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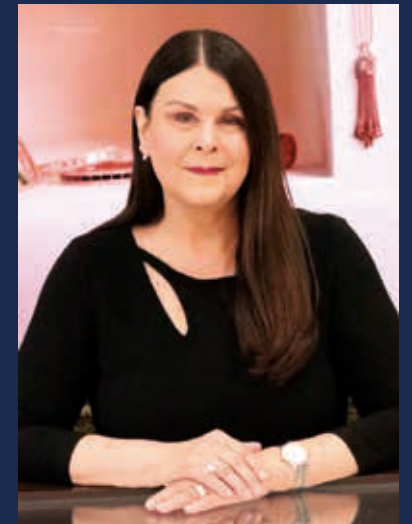
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## CONTRIBUTORS AT LARGE

The Residents of Miromar Lakes: We are always looking for interested persons to follow up on leads, find great stories, and send us ideas. Let's celebrate the great things happening in the community! No contribution is too small. Please email the team at [diana.italiano@n2pub.com](mailto:diana.italiano@n2pub.com) with your pictures, suggestions, requests, or introductions from new residents. Always a pleasure!

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# MOTHERS DAY MINI SESSIONS

APRIL 7TH - APRIL 21ST  
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# YOUR BEST LIFE

Can Household Cleaning Products DAMAGE Your Lungs?

WRITTEN BY MIROMAR LAKES RESIDENT CONTRIBUTOR BETH SCHOMP



If they contain these ingredients, then YES. They can and do!

- Ammonia
- Aerosol propellants
- Chlorine bleach
- Hydrochloric and other acids
- Petroleum distillates
- Phenols
- Methylene
- Chloride
- Formaldehyde
- Ethylene glycol
- Quaternary Ammonia Compounds

And many more. These compounds can be found in floor and carpet cleaners, degreasers, toilet/tub/tile cleaners, room deodorizers, oven cleaners, furniture polishes and waxes, laundry detergents and disinfectants.

According to a 20 year study that has now been published in various medical journals, evidence showed that everyday household cleaners you pick up at the store can have the same impact as smoking a pack of cigarettes every day.

In the study, women who used typical cleaning products regularly for 20 years had a significantly faster decline in lung function compared to women who did not use cleaning products.

The good news is that safer cleaning products are available. To start, be sure to read all labels well. Do not assume a green bottle labeled “natural” is toxin-free. Also consider the following pointers to avoid purchasing toxic cleaners:

Consider products with:

- Citrus or plant-based oils: orange and lemon for degreasing, tea tree and eucalyptus for disinfecting and olive for polishing
- Enzymes to break up drain clogs
- Make your own cleaning products from non-toxic ingredients such as baking soda, club soda and white vinegar.
- Focus on cleaning; disinfect only when necessary. Good cleaning habits will mean you won't need to disinfect nearly as often.
- Do not use chemical carpet cleaners.
- Avoid chlorine bleach. Consider using non-chlorine bleaches.

Be wary of cleaners that advertise safety only when used under certain conditions.

- Avoid cleaners carrying a “danger” or “warning” label.



For us, choosing the proper cleaning line not only made sense for health purposes, but economical as well. Some green products are super expensive, but not all of them. Shop Smart and ditch the big box stores. You have better options!

*Be Happy & Be Healthy!*



BETH SCHOMP  
Healthy Living Correspondent  
- Founding Member of Life on Your Own Terms

Entrepreneur | Wife | Mother  
| Miromar Lakes Resident

If you have any questions or suggestions on future health topics, please feel free to email me at [yourbestlife9@gmail.com](mailto:yourbestlife9@gmail.com).

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## 2018 ENTERPRISES, LLC

CONTACT BRIAN FOSTER | (407) 473-8356 | FOR RATES & RESERVATIONS

My name is Brian Foster, and I am the owner and CEO of 2018 Enterprises LLC. I have owned and operated the company since December 2024. However, I do have previous experience running a business from 2013 to 2016 in the Orlando area.

2018 Enterprises LLC is a small taxi service that provides transportation locally to grocery stores, restaurants, auto dealers, and more. But we also specialize in taxi services to events such as concerts and festivals. In addition, we also provide transportation to cruise ports and airports coast to coast in southern Florida.

I was born and raised in the Chicago suburbs but have resided in Florida since 1998. Prior to moving to Lehigh Acres, my wife, Rose, and I lived in Celebration, Florida. Celebration is located just outside of Disney World. I have always had the aspiration to run my own business, especially after 30 years in the corporate world.

My wife and I have been married for 7 years and have no children, But we love to travel, go bowling, and sing. In my spare time I am an avid competitive bowler and have previously published my own book and wrote lyrics for a song for my wife, Rose.

My business is a big supporter of St. Jude, ASPCA, and Tunnel 2 Towers. Thank you for your support, and I look forward to serving the community for many years to come.

Book 1 full priced ride in April and get the 2nd ride in April for 10% off. \*valid until 4/30/25\*



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SINCE 2024

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MEET YOUR RESIDENT ADVERTISER

# The Women of Byrne Financial Freedom, LLC:

*Empowering Clients with  
Expertise & Compassion*

WRITTEN BY DIRECTOR OF MARKETING, WENDY CHIPMAN

At Byrne Financial Freedom, LLC, a team-driven approach is at the core of their success, with a notable presence of accomplished women who bring valuable perspectives to their clients. Among these trailblazing women, the company highlights professionals who excel in client relations, marketing, and specialized services that ensure their clients are guided with expertise and empathy.

#### A LEGACY OF EMPOWERMENT

The women of Byrne Financial Freedom, LLC share a common goal: to empower clients to take control of their financial futures. Their diverse skill sets, experiences, and commitment to service make them not only essential to the firm's success but also a beacon for those seeking guidance in their financial journey.

As the firm continues to grow, these women will remain at the forefront of the company's mission—providing unparalleled service, fostering financial literacy, and helping clients achieve freedom and peace of mind in every aspect of their lives. The women of Byrne Financial Freedom, LLC are redefining what it means to provide financial guidance with heart and integrity.

These women are integral to the firm's commitment to providing personalized financial services and solutions, ensuring clients feel supported at every step of their financial journey. Their expertise is a cornerstone of Byrne Financial Freedom's mission to empower individuals with the knowledge and tools to make informed decisions and achieve financial freedom.

#### THE WOMEN

**Shellie LaVerde** stands as a beacon of support for women navigating difficult financial transitions. As the Director of Women's Client Relations, Shellie's dedication to assisting widowed, divorced, and single women is unmatched. With over two decades of leadership experience in the staffing industry, Shellie uses her extensive background to guide clients through financial decision-making during life's most challenging times. Her compassion for women's financial empowerment, paired with her expertise as a Certified Divorce Counselor, has made her an invaluable member of the team.

Before her tenure at Byrne Financial, Shellie spent two decades owning and managing Target Temps Inc., a staffing agency. She also held leadership roles as Branch Manager and Vice President of Operations at various national and international staffing firms.

Originally from Tolland, Connecticut, Shellie pursued her education at Bauder College in Miami, Florida. She is a proud mother to two adult children, Nicole and Chris. In her personal life, Shellie enjoys cooking, reading, dancing, and playing tennis. She divides her time between Franklin, Massachusetts, and Fort Myers, Florida, and is dedicated to volunteering at various organizations.

Beyond her professional success, Shellie enjoys cooking, reading, and dancing, and she divides her time between Franklin, Massachusetts, and Fort Myers, Florida, where she dedicates herself to giving-back through various volunteer roles.



Shellie's diverse background and commitment to empowering women through financial education make her a valuable asset to the Byrne Financial Freedom team.

As the Director of Client Services, **Jessica Beckett** plays a vital role in ensuring the firm's clients receive exceptional care, seamless support and personalized attention. With 18 years of experience in the financial industry, Jessica has honed her skills across several prestigious institutions, including Danvers Bank and Wells Fargo Bank. She holds Series 7 and Series 66 securities licenses with LPL Financial and a Florida Life Insurance and Variable Annuities license, positioning her as a highly knowledgeable resource for clients seeking financial guidance.

As the Director of Client Services, she coordinates client needs, ensuring every detail is handled efficiently and effectively, helping clients achieve their financial goals.

Originally from Peabody, Massachusetts, Jessica lived in Charleston, South Carolina, before settling in Cape Coral, Florida, with her husband, Chris, and their dog, Josie. She enjoys cooking, fishing, gardening, and spending time with family and friends.

**Wendy Chipman** brings over 30 years of experience in customer service and marketing to Byrne Financial Freedom, LLC. In her current role as Director of Marketing, Wendy is responsible for expanding the firm's digital presence and organizing events that connect with clients in meaningful ways. Her creative approach and organizational skills ensure that the firm's messaging

and events resonate with the diverse community of individuals seeking financial freedom.

Wendy holds a degree in Business Management from Eastern Nazarene College and is dedicated to fostering teamwork and innovation within the firm. Outside of her professional life, Wendy loves traveling, spending time in nature, and capturing beautiful moments through photography. She enjoys these activities alongside her high school sweetheart and partner, Joe. They live in Taunton, MA, where they cherish time with their families and fur-babies, Tyler and Drew.

**Mariah Kramer**, since joining Byrne Financial Freedom, LLC in 2023, has quickly established herself as a dedicated Client Services Assistant. With a strong academic background in Corporate Finance from East Tennessee State University, Mariah brings a deep understanding of financial concepts, coupled with a passion for helping others achieve financial literacy. She is committed to providing excellent customer service, working closely with clients to ensure they feel supported and understood in their financial journeys.

During her studies, she recognized the importance of financial literacy across all age groups, which fueled her dedication to simplifying financial concepts and assisting individuals in achieving their life goals.

Outside of work, Mariah is an advocate for family and personal growth. She enjoys spending time with her loved ones, traveling, creating art, and engaging with music—pursuits that keep her grounded while fueling her drive for success at the firm.

Contact Shellie LaVerde & Team at:  
Byrne Financial Freedom, LLC  
10012 Gulf Center Drive, Suite 4  
Fort Myers, FL 33913  
239-310-5295

Scan QR code for the April event on Health & Wellness - Women 50+ (4/29/2025)

Featuring Guest Speaker *Miromar Lakes Resident Beth Schomp* on "Health Issues Concerning Women 50+"

\* Front Cover photo & featured photo by Sundaze Studio  
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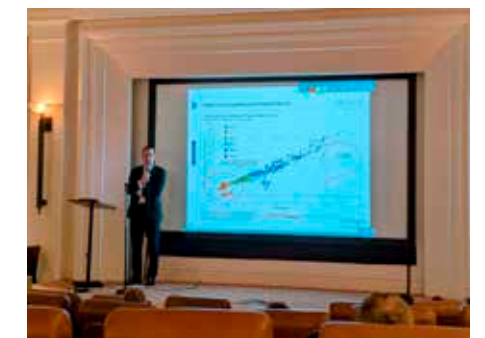


This is the story of two Maltese dogs that live in Ravenna. Tony is 2 ½ and lives in Miromar and Kent Island Maryland with his parents Barbara & Ken Notaro. Sugar is 1 ½ and lives full time in Miromar Lakes with his parents Jan Berg and David Truckenmiller. They first met last year when people kept mistaking Tony for Sugar, so Barbara went across the street to find the little white fluff ball who would become Tony's best friend.

It was puppy love at first sight. Since they are almost the same size, Tony is 9 pounds to Sugar's 8, they play non-stop, running and rolling with such joy that it warms our hearts to watch. They are also both fearless of large dogs, with one of Tony's good friends in Maryland weighing 90 pounds. It is so sweet to watch much larger dogs be so gentle with him, says Barbara.

So, at 9 AM every morning they have a play date, alternating houses. At 8:55AM Sugar goes over to the front door to wait, it's unbelievable says Jan, how does he know? Barbara lets Tony off his leash as soon as they get to Sugar's walkway and he runs top speed to the front door. Sugar is always at the glass door waiting and they both scratch and bark until it is open and the fun begins.

When the Notaro's got back to Miromar recently, after being gone for two months, Tony dragged Barbara across the street as soon as his paws hit the ground. It is hard taking Tony for a walk down the street because he always pulls toward Sugar's house. We are thrilled to make Tony & Sugar so happy and know their friendship will last for a long time.



# 2025 FLORIDA FORECAST EVENT

BYRNE FINANCIAL FREEDOM MARKET UPDATE

“Byrne Financial Freedom had a fantastic evening hosting our 2025 Annual Forecast Seminar with Pete Isberg from JPMorgan at the Miromar Lakes Courtyard and Theatre in February. It was a pleasure connecting with our wonderful clients and partners, and we were thrilled to have *New Horizons of SWFL* and *Habitat for Humanity* join us. We’re looking forward to doing it again next year and welcoming more new faces!”



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**Sam**  
Level 2

  
**Alexis**  
Level 1





# STORIES TO SHARE AND SEE IN STROLL MIROMAR LAKES!

*Stroll Miromar Lakes* publication is for you and by you. Everyone loves stories, and we'd love to see yours in print. If you have a precious pet or amazing child or grandchild, or there's a new family moving in next door or your good friend & neighbor is a spectacular cook...we want to hear about it and share it with your neighbors.

To share your story, simply call or email us at 239-896-8483, [diana.italiano@n2co.com](mailto:diana.italiano@n2co.com), so we can get details!

#### FRONT COVER STORY

If you're holding this magazine, you've seen our front cover articles. With these stories, you get to know your neighbors a little bit better, and maybe make a connection with them that you didn't even know you had! We love learning about the people who make *Stroll Miromar Lakes* and the community it represents, such a wonderful place to live. Here's a way to share your story.

#### YOUNG ACHIEVER

Here's to our future! The children and young adults of the M.L. community are doing such amazing things! We need to showcase their talents and abilities. Don't be shy!

#### GOLFER OF THE MONTH

Calling all golfers! Send us the old, the new, the pros! This article spotlights those of you on the greens with your putters, your drivers, your woods. Bring us your hole-in-ones, your birdies, your eagles, and your sensational albatross shots!

#### RESIDENT'S FAVORITE RECIPE

Those must have dishes when the family visits, or the one dish that you simply

must make at your dinner party ~ we all have those recipes. Birthday Meals, Holiday Dishes, Sunday Dinners, Comfort Foods, Healthy Foods & Desserts are all perfect for sharing with your neighbors.

#### PRECIOUS PET

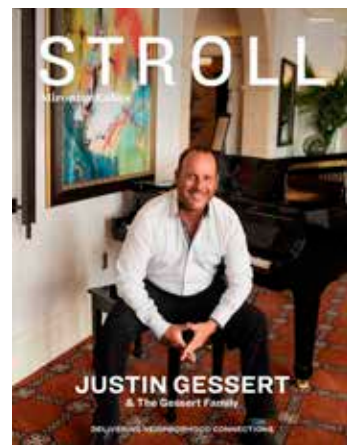
*Stroll Miromar Lakes* loves its pets, and some of them have awesome stories to share. You probably see some of them around the neighborhood. Here's how to find out their quirks, their antics and their backstories.

#### NODS FROM YOUR NEIGHBORS

We know you have your favorite spots - where to eat, bike, walk, relax, boat, swim, build a sandcastle. You just need to tell us!

#### SALUTE TO THE TROOPS

It's always an honor to recognize our veterans. If you or someone you know has served in any facet of the military, we would love to share the story.



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# COCONUT EASTER BUNNY CAKE

While a young girl in my hometown, a small farming community in northern Illinois, I recall the beginning of my culinary skills taking form. Aside from my mother sharing her many savory recipes for me to try, as a Girl Scout I was able to put my talents and ambitions to the test. Chef Diana was on her way to creating the greatest cookbook for her Mum, bounded by shiny, gold fasteners and laminated with clear contact paper.

All kidding aside, one of my fondest memories of baking during the Easter season with the Girl Scouts, was making an Easter bunny cake. So without further adieu, I present the Coconut Easter Bunny Cake recipe.

**INGREDIENTS:**

- 3 sticks of butter, softened
- 2 1/2 cups sugar
- 6 extra-large eggs, at room temperature
- 1 1/2 teaspoons vanilla
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon kosher salt

- 1 cup milk
- 4 ounces sweetened shredded coconut
- Parchment Paper
- 8-inch Cake Pan
- Cream Cheese Icing
- Shredded Coconut

**Let's begin:**

- Preheat oven to 350 degrees.
- In a mixer fitted with the paddle attachment, cream together butter and sugar. Add eggs and vanilla.
- In a separate bowl mix together flour, baking powder, soda, salt and coconut. Add it to the butter mixture a little at a time alternating with the milk. End with adding flour coconut mixture. Do not over mix.
- Bake the cake for 30 minutes. Once cake has cooled, cut in half and cover the top of one half with frosting. Place 2nd half on top and flip both up with cut halves facing down.
- Cut a notch out of the top to form the head. Use part of the scrap to create a little tail.



- Cover the bunny in icing. You may need to put it in the refrigerator then add a second coat if you like a lot of icing like me.
- Cover the outside with shredded coconut.
- Cut and place construction paper ears in the notch on top and use jellybeans and/or gumdrops to make the eyes and nose. If desired, tint remaining coconut green with food color, to surround the bunny.

*Make your Easter Bunny Cake with the kids, grandkids, nieces or nephews and add more wonderful memories that last a lifetime. Happy Easter!*

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