

# THE CAPE CORAL SUN

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



VOL. 3 NO. 8

[www.mycapcoralsun.com](http://www.mycapcoralsun.com)

AUGUST 2024

## Congratulations To Alexandra Reifschneider, Ms. Oktoberfest 2024

Marking the 39th Annual Oktoberfest, the Ms. Oktoberfest Pageant, held on Saturday, July 13, kicked off this year's Oktoberfest Season in Cape Coral. Alexandra Reifschneider was chosen from among five contestants to reign as Ms. Oktoberfest in 2024 at the German American Social Club (GASC) of Cape Coral. Jasmin Pearson is the first runner-up, followed by Sara Skorak as the second runner-up.

Alexandra was born in New Jersey to a German mother and an American father, cultivating a deep appreciation for both cultures from an early age. Her journey with German heritage began in high school, where she was an active member of the German Folk Club, teaching traditional dances and sharing cultural knowledge with her peers. Alexandra's commitment to service led her to join the US Army as a military police officer while pursuing her bachelor's degree in psychology and military science at the University of Massachusetts Amherst. During her six-year military career, she demonstrated leadership as a Squad Fire Team leader and was awarded the Army Achievement Medal for outstanding performance. After claiming her German citizenship, Alexandra moved to Florida where she discovered the German American Social Club and met her husband Florian. Currently, Alexandra works as a digital designer for a German company. She visits Germany multiple times a year, strengthening her connection to the culture while spending time with her German family.

This year, the German American Social Club

is proud to host the 39th Annual Oktoberfest on Pine Island Road. The pageant kicks off the season at which VIPs, several former Ms. Oktoberfest, sponsors, members, and the public all come together to take part in a semi-formal affair, wearing evening dress and enjoying a good German meal, accompanied by German dance music performed by the Manni Daum Trio.



This year marks the 18th year that Ms. Teresa Kohl has lovingly arranged and organized the festive pageant event.

A panel of independent judges from the community,

*Ms. Oktoberfest 2024 on page 6*

## 9/11 Remembrance Ceremony At City Hall

The public is invited to join the Cape Coral Fire Department, the Cape Coral Police Department, and the City of Cape Coral in a 9/11 Remembrance Ceremony on Wednesday, Sept. 11 at 8:30 a.m. on the front lawn of Cape Coral City Hall.

After a brief presentation, attendees will stake 2,977 American flags, each with the name of a victim of the attacks, on the front lawn of City Hall to honor their memory and reaffirm that "We Will Never Forget."



## Chet Ballard: Grin And "Bear" Him

By Marc Freden

It wasn't a surprise that when Chet Ballard was recently inducted into the Cape Coral Chamber of Commerce, he attracted an eclectic and enthusiastic group of well-wishers including a past co-worker turned caterer, an author, a mixed bag of local business folk, a group from Cape Coral Hospital where Ballard



*Book signing*

is a beloved worker of nearly a decade, and, of course, his wife of nearly 34 years, Sharon. He attracts a different crowd because he likes different people and there is not a bad word to be said about him. Just ask his co-workers.

He has spent the last nine years at Cape Coral Hospital as a 'material handler' – think of that as a supply chain necessity. It is hard work but according to all, Ballard approaches each day with a smile on his face and a kind word for everyone. His has been a career of making people comfortable, if not satisfied, despite, at first glance cutting an intimidating figure. He is a bear of a man, a grizzly in stature, but hugs, and likes to do so, like a teddy bear, and has the affable demeanor of the iconic cartoon character, Yogi the Bear. Moreover, he is a bear of genuine nature – a bona fide Chicago Bear. Born and bred in the Chicago suburbs, this Cape Coral transplant found a life, no sideline, with the actual Chicago Bears.



*Chet can be found at the Farmers' Market every Saturday.*

As a 14-year-old, the naïve and underaged teen faced his first induction. His Uncle Fran, a Chicago businessman, and a 'player' if there ever was one, got him into the big leagues, joining the legendary Bears organization as a gatekeeper – literally – watching out for gate jumpers and keeping stadium fans in order. It was every kid's dream come true – getting paid to watch a Sunday game at Soldier Stadium. Who doesn't want that job?

Within a couple of seasons, fates intervened and he advanced to handling the needs of visiting coaches and V.I.P.s – a concierge if you will – and soon was known as the "Mayor." If people had a question, the answer was often: "Ask Chet." The "Mayor" had carte blanche to people and



*Sean Martinelli interviewing Chet for Stories 2 Share on NBC-2 news.*

places around the stadium little scene by the average Joe. Not bad for a kid still in his teens.

Soon joined by his brother Tom, the Ballards created what became a unique combined 40-year position in sports: unprecedented, unheard of, and unmatched – a rare inside access to the machinations of one of the most storied teams in sports history. No other team had a pair like them and they became the stuff of legend.

Their adventures and misadventures are now chronicled in their new book: *Sidelines: Four Decades Of Sundays With*

*Chet Ballard: Grin And "Bear" Him on page 6*

# Family First

## Cooling & Heating, Inc.

### Problems with your air? Call the pink Polar Bear!

Over 50 Years Experience  
Family Owned & Operated

• Since 2009

Lic. # CAC1816318

**1- FREE**  
EMERGENCY SERVICE CALL  
WITH REPAIR  
**\$135.00 VALUE!**  
(New Customers Only)  
**239-227-8811**  
*One coupon per household.  
Not valid with any other offer.*




**239-227-8811**  
[www.familyfirstcooling.com](http://www.familyfirstcooling.com)

**A/C TUNE-UP**  
**ONLY \$49.95**  
with Free Duct Sanitization

- Flush and Vacuum Drain Line
- Check Evaporator Coil for Mold
- Add Algae Tablets to Drain Pan
- Inspect Duct System
- Clean Condensing Coil
- Check Refrigerant Levels
- Check all Safety Switches
- Check for Loose Wiring
- Check Heater for Proper Function
- Check Thermostat Calibration

**239-227-8811**  
*One coupon per household.  
Not valid with any other offer.*



**Reduce Your  
Energy Bill**  
UP TO **50%**



**10%  
SENIOR  
DISCOUNT**

**\$500 OFF**  
NEW SYSTEM  
**239-227-8811**  
*One coupon per household.  
Not valid with any other offer.*



**DO YOU KNOW WHAT  
THE INSIDE OF YOUR AIR  
CONDITIONER LOOKS LIKE?  
CALL TODAY FOR A FREE AIR  
QUALITY INSPECTION!**



**Financing Available**



Scan the QR Code with your smartphone camera to learn more.



**Service • Repairs  
Duct Cleaning • Installation  
Air Purification**

**239-227-8811**  
[www.familyfirstcooling.com](http://www.familyfirstcooling.com)

# The Rynski Report: How To Drive Del Prado Without Wanting To Ram Someone

By Ryn Gargulinski [Rynski]

You know the drill. You get into your car all calm and happy, with plenty of time to get to your destination. You flip on some fine driving music. Relax into the driver's seat. Then turn onto Del Prado – only to find within a quarter mile or so your calm and happy is replaced with crazed and agitated.



be engulfed with the firm desire to tailgate, beep, or even rear-end that putt-putt driver in front of us. What the heck happened?

Are we evil beings who shouldn't be behind the wheel of a vehicle? Not necessarily. We simply slipped into a phenomenon known as reptile brain.

Often used to describe someone consumed by addiction, reptile brain refers to taking on the primitive thinking of a reptile. Lizards, alligators, snakes and other reptiles are driven to eat, copulate and defend their territory – and they



will kill anything that gets in the way of any of the above.

While we're hopefully not eating or copulating behind the wheel (at least when the vehicle is moving), defending our territory falls into the mix. "How DARE you cut into MY lane!"

We also become so bent on getting to our destination in the least amount of time that any delay or interference can flip on that reptile brain switch so fast we don't even realize what happened.

Our first step is to understand what's happening. And then stop it. Remind ourselves we are not mean ole lizards but calm and happy beings who are going to get to our destination, even with those irritating things called other drivers on the road.

Then instead of making a race of it, try making a game of it. Give nicknames to different driving styles. Slow Motion Sally. Stop-and-Go Sam. Weaving Wally. Rolling Roadblock Richard.

Make up entertaining stories as to why someone is driving like they do. Perhaps that really, really slow right turner has a fishbowl full of water on the passenger seat and they don't want to spill it.

Look for one cool or beautiful thing on every vehicle, down every block, at every red light. You'll be amazed how many grackles hang out on street signs. Or how calming a sea of clouds in the sky can be when you're jammed up in the every-red-light cycle.

Remind yourself you are not in control of traffic, no matter how much you beep, curse or scream. But if you stay out of reptile brain, you can control your reactions and your focus.

So put your focus on amusing yourself rather than sending bad juju to your fellow drivers. You may find your trip down Del Prado can actually be enjoyable. And if all else fails, you can always go down Santa Barbara instead.

Ryn Gargulinski [Rynski] is a Cape Coral freelance writer, artist, speaker and healer who loves to entertain and inspire. In addition to more than 10 published books and multiple awards, she holds a BFA in Creative Writing, an MA in English literature, minister ordination, and Reiki and coaching certifications. Founder of the Sanctuary of the Wild Souls community, Rynski lives with her two happy hounds, one happy hubby and way too many crystals. Learn more at RynskiLife.com. Contact: Rynski@RynskiLife.com.



## PLAN. PREPARE. PATIENCE.

LCEC works year-round to harden the system and prepare for storm season. Utility customers are encouraged to prepare with a plan that includes special needs, evacuation, and a storm kit.

### The plan

LCEC has a tried and true plan that is updated and practiced annually. The electric grid is built to be resilient. Resources and relationships are cultivated in case they are needed.

### Preparation is key

LCEC has comprehensive vegetation management, inspection, and maintenance plans to mitigate the potential for outages. When power is interrupted, the LCEC team is prepared to respond as quickly and safely as possible.

### When the lights are out, we are on!

Since 1940, LCEC employees, contractors, and vendors have been there to respond to every major event with a sense of urgency. We know our members depend on electricity to power their lives and we are committed to meeting the needs of our community 24/7/365.

Visit the lcec.net Storm Center for more information about Storm Preparedness.

## HOW LCEC RESTORES POWER

### Safety is the priority

During disaster response, and every day, safety is everyone's responsibility. While LCEC and all of our responding partners are laser-focused on restoring power as quickly as possible, safety is always the priority.

- Stay clear of downed power lines, as they may be energized.
- Puddles of water contacting downed lines are dangerous.
- Keep LCEC phone lines clear for emergency calls by only calling to report safety threats.



## AFTER A MAJOR EVENT... HERE'S HOW THE RESTORATION PROCESS WORKS



### STEP 1. DAMAGE ASSESSMENT

Includes physical inspection of our facilities. Once damage assessments have been made, LCEC begins repairs.



### STEP 2. CRITICAL REPAIRS

We repair main circuits and restore critical facilities such as hospitals, police, and fire stations.



### STEP 3. QUICKLY & SAFELY

Repair lines that get the greatest number of customers on as soon as possible.



### STEP 4. REMAINING OUTAGES

Restoring power to those small pockets or individuals still without power.

www.lcec.net

**EVERY Saturday**  
8:00am - 1:00pm  
Club Square  
SE 47th Terrace and SE 10th Place, South Cape

**A Crystal Clear Pool Is A Call Away!**

239-321-9492  
Mike Stine  
Owner/Operator  
swimprospoolandspa.com

**Swim Pros Pool and Spa** Commercial and Residential Licensed & Insured

**\$15 OFF First Month's Service**  
New Customers Only

# Don't Be A Victim Of Energy Scammers

By Karen Ryan, APR, CPRC – LCEC Public Relations Director



Unfortunately, there are many scams that target utility customers. Awareness is the best way to avoid becoming a victim. Following are examples of common utility scams:

### Fake Disconnection Threat

Scammers threaten to disconnect electric service claiming the bill is past due and demanding immediate payment, Remember, utilities will send reminders and never call requesting urgent payment over the phone.

**Solar Panel Push** – Fraudulent salespeople come to the door stating they partner with your utility and provide inaccurate information to pressure residents into a solar panel system

contract. They often misrepresent the cost and sometimes may not ever deliver. There are honest solar installers who provide legitimate service and products. Do the research and check references and reviews before such a large investment.

**Personal Info Payoff** – Criminals call or email stating that someone is making a payment to the electric account and all they need is a social security number or banking information to apply for the program. Never provide personal information over the phone or email unless you initiate the contact.

Scammers are becoming more sophisticated and finding new ways to defraud victims. Embrace your power to protect yourself, your family, and friends by remaining alert!

1. Don't be rushed. Take the time to verify who you are talking to.
2. Ask questions. Ask for verification of your account number or ask to see a company identification card.
3. Verify with your utility by calling or emailing the contact info listed on their website. Do not ever use the link or phone

number in an email or text message.

4. Don't trust a caller-ID. They can be easy to imitate.

5. Utilities do not ask consumers to provide prepaid debit cards as payment.

Karen Ryan, APR, CPRC is the Public Relations Director for LCEC. She has been on the LCEC team since 1997 and has been writing about energy safety, savings and utility cooperatives for decades. LCEC served nearly 250,000 members in a six-county service territory and has been delivering electricity in Cape Coral since 1958. Karen serves on the Board of Directors for United Way of Lee, Hendry, and Glades and the Edison & Ford Winter Estates and is a past member of the Cape Coral Chamber of Commerce. She is also a past-president of the Florida Public Relations Association and the Edison Festival of Light and past chair of the American Heart Association Heartwalk and United Way campaign.



**THE CAPE CORAL SUN**

[www.mycapacoralsun.com](http://www.mycapacoralsun.com)

**Publisher**  
Coastal Media Communications, LLC

**Publisher/Owner** ..... Joe Yapello  
*publisher.ccsun@gmail.com, (239) 770-8284*

**Publisher/Owner** ..... Bonnie Yapello  
*bonniey.ccsun@gmail.com, (239) 464-3731*

**Editor** ..... Sherry Whalon  
*capacoralsuneditor@gmail.com*

**Account Executive**..... Michael Yapello  
*michaelyapello@gmail.com*

**Marketing/Promotions**..... Marisa Yapello  
*marisayapello@gmail.com*

**Webmaster/Ad Designs**..... Mandy Carter  
*mandymichellecarter@gmail.com*

---

All rights reserved. Reproduction or utilization of these contents in any form by any electronic, mechanical, or other means, including xerography and photocopying is forbidden without the written permission of the Publisher.  
The Publisher is not responsible or liable for misinformation or misprints herein contained and reserves the right to accept or reject all copy deemed unsuitable for publication.  
Coastal Media Communications, LLC does not endorse any advertising as it relates to the communities.

---

**Contributing Writers**

*Judy Calla, Cape Coral Art League*  
..... *capecoralartleague.org*

*Laurie Carlson, Cape Coral Cruise Club*  
..... *www.capecoralcruiseclub.com*

*Mandy Michelle Carter*  
..... *info@mandydoesmarketing.com*

*Dr. Rob Davis DC, Active Health Brain & Body*  
..... *wecare@activehealthbb.com, (239) 482-8686*

*Ryn Gargulinski,*  
..... *www.RynGargulinski.com, Rynski@RynskiLife.com*

*Bud Krater, A Bud Krater Inc,*  
..... *www.taxprobuddy.com, (239) 772-1040*

*Linda Lopez, Plus Kitchen Design*  
..... *linda@pluskitchendesign.com, (941) 787-4036*

*Sheriff Carmine Marceno, Lee County Sheriff's Office*  
..... *www.sheriffleefl.org, www.facebook.com/sheriffleefl*

*Liz McCauley, Cape Coral Animal Shelter*  
..... *www.capecoralanimalshelter.com, (239) 573-2002*

*Monica Rahman, Friends of the Cape Coral Library*  
..... *monica4608@comcast.net*

*Capt. Bill Russell, Catch The Action*  
..... *www.fishpineisland.com, (239) 410-8576*

*Karen Ryan, LCEC Public Relations Director*  
..... *www.lcec.net, Karen.Ryan@lcec.net*

For advertisement inquiries, please contact Joe Yapello at (239) 770-8284

**Print1Group**  
A Veteran Owned Business

---

**Fast, friendly, service**

Business cards • Business forms • Brochures • Flyers  
Booklets • Postcards • Envelopes • Menus • Newletters  
Signs • Banners • Labels • Vinyl • Posters

---

(239) 772-8200    (239) 542-2452    (239) 542-4315

**Over 100 Years of Combined Experience**

**TRAVIS JEWELERS**

SINCE 1959

The only jeweler in town  
since before there was a town

(239)-458-2507

travisjewelers.com



# Chamber Of Commerce Of Cape Coral

2051 CAPE CORAL PKWY. E. • CAPE CORAL, FL 33904 PHONE: (239) 549-6900 • WWW.CAPECORALCHAMBER.COM

## Ribbon Cuttings



**Alair Homes, Home Builders, 1700 Medical Lane, Suite 101, Fort Myers, FL 33907, www.alairhomes.com/sanibel, (239) 313-7609.**



**Property Geeks, Real Estate Media/Photography, 4706 Chiquita Blvd. S., Suite 200-SW01, Cape Coral, FL 33914, www.propertygeeks.com, (239) 539-4335.**



**Cinlee Commercial & Residential Cleaning Services, Cleaning Service, www.cin-lee.com, (812) 350-8721.**



**SportClips, Barber Shop, 1830 NE Pine Island Road, Suite 170, Cape Coral, FL 33909, (239) 458-3400.**



**Entrada Paramount, Apartment Rentals, 3940 Villa Del Mar Circle, Cape Coral, FL 33909, (941) 487-3749.**



## Wonky Wheels

Almost everyone has experienced it: You're smoothly navigating a grocery store with your shopping cart when, suddenly, it squeaks. Quickly, one-wheel rebels and spins erratically, and you find yourself struggling with the cart as if it were a stubborn animal.



Why does this issue seem to plague grocery carts? The reason is simple: Unlike carts in pharmacies or clothing stores, which usually carry lighter items and stay indoors, grocery carts endure heavy loads and face the harsh outdoor environment. This exposure to rain, snow, collisions, and debris – especially in parking lots – takes a toll, particularly on the wheels and the caster plates attaching them to the cart, which leads to malfunctions. According to CNN, this wear and tear, coupled with the high replacement cost of more than \$200 a cart, explains the frequent cart malfunctions.

So, the next time you wrestle with a wobbly grocery cart, remember it's a small price to pay for the convenience of hauling your heavy groceries and a testament to the unseen battles these carts endure in their daily parking lot adventures.

## Their Stories are Grid Iron Gold!

Chet and Tom Ballard are living every fan's dream, getting paid to attend the Chicago Bears weekend games.

How did that happen? It wasn't planned. **SIDELINES** is not just about what they saw, whom they met, and what they did. Their stories are a vicarious behind-the-scenes collection of observations and insights-from the emotion to the commotion. If you're a fan of the team, a fan of the game, sports, or just the human condition; a view from the **SIDELINES** is the best seat in the house.

**SIDELINES...it's game on!**

Available on Amazon



For more info: [Sidelineschicagobook@gmail.com](mailto:Sidelineschicagobook@gmail.com)

# Friends Of Cape Coral Library

## Everyone Enjoyed The Program At Friends Of Cape Coral Library General Meeting On July 27

There were 20 members in attendance, and three guests were welcomed. The program for the Friends of Cape Coral Library (FOCCL) general meeting in July has traditionally been a popular round table talk about books we've read. And this year's program did not disappoint! We all thoroughly enjoyed hearing about the 29 different books that were recommended. Be sure to click on the link to the list of those books that's available on the Friends of the Cape Coral Library website [www.capefriends.org](http://www.capefriends.org) under the events/photos tab.



Teresa G. and a book she recommended.



Bonita O. with several books she liked.



Some of the members enjoying book reports at the July general meeting.

Chet Ballard: Grin And "Bear" Him from page 1

Da Bears, available through Amazon. From players' naughty hijinks to alleged nose candy, from nostalgia to pathos, from insight to foresight, this anecdotal adventure takes us from the Ballards unlikely, unplanned, fortuitous beginnings with the organization to creating memories that have lasted a lifetime.



"You don't have to be a fan of the team, football, or even sports to enjoy this book," explains Chet, who can be found many Saturday mornings at the Cape Coral farmer's market signing copies. "There is an underlying premise of living an American dream and that story everyone understands."

Sidelines has stirred an entrepreneurial spirit in Chet which is what brought him to the Chamber of Commerce to find ways to give back to his adopted Cape Coral. While he continues to do his much-valued work at the Cape Coral Hospital, there will be no hibernating for this bear. There is talk of an audio version of the book, a Sidelines-inspired podcast, and other social media opportunities.

As Chet works to look for an inventive future here in Cape Coral, there is nothing this Chicago Bear can't – and won't – tackle.



## Friends Of Cape Coral Library General Meeting, Saturday, Sept. 21

### Presentation: Hurricane Forecasting

All are invited to the Friends of the Cape Coral Library General Meeting on Saturday, Sept. 21. The morning will begin at 9:30 a.m. with light refreshments. The business portion of the meeting will start at 10 a.m., and the program described below will follow. Friends of Cape Coral Library general meetings, which take place in the large meeting room

of the Cape Coral Library at 921 SW 39th Terrace, are free and open to the public. You're welcome to bring a guest or two. **Program: Weather Forecasting And Hurricane Preparedness**

Greg Rule, WINK News Meteorologist, will be back again as the program speaker at the September meeting. His fascinating talk and slide presentation were a big hit at last year's meeting! So, we've invited him back to give us an updated look at what goes on behind the scenes in weather prediction for Southwest Florida and what we might expect during this hurricane season.

For more information on Friends of the Cape Coral Library visit [www.capefriends.org](http://www.capefriends.org) and follow us on Facebook.

## Back To School Drive Safe!

Ms. Oktoberfest 2024 from page 1

including, Erich Feichthaler, former Mayor of Cape Coral; Tom Hayden, Cape Coral Council Member; Brian Solis, representing Southwest Florida Airport; Simone Behr, Lee County Convention Bureau; and Elisabeth Lahner of Geraci Travel convened after an introduction of the five candidates to decide on who this year's princess would be, underlining the community aspect of the event.

Each contestant was introduced by Steve Eichner, a long-time member of GASC, who has been the pageant's master of ceremonies for over a decade, asking each of them a single question pulled out of a box. The questions varied, from how the contestant would promote Oktoberfest to what she loves best about Southwest Florida, her favorite childhood memory, or what she would do if she were to win the lottery! In the next round, all contestants were asked why they wanted to be Ms. Oktoberfest 2024. The finalist responded that she was looking forward to an event that would allow her to play an active part in the community she loves and inspire the Southwest Florida community's youth to embrace the Club's rich traditions.

The German American Social Club of Cape Coral is proud to be celebrating its 60th anniversary this year, and Alexandra wants to use her skills to help the club grow stronger.

In the end, the decision was very close, as the judges chose the 5' 10" Alexandra Marie Reifschneider as this year's pageant queen. As Ms. Oktoberfest 2024, her role is to be a delegate for the German American Social Club of Cape Coral, conveying German Heritage and communicating the German traditions, especially as they pertain to the Oktoberfest tradition, to Southwest Florida.

Alexandra was crowned by the outgoing Ms. Oktoberfest 2022/2023 Lisette Ortiz-Telewick, who proudly gave her final speech as the Oktoberfest queen to the Club's members, thanking them for the opportunity and underscoring how much of an honor it was for her.

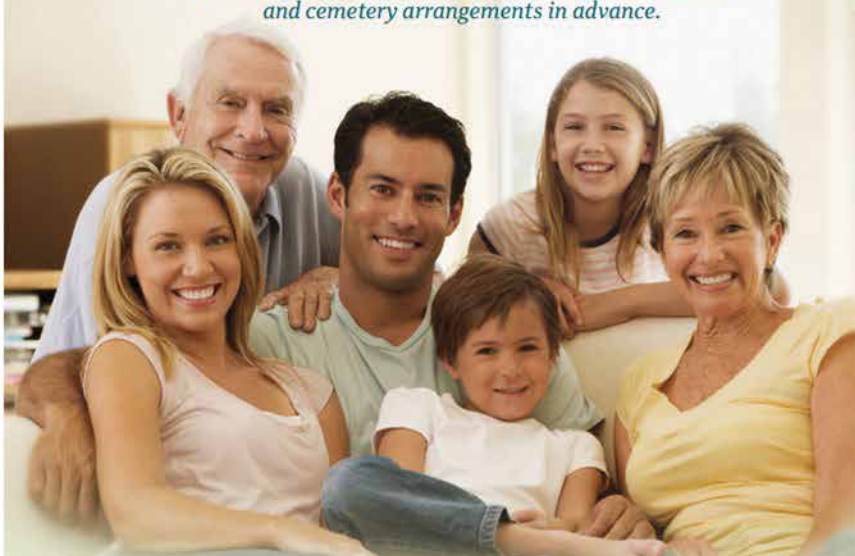
This year, the event was once again sponsored by Zak's Jewelry and by Southwest Florida Regional (RSW) airport. Ms. Oktoberfest 2024 received a \$750 gift certificate from Zak's Jewelry. Each of the runners-up also received a gift certificate from Zak's.

Ernst Licht of Pennsylvania, as in previous years, will provide Ms. Oktoberfest with a high-quality Dirndl, the traditional dress worn in Southern Germany and Austria at special festivals and events, particularly at the original Oktoberfest in Munich. Each of the five contestants received gifts as thanks for their participation.



In its 60th year, the German American Social Club of Cape Coral is looking forward to another well-attended 39th Oktoberfest, which will be held the last two weekends of October, on Oct. 18, 19, and 20, and Oct. 25, 26, and 27, on the grounds of the German American Social Club property.

Join us for a **FREE** seminar on planning your funeral and cemetery arrangements in advance.



**Your life. Your legacy. Make It Right.**

- ⇒ Discover 4 simple steps to Pre-Planning
- ⇒ Tour the new Funeral Home and our Park
- ⇒ Expert Guidance available
- ⇒ Learn how to protect your loved ones
- ⇒ Refreshments, conversation and helpful advice

Request your **FREE** Personal Planning Guide

**RSVP at (239) 404-2799**

**WHEN: Saturday August 24th at 10:00 AM**

**WHERE: 950 Chiquita BLVD S, Cape Coral**

Every Detail Remembered® | Dignity®

Coral Ridge Funeral Home & Cemetery



*I had itching and burning in my feet and hands. I'm proud to say, as a result of coming here, that I have really felt quite a tremendous difference. The attacks that I was having with the burning sensations from the neuropathy have decreased. It's been a blessing. I truly thank you and your staff for being so nice and providing this service for us that are suffering." —Eddie S, Patient*

*Dr. Davis is amazing. Just after a couple visits, I was able to walk again without any knee pain. The program has helped me so much. I am out of pain and able to walk normally and have been so for over three years without surgery, injections, or drugs. Thank you, Dr. Davis. —Nancy-jo, Patient*



Knee Pain



Leaky Gut



Memory Loss



Tech Neck



Frozen Shoulder



Neuropathy

## Do You Feel Like You've Been **ROBBED** Of Life Because Of Chronic Pain? Numbness or Tingling?



**Dr. Rob Davis, DC, DACACD**

**\*Schedule Your 7-Point Brain, Body & Gut Exam™ So We Can Find The Cause Of Your Pain And Get You Back To Doing The Things You Love!**

# 239-482-8686

**\*Schedule Your 7-Point Brain, Body & Gut Exam™ Today!**

**\*Only \$97**

when you mention this ad in *The Cape Coral Sun*

Cannot be combined with any other offer. Exp. 8.31.24. The patient and any other person responsible for payment has a right to refuse to pay, cancel payment or be reimbursed for payment for any other service, examination, or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee, or reduced fee service, examination or treatment.

copyright 2024



**6710 Winkler Road, Suite #1**  
**www.activehealthbb.com**



# Cape Coral Museum Of History

## Remember When... View-Master Discs Promoting Cape Coral

The View-Master was introduced at the 1939 New York World's Fair as an alternative to scenic postcards, aimed at providing a more engaging way to view images through a stereoscopic device. It initially featured images of popular tourist attractions like Carlsbad Caverns and the Grand Canyon.

A View-Master reel contains 14 film transparencies arranged in seven pairs, creating seven stereoscopic images. Each image pair is viewed simultaneously, one by each eye, to simulate depth perception and provide a 3D effect.

The View-Master was marketed by Sawyer's Service, Inc., which was founded by Ed Mayer. Initially sold at photography shops and tourist gift shops, it quickly became popular and began to replace postcards as a preferred souvenir option.

The device and reels were initially sold in photography

shops, stationery stores, and scenic-attraction gift shops.

The patent for the viewing device, known as the Model A viewer, was issued in 1940. The View-Master quickly grew in popularity and became a significant part of Sawyer's business.

Initially, View-Master reels were designed for users of all ages with a focus on travel and scenic views. Over time, the product line shifted more toward children, featuring content specifically aimed at younger audiences.

Beyond entertainment, View-Master produced custom reels for commercial clients, allowing businesses to showcase products and services in 3D to potential customers. This shows the versatility and wide appeal of the View-Master system in different industries.

Cape Coral, among other places, utilized the View-Master to promote the area, leveraging the device's popularity to attract tourists and residents.

The View-Master system demonstrates an innovative use of stereoscopic technology for both entertainment and commercial purposes, adapting over time to different audiences and applications.

Interested in owning a copy of the View-Master Cape



Coral discs? There are several for sale online from \$8 to \$28.

For more historical information about Cape Coral, visit the Cape Coral Museum of History at 544 Cultural Park Blvd. The museum is open Wednesday through Friday, 11 a.m. to 4 p.m., and Saturday, 10 a.m. to 2 p.m. Admission is \$5 for adults; free for members, students with ID, and children 17 and under.

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

## What's The Difference Between Coconut Trees And Palm Trees?

### Coconut Trees Are Palm Trees – But Not All Palm Trees Are Coconut Trees

By Sam Hindman, [www.mentalfloss.com](http://www.mentalfloss.com)

If you're driving along a tropical coast, it can be easy for one of the area's tall, fan-leaved trees to catch your eye and make you start daydreaming about all things coconut.

Because of their similar characteristics, many people mistake palm and coconut trees for one another. But not every palm tree is a coconut tree. Here are some tips on how to spot the differences between the plants.

#### Are Coconut Trees Palm Trees?

Yes, a coconut tree *is* a palm tree. There are actually around 2,600 types of palm trees in the family Aracaceae; coconut trees (*Cocos nucifera*) are the only ones in the genus *Cocos*. Neither coconut trees nor palm trees are real trees – they're monocots, a group of plants that includes grasses, orchids, corn, and more.

The plants don't have the same kind of wood and bark as other trees. You won't find any tree rings inside their trunks, which aren't even trunks at all but are actually stems. Their leaves are either fan-shaped or feather-shaped, depending on the species.

#### Identifying Palm Trees Vs. Coconut Trees

The first step for identifying the type of tree you're looking at is to determine its size. A palm tree can be anything from a six-foot houseplant to an impressive 200-foot beach giant. Coconut trees, meanwhile, have a narrower range; a full-grown tree always stands somewhere between 30 and 100 feet (dwarf plants will of course be smaller).

Location is another big clue. Coconut trees are fairly selective about where they grow – they need tropical conditions with high humidity and no signs of frost. Because palm trees refers to such a wide variety of species, you can spot them in deserts, rainforests, and along temperate coasts.

Another big difference between coconut trees and palm trees is how they're used. The obvious product that coconut trees produce is – you guessed it – coconuts. These drupes are known for their delicious meat and the oil that can be extracted from them, and their shells can even be used to create charcoal.

Palm trees are a versatile group, as there are many different kinds. Some species produce other fruit like dates and açai berries; others are harvested for palm oil; and some are even used for reforestation efforts because of their knack for quick and simple growth.



Note the lack of coconuts on the right.

*Cape Life*  
CAPE CORAL, FL

UPF 50

## SUN SHIRTS

DOZENS OF DESIGNS  
CUSTOM PRINTING | SOUVENIRS

[CapeLifeApparel.com](http://CapeLifeApparel.com)

1031 Cape Coral Pkwy E. (back of bldg)  
239-699-8125

# MUSEUM OPEN HOUSE

Saturday  
Aug 17

10am to 2pm

CAPE CORAL  
MUSEUM OF HISTORY

Free Museum  
Open House  
featuring  
several of our  
community  
partners, food,  
games and fun!

Help us celebrate 54 years of  
Incorporation of the City of Cape Coral

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



# Coming Up In The Cape

## Saturday, Aug. 17 – 2 to 4 p.m.

Experience a fun and relaxing time as you create your masterpiece with talented instructors during this Paint & Sip event at Rotary Park on Saturday, Aug. 17 from 2 to 4 p.m. No prior art experience is necessary, and all supplies are provided. All you need to do is bring your creativity and a positive attitude!

The event is open to all ages (note that a parent must accompany individuals under 21). Please note that we do not sell alcohol at these events; feel free to bring your own.

For more information and to register, call (239) 549-4606.

## Sunshine Karaoke At Lake Kennedy Center

### Tuesday, Aug. 20 – 5 to 9 p.m.

Get your singing voices ready for a fun night at Lake Kennedy Center, 400 Santa Barbara Blvd., on Tuesday, Aug. 20 from 5 to 9 p.m. Sing to the music you love and/or come out to cheer on your friends! The cost is just \$5 per person. BYOB and snacks.

For more details, call (239) 574-0575.

## Designer Bag Bingo At Lake Kennedy Center

### Friday, Aug. 23 – 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, Aug. 23 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 BYOB and food.

Please R.S.V.P. to (239) 574-0575.

## Cape Coral Content Day!

### Thursday, September 5 – 10:30 a.m. to 12 p.m.

**Location:** 3637 Del Prado Blvd. S., Unit 201

Are you ready to dive into the dynamic world of social media content creation? We're thrilled to invite you to our exclusive two-hour workshop that's all about learning, creating, and having a blast while at it!

Get ready to have fun while creating unique social media content! We will record, give you scripts, edit, and even post them.

### What's In Store For You:

**Hands-On Experience:** You'll get in front of the camera! Whether you're a seasoned pro or new to the social media scene, this workshop is your playground.

**Scripts Ready for Stardom:** Don't worry about writer's block – we've got you covered with a variety of scripts that cater to different styles and topics. Pick your favorite ones and give it your personal twist!

**Expert Editing:** Our team of editing wizards will be at your beck and call, transforming raw footage into polished gems, ready to catch eyes on any platform.

**Instant Posting:** Once your content gets the final cut, we'll help you post it right away. You'll leave not only with new skills but also with fresh content populating your feed.

### Free Exhibit Reception At Cape Coral Art Center

#### Friday, Sept. 13 5 to 7 p.m.

Join us on Friday, Sept. 13 from 5 to 7 p.m., for a free reception for the *Fiberlicious* exhibit at the Cape Coral Art Center, 4533 Coronado Parkway, Cape Coral, (239) 574-0802. *Fiberlicious* showcases stunning fiber art from members of our nonprofit partner, Art Quilters Unlimited.

Enjoy an evening of art and meet the artists! Receptions also include light refreshments.

The *Fiberlicious* exhibit will be on display in the main gallery from Sep. 6 to 26.

### The Mayor's Scholarship Ball At The Westin

#### Saturday, Sept. 21 – 5 to 9 p.m.

The Cape Coral Mayor Scholarship Fund organization will host its second annual Mayor's Scholarship Ball on Saturday, Sept. 21, at the Westin Cape Coral at Tarpon Point. The Social Hour will begin at 5 p.m., and dinner will be served at 6:30 p.m.

With the theme of "Imagine the Possibilities," this year's event will feature dinner, dancing, and fundraising.

Tickets are \$200 for individuals and \$1,500 for a table of eight. Tickets may be purchased at [www.capecoralmayorscholarship.com/mayors-scholarship-ball](http://www.capecoralmayorscholarship.com/mayors-scholarship-ball). Sponsorships are also available.

For more information, contact [info@CapeCoralMayorScholarship.com](mailto:info@CapeCoralMayorScholarship.com).

**ARIAS LAW FIRM, P.A.**

**Victor M. Arias, Esq.**  
*Attorney & Counselor at Law*

- Accidents
- DUI Defense
- Personal Injury
- Criminal Defense
- Workers' Compensation
- Social Security Disability

**239-945-2121**  
VARIAS@ARIASLAWFIRM.COM

**ARIASLAWFIRM.COM**  
**3013 Del Prado Blvd. Suite 6, Cape Coral FL 33904**

SE HABLA ESPAÑOL

**Free Adult Health Fair**  
Get Active, Be Healthy

Prize Drawing!  
Win a Fitbit!

**Free Adult Health Fair**  
**Saturday, Sept. 28**

Join us on September 28, 2024, from 9 a.m. to 12 p.m. at the Lake Kennedy Center, 400 Santa Barbara Blvd., Cape Coral, FL 33915 for a special event celebrating the vitality of our residents and visitors!

This event invites all adults to engage in activities that support and enhance their health. All adults are welcome to enjoy a day filled with physical activities, health education, and screenings. Try these activities: yoga, tai-chi, line dancing, hula dancing, functional fitness.

Over 30 vendors, healthy food samples, health screenings, social agencies and mental health resources. Plus, enter our prize drawing for a chance to win a Fitbit!

Get active, be healthy, and don't miss this free community event!

For more information, call (239) 573-3128.

**3D Mobile Mammography**  
The Mobile Mammogram bus will be at the Lake Kennedy Center Health Fair on Saturday, Sept. 28 from 8 a.m. to 1 p.m. Schedule your appointment now for a ten-minute mammogram, no prescription needed. To book your appointment for this location or to find other locations, visit our website at [www.3dmobilemammography.com](http://www.3dmobilemammography.com). Our Bus Saves Lives!

# Cape Coral Animal Shelter Joins Kids Camps For Fifth Year

The Cape Coral Animal Shelter (CCAS) participated in city-wide Kids Camps recently to promote how to properly interact with dogs and the care and responsibilities of owning a pet. Of course, each camp included plenty of hugs and kisses from our resident pups!



Since opening in 2020, each summer the shelter volunteers, in coordination with the City of Cape Coral Parks and Recreation Department, plan multiple “camps” at various locations. This year, Cape Coral Animal Shelter volunteers and pups traveled to several city locations including Four Freedoms Park, Oasis Elementary School, and the William “Bill” Austin Youth Center. More camps were hosted by CCAS at the shelter where students had the opportunity to see firsthand the work that goes into caring for 100-plus animals. In all, over 485 kids attended the camps, learned about the responsibilities of owning a pet, and, as you can see by their smiling faces—had a GREAT time!



“Our thanks to everyone at Parks and Recreation for including us in these events and to our own volunteer, Tom Ellegood, who coordinated all these events on our end” said Liz McCauley, executive director of the Cape Coral Animal Shelter. “We are very proud to be such an important part of our city and help make Cape Coral a



wonderful place to live. We hope the kids will remember their summer camps fondly.”

### About Cape Coral Animal Shelter

The mission of the Cape Coral Animal Shelter is to engage a special bond between people and animals by means of adoption services, medical care, education, and training for the prevention of cruelty and abandonment. We provide a safe place where animals will remain in our care until they are placed in qualified, forever homes.

Cape Coral Animal Shelter, 325 SW 2nd Ave., Cape Coral, FL 33991. (239) 573-2002, www.capecoralanimalshelter.com.



## Home Helpers® Home Care is Taking Care of the Greatest Generation...Yours.



You & your family deserve the best home care. From a few hours to 24/7 care, we're there when and where you need us!

- Light Housekeeping
- Bathing/Personal Hygiene
- Meal Preparation
- Prescription Pick-Up
- Escort To & From Doctors
- Transportation
- Laundry
- Grocery Shopping
- Errand Services
- VA Benefits
- Much More!



Dennis Agrusti, Owner  
(239) 347-9187  
www.HomeHelpersHomeCare.com/Fort-Myers  
4637 Vincennes Blvd., Suite 3 • Cape Coral, FL 33904

Lic. # HHA #299994834  
©2022 H.H. Franchising Systems, Inc. Proprietary and confidential information of H.H. Franchising Systems, Inc. All offices are independently owned and operated.

## Help Our Furry Friends

The Cape Coral Animal Shelter & Veterinary Clinic needs soft dog treats. Donations are accepted daily from 8 a.m. to 4 p.m.

### Save The Dates

**Aug. 18-23:** Join our national online auction to support our furry friends by bidding on exciting items, unique experiences, and travel adventures.

**Sunday, Oct. 6:** Celebrate the Feast Day of St. Francis at our Fifth Annual Blessing of the Pets.

**Saturday, Nov. 5:** Participate in the Eighth Annual Golf Classic at Palmetto-Pine Country Club, 1940 SW 9 Ct., Cape Coral.

For more information or to learn about other ways to support, please visit the Cape Coral Animal Shelter's website at [www.capecoralanimalshelter.com](http://www.capecoralanimalshelter.com).



## Hiddenbed USA™

4712 Del Prado Blvd. S  
Cape Coral, FL 33904  
239-549-0218

### Double Your Space!



From a functional office to a comfortable guest room in seconds.

Bring in this Ad for \$100 off any order

Wallbeds \* Deskbeds \* Custom Cabinetry \* Cabinet Beds



# Tenth Annual South Cape BaconFest Trolley Event

Join us for a bacon-themed pub crawl and enjoy drink samples and appetizer samples at various South Cape hotspots! The 10th Annual South Cape BaconFest Walking Pub Crawl is set for Aug. 31 from 7 to 11 p.m.

Limo buses will be provided to take you to four designated areas, where you can walk to multiple participating locations.

This is a voting event! Locations will be competing for best drink and best appetizer, so expect some unique and savory options. You'll vote for your favorite at the end of the night!

Tickets for the South Cape BaconFest are only \$25 in advance (\$20 for designated drivers) and can be purchased online via Eventbrite. Day of tickets are \$30 (if available). Scan the QR code to get your tickets now!



**Ticket Price Includes:**

- Wristband to gain access to event transportation
- Passport of locations – get every stamp and you could win the grand prize, sponsored by Yuengling.
- A drink sample and appetizer sample at each location.
- Entry into the photo booth contest\* (Winning photo receives four tickets to the Save Second Base Pub Crawl on Oct. 5).
- Access to the official photo booth located at Dolphin Key Resort (under the entry awning)

**Participating Locations And Samples:**

Location	Drink Sample	Food Sample
BackStreets Sports Bar	TBD	TBD
Cruiser's Lounge	Bacon Bourbon Old Fashion	Bacon Bourbon Caramel Cheesecake
The Dive	Blood Mary	Bacon Puffs
Hooked Island Grill	TBD	TBD
Dixie Roadhouse	Bacon Margarita	TGI Friday's Cheddar and Bacon Potato Skins Chips
Monkey Bar Steak & Seafood	John Daily	TBD
Rack'em Spirits & Times	Pickle Back	Bacon Jam Crackers
Ralph's Place	Apple Saki	Korean BBQ Pork Belly
Rusty's Raw Bar & Grill	The Lumberjack	Bacon Wrapped Pimento Cheese Balls with Siracha Agave Glaze
Tiki Hut Bar	Maple Bacon Bourbon Sweet Ice Tea	Bacon Wrapped Hushpuppies
Tito's Cantina Tequila Bar & Grille	TBD	TBD

• Designated driver (DD) tickets are available. DDs receive all the benefits of standard tickets, except for drink samples. DDs receive a complimentary non-alcoholic beverage, such as bottled water or soda, at each location upon request.

Expect lots of entertainment, including live music, dancing, singing and more!

**Check-In Times And Locations:**

**Regular check-in:** 6 to 7:30 p.m. at two locations: Big

John's Plaza (near Pinch-a-Penny) and Dolphin Key Resort (under the entry awning)

**Late check-in:** 'til 10 p.m. at Dolphin Key Resort (under the front entry awning)

This is a 21-plus event. Valid ID at check-in will be required, per ticket. You cannot pick up wristbands for other people.

For any additional questions, email [info@southcapeentertainment.com](mailto:info@southcapeentertainment.com)

## From The Desk Of Sheriff Carmine Marceno

### Hotter Temperatures And Aggressive Behavior

Studies, documenting a link between excessive heat and aggression date back centuries and all declare the same definite association between the two.



An increase in violence, frustration and aggressive behaviors occurs annually as the temperature rises. Psychological studies attribute our altered

behaviors to the extreme physical discomfort that we feel at higher temperatures.

While it is impractical to recommend staying cool during the blistering Florida summer, and while we have no mechanism to lower the temperature, it is imperative that we recognize that we are all victims of the oppressive heat and more likely to lose our temper.

A 2022 study completed by the Environmental Health Department in the Boston University School of Public Health, found that an increased number of patients went to emergency rooms for mental health conditions as outdoor temperatures rose.

Interestingly, it was also noted that the number of penalties,

in National Football League games, increased at higher temperatures!

It is my hope that if we recognize the effects of heat and humidity on our temperament and our behavior, perhaps we can take a few extra deep breaths and avoid altercations and incidents of aggression.

Think...choose your words and actions more carefully... separate yourself from potential altercations.

Avoiding stressful conditions, while difficult, may allow us to "keep our cool" and prevent behavioral escalation, road rage incidents, etc.

Let's have a safe and pleasurable summer here in Lee County!

## HURRICANE SEASON IS HERE



**Aluminum & Steel**  
**24ga or 26ga**  
**Multiple Colors**

CGC1528805  
CCC1332638  
CFC1430829

**L&J**  
**Contractor**

**Construction Services**

**Roofing & General Contracting**

Louis C. Jones  
Cell 239-878-3470  
Office 239-471-9543

Licensed & Insured  
Serving SWFL  
[Louiej@lhome repair.com](mailto:Louiej@lhome repair.com)



[www.LJHomeRepair.com](http://www.LJHomeRepair.com)



**FREE ROOF INSPECTION**

**Licensed - Insured - Bonded**  
**State of Florida**

# THE CAPE CORAL SUN BUSINESS NETWORK



- small animals
- reptiles
- fish
- feeders
- dog & cat foods
- grooming

**Patriot Pets & Supplies**  
 1242 SW Pine Island Road • Unit 47 • Cape Coral, FL 33991  
**239-242-7387**  
 \*\*\*\*\* Family Owned & Operated Since 2011 \*\*\*\*\*



**Nails By Jmonic**  
 Hardgel specialist  
**239-200-9459**  
 SalonPLEX Suites  
 in Pine Island Marketplace  
 519 SW Pine Island Rd #113, Cape Coral, FL 33991  
 @nailsbyjmonic

Opening August 6th  
 Appointments filling fast, book yours today!



DESIGNER CLOTHING, PURSES,  
 JEWELRY, SHOES, SCARVES,  
 HATS & SWIMWEAR  
 WITHOUT CONSIGNMENT PRICING !!  
 Visit Us On  

**RE-CHIC BOUTIQUE**  
 1634 SE 47TH ST. SUITE 16 • CAPE CORAL, FL 33904  
**239 703 2647**  
 M, TU, TH, FR, SAT • 10AM - 4PM • CLOSED WED & SUN




All small dog breeds up to 20 pounds  
**Diana Smith** **330.472.8533**



**FREE MVP EXPERIENCE** for first time visits includes:  
 • Precision Haircut  
 • Signature Scent on Hot Steamed Towel  
 • 7-Point Massaging Shampoo  
 • Neck and Shoulder Treatment

**\$3 OFF any Service**

Coral Walk  
 1830 NE Pine Island Road, Suite 170  
 (239) 458-3400, www.Sportclips.com

**Call Joe Yapello**  
**(239) 770-8284**  
 to reserve your spot

## Cape Coral Art League

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

**Open Painting – Starting in September**

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 – Will Resume In October**

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!

**Upcoming Exhibits**

Gallery shows, classes, and workshops begin again in October. This year our silent auction will be during the month of December. For artists planning projects for upcoming exhibits, the schedule for the 2024/25 season:

**First Show Of 2024: October 2024 – Garden Variety Theme:** What's in your favorite garden? Is it the source



of sustenance, meditation, a riot of color, a special habitat for your favorite wild friends, or some other special place? Share your artwork of that special garden place with us in this first show of the season. This theme is meant to be inclusive and open to artist interpretation.

**Receiving:** Monday, Oct. 7, 2024, from 12 to 3 p.m.

**Reception:** Thursday, Oct. 10, 2024, from 5 to 6:30 p.m.

**Removal:** Monday, Nov. 4, 2024, from 12 to 3 p.m.

**Eligibility:** This is a Cape Coral Art League (CCAL) member show. This show is open to CCAL members only. The Show Chair will determine if artwork meets fine art criteria and is accepted. Exhibiting artists must show their current membership card at receiving.

**2024/25 Upcoming Exhibits**

November	Express Yourself
January	Water Wonderland
February	Wild About Wildlife
March	Simply Red
April	Celebrating Color
May	Florida Life

Please consult [capecoralartleague.org](http://capecoralartleague.org) for more information.

**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](http://www.capecoralartleague.org).**



**FERTILIZER RESTRICTIONS**  
**JUNE 1 - SEPTEMBER 30**

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

**Are You Having Trouble Controlling the Way You Eat?**

Call: (239) 338-5948  
 Email: [faswfla@gmail.com](mailto:faswfla@gmail.com)



**fa** FOOD ADDICTS in recovery anonymous  
[www.foodaddicts.org](http://www.foodaddicts.org)



**VOTE VICTOR ARIAS**  
**SUPERINTENDENT OF LEE COUNTY SCHOOLS**

**EDUCATION:**  
 Hamilton College  
 Clinton, NY  
 Bachelor's degree,  
 Spanish Literature

State University of New York  
 Buffalo, NY  
 Juris Doctorate

Leadership Lee County  
 Leadership Florida XIII

**EXPERIENCE:**  
 33 Years Practicing Attorney  
 in School Law, Personal Injury  
 & Workers Compensation

Board Member  
 Suncoast Credit Union  
 \$18B in Assets-Audits,  
 Budgets, ERM, etc.

Represented two (2) School  
 Superintendents in Florida for  
 7 years.

**FOR ALL PARENTS, CHILDREN & EDUCATORS!**  
**(239) 848-8440** [Victor-Arias@gmail.com](mailto:Victor-Arias@gmail.com)

PLEASE MAIL "CONTRIBUTIONS" TO: PO Box 100862 Cape Coral, FL 33910  
 Paid Political Advertisement by the Campaign of Victor Arias

# Catch The Action

## On The Water

By Capt. Bill Russell

August is one of if not our hottest months in Southwest Florida. However, with September's arrival, the end of summer is in sight as we gradually break away from hot muggy days and transition to the cooler days of autumn. This is great news for anglers as days become less humid with a slight drop in temperature, a welcome relief after a hot Florida summer. Don't get me wrong, there are still plenty of hot days, but they become more tolerable as summer progresses to fall.

Just as anglers enjoy the change of seasons, fish respond as well as they become more active resulting in improved fishing. With a slight drop in water temperature after a hot summer, you can expect fish to exert more energy and feed consistently throughout the day. Of course, it's fishing, there are days when you can't buy a bite no matter what, but chances for success are tipped in your favor as the water cools.

Offshore, as water temperatures drop with the change of seasons, look for fish to move closer to shore in shallower depths and pelagic species heading moving down the coast. Grouper, plus large snapper should be caught with consistency in depths from 50 to 90 feet in gulf waters. Gar grouper season reopens in September while red grouper remains closed. American red snapper season is closed through August with open days on and off through September. Make sure and check current seasons before heading offshore. Artificial reefs that dot our coast, along with hard bottom and ledges in thirty to seventy-foot depths are great locations to catch a variety of different fish from small to large.

Mangrove snapper fishing was good through the summer and should continue. Snapper school up around some type of structure that could include bridge pilings, docks, piers, oyster bars, creeks, mangroves shorelines, or any type man-made or natural submerged structure. Offshore, they are found in numbers over artificial reefs and limestone ledges. Scale down your tackle with a light fluorocarbon leader of 20 pounds or lighter and small hooks. Best baits include shrimp (live or dead), small pilchards or pinfish, and a variety of cut baits. Chumming is a great option to attract snapper and get them fired up.



It's possible to come across schools of large redfish roaming the inshore shallows. Often several hundred or more travel along the edge of shallow bars and shorelines eating anything in their path. If you come across a school, make a long cast in front of the lead fish, and hang on. These big reds generally run thirty inches or larger and are schooling until we get our first cold front, likely in October.

As days get shorter, larger sea trout begin moving back into shallower water to feed; this is a great time to work a top water plug across your favorite trout flats. Plenty of sea trout are caught under the endless schools of baitfish, look for birds and surface activity. Trout fishing will get better as the water continues to cool.

Snook casually leave the beaches and Gulf passes where many spend the summer months and transition back inshore on the flats. Target snook around oyster bars, shorelines, sand holes, and structures such as riprap, docks, piers, and bridges. This is often one of the best months for snook fishing as they are active, on the move, and foraging on a variety of baits. Snook season remains closed through September.

Sharks, large and small are roaming the inshore waters and offshore. They are likely to show up while catching other fish and often take your hooked fish during the fight. Sharks offer a great option for a fun and hard fighting fish. A chunk of fresh meat from a ladyfish, jack crevalle, mullet, or bonito gets their attention. Make sure and use a couple of feet of wire leader, braid or single strand. Tarpons are around and

may appear anywhere inshore. Tarpons are often sighted rolling in southwest and northwest Cape Coral canals and the Caloosahatchee River around the bridges. Tarpon can be finicky, the best time to hook one is early morning and late afternoon into the night.

With a variety of fish and enjoyable weather, this is a great month to get out there and see what you can catch!

Stay up to date with fishing regulations by visiting [www.myfwc.com](http://www.myfwc.com). Also, upload the Fish Rules app on your phone. It has current regulations and seasons with pictures to help identify fish.

For charter information, please contact us at Gulf Coast Guide Service and "Catch the Action" with Capt. Bill Russell, call or text (239) 410-8576, website: [www.fishpineisland.com](http://www.fishpineisland.com), email: [gcl2fish@live.com](mailto:gcl2fish@live.com).

Capt. Bill Russell is a native and lifelong resident of Pine Island who has spent his entire life fishing the waters surrounding Pine Island and Southwest Florida. For the past 28 years, Bill has been a professional fishing guide who takes pride in customizing each trip to ensure everyone on board has a great time and will return again. Come join us and "Catch the Action."



# Remodeling And Transformation

By Linda Lopez

The transformation process of remodeling your home can be stressful. And as an interior designer with a background in design and psychology I would like to merge these teachings to better serve my clients. I envision the result but sometimes



for the client it is hard to get past the mess, the teardown of what was and the uncertainty of what will be, can be emotional. This is normal, I like to remind my clients that during moments like this we can turn to nature for guidance. For example, the lovely caterpillar who enjoys his daily routine and then slowly enters its slumber. During the cocoon phase of the caterpillar, it has no idea what is going on. The caterpillar melts into a substance before gaining its wings. And trust me

as someone who has raised and released butterflies it is messy and shaky literally. The cocoon shakes from time to time, and you can see the red and sometimes brown substance seep through or when the butterflies finally evolve you can see the stains on the residual of the cocoon. And after all the mess and breakdown of the caterpillar's transformation you finally see a beautiful butterfly ready to spread its wings and fly off.

This usually triggers a smile and a sense of reassurance. Accepting that for transformation to take place a mess must also take place, trust and faith must also take place. Remodeling your home is a transformation that occurs in the home but also the mind and the body. Have you ever walked into a cluttered room and instantly felt irritable? Or walked into a well design office and just get motivated to just start working or creating? Your home does that for you.

When my daughter turned 15 years old, I noticed a drop in her energy levels, she wasn't as enthusiastic and bubbly as she was and then one day I sat on her bed and looked around her room did not look like a

teenager's room but a child's room. It was time for a transformation. And just like my clients she too was emotional about getting rid of the old and accepting the new. But as it all started coming together, I saw her enthusiasm rise again. She even woke up at 5 a.m. cleaning her room because she just loved it so much, she wanted it to remain clean and tidy.

You see designing is more than what's trending but what is good for the evolution of YOU.

From serving our country to serving our community. United States Army veteran Linda Lopez creates a unique approach in creating interior design for her clients. Stating the psychological effect of colors and our surroundings plays a great role in creating a harmonious design. Great design goes beyond what's trending. Great design is where science and art harmonize.

For more information, please contact Linda at (941) 787-4036, [linda@pluskitchendesign.com](mailto:linda@pluskitchendesign.com).



Before



After

# The Seven Keys

By Dr. Rob Davis

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

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

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

**Stimulation:** Number Three of the BIG Three. As Einstein once said, "Nothing happens until something moves," and in the body, no healing happens until something is stimulated.

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

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

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

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

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

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



**ACTIVE HEALTH**  
Brain & Body  
6710 Winkler Road, Suite #1  
www.activehealthbb.com

# What Do "A.M." And "P.M." Stand For?

If you know how to tell time, you probably understand and use a.m. and p.m., and you might even know the terms come from Latin phrases. But do you know what exactly those phrases are or what they mean in English?

## What Do A.M. And P.M. Mean?

According to Dictionary.com, a.m. stands for the Latin phrase ante meridiem, which translates to "before midday." The term p.m., on the other hand, is an abbreviation of post meridiem, or "after midday." Have you ever noticed somebody write "12 m." or "12:00 m."? Though uncommon, it's technically the correct way to express noon. (Noon, by the way, actually used to refer to 3 p.m.)

As with many modern-day practices with Latin roots, the idea of splitting the day into two 12-hour chunks is very, very old. So old, in fact, that we don't know exactly how it became a worldwide habit. Its history dates back to ancient Egypt and Mesopotamia at the very least.

## How Should You Write A.M. And P.M.?

If you're writing a.m. or p.m. in anything formal – an academic paper or published article, for example – you should stick to lowercase letters and include the periods, like we've done throughout this piece. But as Dictionary.com notes, it is acceptable to use "am/pm" or "AM/PM" elsewhere, as long as you keep it consistent.

## Are There Other Ways To Say A.M. And P.M.?

If saying "a.m." or "p.m." is getting a little boring, there is slang from the 1910s to which you can turn. Early 20th-century telephone operators used pip emma to signal p.m., and ack emma to signal a.m.; so, if someone said they planned to catch the train at seven o'clock pip emma, they meant 7 p.m. Eventually, both phrases (which, according to Green's Dictionary of Slang, originated with the military) entered the public lexicon as alternatives to afternoon and morning.

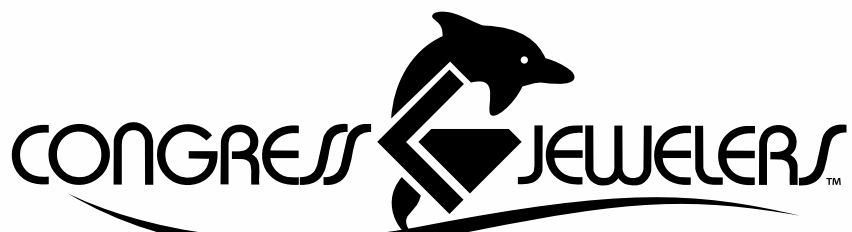


Birthday, Anniversary,  
or just to say,  
"I'm thinking of you!"

Radiant Diamonds • Brilliant Gemstones  
Fashion & Designer Jewelry  
Estate Jewelry • Jewelry Repair  
Custom Design • Exquisite Timepieces  
Authentic Atocha Treasure Coins  
Sealife by Congress™ Collections  
Giving Back Collection  
Home of the Birthshell™



For more than 40 years, Congress Jewelers has been celebrating life's special moments while creating memories that last a lifetime.



SEALIFE ◀ FASHION ◀ DIAMONDS ◀ ESTATE

The Bell Tower • Suite 165 • Ft. Myers • CongressJewelers.com  
239-472-4177 • info@CongressJewelers.com

When It Needs To Be Perfect

**IS YOUR BULK WASTE COMPLIANT?**

**COMPLIANT?**

Bulk items should not be stacked & cardboard should be broken down & placed in a recycling bin.

All items need to be placed within 3 feet of the road & any items that can fit in a trash bin should be placed in the bin.

"Move-Outs" are not part of the standard bulk pick-up process and must be scheduled for removal.

**Sanibel Island location opening Black Friday**

# P PHELAN FAMILY BRANDS

GREAT LOCAL & FAMILY OWNED RESTAURANTS



## PINCHERS

>> Florida Seafood Florida Style <<

**PINCHERSUSA.COM**



# 10% OFF

**YOUR ENTIRE BILL!**

Must present coupon before ordering. Valid for Dine-In only. Must purchase a beverage. Not valid with any other discounts or offers. Limit one coupon per party, per table, per day. - CCSun

**EXPIRES 9/15/2024**



YOU CAN'T FAKE **FRESH**



**VISIT US IN CAPE CORAL!**

**5991 SILVER KING BLVD.**

CHECK OUT OUR WEBSITE FOR ADDITIONAL LOCATIONS

**2 for 1 ALL DAY EVERY DAY! DRINKS**

**KIDS EAT Free\***

*Happy Hour* **FROM 3-6 P.M.**

\*Restrictions apply. See server for full details.



## TEXAS TONY'S

**RIB & BREWHOUSE**

**AWARD WINNING BARBEQUE**



### KIDS EAT Free!

\*RESTRICTIONS APPLY. SEE SERVER FOR FULL DETAILS.

**FIND US IN CAPE CORAL!**

**738 SW PINE ISLAND RD.**

**DON'T FORGET! WE'RE IN NAPLES, TOO!**

**WE GO SLOW AND LOW**

**YOUR ULTIMATE CATERING COMPANY!**

**TEXASTONYS.COM**



**TIE UP... LET LOOSE!**

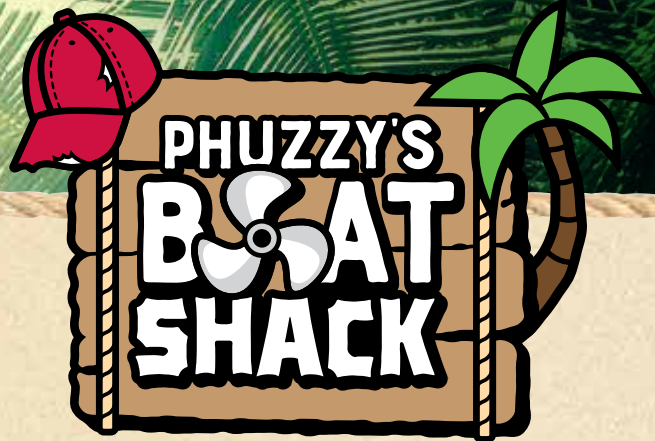


**JOIN US FOR BRUNCH!**

FRIDAY - SUNDAY 8-11AM

**HAPPY HOUR FOOD**

**3-6PM DAILY**



## PHUZZY'S BOAT SHACK

**LOCATED ON MONROE CANAL, ST. JAMES CITY, FL**

**3051 STRINGFELLOW RD.**

**PHUZZYSBOATSHACK.COM**

**LIVE MUSIC NIGHTLY!**





• The Best Of •

2012-2021

10 Years Straight!  
Voted "Best Of"



**Financing Available**

**Transform Your Backyard  
Into a Tropical Paradise**  
Family Owned & Operated  
Residential • Commercial  
Master Pool Renovators  
New Construction Specialists

CPC1456576

**TROPICAL POOLS**

Construction



**239-458-7770**

**www.TropicalPoolsConstruction.com**

234 N Del Prado Blvd. Suite 4 Cape Coral, FL 33909

**FREE  
POOL CLEANER  
WITH EVERY NEW  
POOL INSTALLATION**