

THE CAPE CORAL SUN

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



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SEPTEMBER 2024

German American Club Set To Host 39th Annual Cape Coral Oktoberfest!

O'zapft is'! It's time once again for the community to come together and enjoy Southwest Florida's biggest party—the 39th Annual Cape Coral Oktoberfest! We at the German American Social Club are thrilled to be back and excited to see everyone. We invite you to join us for an event filled with fun, delicious food, authentic German beer and spirits, live music, laughter, and dancing—everything from Polka to Fliegerlied, and of course, the Bobb and Chicken Dance. Get ready to celebrate with your family, friends, significant other, or just come alone—you'll meet some fantastic people here!



With music flown in directly from Germany, alongside performances by local favorites, German food, beer, and entertainment for all ages, there's plenty of fun to enjoy. So, dust off your dirndls, launder your lederhosen, and join us for an epic celebration with your *beste Freunde!*

Mark your calendars: This year's festival dates are Oct. 19, 20, 22, and 25, 26, 27—the last two full weekends of the month. Just like in Munich, the whole community will come together for some Gaudi (leg-slapping, joyous fun) and Gemütlichkeit (that warm feeling of belonging



and being a part of something special). Whether you're sitting with family, dancing under the big tent, or relaxing under bright umbrellas in the Bavarian Gardens, there's a place for everyone. We're open Fridays from 4 p.m. to midnight, Saturdays from noon until midnight and Sundays from noon until 8 p.m.

After its success in 2023, our VIP program is back, featuring exclusive seating, drink specials from our sponsor Jägermeister, a sit-down meal in the Von Steuben Hall, a beer stein with refills, and much more!



We're excited to welcome back the Zimmerer Kapelle, a fantastic band from Germany, along with Die Flotten Oberkraimer, also from Germany. The event will feature

Oktoberfest on page 7

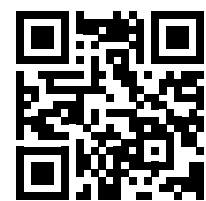


Parks & Recreation Fall Activity Guide Is Ready To View

The Parks & Recreation Fall Activity Guide, which covers the months of September to December 2024, is now available to view at www.CapeParks.com.

The online version contains clickable links to online registration making it easy to learn about upcoming classes, programs, and events, and sign up to participate.

There will also be a limited supply of printed copies that can be picked up after at City Hall, Cape Coral's recreation centers, and the two libraries in Cape Coral.



Cape Coral City Championship Golf Tournament

Saturday And Sunday, Oct. 19 And 20

Get ready to tee up for an unforgettable weekend! We're thrilled to announce that Coral Oaks Golf Course, 1800 NW 28 Ave., will be hosting the 2024 Cape Coral City Championship Golf Tournament, and we can't wait to share this exciting event with you!



Mark your calendars for two days of top-notch golfing fun on Saturday, Oct. 19, and Sunday, Oct. 20. The

festivities kick off on Friday, Oct. 18, with our kickoff party! Picture this: goodie bags packed with awesome surprises, mouthwatering barbeque, and ice-cold beer – all in great company. Every player in the tournament is invited, and we'd love to see you there!

The 36-hole City Championship will feature double tee start beginning at 8 a.m. each day, with the second wave hitting the greens at 12 p.m. We're capping the field at 180 players to ensure an enjoyable pace of play, so don't wait to secure your spot.

Registration is online at www.coraloaksgolf.com or swing by the golf shop for a registration form. Registration will close on Oct. 7. Your entry includes all golf fees, tee gifts, and range balls, and access to the Friday Kickoff Party, Saturday lunch, awards, prizes, and trophies for the top two finishers in each flight. Who is going to have bragging rights

in 2025? This Oct. 19 and 20 is your time to shine; you can remind your friends of your victory all year.

Year after year, players rave about the incredible value of this tournament, and it's all thanks to our fantastic sponsors. Their generosity allows us to spoil you with great gifts, delicious food, and refreshing drinks throughout the weekend.

Are you interested in joining our lineup of amazing sponsors? Do you know a business that would love to be part of the action? Contact me at the course, and we'll find the perfect sponsorship opportunity for you or your business.

Our mission is to make the Cape Coral City Championship the premier amateur golfing event in Southwest Florida, and we can't wait to make this year's tournament the best one yet.

See you on the greens!

*Justin Dupuis, PGA
Coral Oaks Golf Course*

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The Rynski Report: A Fresh Look at ... Vultures?

By Ryn Gargulinski [Rynski]

When we were scoping out a place to live in Cape Coral several years ago, one of the first things that caught my eye were all the turkey vultures circling around. Their presence was enough to catch anyone's eye – but not necessarily in a good way.



When most folks see vultures circling overhead, they automatically think gloom, doom and destruction. But the opposite is actually true. Vultures are actually a sign of harmony, purity and renewal.

But don't take it from me. Take it from Native American myth. Legend has it that the earth and sun used to be quite close together, much closer than the 93

million miles apart they are today.

They were so close that life on earth was become unbearably hot and bothersome – especially since this was way before sun shirts or sunscreen. Instead of simply letting the sun bake them to death, the animals got together and decided to take action. They would move the sun farther away from the earth.



The fox stepped up first, grabbing the sun in his mouth and galloping toward the heavens. Until the sun got too hot and burned the inside of his mouth – which remains black to this day.

The opossum volunteered next, wrapping the sun in his tail and pulling it farther into outer space. But he, too, had to stop

when it got too hot. And his tail remains bald to this day.

The vulture said he could take care of the rest. This was back in the day when vultures had the most magnificent feather crests upon their heads. Think of a mix between a really cool pirate hat and a rich, feathery crown.

But the vulture was willing to sacrifice his feathered crest to save the earth, placing his head against the sun and pushing it up, up, up for 93 million miles until it was far enough away for our planet to survive. The feather crest was singed forever, leaving vultures bald to this day.

In addition to symbolizing selflessness, the baldness comes in handy for practical reasons. It helps radiate heat away from their heads, perhaps in case they ever need to move the sun again in the future. It also helps with cleanliness, ensuring the detritus they eat doesn't get embedded in their feathers.

Even if you're not 100% sold on the story of the vulture saving the earth from a fiery death, you can appreciate the cleanup they do on a regular basis. Their cleanup not only saves us from seeing dead things all over, but it helps stop the spread of disease.

We can also learn a thing or two based on how they operate. Rather than flapping their wings madly in all directions to get anywhere – which is what many of us would probably do if we were birds – vultures have mastered efficiency.

They let heated air currents do all the work, simply spreading their wings and coasting majestically with minimal effort for maximum results. Ease, grace, purity, harmony, renewal and generosity. That's what vultures can teach us. And that's about as far from gloom, doom and destruction as we can get.

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

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The Busiest Part Of Hurricane Season Is Here!

How Does LCEC Prepare For Storm Season?

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



Long before storm season, utilities develop response plans and options to mitigate damage and recover from destruction as quickly as possible. Experience from past storms helps LCEC in the planning process. Incorporating lessons learned into the plan ensures rapid recovery for future storms. Southwest Florida has had their fair share of storms and LCEC restoration plans have been refined over the years.

Investment in systems and programs year-long is aimed at reducing vulnerabilities and building a resilient electric system. LCEC continually hardens the electric system by proactively conducting inspections to identify potential problem areas and aging infrastructure, and repair or replace before the storm rolls in. Routine vegetation management helps to keep lines clear of trees and brush that could cause power outages.

No crisis can be managed without skill, knowledge, resources, and patience. Every employee and LCEC vendors and suppliers are on deck when the threat of a storm rears its ugly head. Restoration plans are practiced long before the first tracking model is published, and many potential scenarios are considered. No storm is the same and there is no way to know what each situation will bring. A resource estimator plan for additional crews, places to feed and house them, extra fuel, additional inventory and equipment, communications, fleet maintenance, and many other details are all proactively considered so that boots can be on the ground as quick as possible to restore critical infrastructure and help the community get back to normal.

How Can Residents And Business Owners Help In The Restoration Process?

Developing a family or business plan is critical. Remaining safe and comfortable without power is not a thrill but it is possible. Practice the plan and implement it when needed. Be patient and trust that utilities and their people are working as hard as possible to restore service quickly. Use the information in the LCEC Hurricane Guide (www.lcec.net/storm-center/hurricane-guide) to make life easier while the restoration team works.

Immediately after a major storm, there is no need to report an outage. LCEC will assess the damage and know where repairs are needed. After a few days, if you are the only one in your location without service, that is the time to contact your provider.




Working Together

Coming together as a community while LCEC focuses on restoration is critical. Those with power can aid others without. Encouragement and support to all emergency responders can help sustain them through long hard hours of service. As


frustrating as being without power may be, remember workers are away from their families under challenging conditions to help everyone get on with their lives.

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.

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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 October 16, 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!

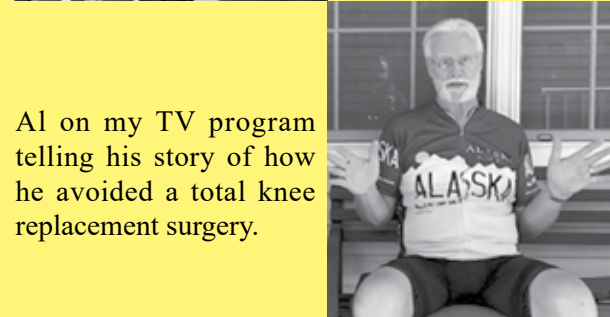
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P.S. When accompanied by the first, I am also offering the second family member this same examination for only **\$97.**

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



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



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



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

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Empower Adventures For The Entire Family!

By Mandy Carter

It's been years since I have been ziplining. But as my nerves started to kick in on the drive to Empower Adventures zipline course in the peaceful Mobbly Bayou Wilderness Preserve at the north end of Old Tampa Bay, I kept explaining to my kids that it is like riding a bike – once you get the hang of it, it feels natural.

I booked the first tour of the day to ensure we made it through before any Florida storms rolled in. Once we arrived, we checked in, signed our waivers, used the restrooms, watched the team prep the area for our group and walked around the park until excursion time.

A few minutes before 10 a.m., we were introduced to our tour guides, Lily and Chong, who gave us the rundown on what to expect and got us ready to go! In addition to the four of us, we had four other people in our group. After we were instructed how to put on our harness and helmets properly, we headed as part of a larger group to the 60-foot-high tower that marks both the beginning and end of the course.

After these first two ziplines, we all four felt a sense of relief and exhilaration. We were ziplining! The kids were having fun, and easier than they expected, and it was a beautiful view too!

At this point there are four challenges to conquer on the Empower Adventures course before you can resume ziplining: spaced bridge, swinging log, hanging ropes and cable traverse.



The obstacles

After the obstacles were completed, a zipline sounded easy peasy! And we were ready for some wind to cool us down a bit. The third zipline was the fastest of all lines,

taking you 600 feet across to the suspension bridge. Once we all made it to the entrance of the bridge, Lily and Chong talked a little about the wildlife in the areas before we trekked over to the finale. This final zipline was the longest at 650 feet and delivered us back to the 60-foot-high platform where we began. One last moment of fear to overcome before completing the tour: jumping off the platform in a rappel style. It's a little leap of faith, and a great way to end the excursion!

If you are looking for some exhilarating fun to do with the entire family, I highly recommend you book a zipline course! www.zipontampabay.com.

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.



Kara doing her first zipline. Me with my kids on the rope bridge

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SE HABLA ESPAÑOL

Book Review: *The Women* By Kristin Hannah

– A Powerful Tale Of War, Identity, And Resilience

By Lillian Till, *Flutterbuy Books and More*

Kristin Hannah’s *The Women* is an evocative and heart-wrenching exploration of the Vietnam War through the lens of those often left out of historical narratives: the women who served. In her latest novel, Hannah, a master of emotional and immersive storytelling, brings to life women’s struggles, sacrifices, and enduring strength during a tumultuous period in American history.

A Gripping And Emotional Journey

The novel centers on Frances “Frankie” McGrath, a young woman who defies the expectations of her family and society by enlisting as a nurse in Vietnam. At the outset, Frankie is filled with a sense of purpose and determination, eager to serve her country and make a difference. However, as she is plunged into the chaos and brutality of war, her idealism quickly fades. Through Frankie’s experiences, Hannah vividly portrays the harrowing reality of the Vietnam War—the relentless violence, the overwhelming fear, and the deep emotional scars that it leaves on those who survive.

Hannah’s depiction of the war is unflinchingly raw and immersive. The sights, sounds, and smells of the battlefield are brought to life with a clarity that makes the reader feel as though they are standing alongside Frankie amid the action. The chaos and confusion of the war are palpable, as are the bonds formed between the soldiers and nurses who rely on each other for survival. Frankie’s journey through Vietnam is one of loss and disillusionment, but also camaraderie and an evolving understanding of the complexities of human nature.

The Aftermath Of War And The Struggle For Identity

The Women is not only about the experiences of women in the warzone but also about the profound and often overlooked challenges they face when they return home. Frankie’s return to the United States is marked by a painful realization: the country she served so loyally does not seem to value her service. Unlike male veterans, who are often celebrated as heroes, Frankie, and other women veterans are met with indifference, misunderstanding, and even hostility.

Hannah expertly captures the dissonance between Frankie’s wartime experiences and the civilian life

she returns to. The novel delves into the emotional and psychological toll of war, particularly the post-traumatic stress that Frankie endures. She struggles with feelings of isolation, guilt, and a loss of purpose, as she grapples with the stark contrast between the person she was before the war and the person she has become. This struggle for identity is a central theme of the novel, as Frankie attempts to reconcile her past with her future, finding a way to move forward in a world that seems determined to forget her.

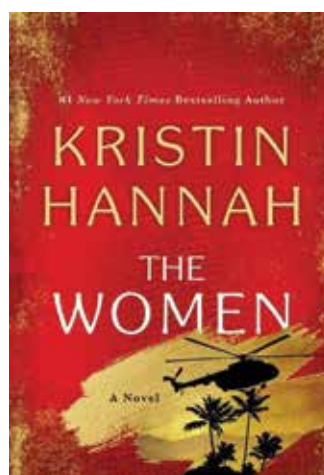
A Spotlight On Women’s Experiences

One of the most powerful aspects of *The Women* is its focus on the often-overlooked contributions of women during the Vietnam War. Hannah sheds light on the roles women played, not just as nurses but as integral members of the military effort, whose sacrifices and experiences were just as significant as those of their male counterparts. The novel challenges the traditional narratives of war that have historically marginalized or ignored women’s stories, offering a nuanced and inclusive perspective on the impact of the Vietnam War.

Frankie’s story is not just her own; it is the story of countless women who served and whose experiences have been largely erased from the history books. Through her, Hannah honors these women, giving them a voice and a place in the collective memory of the Vietnam War. The novel also addresses the broader issues of gender discrimination and societal expectations that these women faced, both during the war and in the years that followed.

A Story Of Healing And Redemption

At its heart, *The Women* is a story about healing and



the search for redemption. Frankie’s journey is one of confronting her past, dealing with her trauma, and finding a way to heal from the wounds that the war has inflicted on her mind and spirit. Hannah does not offer easy answers or neat resolutions; instead, she portrays the long and often painful process of healing with authenticity and compassion.

Hannah’s writing is deeply empathetic, her prose both powerful and lyrical. She has a unique ability to create characters that resonate on an emotional level, and Frankie McGrath is no exception. Readers will find themselves deeply invested in her story, feeling her pain, and rooting for her as she fights to reclaim her life.

Conclusion

The Women is a powerful and poignant novel that highlights the forgotten stories of the women who served in Vietnam. Hannah has crafted a narrative that is not only a tribute to these women but also a broader commentary on the lasting effects of war and the strength required to overcome them. For readers seeking a deeply moving story that offers both historical insight and emotional depth, *The Women* is a must-read. It is a novel that lingers in the mind and heart long after the last page is turned, a testament to the resilience of the human spirit in the face of unimaginable adversity.

Lillian Till has been a dedicated nurse in our community for 30 years. Married for 35 years, she is the proud parent of two children and grandparent to three. Lillian can often be found at Flutterbuy Books and More where she is the proud owner. Opening a bookstore of her own has always been a dream, one that she continues to nurture with every turn of the page.

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Oktoberfest from page 1

local favorites like The Boots, Deb & the Dynamics, A’Finnity, and award-winning acts such as Pure Country and Martini Russa, an international blues and rock band, and Schuhplattler dancing performed by the Sunshine State Trachtenverein. Also performing are Cape Coral’s own Hafenskapelle, Manni Daum Trio, and many more! Enjoy nonstop, foot-tapping music on three stages—under the tent, in the gardens, and inside the Edelweiss Hall—there’s something for everyone to enjoy.

Savor authentic German food and international treats from various outdoor vendors or sit down for a meal in the Von Steuben Hall. You don’t want to miss our beautiful Ms. Oktoberfest 2024, Alexandra Reifschneider!

The dedicated members of the German American Social Club, each volunteering their time and effort to create the region’s most anticipated annual event, welcome you to come and celebrate German heritage. Not a member yet? Visit our new members’ booth to learn how you can join Cape Coral’s best social club!

We wish you *Ein Prosit der Gemütlichkeit!*



Cape Coral Museum Of History

Remember When... Big John's

Big John started as the goliath grocery clerk mascot of Cape Coral's Big John store, cast from molds made by General Sign Co. in Cape Girardeau, Mo. Patti Hollinsworth wrote to us in 2005: "My then-husband, Craig, and his dad, John Hollinsworth, bought the existing grocery store in Cape Coral, Fla., in May 1969, named it Big John's, and commissioned the statue from John's grocery friend in Illinois in trade for a semi-full of watermelons."



The 28-foot-tall fiberglass figure was shipped in two pieces on a flatbed truck to Florida in 1969 – his head was knocked off by a highway overpass. Big John was repaired and stood at his grocery store post until the store closed in 1986.



Big John overlooking the city.

Though the statue remained, at some point his grocery bags were removed, and Big John was occasionally dressed up in holiday-appropriate garb. He weathered several tropical storms and hurricanes, his steel understructure rated to resist 110 mph winds.

These days, Big John is the landmark mascot of the Cape Coral Town Center. In 2011, he was the beneficiary of a complete makeover, donning an American flag shirt, acid-washed jeans, sneakers, and holding two grocery bags labeled with sponsors' logos.

Another hurricane, *Ian*, the strongest yet, battered Big John with 150 mph winds in September 2022. The winds caught Big John's grocery bags and twisted his torso, ripping his belly open. Lacking support, his upper body slid down an interior pole several feet, coming to rest on his hips, with the pole sticking out of the top of his head. But Big John held on to his bags and remained standing, unlike many nearby buildings. Rechristened "Little John," his owner had him repaired – but sacrificed about 10 feet in height.

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

Admission: Adults \$5, Members Free, Students with ID Free, Children 17 and under Free

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



Meet the personnel of Big John's Foodway in 1969. Thirty years Cape Coral experience is the unusual boast of these three young Foodway employees. Chris Schroder, left, moved to the Cape in 1958 as one of the first families; Jim Werner came in 1959, and Jay Hauck in 1960. A big smile greets the customer at the checkout counters. Left to right, Jane Bellini, Katherine Sexton, Elizabeth Spiewak, and Patti Hollinsworth operate the cash registers.



Big John after Hurricane Ian September 2022



Virtual Reality Technology Meets Interior Design

By Linda Lopez

Whether you are remodeling your home or undergoing new construction you can bet on spending a pretty penny. And that in itself can be intimidating especially when you are having a hard time visualizing this new layout, which is extremely common. You can also take into effect that the longer you lived in your home the harder it can be to visualize your new design.



Two-dimensional and three-dimensional renderings are great for visualizing, but there still is a bit of a disconnect between the client and the design. But with the rise and evolution of technology I am pleased to say that we as a collective are getting closer and closer in solving this fear for clients, designers, and contractors. Some might hear virtual reality headset and think it's only for games, I personally have had clients chuckle when I bring out the headsets until they put it on and instantly, I can hear the shift of relief and hope in their voice. One client went from "I'm not sure," to "Ohhhh I love it!" in just moments.

Now the big question is why? Why is the outcome for the VR so vastly different than the traditional two-dimensional and three-dimensional renderings? VR technology offers an emotional connection and personalized experience to the design. Helping them develop a stronger sense of confidence and emotional connection to their upcoming transformation.

Walking through your virtual home not only assists in connection and visualization, but also assists in spatial planning and color selections. This is crucial for the flow of designs, more so if you are conflicted with many walls, build outs, and angles. Two-dimensional and three-dimensional renderings can definitely give you an overview of spatial planning. However, being able to walk down hallways and look up and down is taking things to another level. That's why we now



offer this top-tier service complimentary with every consultation, because we are that confident you will be pleased with the outcome. A few of my favorite things about introducing the virtual technology headset to potential/existing clients are increased client satisfaction, efficiency on the overall design, and a huge saver of cost and time. To me that is a win-win.

From serving our country to serving our community. U.S. 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.





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The Club on Pine Island, Apartment Rentals, 315 SW Pine Island Road, Cape Coral, FL 33991, www.liveattheclub.com, (239) 766-8009.



The Guardian Angels for Special Populations, Nonprofit Organization, www.myspecialpops.org, (239) 574-0574.

Did You Know?

There Is No Such Thing As Vegetables, But You Should Eat Them Anyway

The rumors are true: Vegetables aren't real – that is, in botany, anyway.

While the term fruit is recognized botanically as anything that contains a seed or seeds, vegetable is actually a broad umbrella term for many types of edible plants.

You might think you know what carrots and beets are, but carrots, beets and other vegetables that grow in the ground are the true roots of plants. Lettuce and spinach are the leaves, while celery and asparagus are the stems, and greens such as broccoli, artichokes and cauliflowers are immature flowers, according to Steve Reiners, a professor of horticulture at Cornell University's College of Agriculture and Life Sciences.

As for produce that grows from flowers, such as peppers and tomatoes, the hotly-debated crops are botanically classified as fruits, Reiners added. Cucumbers, squash, eggplant and avocados are also classified as fruit due to their anatomy, according to the European Food Information Council.

The term vegetable does not have a set definition when it comes to botany. However, in horticulture, the science of growing garden crops, a vegetable is defined as any herbaceous plant – a fleshy plant that completes its life cycle in a growing season – in which some portion “is eaten either cooked or raw, during the principal part of the meal, and not as like a snack or dessert.”

The legal definition of a vegetable versus a fruit – at least in the United States – was determined during a 19th century U.S. Supreme Court case that concluded that the tomato is a vegetable.

While vegetables are just the roots, stems and leaves of plants, experts don't recommend eating just any roots, stems and leaves.

One example is rhubarb. The fleshy stalk is the edible part of the plant, but the leaves are poisonous. Stay safe by

eating plants that grocery stores commonly call vegetables.

“We know (vegetables) are healthy. We know the vitamin content, we know the mineral content,” Reiners said. “We know how much fiber is in all of it, and we also know that the vegetables you either grow or you're purchasing at a farmers' market or grocery store are safe to eat.”

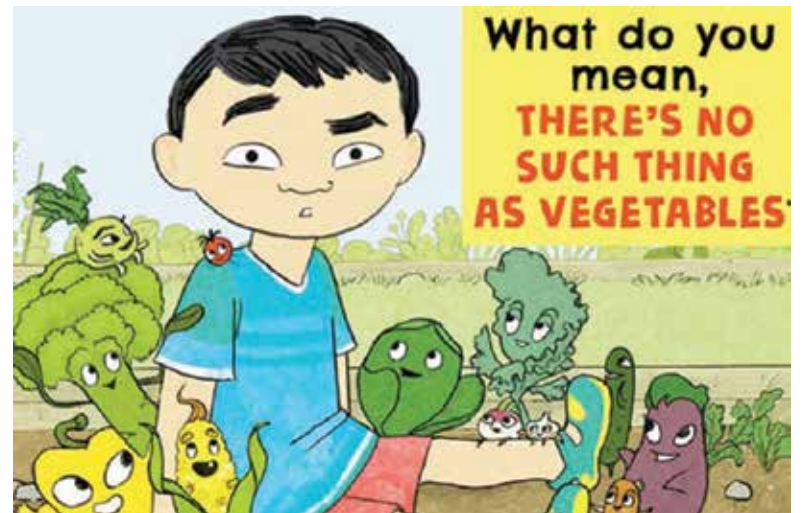
By understanding the various parts of vegetables and the nutrients they carry, people can eat well, according to Sherri Stastny, a registered dietitian, and a professor in the Department of Health, Nutrition, and Exercises Sciences at North Dakota State University. Stastny also stated that a head of broccoli is a great source of nutrients, but the stem of the green, which is more commonly thrown out, is also rich in fiber and nutrients. The regular consumption of flowery produce such as broccoli and cauliflower has been found to be associated with a decrease in the risk of cancer, she added.

“Heart disease is still the No. 1 killer in the United States, and we know that if you eat enough fruits and vegetables, you lower your risk for heart disease – and that goes along with obesity, diabetes and all these other chronic diseases. It is important to eat a variety of vegetables since each one will have varying beneficial nutrients,” Stastny said.

Dark leafy greens such as spinach and kale are great sources of certain phytonutrients, natural nutrients from plants that are beneficial to human health and help to maintain sharp eye vision, while carrots will help to strengthen night vision.

Per Stastny, “If you think of the richest, darkest, most colorful vegetables, that's where you're going to find those (nutrients),” while potassium-rich vegetables and fruit, such as potatoes, pumpkins and squash, could help to lower and maintain blood pressure.

For parents looking to get young kids to eat their fruits and veggies, breaking down the anatomy of the plant, while



describing the colors, taste and texture, could be a fun and educational way of introducing the nutrient-dense foods to the early explorers.

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Garage Sales And Permits In Cape Coral

Did you know it's now incredibly easy to apply for a garage sale permit in Cape Coral? In the past, you had to visit City Hall, complete a permit application, and pay a small fee. But now, you can apply for your permit online, and the best part—it's FREE!

To get started, simply scan the QR code below, which will take you directly to the permit application page. It's quick, easy, and convenient!



• You are allowed **one (1) "Garage Sale" sign** and up to **four (4) offsite directional signs** per sale, without needing a sign permit. (Note: The city no longer provides "Garage Sale" signs.)



- Signs should be placed at least **ten (10) feet from the front property line** and at least **five (5) feet from the neighboring property line.**
- The maximum allowable sign size is **four (4) square feet.**
- All signs must be removed by the end of the last sale day.
- If your sale is canceled, you must notify the **Code**

Compliance Office by the following Monday no later than 4 p.m.

Important Reminder: Signs cannot be placed in right-of-ways, medians, or attached to street signs or devices. Failure to comply could result in a code enforcement action.

How To Find Garage Sales In Cape Coral

Looking to explore garage sales in Cape Coral? It's just as simple! Visit <https://garagesale.capecoral.gov/sales> to map out your treasure-hunting route. Enter the desired dates, select **'Show All Markers'**, and the locations of current sales in Cape Coral will be displayed.

Happy garage sale-ing!

Garage Sales Rules And Sign Regulations

Before hosting your garage sale, here are some important rules to keep in mind:

- You are allowed **three (3) garage sales per address** within a twelve (12) month period.
- Each garage sale can last between **one (1) and three (3) days.**
- Garage sales must be spaced at **least thirty (30) days apart.**

Lake Kennedy Racquet Center Now Open

The City of Cape Coral has officially opened a state-of-the-art tennis and pickleball facility in Cape Coral at Lake Kennedy Center, 400 Santa Barbara Blvd.



New registrations for memberships are now available in person and online. The Lake Kennedy Racquet Center features 32 pickleball courts and 12 tennis courts.

Located in central Cape Coral, the Lake Kennedy Racquet Center is setting a new standard for racquet sports with state-of-the-art facilities for top-tier tournaments. As one of Florida's premier outdoor court parks, it's a prime destination for pickleball and tennis enthusiasts.

The center will offer lessons, clinics, and camps for all skill levels, along with paddle and racquet rentals. A fully stocked pro shop with equipment and apparel makes it a convenient hub for all your tennis and pickleball needs.

The opening on Aug. 28, coincided with the United Pickleball State Championship Series, that ran from Aug. 28 to Sept. 1, drawing players from across the state.

"We are thrilled to announce the official opening of the Lake Kennedy Racquet Center," said Parks and Recreation Director Joe Petrella. "This state-of-the-art facility not only elevates our recreational offerings but also embodies our commitment to enhancing community wellness and engagement. We look forward to welcoming residents and visitors alike to experience the ultimate in tennis and pickleball excellence."

To celebrate the opening, Lake Kennedy Racquet Center is offering a limited-time discount to those who sign up during the first two months of operation and will secure a founders' rate of 50% off all annual memberships for the first year. This registration period will be valid for the first two months of operation. After this initial registration period, the fees will revert to the options below. Veterans and first responders who are residents of Cape Coral will enjoy a 20% discount on any membership in perpetuity (discounts cannot be combined).

Membership options (prices listed are full price, not including any discounts):

Annual Memberships: Individual at \$250, household couple at \$350, household family at \$500, and junior at \$100.

Semi-Annual Memberships: Individual at \$125, household couple at \$175, household family at \$250.

Monthly Memberships: Individual at \$25, household couple at \$35, household family at \$50.

Non-Cape Coral residents will be subject to initiation fees: \$100 for annual memberships, and \$50 for semi-annual and monthly memberships.

Dr. Derrick Donnell



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- ✓ Advocating fiercely and relentlessly for Cape Coral
- ✓ Listening critically and resolving fairly concerns
- ✓ Supporting consistently with data-driven policies
- ✓ Pursuing exhaustively all avenues of fiscal efficiency

Together we will achieve a renewed sense of unity by acknowledging and respecting our different points of view and finding the solutions to move our community forward.

Political advertisement paid for and approved by Derrick Donnell for Cape Coral City Council, District 3

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Surviving The Storm: Two Years After *Hurricane Ian*, Local Photographer And Au

By Joe Yapello, Sun Publisher

When it begins to rain and thunder, Angelika Geerlof's heart begins to pound. Surviving *Hurricane Ian* with her son and two dogs at home on Sanibel Island could do that to a person.

"I have nightmares when it storms. I have heart palpitations and often wake up trembling," Angelika said. "Almost everyone that I personally know that stayed during the storm are suffering the same exact symptoms as my son Kristopher and I do."

It wasn't always that way for Angelika.

But coping with loss is something she knows a little about even before her move to the island in 2010. She often recalls a family trip with her husband and two children in 2004 that changed her life forever as they drove over the causeway heading to the island. "I felt as though I had come home. Part of my soul was immediately captivated," she recalls while seeing the incredible beauty and vibrant colors of the approaching island.

It would take six more years – and the death of her husband Raymond of 20 years to lung cancer in 2009 – before she could realize her dream and find the peace and tranquility that Sanibel Island would bring into her life after such a loss.

Born in Germany, Angelika moved to New Jersey when she was only 3½ years old. She became fascinated with photography when her father had given her a Kodak Brownie camera. That inspired a life-long hobby that would eventually turn into her life's work. When she finally arrived on Sanibel, her passion was driven by the beauty of the island. "I have never had a course in photography," she said. "I am self-taught. My first book – *Sanibel Moodsapes* – has photography in it with several different cameras, the least expensive being a \$79 Vivitar."

During her first year on Sanibel, Angelika had produced five different calendars, her first book, and 10 postcards. "My current boss and good friend, Daniel Thompson – owner of Suncatcher's Dream – was my first customer," she said. "He was interested in everything I had to show him."

From that point forward, Angelika's photography would become a mainstay on the Island for the next 12 years. Her love and passion for the beauty of Sanibel and Captiva would be lovingly captured and documented for the enjoyment and appreciation for residents and visitors throughout the islands.

Then on Sept. 28, 2022, *Hurricane Ian's* powerful winds and deadly storm surge would nearly end everything she had built and loved about her small island paradise. If not for the quick thinking of her son Kristopher, much more than her home, personal belongings, and many of her photographs would have been lost that day.



Angelika and Kris with Bodhi and Scruffy.

"On the day of the hurricane, I prayed throughout the night for God to keep us safe," Angelika remembered. "I had prayer beads that my mom had given to me awhile back that I actually found weeks later buried in the mud of the wreckage that had once been my home."

At around 11 a.m. the water began to breach her home, coming up first into her bathroom and then into the living room. She put her two dogs inside the bathtub as both she and Kristopher tried to move valuables to a higher level. But it was all for naught. It took just five minutes for the water to go from their ankles to their waists – a total of 15 minutes from their feet to the chests. They were both trapped inside as the surging water and wind pinned them inside.



Angelika's latest book.



Angelika Geerlof photo books.

Author Angelika Geerlof Still Feeling Its Impact

“I realized we could not get out of the house. The wooden doors were being held shut by the surge from the Gulf of Mexico,” she explained. “But Kristopher instinctively lifted out one of the sliding glass doors. It fell on top of him, but he was okay – we each grabbed one dog and made our way out hoping to reach a neighbor who had asked us over in case things got too bad.”

Even before they could manage a few steps outside, they soon realized that they could no longer touch the ground. Both were pushed in different directions from the surge.

“With my neighbor’s home in view, I could see that Kristopher managed to grab onto a nearby palm tree. But I was swept past their home with nothing to grab onto. I tried in vain to pull myself up onto the roof of the next home. I was being bombarded with branches and whatever else was in the surging water.” Angelika recalled.

She was pulled underneath the raging waters several times. She knew she was about to drown but she never gave up. “I recall the very last time I was pulled under... I yelled up to God, ‘I am not coming, I am not ready yet!’”

For the next three hours Angelika struggled in the water to swim back to her neighbor’s home – the entire time holding onto her terrified pet. Kristopher was still clinging to the palm tree holding the other dog. Finally, she managed to make it to the back of the house where her neighbor punched a hole in the lanai and pulled her dog through. She swam back to the front steps which were totally underwater and made it to the top. And then Kristopher managed to reach the steps as well.

They were both safe – for now. Angelika had placed her cell phone in a zip lock bag before they left their flooding home. When she took it out from the top of the steps, there was still a six percent charge left. She somehow found the strength and courage to snap several photos of the raging waters they had just escaped from. Those photos, plus many others she took after the waters receded and in the coming days, weeks, and months – have all ended up in her new book – *After the Storm, A Post Ian Photo Anthology*.

Exhausted and in shock, they both spent the remainder of the storm inside their neighbor’s home as the house shook and the windows rattled for what seemed like an eternity. When it was finally over and the waters had receded, they were able to head back outside and survey the damage and what was left of their paradise island – total devastation in every direction.

The time had come to leave Sanibel Island.

“One family who had been transporting residents from the island with their own boat took us to Punta Rassa,” she said. “There were hundreds of survivors just like us, bewildered and helpless, not knowing what would come next. Another family volunteered to take us around to various hotels that were either closed or filled to capacity. We finally ended up at the Hertz Arena. It was freezing cold, and we relied on the blankets and clothing from the rapidly incoming donations. We were treated with such kindness and compassion during our stay.”

They weren’t able to make it back to the island until Oct. 12. Once there, they were saddened with the total devastation of their home, but blessed and thankful to be alive. Today, almost two years later, they are still struggling with the changes and working hard to rebuild their lives, both living back on Sanibel.

In a portion of the prologue of Angelika’s latest book *After the Storm*, she poignantly writes:

Our Sanibel, what was once a lush and vibrant green was now a brown and withered landscape with trees destroyed and cut in half. There was an abundance of bugs. There were weeks (and for some months) of no water and/or power... Our belongings and vehicles were being hauled away, one teardrop and one memory at a time! Yet, the destructive force of Ian could not destroy our spirit! He was strong and powerful, but Sanibel and her residents have proven to be stronger! My book is about resilience and survival. It is the essence of resilience which proves that Sanibel is in us, and we are Sanibel. ...

The months after Ian were times spent in sadness, disbelief, shock and more adjectives of emotion that I can possibly enumerate. However, we were humbled, we stood strong, neighbors became friends, and friends bonded like family. We all have our story of Ian’s impact. Lives were uprooted and forever changed. ...

If you would like to help in Angelika’s continued effort at recovery or would like to purchase any of her canvases, totes, works of art, or books, please visit her website at www.moodscapesllc.com or you can email her at moodscapes99@gmail.com. Also, visit her on Facebook: Sanibel Moodscapes as well as Instagram: Saniblemoodscapes.

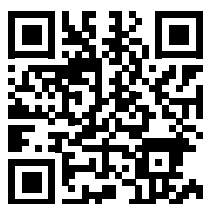


Photo from neighbor’s porch after three hours in the water.



Angelika’s home after Ian.



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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.

Fall Classes Now Available

Starting in October, our fall classes will begin. We have beginners' and intermediate acrylics, creative water coloring, pastel painting, the art of Zentangle, learn how to draw with basic perspective, pencil and charcoal techniques, oil painting, and digital photography and graphics. Scan the QR code for the schedule.



Upcoming Exhibits

Gallery shows, classes, and workshops begin again in October. This year our silent auction will be during the month of December.

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 for more information.

Cape Coral Art League on page 15

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Catch The Action

September On The Water

By Capt. Bill Russell

This is a refreshing time on the water around Southwest Florida. After a long hot summer, we will finally get relief with cooler days and a noticeable drop in humidity. This combination sets off good fishing opportunities as they are hungry, active, and on the move.

Fall is the time that schools of big redfish devour anything in their path across our inshore waters. Often there may be several hundred or more working across the shallows on an eating mission. If you're lucky enough to cross paths with a school, it's a memory not soon forgotten. Fishing for big bull reds will peak in October as they begin their migration offshore once the first cold fronts of the season begin to drop down from the north. Exactly when that will be only time will tell, if the weather remains mild the big fish can entertain us throughout the entire month.

Snook, large and small are on the move as they transition from their summer homes around the Gulf beaches and nearby areas and make way closer to their winter haunts inshore. Snook of any size are a fun challenge. Live bait puts odds in your favor, but with cooling water and fish becoming more active, artificial bait can be a good choice.

Good sea trout fishing is another benefit of cooler water. They are active and hungry, and at times feeding in schools under bait pods over the inshore grass flats. They may run in size from little guys to fish well over 20 inches. With a little effort, a fresh trout dinner is a good possibility.

Gag grouper, another fish on the move, as they make their way to shallower gulf waters and many move inshore. Catching gag grouper over a shallow water inshore wreck or reef is some of the most challenging fishing you will find. They hit like a freight train and run straight to the safety of the structure. Unlike offshore, where you fish them vertically or from straight above, inshore you are away from the structure and make a long cast. They have the advantage, you break off more big ones than you land, but it's exciting. If you're heading offshore for grouper or red snapper, check, and double check when seasons are open and closed before making the run. Seasons are often altered or changed without much notice.



Inshore mangrove snapper fishing was good all summer. Many will make their way offshore by month's end. Look for artificial reefs and ledges or hard bottom in depths from 20 to 50 feet to hold concentrations of fish. Live shrimp with light tackle is the best way to go, and if you are anchored, a chum block is a great idea. Always have a heavier rig in the rod holder with a live flatlined bait. You never know when a big cobia, grouper, king mackerel, or some other species might come into play.

Last year was a good one for sheepsheads and we should begin to see them later in the month. As they move in, there could be some big ones mixed in with the snapper around nearshore reefs and along the beaches or structure around the coast islands. Sheepsheads will not eat any type of fish. Live or dead, shrimp is the go-to bait for most anglers. As the water continues to cool, sheepsheads numbers will increase.

Many different options are on the table with the change of season. You can either target specific species or just get in the mix of a feeding frenzy and see what's there. Often a host of different fish are ganged up on the same bait pod; it's common to catch a half dozen or more species from one area. Large schools of bait are moving down the coast all month; look for bait pods both inshore and off, watch for birds. And always be prepared for the unexpected.

This is a great time of the year to fish around Southwest Florida. There are plenty of days with great comfortable weather, hungry fish, plus the winter crowds have not yet returned. That makes for a great combination.

Stay up to date with fishing regulations by visiting 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, email: 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."



Cape Coral Art League from page 14

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.





Oct 18, 19, 20 & 25, 26, 27

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From The Desk Of Sheriff Carmine Marceno

Shopping Center/Mall Safety Tips

Malls and shopping centers are excellent places to make purchases of all kinds and, as a result, these locations tend to be well populated and teeming with activity.



Shoppers migrate from store to store, occasionally stopping to eat or for a cup of coffee, and all too often pay little attention to the people around them and/or their surroundings.

Shopping with young children complicates matters as we must closely monitor their whereabouts and behaviors despite carrying packages, trying on clothing, navigating the mall, etc.

A number of my previous "Safety & Security Tips" address "situational awareness" and today's message will, once again, remind residents and guests of the importance of understanding your surroundings, familiarizing yourself with potential hazards and being in a position to effectively respond in the event of an emergency.

Walk confidently while demonstrating that you are paying attention to your environment. Distractions, such as smartphones, may send a message that you are not paying attention. Would be wrong-doers attempt to operate covertly and target unsuspecting victims. By constantly monitoring the people in your vicinity and that which is going on around you, you dramatically reduce the likelihood that you will be caught off-guard.

Try to avoid overburdening yourself with too many packages or large packages that are difficult to carry. Additionally, keep all of your bags and purchases within your sight.

Never display large sums of cash and, other than while making payment at the register, avoid handling cash in public. Those carrying handbags, purses and similar items should consider carrying/wearing them "cross-body" with the clasp or flap facing your body.

It is critical to remember where you parked and, when returning to your vehicle, have your keys/key fob in your hand.

Many of us enjoy the shopping experience, the activity and bustle at the mall and the interesting people that we encounter. It is, however, incumbent upon shoppers to remain attentive and to reduce the likelihood of victimization.

Be alert! Be safe!

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2024 Burrowing Owl Photo Contest Results

We're thrilled to announce the winners of the 2024 Burrowing Owl Photo Contest! The response this year was overwhelming, with an abundance of stunning and distinctive images capturing the essence of these magnificent birds.

Cape Coral Friends of Wildlife is a volunteer organization whose purpose is to preserve and enhance the habitats of protected wildlife species and to educate the community about Cape Coral's wildlife resources.

Founded in 2001, we now have approximately 500 members and an engaged group of volunteers, board of directors and committees operating our unique events and programs.

Cape Coral Friends Of Wildlife, PO Box 152761, Cape Coral, FL 33915, www.ccfriendsofwildlife.org, (239) 980-2593.

Adult Category

First Place: Darlayne Coughlin *Second Place: Paul Tressler*

Third Place (tie): Lynn Delahanty *Third Place (tie): John Hawkins*

Youth Category

First Place: Abigail Gallagher *Second Place: Seth Gallagher*

Honorable Mention: Ryleigh Steeb-Howard *Honorable Mention: Nathan Josiah Attack*

Third Place: Adalyn Miller *Honorable Mention: Sarah Krzos* *Honorable Mention: Shawn David Krzos* *Honorable Mention: Jeremiah Eli Attack*

Deborah
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For Our Furry (And Not-So-Furry) Companions



Coprophagia...Or, "My Dog Ate What?"

By Dr. Meghan Davis, D.V.M.

Coprophagia is the medical term for an animal who eats feces. It is a common complaint at the vet's office and from owners who tend to be very concerned about it.

People commonly believe that coprophagia means their dog is lacking some kind of vitamin or mineral. While coprophagia can be secondary to malnutrition it is unlikely in an otherwise healthy pet who is on a good quality commercial

diet. However, if your dog struggles to gain weight, has loose stools or is always hungry, then conditions that cause malabsorption (ex. IBD) should be ruled out.

Intestinal parasites are another potential cause of coprophagia. This feeds into the previous discussion of malnutrition, especially when talking about hookworms. A fecal flotation performed by your vet can quickly rule in or out this possibility. If your pet does have worms, then it is extra important to break them of the coprophagia habit as they will be constantly reinfecting themselves.

Typically, the reason for coprophagia is behavioral as opposed to truly medical.

Coprophagia is normal behavior for puppies. They explore



the world around them via their mouths. And as newborns their mother would have licked them to stimulate elimination and ingested the waste products as they were expelled. If your puppy is eating feces, then it may just be a case of age and many of them will outgrow it as they become older.

Dogs who are bored or spend a lot of time in crates may be more prone to coprophagia as are dogs with a history of anxiety. It's something to do, keeps their area clean and may prevent their owner yelling at them when they come home from work.

And some dogs simply just like the taste of poo!

So, what do we do about it?

The best method for fixing coprophagia is avoidance!

Leash walk your dog and pick up feces as soon as they have a bowel movement. Scoop litter boxes frequently and consider use of a baby gate that allows the cat to get over/through but not the dog.

Having your pet on a consistent meal and walk schedule can also help with coprophagia. Having a routine helps predict when a dog is going to poop and if we can predict it then there's less chance of them eating it!

Teaching a dog a "leave it" command is useful not only for coprophagia but also for avoidance of other things they may encounter inside and outside the home (dropped medication, cane toads, etc.).

Increased exercise and mental stimulation (ex. puzzle toys) may also help coprophagia. A tired dog is less likely to practice negative behaviors!

There are certain products that may or may not help deter coprophagia. For-Bid is a powder that is added to the food that is supposed to result in bitter tasting feces. People have also used pineapple and meat tenderizer in diets for the same reason. Other companies make treats that contain probiotics, fiber and digestive enzymes.

Often it is a frustrating game of trial and error but with appropriate training intervention coprophagia can usually be eliminated or greatly reduced!

Feline Ear Mites

Your cat is shaking his head and consistently scratching his ear. Ear mites are parasites that make their homes within the ears of cats (and dogs) and usually cause severe irritation and itchiness.



Nesting within the animal's ear canal, ear mites feed on skin debris. They lay eggs within the canal of the ear and, in a matter of weeks, those eggs develop into functioning mites...also able to reproduce.

Ear mites are contagious and are usually acquired by way of contact with an infected pet.

Please see your veterinarian should your pet be shaking his or her head, scratching repeatedly at one or both ears or if you notice a dark, waxy discharge that resembles coffee grinds. Additionally, close inspection may reveal tiny, white specks moving about inside the ear.

While there are over-the-counter treatments for this condition, they generally do not work as well as medications prescribed by a veterinarian.

[Source: Lee County Sheriff's Office, Animal Task Force Newsletter, August 2024]



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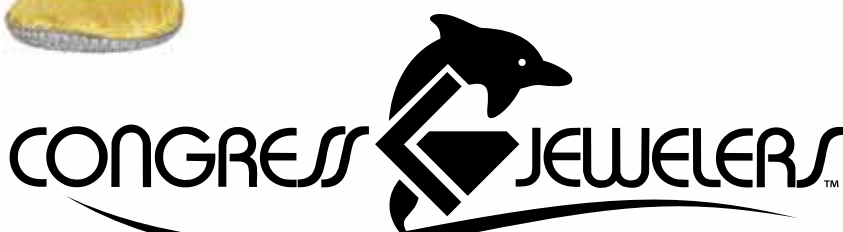
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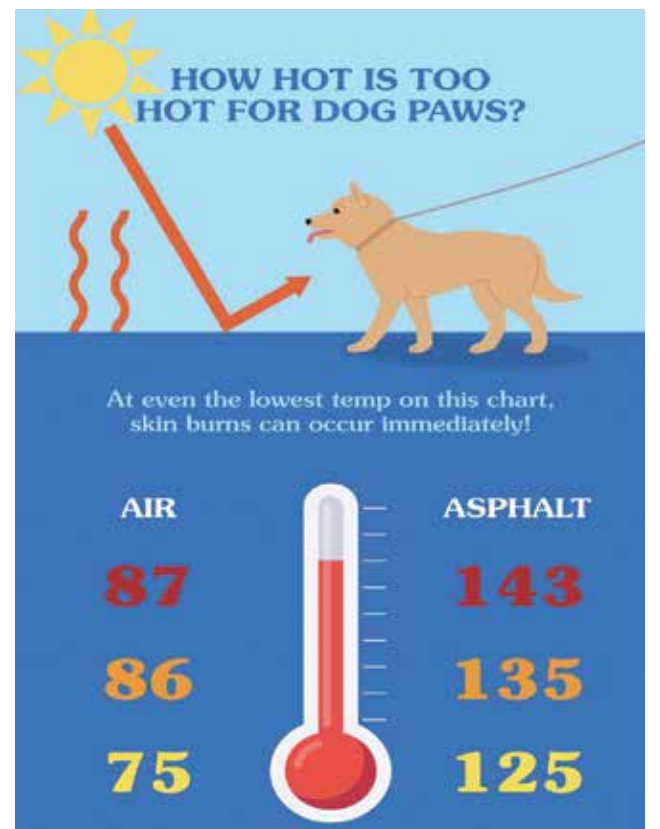
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When It Needs To Be Perfect



Registration And Sponsorships Available For Lee Health's 'Caring For The Cape' Event

Event Will Benefit Expansion Of Lee Health Services In Cape Coral

Registration is now open for Lee Health's second annual "Caring for the Cape" event which will be held Friday, Jan. 31, 2025, from 6 to 9 p.m. The tropical-themed event will include island inspired cuisine, specialty cocktails, music and silent and live auctions featuring dining experiences, travel, memorabilia and more.



The evening's program at the Westin Cape Coral Resort at Marina Village will give guests insight as to the future of Lee Health's services in Cape Coral, as well as how guests can get involved or learn more. Funds raised at the event will be used to help provide access to a variety of health care services for Cape Coral residents.



Dr. Cherrie Morris, Candace Smith, Terry Mainous

"We are invested in the health and wellness of the people of Cape Coral," said Dr. Cherrie Morris, chief physician and operations executive at Cape Coral Hospital. "With the community's support, we can broaden our world-class medical care through several expansion projects that will bring emergency and urgent care, primary care, pediatrics, oncology, cardiology, orthopedics, and more specialty services to the coastal community."

Tickets to the event are \$150 per person. Sponsorship opportunities are also available. Levels of sponsorship include Presenting Sponsor at \$20,000; Gold Sponsor at

Caring For The Cape on page 19

PRESENTED BY THE CITY OF CAPE CORAL

CAPE BIKE NIGHT SE 47th Terrace | 5-10PM
October 12, 2024
CCBIKENIGHT.COM

TRUNK OR TREAT
Friday, October 25, 2024
6 - 8 P.M.
Cape Coral City Hall, 1015 Cultural Park Boulevard

MUSIC & ARTS FUSION WALK
November 16
SE 47TH TERRACE | 5 - 9 PM

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Ending Joint Replacement Surgery?

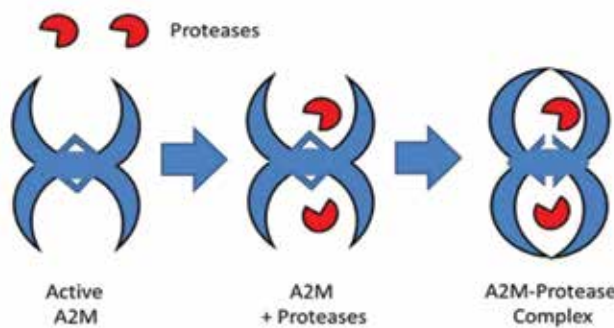
By Dr. Rob Davis

It's a bold statement, however, I feel it just may pan out. With the advancements in regenerative medicine, within the next 15 years, 80% of knee, hip and shoulder replacement surgeries will become a thing of the past. For the average person they just won't be necessary. The only people needing these surgeries will be those with a traumatic injury or those suffering with an autoimmune disease such as rheumatoid arthritis. For the rest of us they just won't be necessary and here's why.

For the over 30 million Americans suffering from arthritic and degenerative conditions, scientists have found a new biological treatment in the field of regenerative medicine known as Alpha 2 Macroglobulin. While A2M is naturally occurring, it is unable to enter the joints in adults in large enough quantities due to its large size and the avascular structure of these tissues. A2M is a plasma protein and is found in significant quantities in the blood. A2M when concentrated and injected into an arthritic joint is able to inactivate a variety of cytokines and proteases that are known to cause the degradation of cartilage and pain.



(cytokines and proteases), A2M can stop the progression of OA by preventing the cartilage from breaking down. This combination may lead to a reversal of joint degeneration and pain that was not available before. Scientific evidence points to A2M as the key to stopping osteoarthritis and pain at the molecular level.



How Does A2M Therapy Work?

The patient's blood is drawn and spun in a centrifuge to separate and concentrate the A2M. The A2M will then be re-injected into your joint. The procedure is minimally invasive, and not painful.

Most patients' symptoms and mobility improve on the very same day. Treatments may relieve pain, promote tissue growth, and stop the progression of joint degeneration. It may even prevent or limit the onset of post traumatic osteoarthritis.

"I hardly felt it. It was not really painful at all. After I had the injections, it felt a little bit better each day and now it feels significantly better. I can walk better and I am in less discomfort and what has amazed me is that it seems to be getting better each

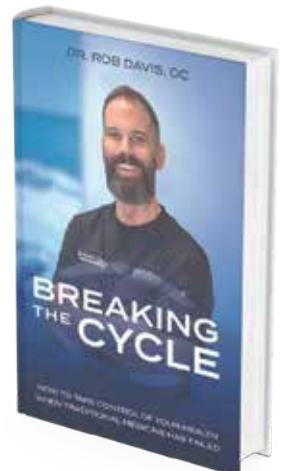
day. I am very, very pleased, because I was very skeptical and this has helped me."

- Mary Lou, 91 years old, Chronic Knee Pain Patient

Who is a Good Candidate for A2M Injections?

- Osteoarthritis (Knee arthritis, Hip arthritis)
- Joint injuries (Shoulder, Knee, Elbow, Rotator cuff)
- Labral Tear
- Torn meniscus
- Spinal injuries (Neck, Back)
- Lumbar and sacral osteoarthritis
- Sciatica (Lumbar radiculopathy)
- Herniated disc (Slipped disc, Disc displacement)
- Degenerative disc disease
- Neuropathy

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.* Call (239) 482-8686 to schedule.



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Caring For The Cape from page 18

\$10,000; Silver Sponsor at \$5,000; Bronze Sponsor at \$2,500; and Table Sponsor at \$1,200. Custom sponsorship and benefit opportunities are also available.

To learn more about sponsorship opportunities or to register by Jan. 15, 2025, please visit LeeHealthFoundation.org/CaringForTheCape or call Katy Martinez, development director for Lee Health Foundation at (239) 343-6076.

About Lee Health Foundation



Barry Kadel, Wanda Kadel



Sharon Woodberry, Andrea Peterson



Damian Hanekom, Aries Hanekom



Brian Baxter, Jamal Gustave



Joey Belanger, Mallory Belanger



Tom Schiller, Lindsay Schwandner

Lee Health Foundation raises philanthropic dollars on behalf of Lee Health to establish, expand and enhance innovative, lifesaving and preventative programs. The Foundation provides financial support for all five Lee Health hospitals including Golisano Children's Hospital as well as many service areas including Lee Health Cancer Institute, Lee Health Coconut Point, The Rehabilitation Hospital, Lee Health Heart Institute, Community Health Clinics and Golisano Children's Health Center in Naples. Over the last year, the Foundation has distributed more than \$27 million to support Lee Health's mission. Please visit LeeHealthFoundation.org or call (239) 343-6950 for more information about the role of Lee Health philanthropy in Southwest Florida.

Photos from the Caring for the Cape 2024 event



Cie Mora, Rich Macchiaroli, Nicole Liberto



Jivanov Iasmina, Ginger Cook, Maja Delibasic, Dustin Begosh, Terry Mainous



Andrea Nova, Allison Epstein



Don Pine, Elizabeth Pine



An Ophthalmologist's Guide To Protecting Your Vision

By Yasaira Rodriguez, M.D. of Elmquist Eye Group



Whether you're new to Southwest Florida or born and raised here in the Sunshine State, our daily activities can impact your eye health in ways that may be harmful over a lifetime. From abundant sunshine and glare to the increasing use of digital devices, here is my advice on the best ways to safeguard your vision.

Protect Your Eyes From The Sun

Living in Southwest Florida means we enjoy plenty of sunshine year-round. While this is fantastic for pickleball, golf, water sports and walking, it also means increased exposure to ultraviolet (UV) rays, which can harm your eyes. Prolonged UV exposure can lead to several eye issues, including photokeratitis, cataracts, and macular degeneration.

Photokeratitis is akin to a sunburn on the cornea, causing pain, redness, and temporary vision loss. Over time, UV exposure can also accelerate the development of macular degeneration, which affects central vision, and cataracts, which is a clouding of the eye's lens.

To protect your eyes from harmful UV rays:

- **Wear sunglasses** that block 100% of UVA and UVB rays. Look for labels that specify UV protection.
- **Choose wraparound styles** to protect your eyes from all angles.
- **Wear a wide-brimmed hat** when outdoors to provide additional shade for your eyes.
- **Avoid peak sun hours**, typically from 10 a.m. to 4 p.m., when UV rays are strongest.

Screen Glare Can Be Harmful To Eye Health

Whether it's for work, connecting with friends, or entertainment, screen time has become an integral part of our lives. Continuous use of electronic devices can cause digital eye strain, known as computer vision syndrome.

Symptoms include dry eyes, headaches, blurred vision, and neck and shoulder pain. The blue light emitted from screens can also disrupt sleep patterns.

To mitigate the effects of screen glare:

- **Follow the 20-20-20 rule:** Every 20 minutes, take a 20-second break and look at something 20 feet away.
- **Adjust your screen brightness** to match the lighting in your environment. Avoid using devices in dark rooms.
- **Use screen filters** to reduce glare and blue light emission.
- **Maintain an appropriate distance** from your screen – about an arm's length away.
- **Ensure proper lighting** in your workspace to reduce glare and eye strain.
- **Use lubricating eye drops** to combat dryness and keep your eyes moist.

Natural Vision Changes As You Age

As we age, our eyes continue to change in ways that can affect vision, one of the most common being presbyopia. This condition becomes noticeable in your early to mid-40s when you have to hold things further away to read or need more light to see letters clearly. The natural lens in the eye begins to harden, reducing its flexibility to shift focus from distance to near. Though unwelcome, presbyopia is a natural part of aging and can be managed effectively:

- **Reading glasses, bifocals, or progressive lenses** can help bring near vision into focus.
- **Surgical treatment with LASIK** is possible, with some vision compromises.
- **Lens replacement with a multifocal implant** offers a permanent solution.

Treating Presbyopia And Cataracts

Cataracts are a universal eye condition, noticeable by most adults over age 60. A frequent misconception is that cataracts are a growth on the eye, but they are actually the clouding of the eye's natural lens. As we age, the hardened lens (presbyopia) becomes cloudy (cataract), leading to blurry vision, difficulty with glare, and changes in color perception. Cataracts develop gradually and are usually related to aging, but other risk factors include diabetes, smoking, excessive UV exposure, and certain medications.

Vision changes might be cataracts if you notice symptoms such as:

- Cloudy or dulled vision
- Difficulty seeing at night or in low light
- Increased sensitivity to light and glare
- Seeing halos or starbursts around lights
- Frequent changes in your glasses or contact lens prescription.

The only way to correct cataracts is through surgery, where the cloudy lens is removed and replaced with a clear artificial lens. Cataract surgery is the most common surgical procedure performed in the US, and one of the safest. Modern advancements in lens implant technology have made it possible to deliver a full range of vision after surgery – similar to what you enjoyed around age 45, so you can spend more of your day without glasses.

Cataract surgery is typically performed on an outpatient basis. Our practice, the Elmquist Eye Group, offers an on-site surgical suite for unmatched safety and convenience.

Annual Exams Are Your Key To Eye Health

Maintaining healthy eyes is vital to living your best life. Remember to schedule regular eye exams, wear UV-protective sunglasses, take breaks from digital screens, and call your optometrist or ophthalmologist if you notice changes in your vision. These proactive measures ensure that your eyes will remain healthy at every stage of life.

For over 30 years, Elmquist Eye Group has provided expert eye care anchored in excellent service. Our combination of experience, compassionate care and proven results is unparalleled.

If you'd like to schedule an appointment with Yasi Rodriguez, M.D.; Kate Wagner, O.D.; or Nina Burt, O.D., please call (239) 350-4696 or visit Elmquist.com.



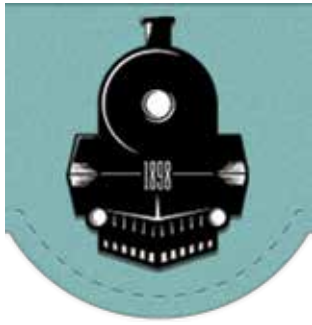


Across The Bridge



All Aboard! Railroad Museum Opening Oct. 1.

The Railroad Museum of South Florida, and its trains were closed in August and September to replace its trestle bridge. We are reopening on Oct. 1 just in time for the holidays!



The Railroad Museum of South Florida, Inc., a Florida 501(c)(3) not for profit corporation, operates an Interpretive Center housed in a Railroad Depot-style building in Lakes Regional Park, 7330 Gladiolus Dr., Fort Myers. The outdoor exhibits include a cosmetically restored 1905 Atlantic Coastline Railroad 0-6-0 Baldwin Locomotive and Tender, and a cosmetically restored 1953 Seaboard Airline Railroad Caboose. In addition to the Interpretive Center, it operates a one-mile miniature train ride which takes visitors on a 15-minute scenic tour, that winds through miniature villages, depicting local Southwest Florida communities, circa 1950. It travels through a 100-foot tunnel, over a trestle bridge and between lakes and wooded areas with views of local birds and wildlife. The Railroad Museum and Train Village make a great destination for a family outing!

Standard Ticket Prices

Regular Schedule

Weekdays from 10 a.m. to 2 p.m.; weekends from 10 a.m. to 4 p.m.

Tickets are \$5 per person for all people 6 years and older.

Children ages 1 to 5 years old are free but do need a ticket and must share a seat with an adult.

Each adult can share a seat with a maximum of two small children.

Children ages 6 to 9 years must sit in a seat in front of the adult(s) they are riding with.

Two adult ticket holders cannot share a seat.

Tickets are not issued for a particular train ride but are valid for one year until punch.

All seating is done at the station on a first-come first-served basis.

Special Event Ticket

When the railroad is running Halloween Express or the Holiday Express a premium is charged. Please visit our website at www.rrmsf.org for upcoming holiday dates.

Special Events Schedule

Weekdays from 10 a.m. to 2 p.m. and 6 p.m. to 9 p.m.; weekends from 10 a.m. to 9 p.m.

Super Saver Rail Pass

For the price of nine standard tickets, you can get 13 tickets. This represents a \$20 savings.

The train will continue to operate for all ticketed passengers waiting in line until everyone is accommodated. We are required to suspend operations during thunderstorms and other unforeseen eventualities, such as mechanical difficulties.

Normally our trains leave the station every 30 minutes, on the hour and half-hour. Boarding begins five minutes prior to departure time, on a first-come, first-served basis at the station boarding area.



Trains do run on most rainy days in between rainfall, but unexpected closures may occur at any time due to inclement weather (especially when lightning is possible). Please feel free to call ahead at (239) 267-1905 for current information, particularly if the weather seems questionable.

Train delays may also be caused by wind-blown debris or obstructions on the track; these delays are rare.

Sorry, due to insurance regulations, infants under 1-year, pregnant women and persons weighing more than 250 pounds may not ride the train.

Railroad Museum of South Florida, 7330 Gladiolus Dr., Fort Myers, (239) 267-1905, www.rrmsf.org.

The Mousetrap To Open Broadway Palm's 32nd Season

Broadway Palm Dinner Theatre proudly announces the launch of its 32nd Season with Agatha Christie's renowned thriller, *The Mousetrap*, running from now until Sept. 21. Having originally premiered in 1952 at The Ambassadors Theatre in London, this production holds the distinction of being the world's longest-running play, captivating over 10 million viewers. *The Mousetrap* remains the quintessential murder mystery from the best-selling novelist of all time... case closed!

In a seamless blend of suspense, sophisticated humor, and unforeseen twists, the renowned Queen of Crime, Agatha Christie, crafts a captivating tale of murder mystery. Set in a remote countryside guesthouse, seven strangers find themselves snowed in. Their predicament takes a chilling turn when a police sergeant arrives on skis, revealing there's a killer among them. As suspicions mount and tension escalates, each guest unveils their murky past, adding layers of intrigue to the unfolding drama.

The Mousetrap is currently playing at Broadway Palm until Sept. 21. Performances are scheduled Wednesday through Sunday evenings, with selected matinees available. Ticket prices range from \$60 to \$85, with special rates for groups. Tickets are now on sale and can be reserved by calling (239) 278-4422, visiting www.BroadwayPalm.com, or in person at 1380 Colonial Blvd., in Fort Myers.



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.


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For more info: Sidelineschicagobook@gmail.com



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Great American History Myths

Fact Or Fiction?

Many of us moaned and groaned during high school geometry, asking our teachers, “When will I ever need to use this in real life?” But during history class, there wasn’t that same pushback – it seemed like if it was written in a history lesson, it must be fact. But not everything we learned about United States history really happened. Here’s a look at some of the biggest myths disguised as facts that you learned about in school.

George Washington Chopped Down A Cherry Tree

Remember when your history teacher told you about young George Washington proudly telling his father, “I cannot tell a lie?” Well ... they lied to you. The story of 6-year-old Georgie getting a hatchet as a gift and cutting down his father’s cherry tree before tattling on himself was completely made up by one of the former president’s first biographers, Mason Locke Weems. Weems fabricated the incident in his retelling of Washington’s early years just to enhance readership and profitability of his book, *The Life of Washington*.

Witches Were Burned At The Stake In Salem

Stories of witches burned at the stake in Salem, Mass., are eerie and influential but not true. In 1692, a doctor diagnosed a group of young girls as victims of witchcraft after they began having screaming seizures. The allegations led to 20 people being executed after being found guilty of black magic. But despite what your teachers may have told you, the so-called witches weren’t burned at the stake; they were hanged. The remaining killing was by pressing a man to death with stones.

Paul Revere Shouted, “The British Are Coming!”

Paul Revere’s “midnight ride” is often an entire lesson in high school history classes, discussed as the start of the American Revolution. The part about Revere being dispatched to warn John Hancock and Samuel Adams that the British soldiers were headed their way is true. However, according to the website for The Paul Revere House, a sentry at the home where Adams and Hancock were staying got angry when Revere arrived because he was making too much noise; to which Revere replied, “Noise! You’ll have noise long enough before. The regulars are coming out!” That

quote, though, just doesn’t slide off the tongue as easily as, “The British are coming!”

Christopher Columbus Discovered America

By now, you know this one isn’t true, but as it’s one of the biggest myths in history books, we had to include it. Somehow, Columbus is credited with “discovering” America, but what does it mean to “discover” a place that’s already inhabited. Columbus wasn’t even the first European to visit the Americas: Norse explorer Leif Erikson sailed there during the 10th century, about 500 years before Columbus.

Feminists Burned Bras Protesting Miss America

It was the summer of ’68 when women’s rights activists flooded the Atlantic City boardwalk to protest the Miss America pageant. Retellings always include mention of tons of bras being set afire as part of the protest, but that’s not how it went down. Yes, at least one woman removed her bra, modestly, but no one just ripped them off and set them ablaze. They did throw bras, high heels, makeup, girdles, and other items into a trash can, labeled the “Freedom Trash Can,” as part of the protest. A single reporter who’d been present, asked to remember the scene from decades earlier, said all of the contents of the trash can were set afire briefly, but others who were there say even that is untrue.

The Declaration Of Independence Was Signed On July 4

We know that this famous American document says “July 4, 1776,” but that’s not when it was signed. It’s not even when the country gained its independence. In reality, the Continental Congress voted for independence on July 2, 1776, and the signing of the document actually happened Aug. 2, although not all 56 of the delegates who signed were there that day.

Abner Doubleday Invented Baseball

In 1907, a committee tasked with pinpointing the origins of America’s pastime credited Civil War hero Abner Doubleday with inventing the sport. That would have shocked Doubleday. *In Baseball in the Garden of Eden: The Secret History of the Early Game*, Major League Baseball historian John Thorn says the myth came from a mining engineer in Colorado. “He claimed to have been present at a schoolboy game at which Abner Doubleday took a stick and drew in the dust the diagram for a completely new ballgame,” says Thorn. Variations of baseball, such as cricket, have

been around since the 18th century, but the game we play with three strikes, a diamond-shaped infield, and foul lines was created by a New York-based firefighter and bank clerk named Alexander Joy Cartwright.

Pocahontas Was In Love With John Smith

You probably figured that Disney’s version of Pocahontas’ life wasn’t biographically perfect. More than likely, her best friend wasn’t a raccoon named Meeko, and she didn’t seek guidance from a willow tree with a face. But even the love story popularized by the movie wasn’t real. Real life has been so muddled with myths that most people don’t know “Pocahontas” is her nickname rather than her real name (which was Amonute). Per historian Camilla Townsend, it was Smith who claimed his relationship with Pocahontas was a romantic one, while what the pair had was a friendship – and a hefty age gap that put her at 12 when he was 28.

Thomas Edison Invented The Light Bulb

Despite what you’ve been told time and time again, Thomas Edison did not invent the light bulb. Since 1761, a number of people had been making incandescent wires. Several inventors demonstrated versions of incandescent lights and patented some. In 1878, Edison simply improved the light bulb. “Edison did not look for problems in need of solutions; he looked for solutions in need of modification,” *The New Yorker* says.

The Great Chicago Fire Was Started By A Cow

The Great Chicago Fire roared for two days in 1871 – one of the worst disasters in United States history. For years, the fire was said to have been started by Catherine O’Leary, an Irish immigrant who sold milk for a living, and her cow, of course. It was said that either O’Leary or her cow knocked over a lantern, which caused the first flames. But historians find no real evidence for the story, just as firefighters in 1871 didn’t, and the Chicago City Council has since exonerated them of the charge.

Betsy Ross Made The First U.S. Flag

If you were asked who Betsy Ross was, you’d probably say instantly that she made the first American flag. That’s what we all learned in school. However, *National Geographic* says historians can’t be sure she actually did, and a lack of evidence leads them to believe she most likely did not.

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Fashion Show To Benefit Cape Coral For The Children

Cape Coral for the Children is making a significant impact by supporting students who face challenging circumstances.



It's wonderful that the organization not only helps these students pursue higher education by awarding yearly scholarships but also addresses their immediate needs through dignity closets created in the schools. Julie Lombardi's and the entire Board's vision, as well as the community's support are clearly making a difference in the lives of these children.

Each fall Cape Coral for the Children sponsors a fashion show; the generosity of donors combined with this creative fundraiser truly makes a difference in the lives of the children. Please join this event being held Oct. 19 to raise scholarship funds. The venue is being held at Palmetto Pine, 1940 SW 9th



Improving Home Security

Home burglary results in losses exceeding \$3 billion, in the United States, each year. Based upon reports, a home burglary occurs every 15 seconds in the United States and that someone is at home 27.6% of the time. Despite images of burglars creeping through backyards in the middle of the night, statistics show that the majority of burglaries occur between 6 a.m. and 6 p.m. ... when homes are often unoccupied.

Disconcerting?

While these crimes have decreased in Lee County, it is prudent to discuss proactive measures that can be taken to reduce or eliminate the likelihood of victimization.

Preventative Measures Worth Considering:

The addition of security cameras goes a long way toward preventing criminal activity and assisting in the investigation and prosecution of criminal offenses. Video doorbell cameras and strategically placed external cameras often dissuade would-be criminals.

Exterior lighting is perhaps the easiest and most inexpensive way to discourage criminals. Well-lit areas increase visibility through windows, improve video surveillance quality and make your home a less desirable target.

Landscaping is a wonderful way to add "curb-appeal" to your home. Unfortunately, overgrown shrubs and trees that block windows and doorways or cast large shadows allow criminals to move about your property without being seen. Additionally, unmowed lawns often give the impression that the homeowner is away.

Upgrading door and window locks, as well as securing sliding glass doors, will prevent easy access to your home. Most sliding glass doors have poor quality locks. They are susceptible to pry bars, hammers and screwdrivers and can usually be opened rather easily. Secure these doors using security bars, pins or upgraded locks.

Whenever you leave your home ... even if just to quickly visit a neighbor ... **lock your doors and take a key.**

Don't leave valuables near windows where they can easily be seen and taken.

Floridians like to leave their garage doors open. Please reconsider this practice.

Hiding a spare key under a door mat or in a nearby planter makes for easy access to your home.

Leaving ladders around your home assist burglars intent on entering second-story windows ... yours or nearby homes. Secure ladders in a closed garage when not in use.

Too many Lee County residents leave their vehicles unlocked overnight. Many contain garage door openers.

Lock your vehicles whenever you exit and take any and all valuables inside with you.

Break down cardboard boxes from expensive purchases such as large-screen televisions, computers, etc. When left curbside, they serve to advertise your new purchase.

Report suspicious activity to the Lee County Sheriff's Office or to your local law enforcement agency.

Cape Coral for the Children

Cape Coral for the Children 2024 Scholarships

2024	Applicant	School
N. Nicholas HS	Loretta Fields	Ft. Myers Tech
	Lesli Chavez	Ft. Myers Tech
Ida Baker	Olivia Allen	Florida SouthWestern
Cape Coral HS	Abbie Taylor	FI Atlantic University
Island Coast HS	Diarra Cox	FI A & M University
Mariner HS	Camden Lucas	Univ of Central Florida
DTRT/CCHS	Krystina Zavalaga	Lynn University



Court, Cape Coral. Fashions will be provided by Anthony's Ladies Apparel. Raffle prizes, diverse gift baskets, silent auction items and cash raffles are available to attendees.

Join Us at Cape Coral for the Children's Annual Charity Fashion Show & Luncheon
All proceeds benefit a scholarship program for children in Cape Coral.

Fashions by Anthony's
Saturday, October 19, 2024
Palmetto Pines Country Club
1940 SW 9th Ct., Cape Coral, FL
Doors open at 11:00 am—lunch served at 12:00 pm

Menu:
*Choice of Grilled Chicken Breast Teriyaki Salad with Banana Bread OR
*Half Ham & Turkey Club Wrap with Seasonal Fruit
*Includes Coffee and Tea. Cash bar Available

\$40 per person prepaid—make checks out to Cape Coral for the Children
Mail to: 4112 SE 8th Avenue, Cape Coral, FL 33904
Reservations must be made by October 1st. Contact: Julie Lombardi at ccflunchbunch@comcast.net or 239-540-8288 for questions.
We also welcome donations of gift baskets, certificates or cards for our fundraisers. Please consider donating. Save the date for our charity basket bingo Sunday, February 23, 2025 Noon-4pm at Rusty's in Cape Coral.

Cape Coral for the Children is an all volunteer 501(c)(3) charity.
Member of the Cape Coral Chamber of Commerce

"No one has ever become poor from giving." - Anna Frank

Reservations must be made by Oct. 1. Contact Julie Lombardi at ccflunchbunch@comcast.net or (239) 540-8288 to purchase tickets or for any questions.

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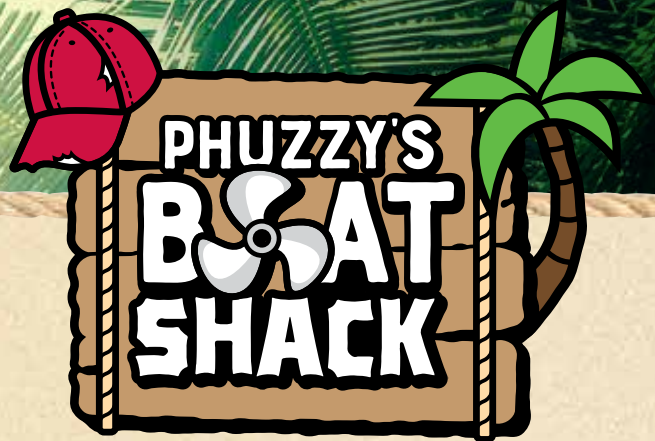
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