

THE CAPE CORAL SUN

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



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www.mycapcoralsun.com

OCTOBER 2024

Honoring Those Who Served At Cape Coral's Veteran's Day Parade

**Saturday Nov. 9
– 11 a.m. to 1 p.m.**

Join us as the community honors our American Heroes and pays tribute to those who lost their lives, those who served honorably, and those who are still proudly serving our country. The Veteran's Day celebration is a cooperative effort of the City of Cape Coral Parks and Recreation and local community volunteers. The parade route is on the south side of Cape Coral Parkway, heading west from Cape Coral Street to Chester Street.

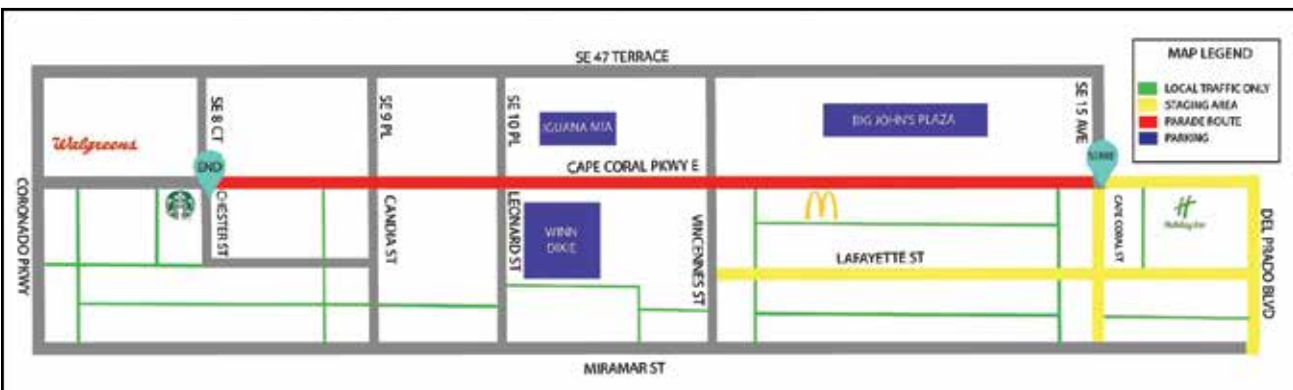


Event Schedule

9 a.m. – Parade Staging
11 a.m. – Parade Starts

Parking

Big John's Plaza, 1215 Cape Coral Parkway E.
Old Military Museum Lot, 4280 Leonard St.
Iguana Mia Parking Lot, 1027 Cape Coral Parkway E.
Club Square, 4635 SE 10th Place



Explore More With Cape Coral Sun Online!

Did you miss an issue of the *Cape Coral Sun*? No worries! Visit our website to access archives of past issues, catch up on articles, and discover more about the community. You'll also find a wealth of exclusive online content, including extended ads from local businesses not featured in print.

Our online platform allows you to click on ads to learn more about our trusted advertisers, their services, and their special offers. Support local businesses by checking them out on our website today!

Visit us at www.mycapcoralsun.com and stay connected with Cape Coral!

Trunk Or Treat

Friday, Oct. 25 – 6 to 8 p.m.

Cape Coral City Hall,
1015 Cultural Park Blvd.

Join us as we kick off the holiday season at the City of Cape Coral's Annual Trunk or Treat. This free Halloween event offers a safe environment to come together and celebrate the start of the holiday season, including candy giveaways (while supplies last), music, and skele-fun for all ages. Costumes are encouraged!



Parking

The public may park in the visitor parking lot and employee parking lot, both located at City Hall.

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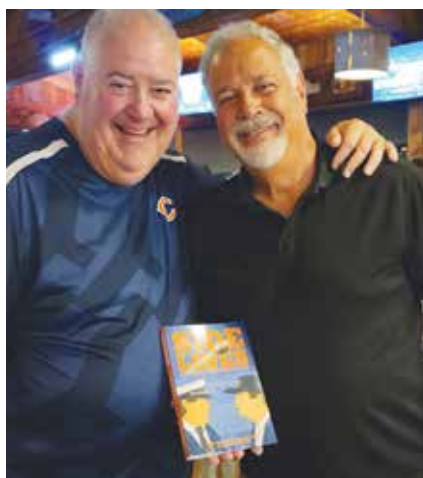
Cape Coral's Chet Ballard And His Brother Tom Publish Their First Book Together

Side Lines: Four Decades Of Sundays With "Da Bears"

By Joe Yapello, Sun Publisher

When you first meet Chet Ballard, you immediately know that there's something special about the man.

I met him recently at a Cape Coral Chamber luncheon and even before I could get two words out of my mouth, he had introduced



Brothers Chet and Tom Ballard

himself, told me that he had been trying to reach me for some time, that he had just published a new book with his brother Tom, that he would like to advertise in our paper, and that he needs to sell more books and get his story out.

He said all of that with a genuine smile on his face and without taking a breath. He's the kind of guy you just meet for the first time but feel like you've known forever.

When Chet was just 14 years old his Uncle Fran pulled some strings and got him a job at very large Chicago valet/security company that was hired by the Chicago Bears organization in the mid-1980s. Their book *Side Lines* chronicles the four decades that the two brothers shared together working every Sunday at Soldier Field.

Chet was first to be hired, followed a few years later by his brother Tom. Chet explains early on how things got off to a very interesting start:

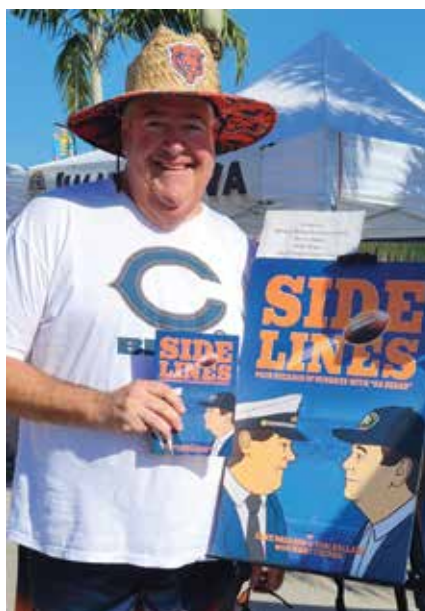
I was a big guy, certainly for my age, and I was assigned to the top tier of the stadium and guarding quadrant's gate

to assure there would be no gate crashing from eager fans looking for free entry to the game.

The job was relatively simple: patrolling the perimeter and guarding the gate. And when I say guarding the gate, I say that with a healthy wink of the eye because, on many Sundays, friends and acquaintances benefited from my ability to turn a blind eye to their ticketless entry through my gate at my discretion...one regular benefactor was my brother Tom.

Along the way and through the years, the Ballard Brothers describe in detail how they had a front row seat to everything that was going on around them with the Chicago Bears and with the visiting teams each Sunday at Soldier Field. The players, the owners, the fans, and their coworkers all played an important role in their journey.

About halfway through the book, your fascination with the marquee names like Mike Ditka, Walter Payton, Chris Farley, Jim Kelly, Payton Manning, and Michael Jordan, plus many others too numerous to mention, begins to subside a bit. Sure, it makes for some very interested reading that you will certainly enjoy from both brothers' vantage points. However, as the pages turn by, you begin to focus more on the Ballard Brothers themselves – and how their experiences over the years shaped their own lives and made them the men they are today.



Chet Ballard promoting their book Side Lines at the Farmers Market in Cape Coral.

Towards the end of the book Tom Ballard sums up what his position with the Bears meant to him:

This was a privilege and a passion, not just a position, and not just working with the Bears but with the visitors and franchises from all over the NFL. It has made me a better person. It educated this simple man on how to work with people and understand business, but, moreover, taught me to be a better person to others by seeing how teams can be family. And I was able to do it all – to work, share, and grow with the two most important people in my life: my brother Chet and my son Tommy.

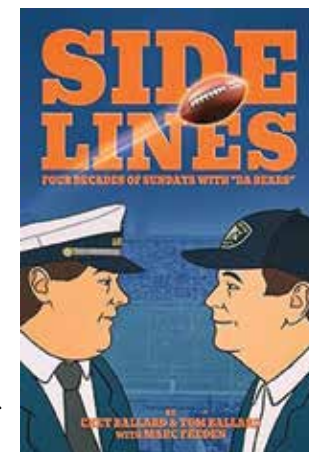
There aren't too many books out their written about professional sports from this point of view. Instead, the athletes and celebrities themselves seem to have that market covered. But *Side Lines* turns that notion upside-down.

And by book's end, you understand that the real stars are the names you really never hear about. All of those unsung people that work every day without the fanfare and notoriety take their rightful place as valuable members of the team.

From the outset you think you're going to read about Chet and Tom's experiences with the NFL's Chicago Bears as seen from the side lines. A portion of that is true. However, you soon realize that the brothers aren't just on the side lines. Instead, they're everywhere, communicating with everyone, being in places they should be and shouldn't be, and being involved on a level they could never have imagined.

When it was all said and done, they had amassed enough memories to last a lifetime.

If you'd like to purchase a copy of *Side Lines* you can email SidelinesChicagoBook@gmail.com or search Amazon: *Side Lines: Four decades of Sundays with "Da Bears."*



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The Rynski Report: Ban Blaring Music At The Beach?

By Ryn Gargulinski [Rynski]

Fireworks. Clanging trash trucks. That screaming loon-sounding bird you hear just before dawn. Florida is full of loud noises you just come to expect and live with. But blasting music at the beach should not be one of them. Please.



Notice I said, “blasting music.” To all those who play music at the beach at a level they can enjoy from the comfort and vicinity of their own beach blanket, thank you. But to those who blare the music loud enough to be heard in the middle of the Gulf of Mexico, perhaps your portable speaker needs to take a nice dip.

Such was the case a few weeks back at a typically beautiful beach south of Cape Coral. The afternoon calm was shattered by a raucous blast of music from a who-cares-about-anyone-else couple who thought everyone up and down the pristine stretch of sand wanted to hear the wailing cacophony from their portable speaker.

You could actually hear their music from the middle of the water. And they were at least 100 feet back from the shoreline.

Their music was so loud and intrusive that the police were actually called. But get this. Not from someone complaining about the music – but from the woman who was blaring the music after someone asked her to turn down the volume.

She was apparently offended enough that someone would dare ask her to lower the volume that she went into a hissy-fit tantrum, hurled obscenities, and then called the cops, crying that the person who asked her to turn down her music assaulted her.

Sigh. So, what’s the solution? For starters, avoid that particular beach, which seems to be a magnet for the unstable.

For loud music in general, we could take a cue from Portugal. Fines for playing loud music on their beaches can reach up to \$4,000 for individuals and \$36,000 for groups. No kidding.

An Australian survey found nearly 80% of respondents

were in favor of banning loud or offensive music at their beaches. Other Aussies liked the idea of having designated beach quiet zones.

Yes, we could go to all kinds of trouble creating laws and rules and designated zones and decibel level charts and beach noise-enforcement teams. Or we could just be more aware and caring about those around us.

Instead of taking a cue from Portugal, why not take a cue from my beau. He plays all the music he wants at the beach – on his earbuds. (He also puts the toilet seat down. He’s definitely a keeper!)

Making more rules and regulations in a world already peppered with annoying dictates just seems like another headache waiting to happen. Besides, Florida is known as



the Freedom State for a reason. Unfortunately for some beachgoers, they seem to take it to mean they’re free to be arseholes.

Let’s not be. Let’s be courteous to those around us, remembering many head to the beach to absorb the soothing sounds of the surf. The lapping lull of the water. Even a squawking seagull or two. Not the blaring of other people’s music. And definitely not obscenity-laden tantrums.

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.

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Publisher
Coastal Media Communications, LLC

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

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

Editor Sherry Whalon
capcoralsuneditor@gmail.com

Account Executive/Staff Writer Linda Lopez
llopez.ccsun@gmail.com, (239) 499-8672

Webmaster/Ad Designs Mandy Carter
mandymichellecarter@gmail.com

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Contributing Writers

Judy Calla, Cape Coral Art League
..... capcoralartleague.org

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

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

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

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

Lillian Till, Flutterbuy Books and More
..... (239) 789-6619, www.flutterbuybooksandmore.com

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

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

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

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

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

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

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



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.

LCEC
PEOPLE. POWER. POSSIBILITIES.

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Cooperatives

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

“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 November 13, 2024, and I don’t want you to miss out. By the way, further care is very affordable and you’ll be happy to know that the non-surgical, drug free therapies and procedures performed in my clinic **can cost as little as \$300 per month**. You see, I’m not trying to seduce you to come see me with this low start up fee, then to only make it up with high fees after that. Further care is very important to consider when making your choice of doctor because **higher costs can add up very quickly**.

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

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



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

I wish you the Very Best in Health and Life!

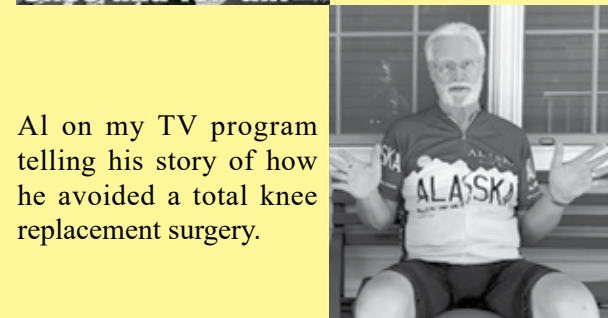
Dr. Rob Davis, DC

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

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



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



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



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

Call Today 239-482-8686

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Senior Living

Engagement And Socialization Are The Core Of Senior Living

By Wayne Schwartz,
Life Enrichment Director,
Gulf Coast Village



This year, thousands of baby boomers are crossing the retirement age threshold each day, marking the start of their "senior" journey. As older adults enter retirement, many will make the choice to move into independent living. In other cases, health needs will require them to move into other levels of senior living, like assisted living or memory support.

Making sure that senior living communities offer engaging and enjoyable activities is crucial to enhancing the lives of the thousands of older adults entering senior living in Southwest Florida. I've been at Gulf Coast Village for over two decades, and as the life enrichment director, I know firsthand how significant of an impact activities have on the well-being of older adults.

Doing Our Part

The transition to senior living can be a challenging adjustment. For most of our adult lives, we identify with our jobs and roles at home. When we retire, all that changes, and leisure interest becomes our reason to get out of bed each day. For older adults transitioning into senior living, activities that give them purpose and stimulate their minds can be a transformative part of senior living.

Creating a beneficial activity calendar starts with catering to the residents. Behind the scenes, activities are adapted to fit the needs and capabilities of the residents. When coming

up with new activities, we think of physical, emotional, cognitive, spiritual and mental impacts. It's our job to make sure that our residents have things to look forward to and a reason to get up. Maybe it's something new that they've never done, and now they have the time to try it, or it's the card game that they've loved since they were a child.

Regardless, what each person needs in their life is a sense of purpose and social interaction, which is the goal of community activities. This helps avoid depression, which is common among older adults. We have a few activities in independent living that are similar to some activities in assisted living so when a resident transitions to assisted living, they have activities that they're used to. Our lifestyle team does everything possible to help make the transition easier.

Gulf Coast Village's associates respect that some older adults don't thrive being around people, and if this is the case, we don't push residents to attend activities. Our top priority is making sure they're happy, even if that means having some alone time in their room.

Fan Favorites

While each level of care has their own list of favorite activities, like instructor-led fitness classes in independent living, root beer socials and concerts in assisted living, and bingo in our care center, we try to adapt our existing activities so they're more dynamic. One example is bingo; our residents take bingo very seriously, and we are always seeking ways to enhance the game and keep it engaging. Through technology, we put bingo on a projector screen with an automated caller. Not only is this high-quality, but it is easier for the residents



to understand the letters and numbers being called. So far, it's a hit! Technology is the way to go when enhancing and developing senior activities.

We also welcome feedback and ideas from our residents, which is how our wine tasting events were developed. Hosted by Gulf Coast Village's very own Sommelier Xavier Duclos, residents can gather to learn about and taste delicious wines, as well as purchase a bottle of their own. Seeking feedback from residents is a great way for us to constantly improve our offerings, which keeps our residents happy and our attendance high.

Gulf Coast Village has also collaborated with the North Fort Myers Art Association (NFMAA) to host a rotating art exhibit in our community. Our inaugural event, "New Beginnings," will officially kick off at 4 p.m. on Tuesday, Nov. 5 in our independent living lobby. It will include a ribbon-cutting by the Chamber of Commerce of Cape Coral, welcome speeches by Volunteers of America National Services and the NFMAA, and champagne, hors d'oeuvres and a live pianist. Residents and the public are welcome and encouraged to attend. "New Beginnings" is an exciting opportunity for our residents to learn about art on a deeper level and broaden their horizons. Some of the artwork on display is created by our very own resident artists, too, and notable pieces will be up for sale. To register for "New Beginnings," please visit GulfCoastVillage.org/Events.

You can go anywhere and find great activities, but what really matters is the people executing them. If seniors cannot relate to and form a bond with the person hosting the activity, they're less likely to participate. Our family feel is what sets Gulf Coast Village apart – through activities, everyone comes together to enjoy a shared experience.

About The Author

Wayne Schwartz is the life enrichment director at Gulf Coast Village. To learn more, please visit GulfCoastVillage.org or call (239) 510-8712.

The Value Of Hope

The venues are different; the photos are often the same.

The cameras seem to capture Lieutenant Hope, the American Staffordshire Terrier who serves as the Ambassador for the Lee County Sheriff's Office, lying on the floor, surrounded by children.



Lieutenant Hope

Usually in a supine position, thoroughly enjoying belly-rubs, the three-legged



rescue's tail wags quickly enough to generate a breeze.

For the Animal Cruelty Task Force, this image never grows old and is never taken for granted.

Rescued following an abusive incident that resulted in the amputation of her front, right leg, Lieutenant Hope displays unending gratitude by emitting love, gentleness ... and, of course, hope.

It's somewhat of an enigma. All of the children have seen dogs before. Most of the adults have petted and patted a canine in their lifetime.

So, why is it that the eyes of the children, adults and seniors, in every venue, light up upon her entry into the room?

Hope, while unable to "speak," speaks volumes regarding perseverance. Hope demonstrates the value of life to all living things. Hope's message is potent and purposeful. In addition to teaching our children the importance of respect for all living beings, she shares a message about the will to go forward despite injury, about overcoming adversity and, mostly, about the value of love.



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Longtime Cape Coral Attorney Victor Arias Running For Lee County Superintendent

Born in the Dominican Republic and raised in the Douglas Housing Projects of New York City, Cape Coral attorney Victor Arias has been the owner and managing attorney of The Arias Law Firm, P.A. in Cape Coral for the past 22 years.



Being called to serve is nothing new for Arias.

His decision to run for Lee County Superintendent is the culmination of a lifetime of faith, service, and an unwavering commitment to the Southwest Florida community.

Arias's legal career began as an attorney with the Florida Rural Legal Services in Fort Pierce, St. Lucie County, where he represented migrant farm workers who needed legal representation in regard to their housing and employment. For the next five years, he became the attorney representing the Superintendent of St. Lucie County Schools and staff.

He was then recruited as the only attorney representing the Superintendent for the Lee County School District. After two years, he then had the opportunity to go into a private practice with a law firm in Cape Coral where he primarily represented injured workers. For the past 22 years Arias has been the owner and managing attorney for his practice. He specializes in the areas of Personal Injury and Workers' Compensation Law, as well as Criminal Defense, Social Security Disability law for seniors, as well as school law. Victor Arias has been a member of the Florida Bar for the past 33 years.

Arias has been a financial and public service supporter in Lee County for many years. One of those organizations that has benefited from his humanitarian efforts is the Hispanic American Business Alliance (HABA) since 2009. When Hurricane Ian struck Lee County, Arias volunteered to assist children in need of clothing.

As a member of the local Epsilon Nu Boule' of Sigma



Victor Arias with wife Angelette and twin children Ariana and Victor

Pi Phi Fraternity, Inc., he assisted in fundraising efforts that generated \$85,000 to provide food, clothing, shelter, and supplies to victims of Hurricane Ian who reside in the Harlem Heights neighborhood.

As a man of God, Victor prides himself on his humility and love of others of all races and cultures in this diverse district. He feels he was called to serve. "I thought about this deeply when I was asked," Arias said. "And so, I decided to step up to help make the Lee County School District better for all parents, students, and educators.

He understands the challenges facing the district and

pledges to improve on the transparency and accountability to all the parents, students, educators, and well as the entire community. He believes that politics should not play a role in the district and strongly opposes partisan superintendents and school board elections.

One of eight children, Victor considers his mother as one of his greatest influences. She raised her family as a single parent with a stern and loving foundation of faith. Victor and his wife Angelette have been married for 30 years and have two 17-year-old twins Ariana and Victor, who are rising seniors in the Lee County School District.



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A Resilient Electric Grid

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



You can't see electricity, or smell it, or taste it. You may not even think about it... until it isn't there. Reliable power is essential for nearly everything in today's world. The power grid is the backbone of modern life, providing electricity to homes, businesses, and essential services. Extreme weather events are becoming more frequent and severe, and the importance of a resilient electric grid is critical. A resilient electric system ensures that when disaster strikes, a utility can recover quickly and provide the reliable power supply that communities depend on.

What Is a Resilient Grid?

A tough electric grid can withstand and quickly recover from disruptions caused by tropical storms or hurricanes. A combination of hardened infrastructure, advanced technology, and strategic planning plays a vital role in resiliency. The goal is to minimize outages, reduce recovery times, and protect critical services like hospitals and emergency response systems.

- Infrastructure hardening means strengthening the physical components of the grid. This includes upgrading poles and wires, burying lines where it makes sense,



Bayshore substation

and using materials that can withstand harsh conditions. Coastal areas where storm surge may occur are especially challenging.

- Smart grid technology greatly improves grid resilience. Smart meters, protective devices, and automated systems allow utilities to detect and respond to issues more quickly. Real-time data helps identify potential issues like outages and reroute power, reducing downtime and improving restoration efforts.

- Mutual aid agreements with neighboring cooperatives, contractors, and investor-owned utilities enable quick access to additional crews, equipment and resources, speeding up the recovery after a major event.

Why Does Resilience Matter?

The impact of a resilient grid goes beyond keeping the lights on. A strong, adaptable grid supports economic stability, public safety, and community well-being. After a major disaster, a quick return to normalcy is essential, and a resilient grid makes it possible. It also helps protect the most vulnerable members of our communities, ensuring that critical services like healthcare and emergency response can continue operating during and after a crisis.

Looking Ahead

Investing in grid resilience is an investment in the future. Building a stronger, smarter, and more adaptable grid will be key to safeguarding LCEC communities and ensuring a brighter, more reliable future for all.

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.



Friends Of Cape Coral Library

Southwest Florida Fine Craft Guild Exhibit

Nov. 14 Through Dec. 30

A juried show titled "Artisan Adventures" featuring exceptional work by members of the Southwest Florida Fine Craft Guild (SWFFCG) will grace the walls and display cases of the Cape Coral Library art gallery from Nov. 14 through Dec. 30. Each piece in this exhibit is a handmade, original and unique product of the individual artist's imagination. The library is located at 921 SW 39th Terrace, off Mohawk Parkway, and the exhibit will be open during regular library hours.



Mermaid, Stained Glass by Donna Spitzer



Southwest Florida Fine Craft Guild Exhibit at Cape Coral Library in 2022



One of three gallery cases at the 2022 Southwest Florida Fine Craft Guild Cape Coral Library Exhibit

Friends Of The Cape Coral Library General Meeting

Program: Garden Club Of Cape Coral

All are invited to the Friends of the Cape Coral Library (FOCCL) general meeting on Saturday, Nov. 16. The morning will begin at 9:30 a.m. with coffee, tea and light refreshments. The business portion of the meeting will start at 10 a.m., followed by a demonstration by Garden Club of Cape Coral members on using local plants to create decorations. FOCCL general meetings, which take place in the large meeting room of the Cape Coral Library at 921 SW 39th Terrace, are free and open to the public. You're welcome to bring a guest or two. For more information on Friends of the Cape Coral Library visit www.capefriends.org and follow us on Facebook.

The Southwest Florida Fine Craft Guild was formed 53 years ago and is a highly respected nonprofit artist collective for creative minds. Members actively participate in the local community by lending their expertise and taking part in art exhibitions, workshops, demonstrations and art scholarships. Information about the Guild can be found on their website www.SWFFCG.org.

Changing art exhibitions in the library's gallery are sponsored by the Friends of the Cape Coral Library and are designed to afford local artists the opportunity to share their work in this public forum. The variety of visual experience benefits library visitors of all ages. For information contact Monica Rahman, Art Gallery Chairperson, at gallery@capefriends.org or visit www.capefriends.org. Follow "Friends of the Cape Coral Library" on Facebook.

Fall Book Sale Fundraiser

Open To The Public Nov. 22 To 23

The book sale will be held in the meeting room at the Cape Coral Library located at 921 SW 39th Terrace. The sale will be open to the public on Friday, Nov. 22 and Saturday, Nov. 23 from 9 a.m. to 3 p.m. both days. (A members-only special preview sale will be held the day before on Thursday, Nov. 21 from 10 a.m. to 3 p.m. Non-members may join the Friends of the Cape Coral Library organization at the door by paying the annual dues of only \$20 per family.) The huge meeting room of the Cape Coral Library will be filled with thousands of quality used books. Nonfiction will be arranged by category. There will be lots of fiction for adults and a section for children and teens. Find audio books and music CDs, plus movies on DVD. Most items are \$1 or \$2, with small paperbacks at less than a buck! We will also highlight a large selection of "special" books that are priced somewhat higher but are still an incredible bargain! Proceeds from the event are used to support the Cape Coral Public Library branch. Pay by cash or personal check only. (No credit cards.) For more information visit us at www.capefriends.org and follow us on Facebook.

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Lee County Plumbing and Well Service, Plumbing, 1603 Benchmark Ave., Fort Myers, FL 33905, www.leecountyplumbingandwellservice.com, (239) 464-6150.

Join The Chamber

As a member, you are helping to strengthen our local economy, promote the community, provide networking opportunities, represent the interests of business with government and take political action.

As your Chamber of Commerce, we work to bring you more business, create better connections, make you more visible and help you work smarter. Your membership is a good investment in the future of our community and your business.

We offer membership for all business sizes, nonprofits, retired individuals or those not working in an organization or business. If you are an individual not affiliated with a business or are retired, you can contact a member of our membership department at (239) 549-6900 to see if the individual level is an opportunity that is available to you.

For more information on membership, please visit our website at www.capecoralchamber.com.



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for Cape Coral's City Council District #7

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Cape Coral Museum Of History

Remember When...

Cape Coral Fire Station, Chester Street Resource Center, 4816 Chester St.

In late 1961, the citizens of the community of Cape Coral began talking about the need for a Fire Department. The interest spread throughout the City, and by February 1962, a letter was mailed to all residents inviting them to a meeting at the Cape Coral shopping center to discuss the issue.

Bob Finkernagle and Dick Crawford, both employees of Gulf American Land Corporation, conducted the meeting and presented an offer from their company to donate land at Chester and Lafayette Streets and match dollar for dollar, up to \$5,000 to construct a building. By April 1962, a Fire Board was established, letters seeking volunteer firefighters were sent out, an office was opened in the shopping center, and monies started coming in. Households were asked to donate \$10 toward the building. The first organization to give a substantial donation was the Cape Coral Teen Club, which donated \$100. By July, plans for the building had been drawn, and the first permanent officers were elected. Fred Bahr, a retired Battalion Commander from the New York Fire Department, was elected President. Ground was broken for the Station in October 1962. About the same time, the community held a small carnival complete with donkey softball to raise additional monies. Leo Enghardt, a Fort Myers funeral home director, agreed to donate an ambulance to the Cape Coral Fire Department upon the building's completion.

In March 1963, Ed Kocik was elected among the members to be temporary Fire Chief until an official election.



Aage Schroder was considered the first assistant fire chief because he owned a submergible pump, which he used in his swimming pool business. The pump was the city's only means of pumping water. A month later, a fire at the Surfside Restaurant reinforced the need for the Fire Department. Even though the fire did not destroy the entire building, the interest it created among the citizens was tremendous.

During that same month, the citizens of Cape Coral passed a referendum to create the city's first Fire Department and establish a county fire district. The vote was 445-6. The fire station was completed in September and became the hub for meetings and special events. Even though the fire station was complete, it was not until January 1964 that the first fire truck was ordered. It was a John Beam Class A pumper at a cost of \$24,000. Cape Coral received this truck in April 1964. In 1966, the first fire budget was \$35,657. By the end of this year, the district hired its first two paid men. They were Gib Patten and Tim Heric.

Hours: Closed Sunday, Monday, and Tuesday. Open 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.



QR Code Scams

QR codes, "Quick Response Codes," are all around us. These square, black and white boxes allow businesses to quickly direct you to their website, can track product information in a supply chain, link us to applications as well as store financial information. The uses for these codes are nearly limitless as they store a great deal of data in a very small space.

Our smartphones scan the pattern simply by pointing the phone's camera at the code.

As is often the case, criminals and scammers find methods to steal personal data and money using these very same technologies.

Nationwide, law enforcement agencies are receiving numerous calls regarding altered QR codes designed to illegally obtain a victim's banking information, credit card information and/or personal data stored on their smartphone. Scammers are always searching for ways to separate you from your money and they have discovered that the use of fraudulent QR codes is an effective way to do so.

For example, QR code scams involving parking fees have been reported across the nation. "Scan to pay" stickers are placed on parking meters and around public parking locations. Most of us are in a hurry to get to our destination and pay little attention to where our parking fees are being sent.

Many reports have been received regarding fraudulent discount coupons being sent via email or text messaging. By copying a legitimate ad from a reputable retailer, scammers then cut and paste their QR code over the legitimate one. By doing so, you are redirected to a phishing website capable of stealing credit card and personal information.

Please Consider The Following Methods Of Prevention:

- Do not scan a randomly found QR code. Be selective!
- Look for QR code tampering such as a sticker placed over an existing QR code. Some scammers are physically pasting bogus codes over legitimate ones. If it looks as though a code has been tampered with at your local bar or restaurant, don't use it. This applies to legitimate ads you obtain or receive in the mail.
- Be suspicious if, after scanning a QR code, the site asks for a password or login info.
- Do not scan QR codes received in emails unless you know they are legitimate. Call the sender to confirm.
- Carefully review the destination page.

Should you be victimized by a fraudulent QR code, please contact the FBI's Internet Crime Complaint Center at www.ic3.gov or call your FBI local office. Fraud can also be reported to the Federal Trade Commission by visiting ReportFraud.ftc.gov.

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Lee Building Industry Association
Royal Palm Coast Realtor Association

Paid & approved by Jennifer Nelson, nonpartisan, for Cape Coral City Council District 4.

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've lived in your home the harder it can be to visualize your new design.



collective are getting closer and closer to 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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Columbus Day
Monday, October 14

Dear Friends & Neighbors,
"Our movement is a continuation of our voices, showing everyone what's possible when we all dig in and push for what we truly deserve. And what we deserve is a Cape Coral where all of us are seen, heard, treasured, and valued — a Cape Coral for everyone."

More About Me:
I have a Doctorate in Business Administration. 40 Years experience in Executive Management. I'm a 20 year resident of Cape Coral. Married to my best friend and High School sweetheart, Patricia. We raised 4 amazing daughters and have 5 grandchildren.



JOE KILRAINE
FOR CAPE COUNCIL DISTRICT 5

STOP THE STIPEND ★ REBUILD TRUST

Political advertisement paid for and approved by Joe Kilraine for Cape Coral City Council, District 5

Coming Up In The Cape

First Annual Run For Youth Sports Of Southwest At Cape Coral Animal Shelter Saturday, Oct. 19 – 7:30 to 10 a.m.

Join the First Annual Run for Youth Sports of Southwest Florida on Saturday, Oct. 19 at 7:30 a.m. at the Cape Coral Animal Shelter, 325 SW 2nd Ave. The event will include a 5K Run/Walk for all ages followed by a one-mile challenge for youth runners 18 and under.

The start and finish line will be in the animal shelter parking lot, as well as multiple tables with information from local youth sports organizations, awards ceremony, and portable restrooms.

Big thanks to Mike Ruth of Dynamic Athletic Performance for conducting a pre-race warm up, and to Sun Splash Waterpark for providing free admission and heavy discounts to race participants!

For event details, visit www.skisignup.com/Race/FL/CapeCoral/1stAnnualSWFLRunForYouthSports.

Guided Hike At Rotary Park

Wednesday, Oct. 23 And Wednesday, Nov. 6 – 9 to 10:30 a.m.

Join us for a guided hike of Rotary Park, 5505 Rose Garden Road, on Wednesday, October 23, from 9 to 10:30 a.m. with an expert in Florida environments.

Wear walking shoes and dress appropriately for the weather.

The cost is \$10 per person. Advance registration is required at (239) 549-4606.

Sunset Fest at Four Freedoms Park

Wednesday, Nov. 6 – 4 to 7 p.m.

Join us for a monthly Sunset Fest at Four Freedoms Park, 4818 Tarpon Court, on Wednesday, Nov. 6, from 4 to 7 p.m. It will feature vendors, food trucks, and a beautiful sunset! Each month will include different food trucks to allow patrons to try new flavors!

Call Four Freedoms Park at (239) 574-0804 to register as a vendor or food truck.

Wild Edibles Walk At Rotary Park

Wednesday, Nov. 13 – 10 to 11 a.m.

Join us for a “Wild Edibles Walk” at Rotary Park, 5505 Rose Garden Road, on Wednesday, November 13, from 10 to 11 a.m. Learn how to identify edible plants in the wild and incorporate them into your landscaping.

The cost is \$10 per person, and advanced registration is required at (239) 549-4606.

Music & Arts Fusion Walk On 47th Terrace

Saturday, Nov. 16 – 5 to 9 p.m.

SE 47th Terrace between Vincennes Boulevard and SE 15th Place

The Cape Coral Parks and Recreation Department is

proud to bring local artists and musicians together! Come out for an evening of live music and vendors and support local businesses. This event will feature pop-up shops by local artists that showcase everything from handmade jewelry to paintings. This is a family-friendly event!

Vendors

Artists, designers, and makers with high-quality, handmade, original work are invited to be a part of Cape Coral Music & Arts Fusion. Acceptable categories are candles, clay, digital, glass, jewelry, leather, living plants, mixed media, paintings, photography, soaps/lotions, and woodwork.

For more information, contact Cape Coral Parks & Recreation at (239) 573-3128.

Cape Coral Kiwanis KidsFest

Oct. 26 – 10 a.m. to 3 p.m.

Are you ready for a day of fun and excitement? Then come to the Kiwanis KidsFest Festival located at 544 Cultural Park Blvd. It's free and open to everyone, and there's something for everyone to enjoy.



You can play on bouncy houses, ride slides, and play games with your friends. There will also be food, crafts, and vendors selling all sorts of cool stuff. And, of course, no festival is complete without a stage show, so be sure to check out the live entertainment too.

So, what are you waiting for? Come to the Kiwanis KidsFest Festival and have a blast!

Here's A More Detailed Breakdown Of What You Can Expect At The Festival

Bounce Houses: Bounce around to your heart's content! There will be bouncy houses of all shapes and sizes, so there's sure to be one that's perfect for you.

Slides: Who doesn't love a good slide? There will be a variety of slides to choose from, so you can race your friends or just slide down at your own pace.

Games: There will be plenty of games to play, both inside and outside. Try your luck at a carnival game or compete in a friendly competition.

Food: There will be a variety of food vendors to choose from, so you can find something to satisfy your hunger.

Kids' Activities: There will be tons of fun activities for kids of all ages.

Vendors: There will be a variety of vendors selling all sorts of cool stuff. From toys and games to clothes and accessories, you're sure to find something you love.

Stage Show: Be sure to check out the live entertainment on the stage. There will be music, dancing, and more!

Free admission! Free parking!

Canned food donations are encouraged and will be collected. Kids get a free hot dog, water and chips (while supplies last).

So come to the Kiwanis KidsFest Festival and have a blast! It's a day of fun and excitement for kids of all ages.

Movie In The Park

The City of Cape Coral Parks and Recreation Department proudly presents a FREE “Movie in the Park” series on our giant inflatable screen. The movie starts at dusk, but plan to arrive early to enjoy dinner from our onsite food truck, grab a good spot, and have a chance at our giveaways. Don't forget to bring a blanket and chairs to enjoy the movie!

Upcoming Movies

Friday, Oct. 25, Cape Coral City Hall, front lawn – *Hotel Transylvania*

Friday, Nov. 29, Cape Coral City Hall, front lawn – *Arthur Christmas*

Saturday, Nov. 30, Cape Coral City Hall, front lawn – *Elf*

Sunday, Dec. 1, Cape Coral City Hall, front lawn – *Dr. Seuss' How the Grinch Stole Christmas*

Saturday, Dec. 21, Four Freedoms Park – *Polar Express*



Concert In The Park

Nov. 7 – 5 to 8 p.m.

The City of Cape Coral Parks and Recreation Department proudly presents a FREE “Concert in the Park” series! Bring a date, a group of friends, or even fly solo if you enjoy live music, dinner, drinks, and a breathtaking sunset! Music starts at approximately 5:30 p.m., but plan to arrive early to enjoy dinner from our on-site food truck, grab a good spot, and have a chance at our giveaways! Blankets and lawn chairs are encouraged.

Concert Dates / Schedule

Thursday, Nov. 7, Four Freedoms Park, Sheena Brook

Thursday, March 6, 2025, Cultural Park, Mattlee Crew

Thursday, April 3, Four Freedoms Park, TBA

OPEN HOUSE AT ALL CAPE CORAL FIRE STATIONS

SATURDAY, NOVEMBER 2 • 9AM - 12PM

<p>1 SAVE A LIFE STATION 4610 Coronado Pkwy.</p> <ul style="list-style-type: none"> • Blood Donations with One Blood from 8:30am-2:30pm • Family and Friends CPR Instruction and Smoke Alarm Education with Red Cross • Adoptable Dogs from the Cape Coral Animal Shelter • United Way Beesley's Paw Prints Pet Therapy Program • United Way Volunteer Programs 	<p>8 DON'T BUG ME STATION 707 SW 1st St.</p> <ul style="list-style-type: none"> • Mosquito Control District Helicopter and Education Display (Including Bugs!) • Hyacinth Control Truck and Airboat
<p>2 CCPD STATION 521 Nicholas Pkwy.</p> <ul style="list-style-type: none"> • CCPD Patrol Vehicle, K-9 Unit, Motorcycle, UTV, and Drones 	<p>9 JR FIREFIGHTER STATION 4107 Pelican Blvd.</p> <ul style="list-style-type: none"> • Junior Firefighter Obstacle Course
<p>3 CCFD STATION 1827 Everest Pkwy.</p> <ul style="list-style-type: none"> • Open House Activities 	<p>10 CCFD STATION 3623 Gator Circle</p> <ul style="list-style-type: none"> • Open House Activities
<p>4 WATER SAFETY STATION 2007 Santa Barbara Blvd.</p> <ul style="list-style-type: none"> • CCFD Dive Team and Fire Boat • US Coast Guard Auxiliary and Coastie • Water Safety Information from Lee Health and YMCA 	<p>11 LCEMS STATION 1038 Burnt Store Rd.</p> <ul style="list-style-type: none"> • Ambulance • LeeFlight Helicopter
<p>5 WILDLAND SAFETY STATION 1029 Diplomat Pkwy.</p> <ul style="list-style-type: none"> • Florida Fish and Wildlife Wildland Vehicles and Wildlife Artifacts Display • Florida Forest Service Bulldozer, Tractor, and Smokey Bear 	<p>12 SPECIAL OPS. STATION 2129 Chiquita Blvd.</p> <ul style="list-style-type: none"> • CCFD Hazardous Materials Team • Urban Search and Rescue (USAR) High Water Rescue Vehicle and Double Stack Boat Trailer • TRISAR K9 Search and Recovery Volunteers and Dogs
<p>6 VEHICLE SAFETY STATION 4540 Chiquita Blvd.</p> <ul style="list-style-type: none"> • Vehicle Extrication Demonstration • Car Seat Checks with Safe Kids • Transportation Information and Free Bicycle Helmet Fittings with FDOT 	<p>13 CHILD SAFETY STATION 2025 NE 6th St.</p> <ul style="list-style-type: none"> • 9-1-1 for Kids • United Way ReUnite Program • Kids Fingerprinting • Inflatable Fire Safety Smoke House • Facepainting

Meet Your Neighborhood Firefighters

Apparatus and Equipment Displays

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Giveaways and Games with Prizes

Partner Public Safety Agency Displays and Activities

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SCAN ME



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UPCOMING EVENTS



12 OCTOBER, 2024
Bike Night



29 NOVEMBER - 1 DECEMBER, 2024
Holiday Nights on the Lawn



25 OCTOBER, 2024
Trunk or Treat



14 DECEMBER, 2024
Reindeer Run



9 NOVEMBER, 2024
Veterans Day Parade



21 DECEMBER, 2024
Holiday Boat-a-Long



16 NOVEMBER, 2024
Music & Arts Fusion



31 DECEMBER, 2024
New Year's Eve

Visit CapeCoral.gov & Follow us on social






Bulk Waste Drop Off

Saturday, Nov. 2 – 7 To 11 a.m.

Cape Coral is partnering with Waste Pro and Lee County's Solid Waste Division to collect bulk items and household chemical waste (HCW) on Saturday, November 2, 2024, from 7 to 11 a.m. Waste will be collected in the City Hall parking lot at 1015 Cultural Park Boulevard.

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

These semi-annual events give residents another way to dispose of large items and a safe and responsible way to

dispose of HCW. Residents should use the main entrance to City Hall on Cultural Park Blvd. to drop off items. Materials for drop-off will be collected from vehicle trunks and truck beds.

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

Items that will be accepted at the event include:

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

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

No white goods will be accepted. Residential bulk item collection is available each week on the same day as solid waste, recycling, and yard waste removal.

For more information visit Waste Pro Service, www.wasteprousa.com/cape-coral.

Ending Joint Replacement Surgery?

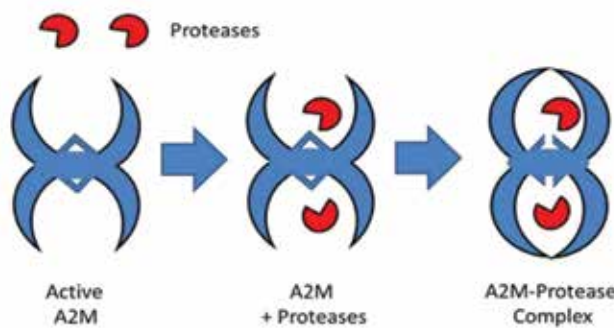
By Dr. Rob Davis

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

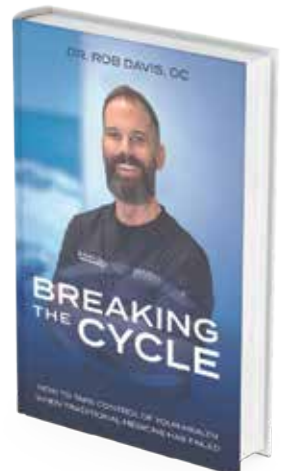
day. I am very, very pleased, because I was very skeptical and this has helped me."

- 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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Cape Coral Sail And Power Squadron Announces Local Waters Seminar And Book



The Cape Coral Sail and Power Squadron, America's Boating Club Cape Coral, has been a fixture in the city since 1964. Its members have seen many changes in the short period of time and have an in-depth knowledge of our waterways. With over 50,000 registered vessels on our waters, boaters new to Lee County find boating in one of Florida's largest estuaries not like anything they experienced "back home." Many are overwhelmed by the sheer number of boats traversing the navigable areas of the estuary, and they end up with many questions and get many different answers.

Inspired by the questions our members are asked by new boaters the Squadron created a "local waters" seminar. In the seminar we try to provide information about the things people have told us they wish they knew before heading out on the waters.

The seminar has been so successful that member Tom Dawson has written a book that covers the material for those who want to know just a bit more: *Barret Bonden's Local Knowledge Recommended - Things you wish someone had told you about boating here!*

Included in this new book is a bit of history to help the reader begin to understand the environment. The Caloosahatchee River used to be a true estuary. Today it is a drainage ditch for the waters that used to feed and nourish the "River of Grass" that made up the Florida Everglades.

Sudoku

2	5		7			6
4		9	6			2
			8			4 5
9	8		7	4		
5	7		8	2		6 9
			6	3		5 7
7	5		2			
	6		5	1		2
3			4			5 8

Answer in this issue

The Intracoastal Waterway System has also played a role in changing how we navigate our waters. Boaters need to learn to use Intracoastal navigation aids or find themselves running aground.

The waters around us are also very shallow. The dredged navigational channels have depths ranging from 9 to 12 feet, with spoil areas lurking for the unwary. Venture outside the any of the marked channels and you will be likely to be turning up muck or destroying seagrass beds. Even offshore, in the Gulf of Mexico, you will likely have to go out more than 10 miles offshore to find water over 40 feet deep.

Like the seminar, the newest book discusses the safest way for new boaters to get to some of the popular spots in Pine Island Sound, Matlacha Pass, San Carlos Bay, Estero Bay and on the banks of the Caloosahatchee River.

This is the second book Dawson has written specifically about our local waters. *Safe Boating in Southwest Florida, Your Guide to the Many Channels on our Waterways* looks

at over 80 marked channels boaters will pass as they travel from the Franklin Lock and Dam, into San Carlos Bay and up to Bokeelia.

The Southwest Florida Boating Seminar is being offered Tuesday, Nov. 12, and Tuesday, Jan. 14, 2025. Seating is limited and preregistration is needed to make sure there is a seat available. Registration information can be found on the Events Page at www.ccsaps.org. Copies of both of Dawson's books will be available for purchase after the seminar along with local charts and Chart Art's Boaters Destination Guide.

If you are out and about on Saturday mornings, stop by the Cape Coral Sail & Power Squadron booth at the Cape Coral Farmer's Market at Clubhouse Square. Our members have lots of local knowledge and are happy to answer any questions you have about local boating, our courses, seminars, and the benefits of being a member of the largest boating club in Cape Coral.

Dr. Derrick Donnell



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Council Representative District #3 City of Cape Coral

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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

Honesty ~ Experience ~ Leadership

Book Review: *Toxic Prey* By John Sandford

A Fast-Paced Thriller Of Power And Vengeance

By Lillian Till,

Flutterbug Books and More

John Sandford's *Toxic Prey* is a gripping and relentless entry into the ever-popular thriller genre. Sandford has delivered yet another edge-of-your-seat narrative as an acclaimed author known for his long-running Prey series featuring the charismatic detective, Lucas Davenport. However, in *Toxic Prey*, Sandford offers readers something more: a deeper exploration of corruption, revenge, and survival, wrapped in a narrative that keeps the tension razor-sharp until the very last page.



A Compelling Storyline

Toxic Prey follows the interweaving lives of several characters drawn together by a high-stakes pursuit of power and vengeance. At the heart of the story is FBI agent Letty Davenport, Lucas Davenport's daughter, who is tasked with investigating a powerful underground organization involved in environmental crimes and human trafficking. The stakes are raised when Letty becomes entangled with dangerous enemies, each with their agenda.

From the opening pages, Sandford thrusts readers into a world where the lines between good and evil blur. Letty is a complex protagonist—intelligent, resourceful, and tough—but Sandford does not shy away from showcasing her vulnerabilities. She faces external threats and the internal struggles of balancing personal morality with the demands of her job.

The novel's plot is fast-paced and tightly constructed, with a relentless momentum that drives the story forward. Sandford masterfully creates a sense of escalating danger, with twists and turns that keep readers guessing. The stakes are high, and the tension is palpable as Letty delves deeper into the criminal underworld, uncovering layers of corruption and deceit. As

the story unfolds, readers are drawn into a web of suspense that refuses to let go.

Characters That Shine

One of the standout aspects of *Toxic Prey* is its well-drawn cast of characters. Letty Davenport, as the lead, carries the weight of the narrative on her shoulders, and Sandford has crafted her with a depth that makes her both relatable and formidable. Letty is a fiercely independent woman, yet her loyalty to her father and commitment to justice anchor her decisions. Her resourcefulness and ability to navigate dangerous situations keep her one step ahead of her adversaries. Still, her inner turmoil and emotional depth make her a character readers will root for.

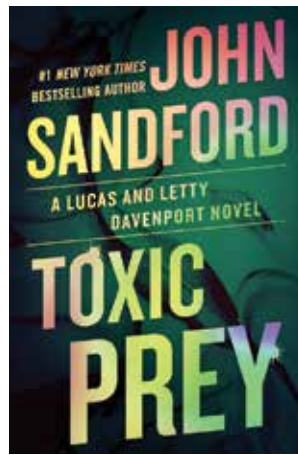
The villains in *Toxic Prey* are equally compelling. Sandford creates antagonists who are not simply evil for the sake of it, but rather individuals with their motives and justifications. These shades of gray add complexity to the narrative, as readers are forced to confront the moral ambiguity of the characters' actions. The tension between right and wrong, justice and revenge, permeates the novel, giving it an added depth beyond a typical action-driven thriller.

Supporting characters, including law enforcement allies and corrupt officials, enrich the narrative, adding texture to Letty's journey. Each character, whether ally or foe, feels fully realized, contributing to the story's emotional and psychological complexity.

Thematic Depth And Social Relevance

Beyond the pulse-pounding action, *Toxic Prey* touches on deeper themes that give the novel a sense of relevance in today's world. Sandford weaves a story that reflects societal issues such as environmental degradation, corporate greed, and human exploitation. These timely issues serve as a backdrop to the novel's central plot, enhancing the stakes and giving the narrative a broader context.

Sandford does not preach or offer easy solutions, but he raises questions about the consequences of unchecked



power and the lengths individuals will go to maintain control. The theme of toxic power—whether it's in the form of a corrupt corporation, a dangerous criminal enterprise, or even personal vendettas—runs throughout the book. *Toxic Prey* invites readers to reflect on the costs of ambition and the human toll that comes with it.

The title itself, *Toxic Prey*, is indicative of this exploration of power. The term "prey" suggests vulnerability and danger, while "toxic" alludes to the corrupting and destructive forces at play in the novel. Sandford deftly uses this theme to highlight how individuals and institutions become ensnared in their web of destruction.

A Thrilling And Satisfying Read

At its core, *Toxic Prey* is a highly entertaining and satisfying thriller that delivers on every level. Sandford's skill as a storyteller shines through in the novel's pacing, character development, and intricate plotting. The action is relentless, but it never feels gratuitous, and the emotional stakes are high without feeling overly melodramatic.

Fans of Sandford's Prey series will appreciate the continuation of Letty Davenport's character arc, while new readers will find *Toxic Prey* an accessible and engaging standalone entry into Sandford's body of work. The novel strikes a balance between high-octane action and thoughtful commentary, making it a must-read for anyone who enjoys thrillers that are both intelligent and exhilarating.

Conclusion

John Sandford's *Toxic Prey* is a masterfully crafted thriller that combines the best elements of the genre—heart-pounding action, complex characters, and timely themes. With its fast-paced narrative and deeply human protagonist, the novel grips readers from the first page and never lets go. Sandford continues to prove why he is a dominant force in the thriller world, and *Toxic Prey* is a testament to his ability to deliver both suspense and substance. It is a novel that will leave readers breathless, eagerly anticipating what comes next for Letty Davenport.

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 Flutterbug 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.

Cataracts: Commonly Misunderstood

As the most common surgical procedure performed in the United States, cataract removal is surprisingly routine: it's a highly successful outpatient procedure, performed every day of the week, in surgical centers throughout the country. But ironically, cataract surgery is also commonly misunderstood.

"Frequently, I see patients who have heard bits of information from friends or family members, or saw something online that sounded promising," explains Dr. Yasaira Rodriguez, cataract surgeon and Medical Director at Elmquist Eye Group in Fort Myers and Cape Coral. "While first-hand experiences from friends and family are usually accurate, online information about medications or eye exercises that cure cataracts are inaccurate and even harmful."

Myth #1: Cataracts Are Growths In The Eye

A cataract is not a growth on or in the eye. It's a clouding of the eye's natural lens and will affect everyone if they live long enough. This clouding of the lens becomes worse over time, like a window fogging over. If left untreated, the deterioration in vision caused by cataracts will eventually result in total blindness.

Myth #2: Cataract Surgery Is Difficult

Cataract surgery is a simple outpatient procedure, during which you are awake but relaxed. A small incision is made in the eye, often using a laser. The cataract is fragmented into small pieces using ultrasound waves, and then gently suctioned away. There is virtually no pain, and you resume normal activities within just a few days.

Myth #3: Waiting Is Best

In the past, you might have thought you needed to wait until a cataract was fully clouded or "ripe" before contemplating surgery. This meant a near total loss of vision before undergoing surgery, and a marked decrease in quality of life. "Thirty years ago, cataract surgery was quite invasive, and patients were told to wait for the cataract to ripen, which really meant harden," says Dr. Rodriguez. "At that time, a very

hard cataract was easier for a surgeon to remove. Today, however, ultrasound technology allows us to remove much softer cataracts, so there is no need to wait until vision is lost. We are able to give you back clear, bright vision, so you can continue enjoying the hobbies and activities you love."

Does this mean that patients should rush into surgery the minute they've been diagnosed with cataracts? Not necessarily, says Dr. Kate Wagner, optometrist and partner at Elmquist Eye Group. She advises patients to consider surgery when poor vision begins to impact daily life. Dr. Wagner reports that once cataracts are removed and clear lens implants inserted, patients notice significant changes. "They're able to return to the activities they love, but gave up due to decreased vision, poor near vision, and poor depth perception. Most tell me they wished they'd done it sooner," Dr. Wagner says.

Myth #4: Drops Will Eliminate A Cataract

Many holistic and alternative therapies are being used throughout medicine, and eye care is no exception. However, misinformation abounds regarding treatment for cataracts. "Understandably, patients want the least-invasive solution for aging eyes and drops promising to dissolve cataracts sound simple and painless," says Dr. Wagner. "But drops are not an option. Drops don't slow the progression of a cataract, nor do they reverse cloudiness in the lens. For cataracts, the only solution is to remove the cloudy lens surgically and implant a clear lens in its place."

Myth #5: I'll Still Need Glasses After Surgery

Lens implants have made great strides in the last 20 years, and you now have a choice about the vision you'll enjoy after cataract surgery. Traditional monofocal lens implants will usually correct distance vision, but glasses will still be needed for near, and computer work afterwards. Newer multifocal and extended-depth-of-focus implants can restore an even fuller range of vision. "We have extraordinary solutions for cataract patients now, helping patients see like they did at age 45 or 50, often without glasses," says Dr. Rodriguez.

Drs. Rodriguez and Wagner recognize that medical information can sometimes feel confusing, and they

"We are able to give patients back their eyesight, and the things they love to do, while they still have many years to enjoy it."

-Dr. Rodriguez

understand patients may not even be sure what questions to ask when they see the doctor at their appointment. Their commitment is always to helping you completely and accurately understand your own health care and choices. "Our highest priority is patient education," says Dr. Rodriguez. "It's imperative that you understand our diagnosis, your treatment options, the surgical experience and what to expect post-operatively. The vision we'll help you achieve is what you'll enjoy throughout your life, and we want you to get back to seeing, and doing, the things you love."

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.



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Cape Coral Art League

Open Painting

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



Every Wednesday (September through July) from 1 to 4 p.m. Open to the public. \$3 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

Beginning Acrylic – Mondays, 10 a.m. to noon

Intermediate Acrylic Painting – Mondays, 12:30 to 3:30 p.m.

Learn to Draw – Tuesdays, 9 a.m. to noon

Creative Watercolor for the Beginner and Above, Tuesdays, 9 to noon

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

Oil Painting for All Levels – Wednesdays, 9 a.m. to noon

Digital Photography and Graphics

(Adults 16-plus) – Wednesdays, 3 to 5 p.m.

Hooked on Watercolor – Intermediate

– Thursdays – 9 a.m. to noon

Scan the QR code for the schedule.



Upcoming Exhibits

Express Yourself

Nov. 4 to 22 – 11 a.m. to 4 p.m., Monday through Thursday

Wine and Cheese reception, Thursday, Nov. 7 from 5 to 6:30 p.m.

December Silent Auction

January Water Wonderland

February Wild About Wildlife

March Simply Red

April Celebrating Color

May Florida Life

Please consult www.capecoralartleague.org for more information.

Unique Gifts At Reasonable Prices!

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

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

Speaking of gifts

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

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

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

Gulf Coast Village Welcomes New Leaders

Gulf Coast Village, Cape Coral's only Life Plan Community and Volunteers of America National Services (VOANS) announces **Kendra Noble, MBA, LNHA, as their new Palmview Assisted Living Administrator.**

Noble, a lifelong resident of Cape Coral, Fla., received a Bachelor of Science in Health Science from Florida Gulf Coast University and an M.B.A. in healthcare management from Western Governors University. Her previous work experience includes positions in public health, dermatology, and emergency medicine.

Gulf Coast Village, Cape Coral's only Life Plan Community and Volunteers of America National Services (VOANS) announces **John Nicolette, PT, as their new Community Based Services Administrator.**

Nicolette, originally from Oneonta, N.Y., attended Ithaca College, where he received a B.S. in physical therapy. After practicing for several years, he became a full-time professor of physical therapy in Binghamton, New York. In 1994, Nicolette moved to Fort Myers, Florida, where he has been a resident working as a physical therapist in various settings in Fort Myers and Cape Coral, Florida.

Gulf Coast Village, Cape Coral's only Life Plan Community and Volunteers of America National Services (VOANS) announces **Rachel Byrd as their new Assisted Living Area Sales and Marketing Director.**

Byrd, a native of Southwest Florida, has earned a B.A. in sociology from Florida Gulf Coast University and an M.A. in gerontology from the University of South Florida. She is a licensed certified dementia practitioner, a board-certified advanced activity professional (BC-AAP) from the Activity Professionals National Credentialing Center, and a certified assisted living administrator.

About Gulf Coast Village

As part of a family of senior living options in Cape Coral, Fla., Gulf Coast Village has been in operation since 1989. As a not-for-profit organization, profits are reinvested back into our community to continue serving and enriching the lives of older adults and their family members. The 33-acre campus offers a full continuum of care including independent living, assisted living, memory support, short-term rehabilitation, long-term skilled nursing, respite care and in-home supportive services. Learn more at www.gulfcoastvillage.org.



About Volunteers Of America National Services

VOANS, a subsidiary of Volunteers of America, provides affordable housing and healthcare services in over 40 states and Puerto Rico. The organization employs over 2,000 professionals who provide high quality services and care to clients. As one of the largest nonprofit affordable housing owners/operators in the nation, VOANS has over 240 properties and approximately 14,500 affordable housing units. VOANS also operates over 46 senior healthcare programs, including skilled nursing, assisted living, home health care, adult day and Program for All Inclusive Care for the Elderly (PACE). Learn more at www.voans.org.



Deborah

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Cape Coral Animal Shelter Executive Director Elected To Florida Association Of Animal Welfare Organizations

The Cape Coral Animal Shelter, Cape Coral, FL, proudly announces that Executive Director, Liz McCauley, has been elected to the board of directors of the Florida Association of Animal Welfare Organizations (FAAWO). FAAWO is an organization of nonprofit animal shelters and dedicated advocates working together to positively impact animal welfare throughout the state of Florida. Their aim is to improve the lives of animals and support Florida shelters through Legislation, Advocacy, Disaster Response, and Animal Transport Services. FAAWO



shares knowledge, expertise, and support to increase lifesaving efforts and advocacy for the animals of our state, creating a unified voice for animal welfare.

“While leading the Cape Coral Animal Shelter the past five years, Liz has established important relationships with rescue partners and animal agencies throughout the state” said Cape Coral Animal Shelter Founder and Board President, JoAnn Elardo. “Our mission has always been to help the animals of our community and far beyond. Liz’s involvement with this prestigious, state-wide organization aligns with our purpose and will allow us to have an even greater impact on animal welfare throughout Florida.”

The Cape Coral Animal Shelter and Veterinary Clinic is a nonprofit organization that has been serving South Florida since 2020. In just under five years, CCAS has found loving, forever homes for over 5,000 abandoned, unwanted, and neglected pets. Through its full service, state of the art veterinary clinic, CCAS has provided low-cost veterinary care to over 7,000 clients in our community and beyond. A major expansion is planned for 2025 that will more than

triple the current shelter space and expand clinic operations to serve more people and their pets.

For more information on FAAWO visit www.faaawo.org

For more information on CCAS visit www.capecoralanimalshelter.com

About Cape Coral Animal Shelter

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



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



Prepare To Razzle-Dazzle With *Chicago* At Broadway Palm Dinner Theatre

Broadway Palm Dinner Theatre is thrilled to announce its upcoming production of *Chicago* running now until Nov. 9. Set amidst the razzle-dazzle decadence of the 1920s, this high-energy production brings the glitz and glamour of the Roaring '20s to life with vibrant choreography, sharp wit, and unforgettable music.

Chicago is the longest-running American musical on Broadway history and a timeless classic. Winner of six Tony Awards® in 1997, including Best Revival of a Musical,



Billy Flynn

Chicago continues to enchant audiences with its story of fame, fortune, and all that jazz. The musical follows Roxie Hart, a housewife and nightclub dancer who finds herself in the media spotlight after committing a crime of passion. Desperate to avoid conviction, she manipulates the public, the media, and her rival cellmate, Velma Kelly, by hiring *Chicago*'s slickest lawyer to turn her malicious crime into a sensational headline.

Audiences will enjoy a collection of beloved numbers such as *All That Jazz*, *Cell Block Tango*, *Razzle Dazzle*, and *Roxie*. With its spectacular dance routines and clever dialogue, *Chicago* promises an evening of entertainment like no other.

Performances will be held at Broadway Palm now until Nov. 9, with shows scheduled Wednesday through Sunday evenings and select matinees. Ticket prices range from \$60 to \$85, with special rates for groups. Tickets are available now and can be reserved by calling (239) 278-4422, visiting BroadwayPalm.com, or in person at 1380 Colonial Blvd., in Fort Myers.



Roxie and cast

Don't miss your chance to experience the razzle-dazzle of *Chicago* at Broadway Palm Dinner Theatre. Book your seats today for a show that promises to be a highlight of the season!

Association Management Services

“ Excellence is never an accident; it is the result of high intention, sincere effort, intelligent direction, skillful execution and the vision to see obstacles as opportunities. ”

A

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Cape Coral Cruise Club Enjoys A Tropical Escape To Tween Waters Resort



Cape Coral Cruise Club The Cape Coral Cruise Club embarked on another memorable journey from Sept. 12 to 15, with eight boats setting sail for Tween Waters Island Resort on Captiva Island. The group's arrival on Thursday afternoon marked the beginning of a relaxing and fun-filled weekend.

Boaters began arriving in the early afternoon and settled into the resort before heading to the Oasis Pool Bar to unwind. At 6 p.m., the club gathered for their customary evening of heavy hors d'oeuvres, where each member contributed a delicious dish. The relaxed camaraderie set the perfect tone for the days to come.

Friday morning kicked off with a delectable breakfast provided by cruise leaders Jim and Cat Eisele, who served up omelets, croissants, and mimosas, energizing everyone for a day of sunbathing, swimming, and exploring. The resort pool proved to be a favorite spot, though others ventured out to enjoy the island's natural beauty. The day was capped off with a fantastic dinner of brisket, expertly prepared by the club's resident grill-master, Laz.

Saturday brought another morning of omelets, croissants, and mimosas, continuing the weekend's indulgent theme. After breakfast, members branched off to explore Captiva in various ways. Some took to bicycles, others explored the waters surrounding Duck Key by dinghy, while the heat drove many back to the pool to cool off. Those who ventured out on the dinghy were treated to unforgettable sightings of manatees, dolphins, and a graceful school of rays, adding an extra element of magic to the day.

Saturday evening's potluck dinner brought everyone back together, with the highlight being a sweet treat of ice cream for dessert, generously provided by Walt and Lynn Engle. Despite the typical Florida summer heat, the mood was light, and spirits were high as everyone enjoyed their final evening at Tween Waters.

On Sunday morning, the group departed for home, enjoying calm seas and a pleasant cloud cover that provided just enough shade to make the journey back comfortable. This trip was yet another testament to the strong bonds and shared love of boating that bring the Cape Coral Cruise Club together, as well as a reminder of how lucky they are to explore such beautiful destinations. Members are already looking forward to their next adventure, eager to create more memories on the water.

September Events Continue

The Cape Coral Cruise Club's busy month didn't end with the Tween Waters trip. The general membership meeting was set for Sept. 16 at the Three Fishermen restaurant in North Fort Myers. This gathering provided an opportunity for members to discuss upcoming trips, share recent experiences, and enjoy good company over a delicious meal.

Additionally, the club's September "Lunch Bunch" took place at Deep Lagoon Seafood on Sept. 25. These informal lunches offer members a chance to socialize and enjoy local cuisine in a relaxed atmosphere. With a packed calendar and plenty of exciting events, September promised to be an unforgettable month for the Cape Coral Cruise Club!



Come Join The Fun!

If you own a boat with full overnight accommodations and would like information on becoming a member of the Cape Coral Cruise Club, please contact our membership chairperson, Laurie Carlson, at (239) 910-5543. You can also follow us on Facebook and our website, www.capecoralcruiseclub.com.



City Of Cape Coral Launches New Utility Customer Portal

The City of Cape Coral has launched a new online customer portal for utility billing.

The Utility Access Portal provides a range of convenient features, allowing customers to:

- Access account information 24/7
- View, print, and pay utility bills
- Set up autopay options (Credit card autopay customers must re-enroll)
- Submit account information updates

While all login credentials have transferred to the new system, for security reasons, automatic credit card payment details have not.

Customers Who Use Credit Card Autopay:

- Must log into the new Utility Access portal and re-enroll with your credit card information.
- Note: If the due date of your September bill is on or after Oct. 1, your balance will NOT draft. Autopay must be reactivated in Utility Access.

Customers who pay by automatic bank draft or other payment methods will not need to make any changes, but all customers are encouraged to log in and take advantage of the new portal's features.

For questions about the new system, draft dates, or the re-enrollment process, please contact Cape Coral Customer Service at (239) 574-7722 (Option 3, then 5), Monday through Friday, 7:30 a.m. to 4:30 p.m., or via email at csbilling@capecoral.gov.

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Breast Cancer Awareness Month

Empowering Awareness, Early Detection, And Support

Breast Cancer Awareness Month, observed every October, is a global campaign to increase awareness, support those affected, and raise research funds. Established in 1985 by the American Cancer Society and AstraZeneca, it's one of the most recognized health campaigns. Its iconic pink ribbon symbolizes hope, strength, and solidarity while reminding people of the importance of regular screening and early detection.

The Importance Of Awareness

Breast cancer is the most common cancer in women worldwide, with over 2 million new cases annually. Early detection greatly increases successful treatment. Campaigns during the month encourage women to perform self-exams, schedule mammograms, and understand risk factors, such as age, genetics, and lifestyle choices like alcohol consumption and smoking. Education and awareness are crucial for prevention.

The Power Of Early Detection

A key goal of Breast Cancer Awareness Month is to emphasize early detection. Mammograms, capable of detecting tumors before they're felt, are critical for women over 40 or at higher risk. Regular screening leads to earlier diagnosis, improving survival rates. Women are also encouraged to perform monthly breast self-exams to detect any changes in their breasts, which should be discussed with healthcare providers. Many survivors credit early detection with saving their lives.

Support And Solidarity

In addition to awareness, Breast Cancer Awareness Month stresses the need for support for patients and survivors. Community events like walks and fundraisers foster solidarity and raise funds for research and patient services. Organizations such as Susan G. Komen and the Breast Cancer Research Foundation lead these initiatives, offering support and funding research. Support groups provide a space for people to share their stories and find comfort during difficult times.

Hope For The Future

Thanks to decades of research, significant progress has been made in breast cancer treatment and survival rates. Today, with advancements in treatment, the five-year survival rate for localized breast cancer exceeds 90 percent. Ongoing research continues to seek more effective treatments and potential cures, fueled by the funds and awareness raised during campaigns like Breast Cancer Awareness Month.

In conclusion, Breast Cancer Awareness Month promotes education, support, and community. By donating, participating in events, or sharing information, everyone can contribute to the fight against breast cancer. Together, through awareness, action, and hope, we can move toward a future where breast cancer is no longer life-threatening.



Merriam-Webster Adds 'Beach Read,' 'IDGAF,' And 24 More New Words To The Dictionary

By Ellen Gutoskey, www.mentalfloss.com

Merriam-Webster recently announced its latest slate of additions to the dictionary—some 200 new words and definitions that, as usual, are an eclectic blend of ones you probably assumed already had entries and others you're surprised to see at all.

The former category includes *burrata*, a soft and creamy mozzarella with a 100-year history; and *true crime*, which Merriam-Webster defines as "a nonfiction genre of literature, film, podcasts, etc. that depicts and examines real crime cases." Heat index was heretofore unrepresented in this dictionary, too—likely a shock to anyone with a weather eye.

In the latter camp there's *IDGAF*, an internet initialism that allows you to drop an f-bomb without actually spelling it out; and *badassery*, "the state or condition of being a badass." (*Badass* already had its own entry.)

Together, the new recruits provide a fascinating snapshot of today's culture through language, from the political arena (see *far left* and *far right*) to the natural world. (The spotted lanternfly, everyone's least favorite invasive species, has officially infiltrated the dictionary.)

Merriam-Webster highlighted a couple dozen of the buzziest terms, which you can peruse with their definitions in the chart below. To learn more about each one—from its history to how it's used—you can find its full entry on Merriam-Webster.com.

Term And Merriam-Webster's Definition

Badassery – The state or condition of being a badass: a badass quality or character.

Beach read – A usually light work of escapist fiction (such as a thriller or romance).

Burrata – Mozzarella formed into a ball-shaped casing that contains curds and cream.

Capicola – A seasoned Italian pork that is cut from the neck and top shoulder that is often brined and sometimes baked or roasted, and that is cured in a casing.

Cash grab – The greedy pursuit of an opportunity for making money especially when done without regard for ethics, concerns, or consequences.

Classical liberalism – A political philosophy based on the belief that freedom of the individual is paramount and that government's role should be largely limited to protecting that freedom.

Creepy-crawly – An organism (such as a spider, beetle, or cockroach) that typically crawls along close to or on the ground and is often considered unwanted or unpleasant.

Dungeon crawler – A video game where the gameplay is primarily focused on defeating enemies while exploring a usually randomly generated labyrinthine or dungeon-like environment.

Far left – The group of people whose political views are the most liberal or progressive.

Far right – The group of people whose political views are the most conservative.

For You page – A social media feed that contains personalized content based on the user's interests.

Freestyle – An improvised performance especially of a rap.

Heat index – A value that indicates what the ambient temperature feels like to the human body and that is often derived from a calculation using air temperature and relative humidity.

IDGAF – I don't give a f**k.

International Bitterness Unit – A unit of measurement used to assess the concentration of a bitter compound found in hops in order to provide information about how bitter a beer is.

Jam band – A band (especially a rock band) whose performances are distinguished by frequent and often lengthy jazzlike improvisation.

Late capitalism – The current stage of capitalism that began in the second half of the 20th century and that is characterized by globalization, the dominance of multinational corporations, broad commodification and consumerism, and extreme wealth inequality.

MAGA – A political movement calling for strict limits on immigration and a return to policies and practices in place before globalization and especially before the era of globalization that began in the late 20th century.

Nepo baby – A person who gains success or opportunities through familial connections.

Shadow ban – To cause (a user or their content) to be hidden from some or all other users usually without the user's knowledge.

Snog – To kiss and caress (someone) passionately.

Spotted lanternfly – A hemipteran insect (*Lycorma delicatula*) of Asia and especially China that has grayish-brown forewings with black spots and red hind wings with black spots and that has been introduced to the United States where it is considered an invasive species and agricultural pest.

Street corn – Grilled corn on the cob that is coated with a creamy spread (such as mayonnaise, sour cream, or crema) and garnished with toppings (such as lime juice, cotija cheese, and chili powder).

Touch grass – To participate in normal activities in the real world especially as opposed to online experiences and interactions.

True crime – A nonfiction genre of literature, film, podcasts, etc. that depicts and examines real crime cases.

Ultra-processed – Containing or made primarily with highly processed ingredients including artificial additives (such as coloring, flavoring, and preservatives) and typically having high levels of fat, sugar, or salt.



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Forty Popular Coffee Terms, Explained

Stare At The Coffeehouse Menu In Confusion No More

By Jake Rossen, www.mentalfloss.com

Thanks to the proliferation of Starbucks, independently owned coffeehouses, and expensive home machines, getting your hands on a “regular coffee” has become somewhat outdated. There’s a litany of sizes, blends, and preparation methods that can make getting what you want—a jolt of caffeine in your system to help you tolerate the world and everyone in it—confusing.

If you care about coffee but don’t really care enough to become semi-fluent in Italian, take a look at this glossary for popular coffee terms. It’s by no means an exhaustive list, but one containing references you’re likely to encounter when pursuing your morning cup. (If you already know anaerobic fermentation is coffee prepared in a no-oxygen environment for increased acidity, for example, you’re much too learned for this list.)

AeroPress

AeroPress is a brand name for a single-serve coffeemaker that resembles a giant syringe or plunger. After putting ground coffee in the chamber, the user adds hot water to brew the coffee and presses down the plunger to deposit the coffee in their cup. Because one can exert a certain level of control over the water and grounds, it’s considered by some to be a superior method to drip machines.

Affogato

An affogato (pronounced “ah-foh-GAH-to”) is vanilla ice cream or gelato that’s been submerged in hot espresso. Affogato is Italian for drowned, referencing the fate of the dessert scoop. It’s typically eaten with a spoon—though if you let it sit long enough you’ll be sipping it instead.

Americano

Want a caffeine fix without the frills? Order an Americano, which is simply a blend of espresso and hot water. The ratio varies, but it’s typically one-half to one-third espresso; purists typically add the espresso (already prepared) to the cup first, then the water. Because the shots of espresso are diluted by the water, there’s not necessarily any more caffeine to the Americano than regular coffee.

Arabica

Arabica is one of the two most common coffee blends, and it refers to a specific species of coffee plant (A varietal of *Coffea canehora*, also known as robusta, is the other.). Most commercial coffee is Arabica, and it comes in varieties (like Bourbon, Typica, and Ethiopian) depending on where it was grown and its flavor profile. According to Starbucks, Arabica offers a “refined flavor” while robusta has a “harsher taste that’s often compared to burnt rubber.” Not surprisingly, the chain only offers Arabica beans, but robusta still has its fans thanks to more caffeine and a heartiness that makes for a solid espresso.

Blend

The term blended coffee is used for coffee sourced from two or more regions or suppliers that nonetheless carry a complementary flavor profile that may not be achievable with just one kind of bean. (See also: Single Origin.)

Café au Lait

A café au lait (“KAF-ay oh-LAY”) mixes one part brewed coffee with one part steamed milk. Unlike a cappuccino and other steamed drinks, no espresso is used and there’s not typically any froth (though that’s not a hard and fast rule).

Cappuccino

A cappuccino (pronounced “kahp-uh-CHEE-noh”) is a



three-layered coffee made with equal parts espresso, steamed milk, and milk foam to create a frothy drink. A dry cappuccino increases the foam and reduces the milk; a wet cappuccino reverses that. The cappuccino’s close relative, the latte, uses less milk foam and more milk for a richer alternative.

Chemex

A brand name pour-over drip coffee preparation kit consisting of a large borosilicate (heat-resistant) glass that resembles a lab flask. After adding ground coffee to a filter, hot water is poured over the coffee and into the glass. Multiple cups can be made at once.

Coffee

A beverage made from prepared seeds of a coffee plant. Coffee can also refer to the plant itself.

Cold Brew

Unlike iced coffee, which is coffee cooled down after being brewed in hot water, cold brew uses cold water from the start. The thinking is that the cold method reduces acidity and provides for a smoother taste.

Con Panna

Con panna (pronounced “KOHN PAH-nah”), meaning “with cream” in Italian, is espresso topped with whipped cream. What more do you need to know?

Cortado

A cortado (“cor-TAH-doh”) is an espresso made with steamed milk in a one-to-one ratio that doesn’t have any froth or foam.

Crema

The reddish, foamy layer on top of a shot of espresso that forms when air bubbles mix with the coffee’s oils. Not to be confused with the creamy foam layer from milk.

Dark Roast

Dark roast refers to a type of coffee bean roasted at a higher temperature that results in a bean with more oil and a smoky flavor. (See also: light roast, medium roast, and French roast.)

Decaffeinated (Decaf) Coffee

Coffee that’s largely been stripped of caffeine through natural or chemical means, though it’s a misconception that decaf means “zero caffeine.” The process removes about 97 percent of it, but that still might mean 2 milligrams or more could be present. (A single cup could be around 92–95 milligrams.)

Doppio

Doppio (pronounced “DOH-pee-yoh”) is two shots of espresso poured into a single cup. A single shot is called a “solo.”

Drip

A coffee preparation method in which hot water is poured over ground coffee in a filter, dripping into a pot below. While not as popular among aficionados, drip coffee requires little manual involvement and can brew large amounts at a time.

Espresso

Espresso refers to finely-ground coffee packed in high density and subjected to high-pressure water brewing, which typically results in more caffeine. (One shot of espresso might have 64 milligrams compared to coffee’s 92, despite being a lower volume drink.) Coffee beans used in espresso are also typically roasted longer, making for a more robust flavor.

Fair Trade

Fair trade refers to coffee that meets a set of standards for sustainability as well as labor, including minimum pricing for growers and suppliers.

Flat White

An amalgam of a latte and a cappuccino, a flat white consists of espresso and steamed milk that’s prepared with less froth—hence the “flat” appearance. Because the milk isn’t as prominent, you’re more likely to taste the espresso.

French Press

A coffee preparation method in which ground coffee is exposed to hot water in a cylindrical container, then separated by manual plunging. More oil from the coffee is retained, making the coffee richer than other methods.

Forty Popular Coffee Terms, Explained on page 21

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Forty Popular Coffee Terms, Explained from page 20

French Roast

French roast is a type of dark roast that's darker and more bitter than other varieties because the beans are roasted longer. More oils are forced to the surface of the bean during the roasting process, so it's possible French roast may be less shelf-stable than other dark roasts.

Iced Coffee

Iced coffee is regular coffee brewed conventionally and then chilled with ice. Cold brew, in contrast, uses cold water for brewing. Japanese iced coffee refers to hot coffee brewed directly over ice.

Instant Coffee

Instant coffee refers to ground coffee that's been dehydrated and sold as a powder; adding hot water hydrates the powder. It's not for connoisseurs, but it does offer a longer shelf life than conventional grounds or beans.

Italian Roast

A very dark coffee roast used to make espresso. Some consider this to be the overdone, burnt toast version—so

much so that the actual quality or age of the beans is obscured by the charred taste.

Latte

Latte (pronounced "LAH-tay") is Italian for milk. The drink starts with espresso, adds a lot of steamed milk—as much as two-thirds of the total volume—and is topped with a thin layer of milk foam. A cappuccino, on the other hand, has a more balanced blend of espresso and milk.

Light Roast

A method of roasting in which coffee beans are prepared so there's less oil, making for a lighter drink.

Lungo

Lungo ("LOONG-oh"), or "long," is a type of espresso in which more water is run through the ground beans for longer, resulting in a milder (but possibly more bitter) drink. (See also: ristretto.)

Macchiato

A macchiato ("mah-kee-AH-toh") is espresso with a small helping of foamed or steamed milk. A latte macchiato involves espresso being added to steamed milk that's already in a cup. (In a latte, the espresso is added first.)

Medium Roast

A method of roasting the coffee bean that results in a loss of floral flavors but isn't as oily or robust as a dark or French roast.

Mocha

A latte-style drink made with espresso, steamed milk, and chocolate. Mocha beans are coffee beans with a chocolate flavor.

Mochaccino

Similar to mocha, a mochaccino resembles a latte but with a dab of chocolate flavoring.

Normale

A conventional method of pulling (preparing) espresso. (See also: lungo and ristretto.)

Organic Coffee

Organic coffee refers to coffee grown without banned methods like radiation and sewage. Naturally occurring pesticides and fertilizers can be used, though, as can some synthetic substances. If it's labeled 100 percent certified organic or certified organic, then it meets U.S. Department of Agriculture standards. Made With Organic means at least 70 percent of the ingredients used are organic.

Pour Over

A coffee preparation method in which hot water is—surprise—poured over filtered coffee grounds. Unlike mechanical drip coffee, pour over is manual, and the volume and direction of the water (often from a kettle) can be controlled by the user.

Red Eye

Need more of a boost than a conventional espresso shot can provide? Try a red eye, which blends a single shot with 8 ounces of brewed coffee.

Ristretto

Ristretto (pronounced "rih-STREH-toh") is type of espresso in which more finely-ground coffee is used with less water, resulting in a stronger drink. It may also refer to a coarser grind. (See also: lungo.)

Robusta

Robusta, also known as *C. canephora*, is—along with Arabica—one of the two most common species of coffee plant. It's said to have a harsher flavor profile than its milder counterpart but is still popular for making espresso.

Single Origin

Single origin refers to coffee that can be traced to one specific crop or region, as opposed to blended coffee, which could be a combination of coffee beans from several sources.

Terroir

Terroir ("tehr-WAHR") is a French wine term that also refers to the environmental conditions in which coffee has been grown. Soil, rainfall, and elevation can all affect the final taste.



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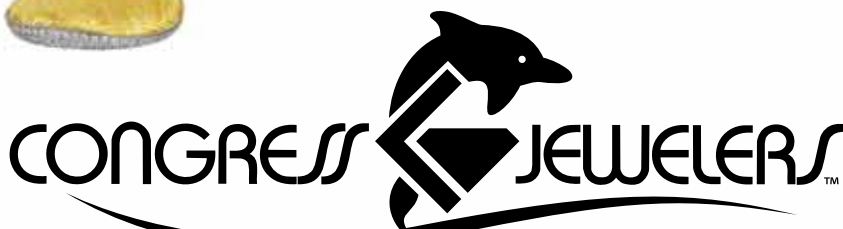
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October On The Water

By Capt. Bill Russell

This time of year, we combine summer and winter fishing together in southwest Florida. As cold fronts drop down the state our coastal waters are cooling down. With the change, fish are transitioning from warm summer to cooler winter patterns. Now through November brings a mix of warm and cool weather.

Fishing for sea trout is a great option as the weather cools, they're often plentiful and feeding heavily on small baitfish. As we near the end of the month and water temperature continues to drop, shrimp and shrimp type artificial lures could become the top baits. As we switch to shrimp, pompano catches increase as they feed on crustaceans and mollusks. Small bucktail and pompano style jigs work great when slowly bounced across a sandy bottom. When under power, if you notice one or several silver fish skip off your wake, it is most likely pompano. Not sure why they do it, but it's a great way to locate them, and they run in schools. Circle back around and fish the area and you're often rewarded.

It's a great time for targeting redfish and snook if it doesn't get too cold to quick. Redfish can tolerate a sudden drop in temperature, but snook not so much. Snook are on the move from their summer homes around the beaches and relocating throughout the inshore waters. If it remains relatively warm, they are feeding over inshore flats, oyster bars, shorelines, and sand holes. If it turns cold quick, they will seek shelter from the cold in protected areas like canals, rivers, and shorelines with deep water. Schools of redfish that prowled the inshore waters over the last few months move offshore or break up. It's still possible to run into a school, but most reds will be in pairs or small bunches. Look for reds tailing over shallow flats on the lowest tides and in the same areas as previously mentioned for snook.

For fun and action, mackerel, bluefish, sharks, ladyfish, and jack crevalle are foraging on bait schools inshore and off the beaches. A short distance offshore bait pods get harassed by both Spanish and king mackerel, plus bonito, and an occasional blackfin tuna. Expect some big sharks and possibly tarpon hanging around the feeding activity as well.

As the water gets cooler, sheepsheads are on the move and make their home around structure in nearshore gulf waters and inshore. Fish them along the beaches and passes, and around deeper oyster bars, creeks, and docks or bridges.

Our first run of sheepsheads generally shows on nearshore reefs and hard bottom or ledges. Nearshore reefs are a good place to run into everything from tasty snapper to giant goliath grouper. Coordinates for all man-made artificial reefs are available to the public and make a great day trip on a calm day. Some of the most productive reefs are well within sight of land in 30- to 50-foot depths.

With our coastal waters cooling down, it brings a host of fishing possibilities. With good weather there is no better place to be than on the water.



Regulations and seasons are constantly changing on various species of fish, especially grouper and red snapper lately. Keep up to date with fishing regulations before hitting the water by visiting Florida Fish and Wildlife

Commission at www.myfwc.com. Also, upload the Fish Rules app on your phone. It has current regulations 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."



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KIDS EAT Free!
*RESTRICTIONS APPLY. SEE SERVER FOR FULL DETAILS.

FIND US IN CAPE CORAL!

738 SW PINE ISLAND RD.

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

WE GO SLOW AND LOW

YOUR ULTIMATE CATERING COMPANY!

TEXASTONYS.COM

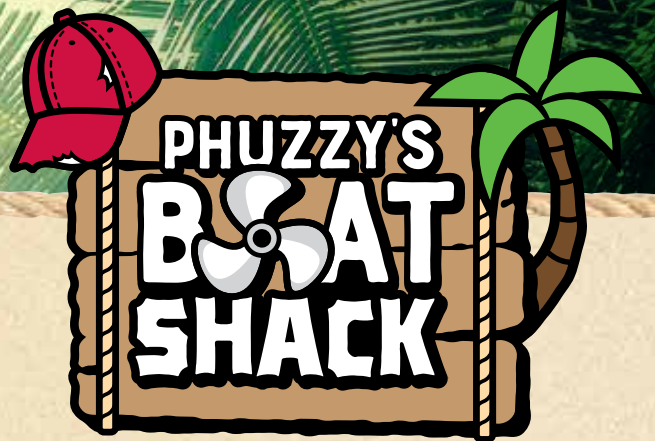


TIE UP... LET LOOSE!



JOIN US FOR BRUNCH!
FRIDAY - SUNDAY
8-11AM

HAPPY HOUR FOOD
3-6PM DAILY



PHUZZY'S BOAT SHACK

LOCATED ON MONROE CANAL, ST. JAMES CITY, FL

3051 STRINGFELLOW RD.

PHUZZYSBOATSHACK.COM

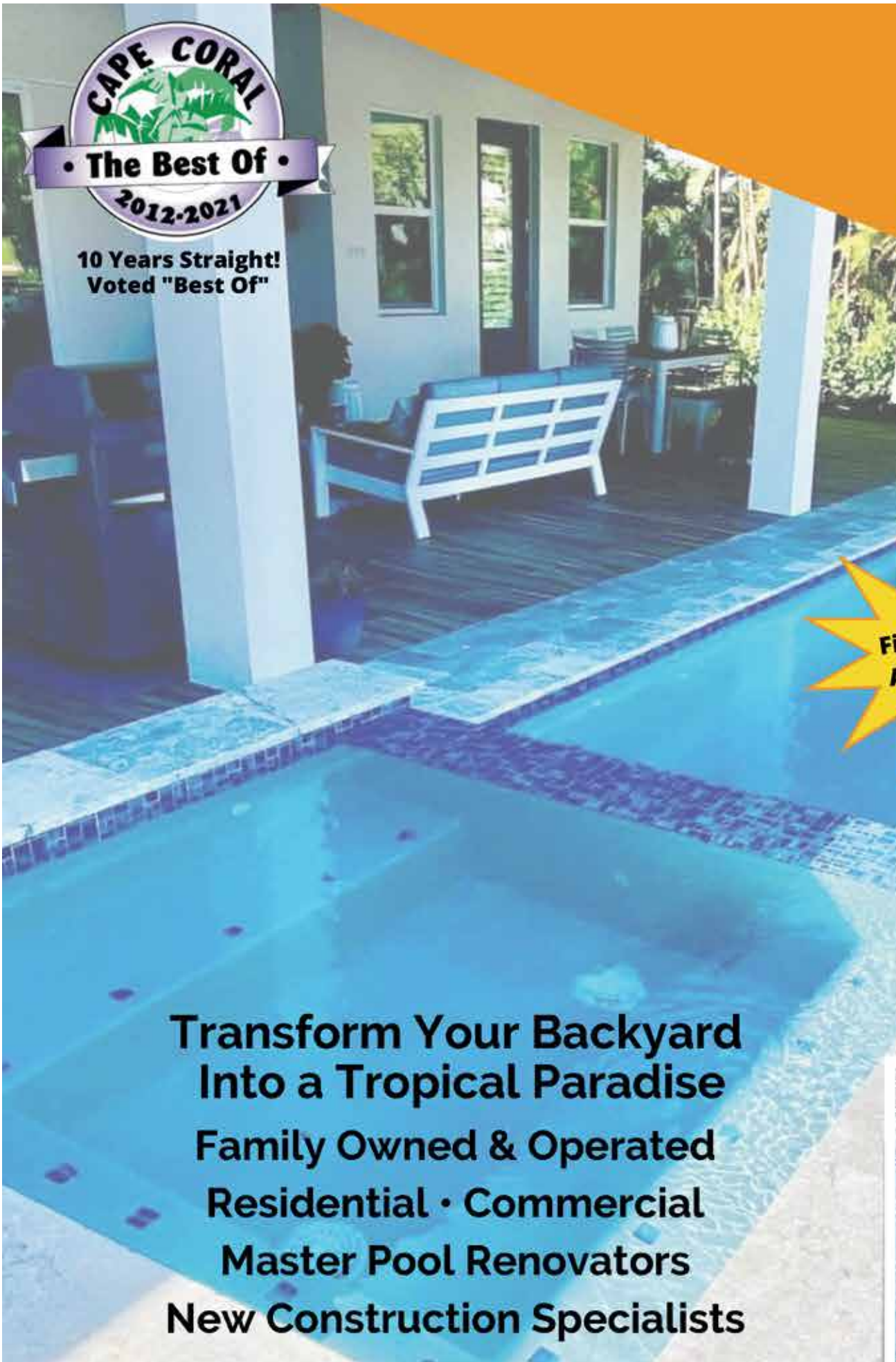
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