenhouse gases (carbon, dioxide, nitrogen oxide) ammonia, sulfur dioxide and ozone and filter particulates out of the air by trapping them on their leaves and bark.

Create A Thriving Habitat

Trees provide shade that is necessary for keeping animals from the heat and protecting them from predators. Trees help support the entire food chain in a variety of ecosystems.

Volunteer: <https://futureforestry.org/#volunteer>

Donate: www.futureforestry.org

Visit our website www.futureforestry.org for more information and follow us on Facebook to stay up to date on our next project coming up.

Volunteer Drivers Needed

We live in a generous community, so much so that many of the letter carrier trucks overflow with food. In order to assist with this situation, the Volunteer Center of the United Way of Lee, Hendry and Glades counties will be coordinating volunteers to assist with driving a carrier route and helping pick up food.

Volunteers will have a choice of four driving routes and two different shifts. All routes have a first shift of 11 a.m. to 2 p.m. For the remaining three routes volunteers will have a choice of two shifts.

- Six Mile (one shift – 11 a.m. to 2 p.m.)
- Page Field (two shifts – 11 a.m. to 2 p.m. and 2 to 5 p.m.)
- Cape Central (two shifts – 11 a.m. to 2 p.m. and 2 to 5 p.m.)

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Groundbreaking At Festival Park

The City of Cape Coral invites the public to a groundbreaking ceremony for Festival Park on Friday, May 31, at 10 a.m. No reservation is required to attend.

In 2018, Cape Coral voters approved a \$60 million expansion of the city's parks and recreation amenities. The approved 15-year general obligation bond will fund major parks and recreation improvements throughout the city.

This park's development intends to provide festival grounds for large events and an outdoor concert venue. Proposed park improvements include four multiuse sports fields with lighting and an amphitheater with a grass berm. Festival Park is expected to open in the fall of 2025.

See more information on this park project at www.capecoral.gov/special_project_plans/parks_and_recreation_go_bond/festival_park.php.

Get Your Brunch On

BARunch Now Open In Big John's Shopping Plaza

Serving breakfast, brunch and lunch all day, plus outstanding daily drink specials including Bloody Mary's and Mimosas from their full bar, one of Cape Coral's newest restaurants is living up to its slogan of ... *Getting Your Brunch On.*



"It's brunch all day long, and it's all fresh," said co-owner Eric Gentry. "And that's what makes us unique in Cape Coral."

Co-owner couples Frank and Sandra Kelly, along with Eric and Shelley Gentry have all worked together to make BARunch something different and something special.



"Frank and I met at The Taste of the Cape and he was looking for a location for a new restaurant. He already had the concept of what he wanted to do," Shelley Gentry said. "Being from



Come meet the staff.

New York, Frank felt that a really good brunch restaurant was missing from Cape Coral."

Around the same time Eric Gentry was looking for another business to start but he wasn't totally sold on the restaurant industry, as his business ventures were automotive related. But that all changed once he met Frank. "With his past restaurant ownership experience and both our savvy business minds, it just made sense," Gentry said.

It almost didn't happen. Frank had originally planned on moving to Florida to retire and spend his time fishing. But once Shelley introduced Frank to Eric, the wheels were in motion and both couples were on the path of turning BARunch's vision into reality.

After about a year they found their location inside the former DIY Yogurt in Big John's Shopping Plaza. It



Krabby Patty sliders



Loaded avo on toast

took 10 months to remodel and transform the space to reflect what their vision for BARunch would look like.

"Traditional fresh food, cooked correctly is what we're all about," Frank said. "It's introducing new flavors with fair prices." Eric and Frank added, "We wanted to create a fun atmosphere for families and friends to enjoy in Cape Coral."



BARunch is open seven days per week from 9 a.m. to 6 p.m. Happy Hour is daily 3 to 6 p.m. They are also available after hours to host business meetings and special events. To see their full menu and upcoming events please visit the BARunch website at www.Barunchcc.com.



Specialty drinks

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School's 'Almost' Out For Summer!

The Cape Coral Parks and Recreation Department offers a wide variety of safe, fun, and affordable summer camps options for children of all ages!

Super science camp, teen adventure camp, dance camp, Police Athletic League (PAL), creativity camp, eco-adventure nature camp, skate park summer camp, special populations camp, tennis camp and more!

Some of the benefits of participation include:

- Enhanced personal growth and skills
- Building of positive relationships
- Development of good sportsmanship
- Increased self-esteem

For more details and to register, visit <https://cld.bz/TzJJTu/2>.

Payments must be made at the time of registration in order to reserve a camp placement.

Spots are likely to fill quickly, so be sure to register early!



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Tax Talk

Tax Reform Provisions That May Affect Your Business

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!



Now that the tax season is over it is time to concentrate on your business more and how the Tax Reform Provisions may affect your business.

Income (Including Gains And Losses)

Inventory Sourcing

Income from the sale of inventory where title passes outside the United States generally would be foreign source income. If a domestic corporation manufactures inventory in the United States and passes title and risk of loss outside the United States, prior law provided that 50 percent of the income would be United States source and 50 percent would be foreign source. The Tax Cuts and Jobs Act, or tax reform, modified this rule to provide that 100 percent of the income from the sale of property manufactured by the corporation in the United States is United States source, regardless of where the title passes.

If a domestic corporation manufactures inventory outside the United States, 100 percent of the income from its sale would be foreign source, regardless of where title passes and regardless of whether the inventory is sold to United States or foreign customers. If, instead, the domestic corporation purchases inventory that it sells, the sales income would be sourced based on where title and risk of loss pass to buyers.

Stamp Out Hunger from page 1

- Cape North (two shifts – 11 a.m. to 2 p.m. and 2 to 5 p.m.)

Volunteer driver routes will start later in the morning to coincide with residents placing their food at mailboxes and the peak times when mail carriers are on their routes. The second shift will collect items from residents who put out their donations later.

Any driver signing up is encouraged (not required) to have a driving buddy. However this volunteer opportunity works best when volunteers team up in pairs, a driver and a navigator.

To sign up to volunteer please visit <https://bit.ly/3PQ3dIG>.

History Of The Letter Carrier Stamp Out Hunger® Food Drive

Letter carriers, who go into neighborhoods in every town six days a week, have always gotten involved when something needs to be done. Whether it is collecting funds for the Muscular Dystrophy Association (MDA); watching over the elderly through the Carrier Alert Program; delivering needed antibiotics (if called upon); assisting victims of natural disasters, or rescuing victims of fires, crime, and other mishaps, letter carriers are the eyes and ears in every neighborhood and often lifesavers in the community.

Over history, a number of branches collected food for those in need as part of their community service effort. Discussions were held by the NALC, USPS, and AFL-CIO to explore a more coordinated effort. A pilot drive was held in October 1991. It proved so successful, the parties worked to make it a nationwide effort. Food banks and pantries suggested that late spring would be the best time for the drive, since most of their food donations are received over the Thanksgiving and Christmas holiday periods, leaving the food shelves depleted by spring. Making matters even worse for many, school breakfast and lunch programs are not available during the summer, placing an even greater responsibility on local food pantries and food shelves.

A revamped drive was organized for the second Saturday in May 1993, with a goal of at least one NALC local branch participating in each of the 50 states. The results were astounding. Over 11 million pounds of food

Limitations On Carried Interest

The law extended the holding period with respect to certain carried interest (i.e. applicable partnership interests) to three years.

Carried interests are ownership interests in a partnership that share in the partnership's net profits. Carried interests often are issued to investment managers in connection with the investment manager's services. These interests often result in the holder receiving capital gains which are taxed at a lower rate, rather than ordinary income.

Like-Kind Exchange

The law, Section 1031 changed like-kind exchanges and now it applies only to exchanges of real property and not to exchanges of personal or intangible property. An exchange of real property held primarily for sale still does not qualify as a like-kind exchange.

Deductions And Depreciation

Business Interest Expense

Newly amended section 163(j) of the Internal Revenue Code imposes a limitation on deductions for business interest incurred by certain large businesses. For most large businesses, business interest expense is limited to any business interest income plus 30 percent of the business' adjusted taxable income.

Qualified Business Income Deductions

Owners of sole proprietorships, partnerships, corporations and some trusts and estates may be eligible for a new deduction – referred to as Qualified Business Income Deduction – allowing them to deduct up to 20 percent of their qualified business income, plus 20 percent of the aggregate amount of qualified real estate investment trust dividends and qualified publicly traded partnership income.

Depreciation And Expensing

Businesses can immediately expense more under the new law. A taxpayer may elect to expense the cost of any section 179 property and deduct it in the year the property is placed in service. The new law increased the maximum deduction from \$500,000 to \$1 million. It also increased the phase-out threshold from \$2 million to \$2.5 million.

Proposed regulations have been issued on the new 100-percent depreciation deduction that allows businesses

were collected by over 220 union branches – a one-day record in the United States. From Alaska to Florida and Maine to Hawaii, letter carriers did double duty by delivering the mail and picking up donations. In 2022, we celebrated the return of the in-person food drive which was our 30th annual Letter Carriers' Stamp Out Hunger food drive. Our branches have collected a total of approximately 1.9 billion pounds of food over the history of the drive – an awesome achievement.

Each year, groups, businesses and organizations join the NALC at the local, regional, and national levels, to help grow a campaign of hunger awareness and community action in conducting this one-day, record making food drive. From the beginning, at the national level, we have had the steadfast support of the USPS, United Way and AFL-CIO. United Food and Commercial Workers union (UFCW) is the national premiere partner, adding the largest food union in the country to our efforts. Locally, the Letter Carrier Stamp Out Hunger food drive enjoys partnerships with many church and faith groups, Rotary and Lions Clubs, grocers and youth groups and those who work to provide help and hope to those in need.

We look forward to another awesome year, as we continue our fight to **Stamp Out Hunger!**

Source: Coordinator's Manual, National Association of Letter Carriers, Stamp Out Hunger Food Drive

Stamp Out Hunger Food Drive Day FAQs

What Is Special About Nonperishable Food?

Nonperishable foods, such as canned goods and dried fruit, have a long shelf life and don't require refrigeration to keep them from spoiling.

What Percentage Of Americans Use Food Banks?

One in seven people in our nation utilizes our network of food banks.

Who Refers You To A Food Bank?

Professionals such as social workers, healthcare practitioners, and doctors must refer people to a food bank for them to receive a voucher that can then be exchanged for food.

For more statistics on food insecurity visit <https://www.feedingamerica.org/hunger-in-america/food-insecurity>.

to write off most depreciable business assets in the year they are placed in service by the business.

Employer Deduction For Certain Fringe Benefits

The new law disallows employer deductions for (1) activities generally considered to be entertainment, amusement, or recreation; (2) membership dues for clubs organized for business, pleasure, recreation, or other social purposes; or (3) a facility used in connection with the above items, even if the activity is related to the active conduct of trade or business.

It also disallows deductions for expenses associated with transportation fringe benefits or expenses incurred providing transportation for commuting (except as necessary for employee safety).

Under the new law, there is now a prohibition on cash, gift cards and other non-tangible personal property as employee achievement awards. Special rules allow an employee to exclude certain achievement awards from their wages if the awards are tangible personal property.

Business Meals

Business meals have been reduced to 50 percent of the total cost of any business-related meals.

There are many benefits that will help your business maximize your deductions. Please consult with your tax advisor for further clarification.

Coming Up In The Cape

Parent's Night Out

Friday, May 10 – 6 to 9 p.m.

Everyone deserves a night of fun! Parent's Night Out is a special Friday night event that gives the parents the opportunity to enjoy an evening alone and the kids a chance to eat some pizza, watch a movie, play games, and make new friends! Ages 3 to 5. All children must be potty trained. Register online here: <https://chefsInProgress.com/classes/ola/services/mommy-and-me-tea-party-all-ages>.

Someone Special And Me – Alice In Wonderland Baking Class

Friday, May 10 – 6 p.m.

Location: Chefs In Progress at Lake Kennedy Center, 400 Santa Barbara Blvd., Cape Coral, FL 33991

Age Group: Ages 6 to 15, but all ages are welcome.

Price: The price (\$65) covers one parent and one child under 15. If your party includes more family members, please reach out to Chef Cameron directly at (239) 677-5830 to make arrangements.

Fall down the rabbit hole into a world of whimsy and wonder at our Someone Special and Me – Alice in Wonderland Tea Party baking class! Chefs In Progress invites you and your little ones to a magical evening where you'll step into the delightful world of Alice in Wonderland, creating delicious treats fit for the Mad Hatter's tea party.

Join us as we bake Southern Whipped Biscuits from scratch and concoct our own homemade Strawberry Jam. This hands-on class is a fantastic way for parents and children of all ages to bond over the joy of baking, learning new skills, and enjoying the fruits of their labor together.

Our Alice in Wonderland theme will transport you to a fantastical tea party setting. Children and parents are encouraged to dress up as their favorite characters from the story to add to the fun! Throughout the evening, you'll enjoy interactive storytelling, whimsical decorations, and perhaps even a surprise visit from the White Rabbit or the Cheshire Cat.

All baking materials and ingredients will be provided. Just bring your curiosity and be ready to explore the enchanting world of Alice in Wonderland through the art of baking.

Spaces are limited, so reserve your spot now for an unforgettable evening of adventure, laughter, and delicious treats at Chefs In Progress!

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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.

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.

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

Hooked on Watercolor, Intermediate – 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.

Note: The Cape Coral Art League will be **closed** during the month of August.

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

Here We Grow Again

Seven Islands/Gulf Gateway Resort And Marina Village

Seven Islands, now renamed Gulf Gateway Resort and Marina Village, is a mixed-use waterfront development of 995 residential units, commercial and retail, a 240-room hotel, restaurants, a public marina, a community center and more on 47 acres along Old Burnt Store Road North.

Cape Christian

The church will break ground on a 1,300-seat auditorium that will be used for weekend services, but also by schools, cities, and different organizations.

Paraiso At North Cape Coral

Paraiso, or Paradise, at North Cape, is a commercial plaza offering executive offices, retail stores and restaurants with a water lookout.



The five-acre project will be in northeast Cape Coral at 2601 Del Prado Blvd. N.

It will be groundbreaking in the next few months, with a plan to finish within a year, possibly by 2025.

Victory Park

Victory Park, a 138-acre life science campus in northeast Cape Coral, will include a main medical office complex, hundreds of housing units, a hotel, and a multiuse path.

It is between Diplomat Parkway East, N.E. 24th Avenue, Littleton Road, and Corbett Road, next to the VA Clinic Cape Coral.

Civitas

Civitas of Cape Coral is a 4.65-acre, affordable, workforce multifamily community with 96 units at 123 Civitas Court, near Pine Island Road.

Shops Of Del Sol And Shops Of Del Mar

They will be at 1019-1027 S.W. Pine Island Road, between Chiquita Boulevard and Santa Barbara Boulevard in Cape Coral.

They will bring restaurants, retail, medical, and recognizable brands and shopping with a sleek and modern design.

Cape Coral Grove

Cape Coral Grove is a "town center" project bringing more than 1,234 multifamily apartment units, two public parks, a hotel and parking spaces.

The 131-acre parcel is next to Bubba's Roadhouse on Pine Island Road and will be 767,000 square feet.

Gilbane

A 35-acre parcel at Pine Island Road and Veterans Parkway will bring a three-phased project with a 120-unit hotel, freestanding restaurant and 10,000 square feet of retail.

Additionally, 600 apartments are planned in two phases.

Lake Shadroe

White Stone Developments, a Cape Coral-based real estate developer, is developing a 48-unit Airbnb vacation resort for the growing northwest part of Cape Coral.

The site is surrounded by residential areas and next to the city's Burnt Store Boat Ramp, a 4.5-acre boat launch facility that provides access to the North West Spreader canal.

Other amenities would include a waterfront restaurant, a gourmet café, a marina, a spa and a cigar bar.

Plans for a mini marina will include 12 boat slips that will be rented out and reserved for different water-based activities like fishing and kayaking.

Lee Health And Bimini Square

Bimini Square is a mixed-used development west of Four Freedoms Park that will include luxury apartments, a Deep Lagoon waterfront restaurant and shops on three sites south of Cape Coral Parkway and west of Sunset Court.

The project consists of 13 parcels with five-story buildings on nearly six acres and includes a 25-slip transient boat dock, a parking garage, 500 spaces and a commercial parking lot for the restaurant.

Medical office space comprises about 95 percent of the street floor frontage along Cape Coral Parkway.

The Cove

The 3.9-acre site will have 19,000 square feet of retail, commercial and office uses on the first floor, four restaurants, 327 luxury residential units and a 611-space parking garage, with two floors reserved for the public.

[Source: Cape Coral Growth Mushrooming. Here Are 11 Game-Changing Developments Coming To The City. Luis Zambrano, Fort Myers News-Press, March 22, 2024]

Shredding Event

Time to grab that stack of old tax returns, bills and other sensitive documents and dispose of them safely at Lake Michigan Credit Union (LMCU) Shred Your Stuff Day.

Bring up to six boxes of paper and we'll make sure they're disposed of properly. For the health and safety of our staff and participants, we ask that you remain in your vehicles at all times.

When: Saturday, May 4 from 9 to 11 a.m.

Where: LMCU Cape Coral, 530 Cape Coral Parkway, East, Cape Coral, FL 34114

*Event details are subject to change. Please check LMCU.org or LMCU's social pages for up-to-date information.

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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 May 31, 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!

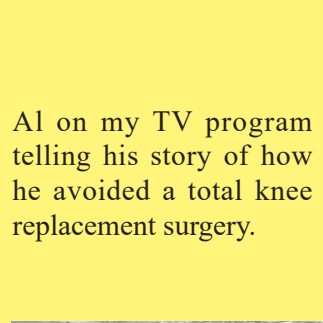
Dr. Rob Davis, DC

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!

Call Today 239-482-8686

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Small Business Development Center at FGCU, Consultant, 3106 Del Prado Blvd. S., Unit 303, Cape Coral, FL 33904, https://fsbdcswfl.org, (239) 745-3700



Faith Generation Church, House of Worship, 315 S.W. 2nd Ave., Cape Coral, FL 33991, www.myfaithgeneration.com, (239) 687-3161



IncredibleBank, Bank, 2512 Skyline Blvd., Cape Coral, FL 33914, www.incrediblebank.com, (239) 837-0730



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Three Heartfelt Ways To Celebrate Mom

By Mandy Carter

As May flowers bloom and spring fills the air with warmth, it's that special time of year again – Mother's Day. Beyond the cards and flowers lies an opportunity to truly celebrate motherhood. While gifts are wonderful, the most meaningful gestures often come from the heart. Here are five heartfelt ways to celebrate Mom this Mother's Day, making it a day both mother and child will cherish forever.

Create A Memory Scrapbook

Memories are the treasures of life, and what



Waterfront walk at sunset is my favorite.

better way to honor mom than by compiling a scrapbook together filled with cherished moments? Gather old photographs, ticket stubs from family outings, handwritten notes and any other memorabilia that holds significance. Take time to reminisce together as you arrange these mementos in a beautifully crafted scrapbook.

Plan A Mother-Daughter Or Mother-Son Date

Quality time is one of the greatest gifts we can give our family. Plan a special outing tailored to mom's interests, whether it's a leisurely stroll in the park, a visit to her favorite museum, or a cozy afternoon tea.

Handwritten Letters Of Appreciation

In today's digital age, handwritten letters have become a rarity, making




Handwritten cards

them all the more precious. Take the time to express your gratitude and love for mom in a heartfelt letter. Share memories, recount lessons learned and let her know the ways in which she has inspired and shaped you.

Mother's Day is not just about showering mom with gifts; It's about expressing gratitude, creating memories and celebrating the profound bond between mother and child. Whether through heartfelt gestures or quality time spent together, make this Mother's Day a truly meaningful one for the extraordinary women who have given us so much love and guidance.


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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Calling All Superhero, Anime, And Sci-Fi Lovers

The Most Exciting Comic And Sci-Fi Event In Southwest Florida Returns!

SWFL SpaceCon is a celebration of all aspects of comic book and science-fiction culture with a common thread uniting all fans. It's the ultimate destination to bring together fandom and celebrities from the world of comics, sci-fi, anime, gaming and cosplay for an action-packed day.



SWFL SpaceCon features vendors, game demos, drop-in gaming, game tournaments, photo ops, autograph ops, panels, costume contests and nonstop entertainment.

SWFL SpaceCon is a Nexus9 LLC event dedicated to furthering the fandom of comics, sci-fi, gaming, anime and pop culture in the Southwest Florida area since 2016.

There will be special guests from the film and comic book industries plus cosplay guests and show cars.

Saturday only – June 8 from 10 a.m. to 6 p.m. at the German American Social Club (GASC), 2101 S.W. Pine Island Road, Cape Coral.

* This event will be held on the GASC Grounds, but is not in the responsibility of GASC.

Tickets: General admission, \$15 at the door, \$12 for those in costume or in an official SWFL SpaceCon T-shirt. Kids under 12 – one free kids' admission per paying adult, \$5 additional kids' entry.

For more information visit www.swflspacecon.com.

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Friends Of The Cape Coral Library

Enjoy A Wide Variety Of Art At Cape Coral Library Starting May 14

The Art Gallery of the Cape Coral Library, located at 921 S.W. 39th Terrace, will highlight many different examples of creativity from May 14 through June 27. There will be something for every person, young and old, to enjoy.



The walls of the gallery hallway will feature the work of award-winning nature photographer Susan Oliver. Her beautiful photographs include Florida birds, other wildlife and gorgeous scenes – many printed on high-



Susan Oliver Photography

quality metal that fully shows their vibrancy. She talks about the magical moments encountered during excursions into nature, evidenced in the images. Her many fans are no doubt grateful that Oliver, who has a Bachelor of Science degree in mathematics from The Ohio State University and managed analytical departments for many years, decided to retire from corporate America in favor of this creative pursuit. People may be surprised to know that multitasking Susan Oliver is also a musician and currently plays the French horn with the Gulf Coast Symphony and Gulf Coast Chamber Orchestra!

On the walls of the alcove area will be the 20 awarded entries from the 18th Annual Children's Environmental Art Contest sponsored by the Friends of the Cape Coral Library and the Cape Coral-Lee County Public Library. The winning artwork, created by youngsters ages 5 through 12, will be framed and arranged by age category on the walls. Visitors to the gallery can appreciate the examples of original art that reflect each child's personal interpretation on this year's theme, how to save the endangered smalltooth sawfish.

The display cases in the Library Art Gallery will be filled with unique creations such as intricate handmade 3-D Kirigami Pop-Up Cards by KoriAnn Designs. While many have heard about origami, which involves folding paper, they might not be familiar with kirigami, which is cutting paper. From a young age, KoriAnn loved scrapbooking, working with paper and designing art. She hand-cut her very first greeting cards with cuticle scissors! Nowadays, KoriAnn uses a computer program, I-CAD, to design her cards. She utilizes a high-end laser cutter to cut all the paper and then finally assembles the cards. It's a very time-consuming process but one that she thoroughly enjoys. "My cards are special ones that people will keep and cherish..." says the enthusiastic artist.



KoriAnn Designs

On exhibit in another lighted display case will be Jan Butler's incredible art glass creations of fish and flowers – plus some surprises. Butler describes herself as a lifelong art medium sampler who started working in fused glass six years ago and found the one that stuck. "Fused glass is as much science as it is art, with a lot of excitement thrown in each time one opens the kiln," she said. "There are so many techniques and so many types of glass that for someone who is willing to keep learning and experimenting, there is no end to the journey." We can't wait to see the latest glass projects Butler will bring to the library gallery.



Jan Butler, glass art

Changing exhibits in the library's gallery are sponsored by the Friends of the Cape Coral Library and are designed to afford local artists and artisans 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.

All Are Welcome – Learn About Smalltooth Sawfish At Cape Coral Library Children's Art Awards Ceremony

On Wednesday evening May 15 at 6 p.m., the 18th Annual Children's Environmental Art Contest Awards Ceremony will be held in the large meeting room at the Cape Coral Library. This year's theme is "Let's Save the Smalltooth Sawfish," and young artists ages 5 through 12 were asked to create an original painting or drawing that shows how we can protect this endangered species from habitat loss and other main threats. A panel of judges selected the winning entries based on four different age categories. The public is encouraged to join youngsters, parents, families, teachers and prominent members of the community

at this popular yearly event and enjoy some refreshments. Applaud the children as the winners accept their awards. Hear a fascinating presentation by keynote speaker Adam Brame, Sawfish Recovery Coordinator with the National Oceanic and Atmospheric Administration. The contest is sponsored by the Friends of the Cape Coral Library and the Cape Coral-Lee County Public Library. The 20 pieces of awarded artwork will be framed and on display in the Art Gallery of the Cape Coral Library on the night of the Awards Ceremony on May 15, and the exhibit will remain in place through June 27. Photos of the winning art entries can also be viewed by visiting www.capefriends.org/art-gallery starting May 16.



Photo Credit: National Wildlife Federation

This Mother's Day Make Mom the Center of Attention.

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When It Needs To Be Perfect



Garden Club Of Cape Coral Awards 2024 Merit Scholarships

The Garden Club of Cape Coral (GCCC) recently granted four Cape Coral high school seniors a total of \$7,050 through their Merit Scholarship Awards Program. These awards are given annually to local students who excel academically and in their environmental efforts as active members in our community.

The 14th annual awards in memory of club co-founder Marty Ward were granted to Lilah Castro and Riley McFarland, both of Cape Coral High School as well as Kylee Lange of North Fort Myers High School. They were selected because of their academic achievements, leadership and hands-on participation in horticulture, agriculture, hydrology and natural resources, as well as commitment to continue with their efforts in conserving our precious environment for the future.

In addition, the fifth annual award in memory of Donna Conway, funded by the Conway family and friends in 2020, was also presented to Nathaniel Lawson of Cape Coral High School due to his dedication throughout his high school years to mentoring other students as they work in the school's Bella Verde Farms. Donna Conway was a longtime member of the club who initiated the club's main fundraiser "March in the Park." This event has been held annually since 2009 and is the source of the funds for the club's activities including scholarships.

Thanks to the precious support of club members and the community, 56 awards ranging in value from \$250 to \$2,500 have been presented to graduating seniors since the program was established in 2011. The value of the awards is determined by the relevance of each student's course of study, extracurricular activities, community involvement and future goals to preserving the environment.



From left to right: Lilah Castro, Nathaniel Lawson, Kylee Lange and Riley McFarland. Photo by Carmen Sprague

Besides being a senior and a Cape Coral resident, applicants must present two references, academic history, active participation in horticultural or environmental projects and a 250-word personal statement. Applications open in January, with a submission deadline in February, award notifications in March and presentations of the awards at the GCCC April meeting.

GCCC meets on the second Wednesday of September through May at 5:45 p.m. Please check the club's website, www.gardenclubofcapecoral.com, for places as it will change next year. Guests are welcome.

Bulk Waste Drop-Off

Saturday, May 4

The city partners with Waste Pro and Lee County's Solid Waste Division to offer quarterly drop-off events to collect bulk items and household chemical waste (HCW). Waste will be collected from 7 to 11 a.m. in the City Hall parking lot at 1015 Cultural Park Blvd., Saturday, May 6.

In addition to the city's longstanding partnership with Lee County's Solid Waste Department to collect bulk items and HCW, we are now partnering with Habitat for Humanity to repurpose gently used bulk items.

Residents are encouraged to bring items that can be donated for reuse. No white goods, such as refrigerators or dishwashers, will be accepted.

These semiannual events give residents another way to dispose of large items and a safe and responsible way to dispose of HCW. Residents should use the main entrance to City Hall on Cultural Park Boulevard to drop off items. Materials for drop-off will be collected from vehicle trunks and truck beds.

Proof of residency may be required to drop off items. Photo identification with a Cape Coral address and Cape Coral utility bills from an active account are acceptable items to prove your residency.

Items That Will Be Accepted At The Event Include:

- Drain cleaners and pool chemicals
- Pesticides/herbicides
- Liquid paint and thinners

- Polishes and strippers
- Fluorescent tubes
- Electronics
- Car and boat batteries
- Automotive oil
- Gas propane tanks
- Mattresses
- Yard Waste

• No white goods will be accepted.

Year-Round Bulk Waste Drop-Off Site For Residents

The city reminds residents of Cape Coral's bulk waste drop-off site, 1200 Kismet Parkway, open Tuesday through Saturday, 8 a.m. to 4 p.m. is available year-round. The site is a complimentary service in addition to the residential bulk item collection provided on collection days.

The bulk waste drop-off site is located on the west side of the North Cape Government Complex. The address for the complex is 1200 Kismet Parkway; however, the bulk drop-off site entrance is off N.W. 14th Avenue, at the western portion of the complex.

Commercial businesses are not permitted to use the facility because the program is an optional complementary service for residential use only. Proof of residency may be required to dispose of items. Household chemical waste and recycling will not be accepted at the drop-off location.

For more information about the City of Cape Coral's solid waste, recycling and bulk waste collection, visit CapeCoral.gov.

Cape Coral Historical Museum

Remember When...

Fishing In The "Ole Days"

Many Cape Coral anglers would start their day with a stop at Tom Corbett's tackle shop at the Yacht Club pier. If they were fishing from the pier, Tom sold bait – mostly shrimp – to help fishermen land the big one. If they were headed out onto the water, he sold gas too. The shop was affectionately called the "Bait Shack."



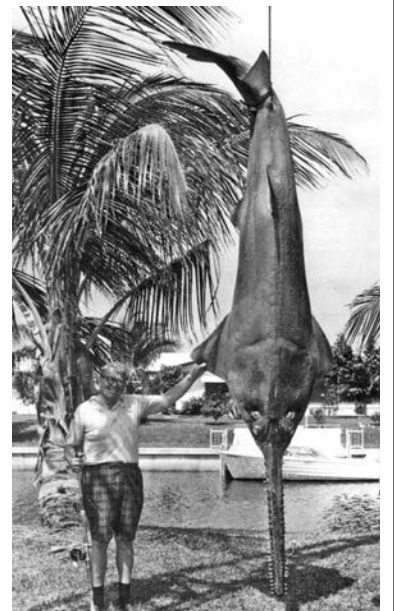
CAPE CORAL
MUSEUM OF HISTORY



Tom Corbett in his bait shop

One of the great early fish tales coming out of Cape Coral took place Saturday, May 11, 1968. John Clark had gone out fishing in the Caloosahatchee River when he hooked something enormous. Clark told the local newspaper, "We had no idea of what we had on, but we knew he was big. He would surface, making a snorting noise, much like the snorting of a horse."

Clark had hooked a 14-foot, 3-inch sawfish. Clark's boat was only 19 feet long, and soon the great fish was heading up the river, towing the boat behind it. Clark fought the fish for more than four hours before finally landing it. Back at his canal front home, a crane donated by a local construction firm lifted the fish off the lawn. Clark had been telling people that just a week earlier he



John Clark and prize fish

had hooked a giant fish in the Caloosahatchee, but it got away with his wire leader. No one believed him. A week later, when Clark caught this beast, his wire leader was wrapped around its saw. The meat from the nearly 600-pound fish was donated to a local zoo, while Clark kept the 38-inch-long saw as a memento.

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.

Save Your Knees!

Many of the patients who visit our clinic for the first time, often tell me the same story, "My orthopedic doctor, who has been giving me steroid injections, told me years ago that I would eventually need a total knee replacement."

My question for anyone who has had a similar experience, did your doctor inform you of the American Medical Association Journal, JAMA randomized clinical trial that studied the safety and effectiveness of steroid injections for chronic knee pain? In this study they took 140 participants with chronic knee pain and split them up into two groups. The control group got a saline solution injection and the treated group got the steroid injection. The injections were given every three months for two years. At the end of the two years they compared notes. The pain level for both groups did not improve much. It was about equal for both groups. *However, what they did find was that the treated group who received all of the steroid injections had a significant loss of cartilage between the knee joint as compared to the saline group.*

Since 1998 when I began practicing, I have found that the most difficult knee cases presenting in our clinic are the patients who have received multiple steroid injections

in their knees. Now it's proven to destroy the connective tissue causing the bones to shear together and resulting in chronic degenerative pain.

In our clinic we use a multimodal approach to optimize your recovery from chronic knee pain. Understanding that nothing happens in isolation, I will leave no stone unturned when I do my evaluation including a complete neurological examination.

Once I determine that you are a good candidate for the non-surgical operation, I will perform a functional neurological procedure that resets the communication between the brain and the body, changing the tone at the knee and allowing it to unlock and bend properly. This procedure instantly decreases pain and inflammation, increases strength and flexibility, and assists with tissue healing.

We get tremendous results for those that qualify for the procedure.

*Dr. Rob Davis is the best selling 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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Read Online Anytime: Missed your chance to grab the print version? No worries! Visit www.mycapcoralsun.com for a convenient online experience. 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
Chicago Pizza	1341 SE 47th Ter	33904
Da Vita Dialysis	3046 Del Prado Blvd S # 4A	33904
Debra Hopp Chiropractic	3321 Del Prado Blvd S	33904
Dolphin Key Resort	1502 Miramar St	33904
Dunkin Donuts	904 Cape Coral Pkwy E	33904
Foundations Early learn-1st United Metho	4118 Coronado Pkwy	33904
Gulf Coast Fitness	1013 Cape Coral Pkwy E	33904
Hampton Inn	619 SE 47th Ter	33904
Jet's Pizza	643 Cape Coral Pkwy E	33904
Just LoveLee Boutique	1113 SE 47th Ter Ste 4	33904
Karma & Coconuts	1112 SE 47th Ter Ste E	33904
Lady Cakes	2924 Del Prado Blvd S	33904
Marias Pizza	1224 SE 46th Ln	33904
Miloff-Aubuchon	4707 SE 9th Pl	33904
Monkey Bar & Grill	1428 Lafayette St	33904
Penny's Coffee Bar	1112 SE 47th Ter Ste D	33904
Perk & Brew	1021 Cape Coral Pkwy E Ste A	33904
Razzle Dazzle	1335 Cape Coral Pkwy E	33904
Regions Bank	1507 Cape Coral Pkwy	33904
Rib City	4836 Leonard St	33904

Gifts For Mother's Day

Sunday, May 12

Mother's Day is a celebration of mothers and motherhood. It is celebrated in the United States on the second Sunday of May (*Source: Library of Congress*). Here are some ideas if you're wondering what to get that special someone.



Suggested Gifts

- Order flowers to come to her home the day before. Carnations have historically been used to commemorate the day.
- Purchase a gift certificate to a favorite online store.
- Purchase a gift certificate for a spa day, or to have hair and/or nails done.
- Give tickets to a concert, theater show, or sporting event that she would enjoy. Pay extra for orchestra seating or purchase the VIP seating.
- Arrange for an experience at a cooking class, wine tasting tour, and paint and sip party, or a weekend getaway.
- Make an appointment to have her computer cleaned and software upgraded.
- Make a special brunch, lunch or dinner or order from a special restaurant that has delivery or curbside pickup.
- Consider gifting her a new smartphone, tablet, or smartwatch, wireless headphones, a portable charger, or a digital photo frame.
- On the YouTube website search for **desk accessories 2024**

or **desk gadgets 2024**, for ideas for the tech savvy mom's home office. Purchase a lightbar or webcam for her computer.

- If your mom loves reading, consider gifting her a selection of books by her favorite authors or a subscription to a book club or magazine that aligns with her interests.
 - Tackle a job around the house that your mom would appreciate.
 - Take her car to the car wash and have it detailed. Fill up the tank with gas.
 - Splurge and buy her a laser color printer or a small printer that makes prints from her iPhone.
 - Make arrangements for her to take a course on a favorite topic through FGCU Academy (www.fgcu.edu/academy). Pick an online or a face-to-face class.
 - Purchase an aromatherapy diffuser with several special essential oils.
 - Purchase a sampler of multiple types of teas.
 - Purchase several pounds of a favored coffee.
 - Contact a local jewelry store and purchase earrings or a necklace that is reflective of where she lives (sea shell earrings if she lives near the beach).
 - Make an appointment with a professional photographer and with family members to have a current family picture taken. Or arrange for all to dress in holiday gear so mom can use it as a Christmas (or other holiday) card picture.
 - For moms with health-related interests, purchase a yoga mat, yoga blocks, a fitness tracker, blood pressure watch or personal EKG monitor.
 - Purchase an extra serving dish that matches the pattern of her favorite dinnerware.
- If none of these ideas suit, you can always load/unload the dishwasher. That is always a guaranteed winner!

Consumer Alert

What's A Verification Code And Why Would Someone Ask Me For It?

When you log into your bank or credit card account, you might get a text message or email with a verification code. You then enter it at the login screen to confirm it's really you. That's a form of two-factor authentication that adds a layer of security to your account — and keeps would-be scammers and hackers out.

Your account password and a verification code work together, like the lock on your doorknob and a deadbolt lock. If you unlock the doorknob but not the deadbolt, you can't get in. Likewise, if you know the account password but not the verification code, you can't get in.

The same goes for scammers trying to get into your account. To break into your account, scammers need both keys. That's why they try to trick you into sharing your verification code.

Scammers pretend to be someone you can trust, and say they've discovered a problem with one of your accounts — or that someone's using your identity. They may know some things about you and sound very convincing. They may even be very sympathetic to your problem: offering to help you set things right ... and then asking for your verification code to get into your account.

If you give them the code, they can log into your account and transfer all the money out of your savings or investment accounts.

Never give your verification code to someone else. It's only for you to log into your account. **Anyone** who asks you for your account verification code is a scammer.

If someone asks you for your verification code, don't engage. Hang up. Block their number. Stop texting them. Then report them to the FTC at ReportFraud.ftc.gov.

If you're worried there's a problem with your account, contact your bank, credit union, or investment advisor directly. Use a number you trust, like the one on your statement or in your app. Never use the number the caller gave you; it'll take you to the scammer.

Anatomy of an Imposter Scam

Anyone who asks you for your account verification code is a scammer.

Never share it.

FEDERAL TRADE COMMISSION

Paving Potholes For Smoother, Safer Roads

Potholes – those pesky craters on our roadways – are not just a nuisance; they pose danger to drivers and pedestrians. The City of Cape Coral has a dedicated team that works tirelessly to address these hazards, ensuring a safer journey for all.

The city has two dedicated pothole crews, each made up of three members with specialized pothole trucks. This team of six is armed with the tools and expertise to tackle these road imperfections head-on.

What Causes A Pothole?

Potholes form when water seeps beneath the asphalt layer, causing voids. As vehicles travel over the weakened roadway, the asphalt flexes and chips away. Potholes aren't unique to Cape Coral.

They can be found on roadways nationwide. But Cape Coral crews have proactive measures for repair in place. Crews prioritize high-volume roadways across the city before addressing minor side roads. They divide the city into quadrants, efficiently tackling the repair requests.

However, if the damage is extensive – six or more potholes within a 30-foot area – they patch the area and alert the city's resurfacing staff so more comprehensive repairs can be made.

How Can You Help?

If you come across a pesky pothole, providing a specific address is vital.

Clear and accurate location information helps crews expedite repairs, minimizing the time wasted on unsuccessful searches.

Pothole repair is crucial to maintaining safe and functional roadways in Cape Coral. Thanks to the dedication and efficiency of the city's pothole crews, drivers and pedestrians can navigate the streets with greater peace of mind. By working with the community, Cape Coral continues to make strides in enhancing road safety.

Should you encounter a pothole in need of filling, please contact the 311 Call Center formerly the Citizen's Action Center by dialing 311 or (239) 574-0425.

BROADWAYPALM PRESENTS

April 12 - May 25

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.

May 31 – June 22

Jump and jive with over 30 songs from the Big Band Era! Swing exploded out of Harlem and shattered cultural and ethnic barriers and now you can relive the dance phenomenon that swept the world. This all singing, all dancing extravaganza features *It Don't Mean a Thing If It Ain't Got that Swing*, *Boogie Woogie Bugle Boy*, *In The Mood*, *Sing Sing Sing*, *Stompin' at the Savoy*, *Cry Me A River*, *Bounce Me Brother* and more.

Dates may be subject to change.

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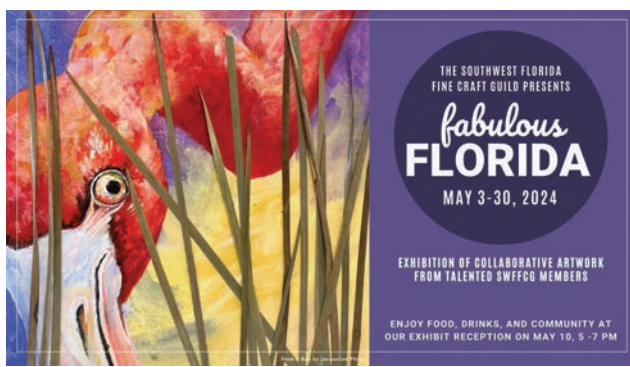
Fabulous Florida Art Exhibition

Who: Southwest Florida Fine Craft Guild Members

Where: On display at Cape Coral Art Center "Side Gallery," Building 2; 4533 Coronado Parkway, Cape Coral, FL 33904

Dates/Time: May 3 through 30 – Monday through Saturday, 9 a.m. to 4 p.m.; reception is May 10, 5 to 7 p.m.

The Southwest Florida Fine Craft Guild is a collective of dedicated artists who are passionate about creating unique, high-quality art and fine crafts. We are proud to co-host the Fabulous Florida Exhibition at the Cape Coral Art Center. This event features an assortment of beautiful and thought-provoking art created by our talented members and is unusual because it is partially a fundraiser. We will display 8"x8" art squares that will be displayed like small "quilts" alongside our individual art pieces. The 8-inch squares will be available for sale at \$35 each as well as all individual art pieces will be for sale during the exhibit. Your \$35 purchase goes directly to our youth scholarship



fund. Purchased artwork will be available to take home after the event is over on May 30. We invite you to join us at the reception on May 10 from 5 to 7 p.m. where you can meet the artists and view much more art at the Cape Coral Art Center.

The Southwest Florida Fine Craft Guild is a nonprofit

artist collective in Southwest Florida who is proud to offer scholarships to students who display exceptional artistic ability in our local community. Our scholarships are open to students from all backgrounds and levels of experience. We provide financial support to help cover the costs of tuition, studio costs and other expenses related to artistic education. Money raised by our events, raffles and donations goes to support our Art Scholarship program for local youth at Cypress Lake High School, FGCU and Cape Coral Art Center. To learn more, visit us at www.swffcg.org.



Jacqueline Smith, Florida Afternoon

HOTWORX Fitness Heats Up Cape Coral: A 24-Hour Infrared Experience!

As a founding member of HOTWORX in Omaha, Neb., Jessica Zonker is thrilled to have the opportunity to bring HOTWORX 24-Hour Infrared Fitness Studios to Cape Coral! Her first studio, located at 1539 Del Prado Blvd. S., opened July 2023 and now has approximately 600 members.

The new studio will be located at 1513 Cape Coral Parkway East and is **currently in the presale phase with the lowest rates** that will ever be offered! Founding members can reserve their lifetime rates at www.hotworx.net/studio/cape-coral.

"Cape Coral residents have become 'addicted' to their HOTWORX sessions with 3-D training, a combination of heat, infrared energy and exercise, this is one workout you cannot get anywhere else! Our five-star Google reviews are a testament to how much our members are enjoying their new studio!"

HOTWORX offers members unlimited, 24-hour access to a variety of virtually instructed, infrared sauna workouts. Our members achieve their fitness goals with 3-D training – our powerful combination of heat, infrared energy, and exercise.

"Our cross-training method prevents boredom, torches calories, and gets results with a variety of workouts in as little as 15 to 30 minutes in our semi-private sessions that hold up to three people. We offer hot yoga, hot Pilates, hot core, hot buns, hot ISO, hot bands, Barre-None, hot stretch, hot cycle, thunder row, hot blast and our functional training zone equipped with free weights, kettlebells, medicine balls, cable machine and more!"

Our members are able to access the studios 24 hours a day, seven days a week and book all of their workouts on the HOTWORX app. Staffed hours are Monday through Thursday, 11 a.m. to 8 p.m.; Friday, 9 a.m. to 6 p.m.; and Saturday, 11 a.m. to 4 p.m. and are offering free workouts for the community to try. Please visit our websites or call (239) 790-2838 to schedule your tour and free workout today!

To get on the waitlist for the Cape Coral Parkway location go to www.hotworx.net/studio/cape-coral and reserve your founding member rate – these are the lowest rates ever!



To sign up for a free workout or membership at the Del Prado location, please visit www.hotworx.net/studio/northcapecoral. For all of the latest updates, follow us on Instagram and Facebook.

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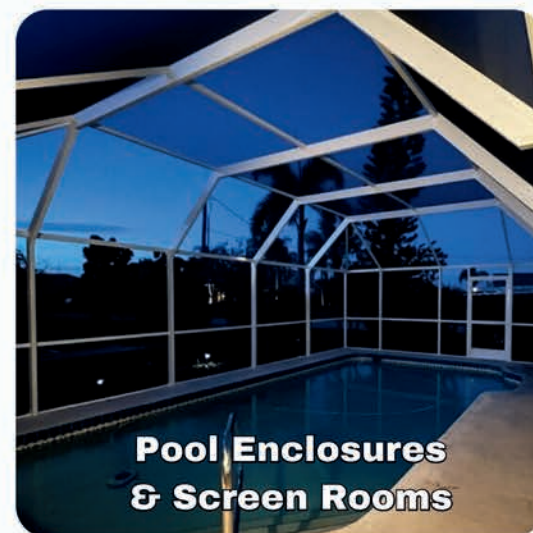
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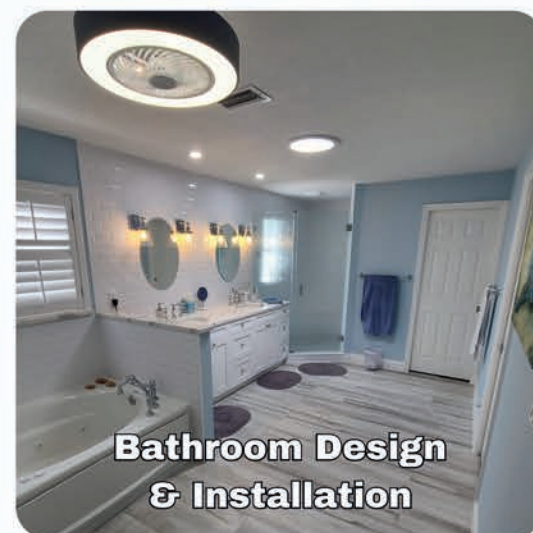


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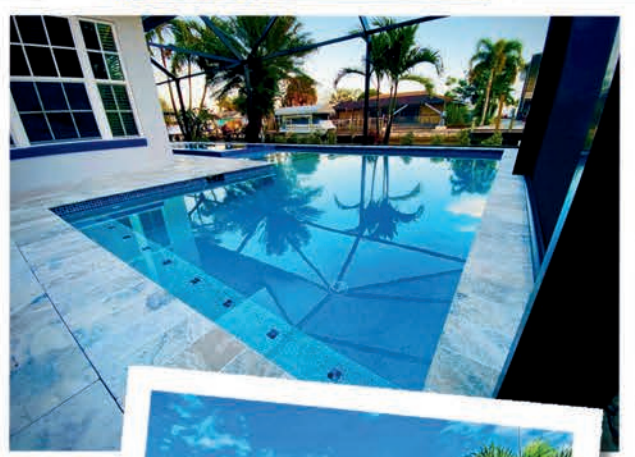
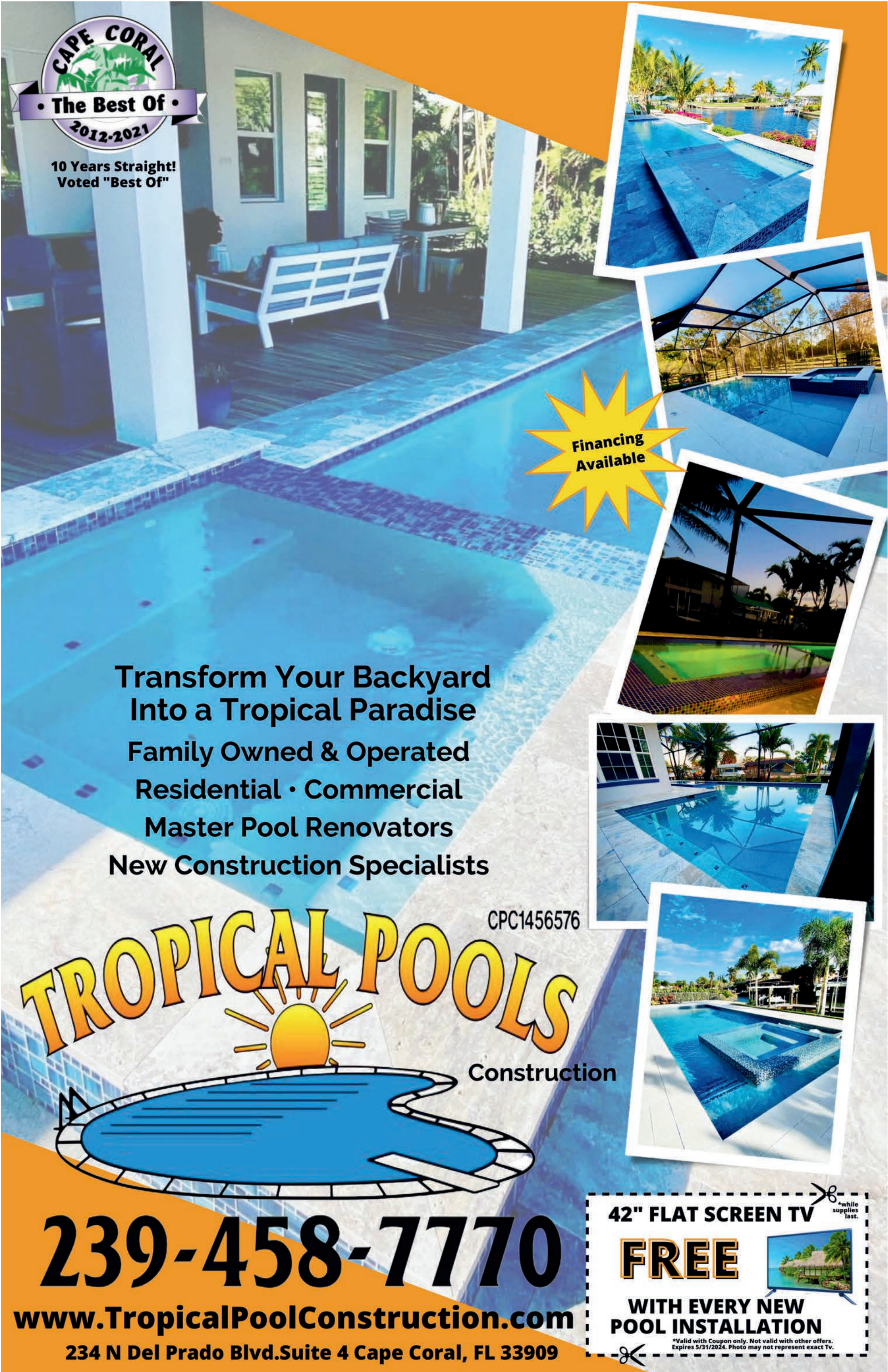
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