

THE CAPE CORAL SUN

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



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SunSplash Family Waterpark Announces New Wave Pool For Summer 2025

SunSplash Family Water Park is thrilled to announce the upcoming construction of Paradise Cove, an exciting new wave pool attraction set to open in 2025.

This addition promises to elevate the family-friendly experience at the park, providing visitors with endless fun and adventure.

The new wave pool will be located at the back section of the park near the three drop slides Terror Tube, Thunder Bump, and X-Cellerator. This attraction will cater to all ages.

Paradise Cove Key Features

- 12,000-square-foot wave pool
- Over 160,000 gallons of water and waves
- Zero-depth beach entry into the wave pool
- Maximum depth is 5 feet
- Adjustable wave patterns
- Additional shade and more luxury cabanas
- 16- by 9-foot wave pool video screen
- Interactive beachfront water features

• New seating areas and decks for over 300 new guests

“This exciting new addition enhances our commitment to providing unforgettable family experiences but also offers adventure for all ages,” stated Eric Reed, General Manager of SunSplash Family Waterpark. “Guests can catch a wave or chill at the beach entry,

SunSplash Family Waterpark on page 3



“No Hero Walks Alone” — Giving Veterans And Dogs A New Purpose

We start by rescuing dogs from shelters and placing them into foster homes.

“A soldier’s best friend, helping to heal.”

Aiming to help veterans heal and save dogs from euthanasia, Wolfhounds Legacy operates on a heartfelt mission: “No Hero Walks Alone.” This 501(c)(3) nonprofit organization rescues and rehabilitates dogs from high-risk shelters and then pairs them with military veterans and first responders, transforming both lives through training and companionship. Through its service-dog training program, Wolfhounds Legacy works to support veterans with post-traumatic stress disorder (PTSD) and other needs, providing them with certified service dogs.

According to the U.S. Department of Veterans Affairs, an average of 22 veterans die by suicide each day, accounting for 18 percent of suicides nationwide. This statistic drives Wolfhounds Legacy’s efforts, as the organization seeks to help these individuals find hope and healing with a devoted canine partner. “Service dogs provide not only companionship but a renewed sense of purpose, helping veterans find stability and reconnect with everyday life,” the organization shares.

Founded on volunteerism, Wolfhounds Legacy operates out of Cape Coral and Punta Gorda. Volunteers bring dogs into foster homes, where they begin the first stage of training. Introduced to children, pets, and outdoor environments, each dog adapts to real-world situations before choosing a veteran partner. With multiple phases of training, the process takes around nine months to complete. Once paired, veterans

No Hero Walks Alone on page 2



Wreaths Across America

REMEMBER The Fallen ... HONOR Those Who Serve ... TEACH Our Children The Value Of Freedom

Morrill Worcester, owner of Worcester Wreath Company of Harrington, Maine, was a 12-year-old paper boy when he won a trip to Washington, D.C. It was his first to our nation’s capital and one that would change the trajectory of his life and the lives of millions of others across the country. Seeing the hundreds of thousands of graves and the Tomb of the Unknown Soldier at Arlington National Cemetery made an especially indelible impression on him. It was to be an experience that would follow him throughout his life and successful career, reminding him that his good fortune was due, in large part, to the values of his nation and the veterans who made the ultimate sacrifice for their country.

In 1992, Worcester Wreath found themselves with a surplus of wreaths nearing the end of the holiday season. Remembering his boyhood experience at Arlington, Worcester realized he had an opportunity to honor our country’s veterans. With the aid of Maine Senator Olympia Snowe (ret), arrangements were made for the surplus wreaths to be placed at Arlington in one of the older cemetery sections that had been receiving fewer visitors each passing year.

As plans were underway to transport the wreaths to Washington, a number of other individuals and organizations stepped up to help. James Prout, owner of local trucking company Blue Bird Ranch, Inc., generously provided transportation all the way to Virginia. Volunteers from the local American Legion and VFW Posts gathered with members of the community to decorate each wreath with traditional red, hand-tied bows. Members of the Maine State Society of Washington, D.C., helped to organize the wreath-laying, which included a special ceremony at the Tomb of the Unknown Soldier.

Wreaths Across America on page 3



In The Height Of A Hurricane, Senior Living Communities Provide A Safe Space For Older Adults

By Mike Pudlin

As Southwest Floridians, we have seen all too well what hurricane season can bring. Naturally, it causes fear, worry and anxiety in many, particularly in the most vulnerable members of our community – seniors.



In emergency situations like natural disasters, older adults are most likely to face special risks, like health issues, which means that their safety and access to high-quality resources are incredibly important.

Gulf Coast Village, the only life plan community in Cape Coral, has weathered many storms, including *Hurricanes Donna, Irma, Ian* and now, *Milton*. Our top priority is keeping our residents and staff safe, which is exactly why long before the start of each hurricane season, our team gathers to prepare for the months ahead.

Before June 1, we activate our Comprehensive Emergency Management Plan (CEMP) protocol, which is fine-tuned annually and covers risk assessment, policies and procedures, communications, training and testing. Our team stockpiles supplies, like generator fuel, medications, food, water and other critical supplies deemed necessary in the event of lost power.

Before the storm made landfall, Rich and Susan Rolfe, two of our newest residents, moved into the community a month early to ride out the storm in a safer environment.

“We weren’t planning to move into Gulf Coast Village until November, but with *Milton* coming, we were happy to move in early. The staff was wonderful. They took care of all the preparations for the storm. We and our fur babies were safe,” said Rich and Susan Rolfe.

With our preparation done well in advance, focusing on our in-the-moment processes throughout *Milton* was crucial to keeping our residents safe. To enhance the safety and security of our residents during the storm, our team made daily overhead communication announcements to keep residents and staff apprised of preparations and the storm’s status. Maintenance, along with other volunteers from staff, closed the hurricane shutters in all resident rooms and installed manual shutters on the first-floor apartments and Care Center rooms. Resident checks continued throughout the afternoon and evening, as is our standard protocol.



Additionally, our maintenance team shut down all elevators in our independent living building at 4 p.m. to prevent damage if there was a power surge; residents were made aware to be on their respective residence floor prior to 4 p.m. if they were not able to maneuver the stairs. The elevators at Palmview, our assisted living and memory support building, were shut down at 6 p.m., and courtyard doors were secured in the early afternoon.

And even though our home health patients do not live on our campus, their safety was still our top priority. Our home health associates were able to contact all our clients, and we ensured they had proper supplies to carry them through *Milton*’s landfall and that their homes were secured. We also identified who would be evacuating the area and where they were evacuating to. In one case, we assisted a patient to evacuate her Zone A home to a local public shelter, where she stayed until power was restored to her home. Once we received the all-clear post-*Milton*, we verified that all patients were safe and returning home to resume their health services.

Safety is the first key to keeping our residents comfortable in an emergency situation, but so is keeping them in good spirits. On the day of the storm, residents in all care levels had a full slate of activities. Palmview residents began their day with morning exercise to “The Hits of Motown” and then participated in word games while enjoying the coffee of the day, Frosted Cinnamon Bun. In the afternoon, they played poker and blackjack and enjoyed root beer floats for an afternoon snack, followed by a marathon game of bingo. In our Care Center, our activities assistant conducted room visits to do one-on-one activities with residents in their rooms. Independent living residents played Wii bowling – one of their favorite activities – and enjoyed their weekly “Wednesday After Dinner Social” prior to *Milton*’s landfall. They even enjoyed “Hurricane Happy Hour” on the day of the storm.

Most memory support residents were unaware of the impending storm – televisions in memory support are set to the Hallmark Channel and/or Travel Channel, and news and weather channels are not broadcast to mitigate the potential for any anxiety to our memory support residents. None of the impacts of the storm were heard or felt by our residents due to Palmview’s high-impact windows.

The safety and emotional support of our residents remains our top priority, as always. *Hurricanes Irma, Ian* and *Milton* have taught us the importance of community, and we remain committed to supporting not just our residents and their families, but the entire Cape Coral community through *Hurricane Milton*’s recovery.

About The Author

Mike Pudlin is the director of facilities at Gulf Coast Village, Cape Coral’s only life plan community. To learn more about Gulf Coast Village, visit GulfCoastVillage.org or call (239) 510-8712.

From Veterans Day To Thanksgiving: Cape Coral Marks November With Tradition And Togetherness

As November arrives, Cape Coral embraces the season’s spirit of gratitude and reflection through two special observances: Veterans Day and Thanksgiving. These holidays honor those who have served and remind us to appreciate our blessings and relationships. For Cape Coral, a community with a strong veteran presence and commitment to giving, these values resonate deeply.

Veterans Day: Honoring Our Heroes

Veterans Day, observed every Nov. 11, pays tribute to the men and women who have served in the U.S. Armed Forces. In Cape Coral, where many veterans call home, this day holds significant meaning. The city honors its veterans with events like the Veterans Day Parade along SE 47th Terrace, where residents line the streets to show their appreciation for veterans and active-duty military personnel. Schools and civic groups also participate, giving students and families the chance to connect with veterans and learn about their experiences.

The community’s dedication to supporting veterans goes beyond Veterans Day, with organizations like the Cape Coral Veterans Foundation and nearby Lee County VA Clinic offering resources and assistance. For Cape Coral, Veterans Day serves as both a celebration and a reminder of the

ongoing needs of veterans, underscoring the importance of supporting those who have given so much.

Thanksgiving: A Time For Gratitude And Community

Less than two weeks later, Thanksgiving arrives, providing another opportunity for Cape Coral residents to celebrate gratitude. Thanksgiving in Cape Coral is marked by family gatherings and community events, including charitable initiatives that focus on helping those in need. Organizations such as the Cape Coral Caring Center and local churches organize food drives and community meals, making sure everyone has the opportunity to enjoy a Thanksgiving feast.

The city’s spirit of giving shines during the season, with residents often donating food and time to help local charities. Whether preparing meals for those less fortunate or collecting donations for local food banks, Cape Coral exemplifies the “thanks and giving” mindset that Thanksgiving embodies. Many families also gather with friends in “Friendsgiving”

celebrations, creating meaningful moments of connection and appreciation for the supportive community Cape Coral fosters.

Unity And Service In Cape Coral

For Cape Coral, Veterans Day and Thanksgiving highlight themes of unity, community, and gratitude. Residents come together to honor veterans, share in the spirit of giving, and celebrate the blessings they enjoy. Cape Coral’s vibrant sense of community is on full display during these celebrations, as residents of all ages participate in events, volunteer for local causes, and reflect on the contributions of their neighbors.

This November, as Cape Coral pays tribute to its veterans and embraces Thanksgiving traditions, the city’s commitment to unity, respect, and generosity remains at the heart of each celebration. Whether in a Veterans Day parade or around a Thanksgiving table, Cape Coral continues to honor those who have served and cherish the blessings of community and connection.

No Hero Walks Alone from page 1

and their dogs work together in training to build a solid bond, with follow-up support from Wolfhounds Legacy to ensure long-term success. Many veterans return to assist with future training, helping others find the same healing they received.

Saving Two Lives At A Time

Wolfhounds Legacy focuses on saving “two lives at a time.” As stated by the American Society for the Prevention of Cruelty to Animals, over one million dogs are euthanized yearly in the United States. Wolfhounds Legacy helps to reduce this number by rescuing dogs from high-risk shelters and offering them a path to a purposeful life as a service animal.

New Training Courses Open To The Public

This October through May, the Florida chapter is expanding its reach to the general public by offering new obedience and skill courses for all breeds. These courses last four weeks, with a temperament test completed prior to enrollment to ensure compatibility. Those interested can fill out the interest form by scanning the QR code to get started.



Fostering A Wolfhounds Legacy Dog

Fostering plays a crucial role in Wolfhounds Legacy’s mission. Foster homes give shelter dogs a place to heal, adjust to home life, and prepare for their future

match with a veteran.

Fosters allow more dogs to be rescued, provide insight into the dog’s personality, and aid in socializing them. Foster homes are essential, and Wolfhounds Legacy is always seeking compassionate individuals to join their team. If this sounds like something you would be interested in, please visit our website www.wolfhoundslegacy.org.

Donations And Support

As a 100 percent volunteer-driven organization, Wolfhounds Legacy relies on donations and community support to continue its mission of helping veterans and dogs. Donations cover training costs, supplies, and other essential expenses. The organization currently seeks short-term fosters, dog handlers, volunteers, and supplies. Contributions of any kind, whether time, materials, or funds, directly support their mission of “saving two lives at a time.”

For more information, to donate, or to learn about fostering, visit www.wolfhoundslegacy.org or contact them directly at Wolfhounds Legacy, 8270 Burnt Store Road, Unit 4, Punta Gorda, FL 33950, (239) 601-6786, or via email at wolfhoundslegacy@gmail.com.



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SunSplash Family Waterpark from page 1

making it an ideal spot for fun in the sun. We can't wait to welcome families to create lasting memories in this new aquatic paradise!"

Paradise Cove will provide more ways to cool off on those hot Florida days, but it will also allow the park to add to and expand its already robust lineup of special events and activities.

The 2025 Season Pass is on sale now for \$59.99 for a limited time and includes unlimited admission for the remainder of the 2024 Season through Dec. 1 and all of the 2025 Season. Pass perks include an automatic upgrade to a Premium Pass, two free Buddy Tickets (each good for a one-time visit), free souvenir bottle, early entry, discounts on food, cabana rentals and friend tickets.



From left to right: Councilman District #1 – William Steinke; John Hytlin – CEO, ProParks Attractions Group; Councilman District #5 – Robert Welsh; Curt Caffey – President, ProParks Attractions Group; Eric Reed – Park Director, SunSplash Family Waterpark

Wreaths Across America from page 1

For over a decade, this annual tribute went on quietly and privately. Everything changed in 2005, when a photo of the stones at Arlington, adorned with wreaths covered in snow, circulated around the Internet. Suddenly, the homespun tribute from a small town in downeast Maine was receiving national attention. Thousands of requests poured in from all over the country from people wanting to help purchase and lay wreaths at Arlington. Thousands more wanted to emulate the Arlington project at their local national and state cemeteries. Still others simply desired to share their stories and thank Morrill Worcester for honoring our nation's heroes. Many were surviving family members of some of those heroes.

Unable to donate thousands of wreaths to each state,

Worcester began sending seven wreaths to every state: One for each branch of the military and an additional wreath to pay tribute to POW/MIAs. In 2006, with the help of the Civil Air Patrol and other civic organizations, simultaneous wreath-laying ceremonies were held at over 150 locations around the country. The Patriot Guard Riders volunteered as escorts for the wreaths going to Arlington in the beginnings of the annual "Veterans Honor Parade," a convoy that now travels the east coast every year in early December.

The annual trip to Arlington and the groups of volunteers eager to participate in Worcester's simple wreath-laying event grew each year until it became clear that the desire to remember and honor our country's fallen heroes was bigger than he could have imagined possible

Wreaths Across America - Coral Ridge Funeral Home & Cemetery Event

Join us to honor our fallen heroes at Coral Ridge Funeral Home & Cemetery on Dec. 14.

Wreath Placement Ceremony: 10:45 a.m.

Event Time: 12 p.m.

Location: 1630 SW Pine Island Road

Help us remember and honor veterans by laying remembrance wreaths and saying each veterans' name aloud.

How You Can Help

Sponsor a Wreath: Visit wreathscrossamerica.org and click the red "Sponsor" button.

Volunteer: Sign up by clicking the "Volunteer" button on the website.

Invite family and friends to join in this meaningful tribute!

Thank you for supporting Coral Ridge Funeral Home & Cemetery and Wreaths Across America.

at the outset. The movement had grown beyond Arlington and bigger than this one company in Harrington, Maine.

In 2007, the Worcester family, along with the support of veteran's organizations and a variety of other groups and individuals who had helped with their annual veteran's wreath ceremony in Arlington, formed Wreaths Across America, a nonprofit 501(c)(3) organization, to continue and expand this effort, and support others around the country who wanted to do the same. The simple mission of the organization was established: Remember. Honor. Teach.

Just one year later, over 300 locations held wreath-laying ceremonies in every state, Puerto Rico and 24 overseas cemeteries. Over 100,000 wreaths were placed on veterans' graves. Over 60,000 volunteers participated. And that year, Dec. 13, 2008, was unanimously voted by the United States Congress as "Wreaths Across America Day."

In 2014, the goal of placing a veteran's wreath on every grave marker was met with the sponsorship and placement of 226,525 wreaths.

In 2018, a delegation of volunteers and supporters were invited by the American Battle Monuments Commission to hold a wreath ceremony to honor the nearly 10,000 heroes interred at Normandy American Cemetery in France.

In 2022, Wreaths Across America and its national network of volunteers placed more than 2.7 million sponsored veterans' wreaths on headstones of our nation's service members at 3,702 participating locations. This was accomplished with the support of more than 5,000 sponsorship groups, corporation contributions, and in-kind donations from the transportation industry across the country.

The wreath-laying that began more than 30 years ago is still held annually on the second or third Saturday of December. WAA's annual pilgrimage from Harrington, Maine to Arlington National Cemetery has become known as "the world's largest veterans' parade." Every year the convoy of trucks, local law enforcement, staff and supporters stop at schools, monuments, veterans' homes and communities along the way to talk about the Wreaths Across America mission and remind people how important it is to remember, honor and teach.

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The Rynski Report – AI: How Annoying Can It Get?

By Ryn Gargulinski [Rynski]

You know those horrible no-see-ums that are constantly sneaking into your world with the sole purpose of annoying the bejesus out of you? That’s what AI has become.

While artificial intelligence may have been initially devised to make things easier, it is going the way of most things that get into the clutches of human hands. It has turned into a hunk of junk.

That’s because someone somewhere figured out how to make money off it. Then someone else somewhere said we have to make sure those silly, follow-the-crowd consumers think they can’t live without it. And then a third person somewhere said it must be shoved down people’s throats at every turn.

So, everyone and their brother’s neighbor’s hairdresser’s cousin decided whatever software, app, website, help desk or call center they were running simply had to be “powered” by AI.

Now don’t get me wrong. The concept of AI has a lot of potential. In fact, I couldn’t play my Scrabble app without it.

I would dare say AI could be absolutely brilliant if its use were designated to picking up the slack on tasks we don’t want to do. Like the dishes, the laundry or opening those pesky childproof containers.

But it doesn’t. It’s instead pushed onto us to take over creative and engaging tasks. It offers to write our texts, our emails, our social media posts – even our love letters, songs and poems.

It tells us how it can instantly create illustrations, paintings and realistic renditions of people, wolves and nature that far surpass any of those old-school things called photographs.

It summarizes customer reviews and website search results with what it thinks is relevant, blasts its way into Zoom calls for automatic recording and note-taking with confidential clients, and makes you sit through at least 500 words of blathering



about a help desk solution you already know doesn’t work before you can choose the “Talk to a real live person” option.

A real live person. A real live person who can think for themselves. If the AI freight train continues barreling forward at breakneck speeds, that will certainly be a thing of the past. And that’s really the bottom line.

AI is taking away the ability for people to think for themselves. No, scratch that. People are willingly giving away their ability to think for themselves. To create for themselves. To enjoy the process of capturing a photo of a majestic sunset, penning a poem about a blooming bromeliad, grabbing a Sharpie marker and going wild with crazy-looking wolf illustrations.

We creative beings will always have a choice on how we want to experience life. We can choose to give away our power and joy of creation to some halfwit machine. Or we can opt to think and create for ourselves, to let our glorious spirit shine. Let’s stick with the latter, for sure.

Our creations are imbued with things that AI can never touch, no matter how quickly it spits out its pablum. They have passion. They have sentiment. They have soul.

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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“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 December 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!

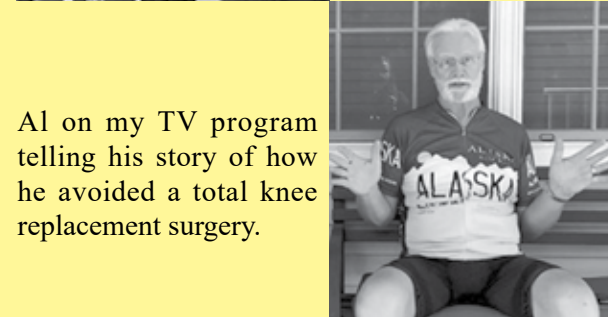
Dr. Rob Davis, DC

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.



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Book Review: *In Too Deep* By Lee Child

A Thrilling Dive Into Danger And Deception

By Lillian Till,
Flutterbush Books and More

Lee Child's *In Too Deep* is a gripping addition to the Jack Reacher series, delivering everything fans have come to love: fast-paced action, high-stakes tension, and a relentless protagonist who always fights for justice. As in previous novels, Child's hero, Jack Reacher, is a drifter and former military policeman with a knack for stumbling into dangerous situations. This time, Reacher finds himself caught in a web of corruption and deception far beyond a small coastal town's surface calm.



From the moment Reacher steps off the bus into this seemingly quiet town, trouble is never far behind. He encounters a woman being chased by dangerous men, and as he gets involved, he uncovers a conspiracy that reaches into the highest levels of local power. What begins as a small-town mystery escalates into a deadly fight for survival, where every move Reacher makes puts him deeper into danger.

A Taut, Compelling Plot

One of the novel's greatest strengths is its tightly woven plot. *In Too Deep* doesn't waste time getting to the heart of the action. The tension builds from the opening pages, and Child expertly escalates the stakes, drawing Reacher—and the reader—into a complex conspiracy involving criminal syndicates, corrupt officials, and a cover-up that threatens to destroy everything in its path.

As Reacher digs deeper, he faces not only physical confrontations but also a maze of deceit, with enemies on every side. The mystery at the core of the novel is engaging, with enough twists and turns to keep readers guessing until the very end. Child's pacing is relentless, pushing the story forward with each chapter, making *In Too Deep* impossible to put down.

The Unstoppable Jack Reacher

Jack Reacher is, as always, the beating heart of the novel. His character remains one of the most compelling aspects of Child's books. In *In Too Deep*, Reacher's signature blend of intelligence, physical prowess, and moral clarity is on full display. He's a man who operates by his code, driven by a sense of justice that refuses to bend, even in the face of overwhelming odds.

What makes Reacher so engaging as a protagonist is his complexity. He's not just a muscle-bound action hero; he's a sharp, strategic thinker who can outsmart his opponents as easily as he can take them down in a fight. Reacher's resourcefulness is tested as he navigates the layers of corruption that threaten to engulf the town. The novel showcases both his physical strength and his investigative skills, reminding readers why he remains one of the most enduring characters in modern thrillers.

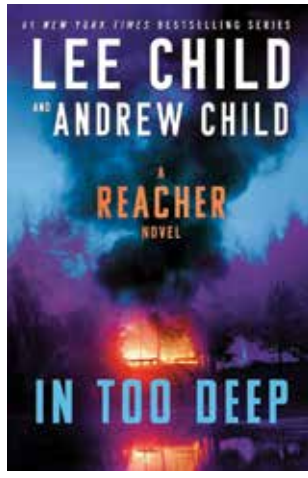
Corruption And Justice

In Too Deep also explores themes of power and corruption, weaving these issues into its central plot. The town Reacher finds himself in is a place where those in authority abuse their power for personal gain, and the people meant to uphold the law are complicit in criminal activities. As Reacher uncovers the truth, he finds himself up against a deeply entrenched system of corruption that seems impossible to dismantle.

This exploration of corruption adds depth to the novel, raising questions about how justice can prevail in a world where those in power manipulate the rules to protect themselves. Reacher, as always, refuses to play by those rules, standing as a one-man force of retribution for those who have been wronged. The novel's critique of institutional corruption is timely and thought-provoking, giving *In Too Deep* a thematic weight that elevates it beyond a simple action thriller.

Non-Stop Action

Of course, no Jack Reacher novel would be complete without its share of pulse-pounding action scenes, and *In Too Deep* delivers in spades. Child's writing is taut and economical, creating vivid, high-energy sequences that put readers right in



the middle of the action. Whether it's a brutal hand-to-hand fight or a high-stakes pursuit, the tension never lets up.

Reacher's fight scenes, in particular, are a highlight. Child writes them with precision, showcasing Reacher's efficiency and tactical brilliance. Every punch, every maneuver, feels calculated and deliberate, reinforcing Reacher's role as a character who uses his body as much as his mind to survive.

Conclusion

In Too Deep by Lee Child is a fast-paced, tightly plotted thriller that delivers everything readers have come to expect from the Jack Reacher series. With its compelling mystery, relentless action, and sharp social commentary on corruption and justice, the novel is a satisfying addition to Reacher's adventures. For fans of the series, this book offers all the high-stakes thrills they've come to love, while newcomers will find it an accessible and engaging entry into the world of Jack Reacher.

Child's ability to blend action with intelligent, thoughtful storytelling makes *In Too Deep* a standout novel, proving once again why Jack Reacher remains one of the most iconic and enduring characters in contemporary fiction. If you're looking for a heart-pounding, thought-provoking read, *In Too Deep* delivers on all fronts.

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 Flutterbush 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.

FALL Into Color

By Linda Lopez

Firstly, I'd like to say if you or someone you know was impacted by *Hurricane Milton*, my sincerest condolences and you are in my heart of hearts. The storm has passed, the sun is here and your rainbow is to come.



~ SWFL STRONGER TOGETHER ~

With seasons changing, days are getting shorter nights are getting longer and the weather is getting cooler. This also means more time indoors. And, as mentioned in last month's column, our home plays a big impact on our subconscious and psyche which has an effect on our mood and then a domino effect for the rest of your day. Now this does not mean you have to break the bank or get a remodel. Freshen up the season

in your home with color and embrace the natural feels and frequencies these colors emit and understand why these colors are associated with the season. Brown, maroon, green, yellow and orange convey warmth, comfort, balance, and peace, which are all things we need in our home, especially with more time being spent indoors. In the color chart orange is the highest measured frequency at 845.89 hz., green is 527.13 hz., and yellow is 472.27 hz. So, take advantage of the season's colors and raise the frequency of your home and surroundings. Until next time

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For more information, please contact Linda at (239) 499-8672, llopez.ccsun@gmail.com.

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Dec. 2

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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,



Mermaid, Stained Glass by Donna Spitzer



Stone Sculpture by Lynn Ondercin



Sculpture by Lynn Ondercin

off Mohawk Parkway, and the exhibit will be open during regular library hours.

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 galleries@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. Nonmembers 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.

Seasonal Residents Can Get Library Cards!

As cooler weather settles in up north, Lee County prepares for the seasonal influx of “snowbirds”—the retirees and part-time residents who flock to sunny Florida for the winter. While they enjoy the beaches, golf courses, and outdoor dining that Southwest Florida has to offer, there’s one more perk many snowbirds might not know about: access to Lee County’s public library system.

With just a few steps, seasonal residents can apply for a library card and gain access to a wealth of resources at the county’s libraries, from traditional books to a wide array of digital content and community programs.

A Wealth Of Resources For Winter Visitors

Many snowbirds are pleasantly surprised to learn that, even without a permanent Florida address, they’re eligible for a Lee County library card. To apply, snowbirds need to bring a valid photo ID along with proof of a temporary Lee County address—such as a rental agreement or a piece of mail showing their name and local address. Those who split their time between states can check with the library about any additional requirements.

With a library card, snowbirds can enjoy access to thousands of physical books and media, as well as digital materials that they can borrow and read or listen to on the go. The digital library services are a big hit with seasonal residents. Snowbirds can check out e-books and audiobooks without leaving their condo, and they’re available 24/7.

More Than Just Books

Lee County libraries offer much more than reading material. Free computer access, Wi-Fi, workshops, and community events make local libraries a valuable resource for seasonal residents. Many snowbirds look for ways to connect with the community during their stay. Events, like book clubs, computer classes, and local history talks, are a great way to meet people and get involved.

For those who prefer a quieter experience, cozy reading areas and study rooms provide a welcoming space. And parents and grandparents who come down with young visitors can find children’s storytimes, family-friendly programs, and more.

Connecting And Learning Made Easy

The Lee County Library System makes it easy for all residents—temporary or permanent—to dive into learning, entertainment, and connection. With more than a dozen branches across the county, snowbirds are never far from a library.

For more information on how to apply for a Lee County library card, seasonal residents can visit any branch or check the library’s website.

Two types of cards are available:

Visitor Cards: \$15 and valid for three months. Additional consecutive months can be purchased for \$5 each.

Nonresident Cards: \$60 and valid for one year.

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December 11th, 10am to 6pm
Bell Tower, Fort Myers
December 12th - 14th, 10am to 6pm

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Vaping Is Not A Safe Alternative To Smoking Cigarettes

By Dr. Todd Pezzi

Vaping gained popularity in the late 2000s after being billed as a “safer alternative” to tobacco.

Years later, though, the truth emerged – e-cigarettes aren’t safe. In fact, vaping introduces cancer-causing compounds, metals and other toxins into the human body.

Safer than cigarettes? Perhaps. Safe? Definitely not.

The American Lung Association notes these toxic chemicals and metals have been found in e-cigarettes:

- Nicotine
- Propylene glycol
- Carcinogens
- Acrolein
- Diacetyl
- Diethylene glycol
- Nickel
- Tin
- Lead
- Cadmium
- Benzoyne



None of these items are meant to be absorbed into the human body. Benzene, for example, is a volatile organic compound found in car exhaust. Acrolein is a herbicide used to kill weeds.

“The inhalation of harmful chemicals can cause irreversible lung damage, lung diseases and even death,” the American Lung Association notes.

About five years ago, the first serious cases of lung diseases caused by vaping were reported. Symptoms include coughing, difficulty breathing, chest pain, nausea, vomiting, diarrhea, fatigue, fever and weight loss, according to the American Cancer Society.

Lawmakers in all 50 states have passed legislation prohibiting the sale of e-cigarettes to anyone under 21. That’s a good start, but knowing what we know today, should vaping and e-cigarettes be banned outright?

With cigarette smoking, researchers pull from decades of scientific studies proving – unequivocally – that cigarettes cause cancer. It’s responsible for nearly 90 percent of lung cancer cases in the United States.

With e-cigarettes, though, we don’t have mountains of research data at our fingertips. “E-cigarettes and other types of ‘vaping’ devices are still fairly new, and more



research is needed over a longer period of time to know what the long-term health effects may be,” according to the American Cancer Society.

Before pharmaceutical companies can bring a new prescription drug to market, they must endure a grueling approval process that includes

clinical trials, presentations and a thorough analysis by physicians, statisticians, chemists, pharmacologists and other scientists. The U.S. Food & Drug Administration’s Center for Drug Evaluation and Research explained its role in the drug approval process: “CDER’s evaluation not only prevents quackery, but also provides doctors and patients the information they need to use medicines wisely. The center ensures that drugs, both brand-name and generic, work correctly and that their health benefits outweigh their known risks.”

We know the risks associated with vaping, but what are the benefits? There are none.

About The Author

Dr. Todd Pezzi is a board-certified radiation oncologist at Advocate Radiation Oncology, which operates nine cancer treatment centers across southern Florida. Visit AdvocateRO.com for more information.

From The Desk Of Sheriff Carmine Marceno

Avoiding Contractor Fraud And Unlicensed Contractors

Lee County has suffered significant storm damage over the course of two years.

Compounding the sadness and frustration felt when one’s home is damaged or destroyed is attempting to repair and rebuild quickly and efficiently.

Our county is extremely fortunate to be home to some of the finest contractors in the nation; many of whom have extensive experience repairing and restoring structures that have suffered water and wind damage.

Unfortunately, shortages in labor, insurance challenges and other obstacles have, in some cases, generated desperation and a willingness to accept assistance from unlicensed and unscrupulous individuals. With many still attempting to complete repairs from *Ian* in September of 2022, we can certainly empathize with these individuals.

The aforementioned unlicensed and unscrupulous individuals have taken advantage of both desperation and financial difficulties and, as a result, have further victimized those who have already endured so much.

It remains imperative to be vigilant when hiring contractors. This requires a bit of footwork, but will prevent difficulties and criminal activity.

Begin by ensuring that your contractor is licensed. The Florida Department of Business & Professional Regulation allows individuals to verify a license online. Visit www.myfloridalicense.com/w111.asp?mode=0&SID= and search by name, license number, city/county and/or license type. Additionally, request proof of insurance prior to beginning work.



It is always recommended that you obtain multiple estimates. Estimates should always be done free of charge and will help identify fraudulent offers. Check with your insurance company and have an adjuster review the work that needs to be done prior to going forward with repairs.

Once a contractor is selected, insist upon a contract that includes a clear description of all work being done, materials to be used and total cost. Requesting a completion date, within the contract, is also prudent.



Large upfront payments (exceeding 20 percent) and requests for cash should raise red flags. It is recommended that you ask your contractor for a list of clients who have utilized their services. Don’t hesitate to contact these previous clients.

Permits are required for specific types of repairs including, but not limited to, construction, demolition, change of occupancy, remodeling and the conversion/replacement of any electrical, gas, mechanical or plumbing system, provided the installation is regulated by the Florida Building Code (FBC). Learn more about permitting by visiting www.leegov.com/dcd/BldPermitServ. Additionally, you can verify that a permit has been applied for.

Sudoku

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

Answer in this issue

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Catch The Action

November On The Water

By Capt. Bill Russell

As anglers we often become obsessed with a certain species of fish. We hit the water with the sole intent of catching one fish (insert snook, redfish, tarpon,) and anything else that takes the bait is considered a failure.

Many years ago, my obsession was snook, no matter what else you happened to catch on a day of fishing it was considered a failure in my mind if we did not land a big snook. After almost three decades of guiding clients around the waters of Southwest Florida and a lot of wisdom, my mindset has changed. While snook is still without a doubt my favorite, there are plenty of other species ready and able to give you a great day of fishing when those prize game fish won't cooperate.

Anglers often put fish in two categories, are they good to eat or not, and only target those with the highest food value. Strange thing is, this same mentality often holds true for anglers that release all their fish, their focus is often on a select few species, the good eating ones, even though they have no intention of keeping any. That's a shame; these anglers are missing some great opportunities at some hard fighting fish.

If we go in terms of what fish offers a great fight instead of food value, the options for a fun day of fishing really opens up. A few inshore species that come to mind are jack crevalle, ladyfish, and bluefish. There are others, but these three are plentiful and run in schools, often large schools. Pound for

pound I cannot think of a fish that fights harder than a jack, they remind me of the Energizer Bunny, they keep going and going. As they mature the big ones will slap wear you out. Ladyfish, as long as I can remember have carried the nickname "poor man's tarpon," it's a name given to their similarities of a tarpon once hooked. They fight extremely hard and spend as much time in the air as the water.

Ladyfish are great for breaking kids into fishing, plus they usually poop when you touch them, a sure hit with the kids. Bluefish is another hard fighting option and are often plentiful. While many view the smaller blues as good eating, they lose their food value as they grow. They are one of the most ferocious fish in our waters; they feed very aggressively and have a mouthful of sharp teeth.

Through November, hard fighting fish are a good possibility a short distance into the Gulf of Mexico as well. As the water cools down baitfish are heading south with plenty of hungry predators in pursuit. Bonito, little tunny, or false albacore are often found in large schools harassing bait schools. Look for lots of birds and fish breaking the water's surface to give up their location. When hooked they are very impressive speedsters that fight to the end. Most anglers put the rod down after landing one or two.

Anytime you get into a feeding frenzy, it's possible to hook into about anything. It's about guaranteed that sharks will be around to take advantage of an easy meal. Sharks are extremely hard fighting, and a few including blacktip and spinner sharks may give you an aerial show that will rival a



tarpon or billfish. If you want to tangle with a shark, rig up a heavier outfit and make sure to incorporate a wire leader.

This month gives us great chances at good eating fish like snook, redfish, and sea trout inshore, plus snapper, sheepsheads, and tripletail in nearshore gulf waters. If your fishing day for these popular species is not going as planned, there are plenty of fish that can save the day. The funny thing, generally when we start catching these less desirable fish and having fun, the next thing you know our target species decides to get in on the action.

Keep up to date with fishing regulations before hitting the water by visiting the Florida Fish and Wildlife Commission website 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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Holiday

Festivities



Holiday Festival Of Lights

Saturday, Dec. 7 – 4 to 10 p.m.

For more than 30 years, the Holiday Festival of Lights celebration has been a shining example of community support, holiday spirit, and fun for the whole family!



The Chamber of Commerce of Cape Coral will host the IncredibleBank Holiday Festival of Lights on Saturday, Dec. 7.

The festivities will be held from 4 to 10 p.m. along Cape Coral Parkway from Del Prado to Candia Street. The opening ceremony will begin at 5:45 p.m. and Santa will be arriving for the official LCEC tree lighting at 6:15 p.m.

The Chamber would like to wish you all a happy and safe holiday season. If you are heading to the IncredibleBank Holiday Festival of Lights on Dec. 7, here is some information you will need to know.

Cape Coral Parkway will close at 5 a.m. on Dec. 7. To ensure the safety of our community and volunteers, Cape Coral Parkway from Del Prado Boulevard to Coronado Parkway will also be closing at 5 a.m. on Dec. 7. Please plan your day accordingly and arrange for alternate routes during your travels. Cape Coral Parkway will reopen at 2 a.m. on Dec. 8.

Santa's Arrival And Tree Lighting – Sponsored By Lee County Electric Cooperative

Santa and Mrs. Claus will be arriving at the Cape Coral Town Center (Big John's) at 6:15 p.m. to officially kick off Cape Coral's holiday season with the lighting of the Christmas Tree. Pictures with Santa will follow immediately after the lighting until 9:45 p.m.

15-Ton Snow Slide – Sponsored By Technology At Work of SWFL

Who says there is no snow in Florida? Not us! Next to Santa, the 15-Ton Snow Slide is one of the biggest attractions at the IncredibleBank Holiday Festival of Lights. Kids have a blast throughout the evening sliding down the slope located adjacent to the Winn-Dixie parking lot on Cape Coral Parkway.

Holiday Food Drive To Benefit The Cape Coral Caring Center

Bring your food or monetary donation to the Snow Slide on Dec. 7 to help families in need during this holiday season.

Tiny Tots Train Ride – Sponsored By Kiwanis Club Of Cape Coral

Kiwanis Club of Cape Coral will be sponsoring the FREE Tiny Tot's Train Ride on Vincennes Boulevard.

Candy Cane Park – Free Kids Area

Candy Cane Park FREE Kids Area with inflatables located at the east end of the event adjacent to Wendy's.

Three Holiday Stages – Sponsored By Renda Broadcasting – Gator Country, Mix 104.7, Bob FM.

The IncredibleBank Holiday Festival of Lights will feature three performance stages with local entertainers and dance troupes performing throughout the night.

Major, Supporting And Media Sponsors

We could not put on these events without the help of our supporting event and media sponsors; The Tabor Family, City of Cape Coral, Skyworks, Lamar Advertising, Waste Pro, ACRA Electric, Taylor Rental – Creative Events, Suncoast Beverage, Fox-4, The News-Press, The Breeze Newspapers.

Event Parking

Parking for the IncredibleBank Holiday Festival of Lights is on a first-come, first-served basis in the public parking lots. Please be cautious of tow-away zones in the downtown area.

Vendors

Start your holiday shopping by visiting our event vendors. Festival food and beverages are also available for sale. Vendor space is available. For more information, please call Maria Ortiz at (239) 549-6900, Ext. 111.

Come down and visit us, volunteer with us, or donate to our causes! Either way don't miss out on this holiday season as we bring another amazing, close to the heart event to the Cape Coral streets!

For event details, visit www.holidayfestivalcc.com.

Grinch Fest In Big John's Plaza

Saturday, Dec. 14 – 11 a.m. to 2 p.m.

Hosted by John Michaels Jewelry & Diamond in Big John's Plaza, the public is invited to attend Grinch Fest in Whoville on Saturday, Dec. 14, from 11 a.m. to 2 p.m.



Let's show the Grinch just how wonderful Christmas can be! Hosted by SJC Technology, John Michaels Jewelry and Diamond, and Big Mama Radio, this festive celebration promises to spread Christmas cheer for all ages!

Event Highlights

- Pajama party: Come cozy and ready to celebrate!
- Meet the Grinch: Snap a fun 360-degree camera pic, courtesy of SJC Technology
- Meet Santa: A Grinch-free zone brought to you by John Michaels Jewelry and Diamond
- Hula Hoop contest: Show off your skills!
- Free buttery popcorn: Sponsored by Albert Matthews Law and Meghan Sophia Tax and Accounting
- Free sweet cotton candy: Thanks to Relax and Renew Massage Therapy and Petwell Clinic-Fort Myers
- Free snow cones: Provided by Honest Health Group and Fausto Gonzales, Insurance Agent at Horton Group
- Music and fun: Enjoy tunes by Big Events Florida and Big Mama Radio!
- Games and huge raffles: Exciting prizes await!
- Christmas bounce house: Fun for the little ones, sponsored by The Bounce House People!
- Food trucks available: Grab a delicious bite from our fantastic vendors!
- Grinch Lounge (Arts & Crafts): Dive into creative fun, thanks to Plumbing MD LLC.

This is going to be an awesome event for the whole family! Let's celebrate the season and make unforgettable memories together!

Spread the cheer and tag your friends—don't miss out on the fun!

For event details, visit www.johnmichaelsrocks.com/grinch-fest-in-the-cape.

Get Ready For The Reindeer Run!

Saturday, Dec. 14 – 4 to 8 p.m.

Location: Coral Oaks Golf Course, 1800 NW 28 Ave., Cape Coral

Cape Coral Parks and Recreation Department invites you to join the festive fun at the third annual Reindeer Run 5K and Family Fun Run 2024! This exciting event is perfect for families and participants of all ages.



Don your holiday gear and take part in the holiday-themed 5K or the Family Fun Run. Walking entrants are welcome, and holiday costumes are encouraged! The first 300 participants will receive a commemorative medal.

5K Run Details

- **Check-in:** 4 p.m.
- **Race time:** 5 p.m.
- **Features:** The 5K run/walk, open to all skill levels, includes a performance shirt (while supplies last), light refreshments, and chip timing. Results, timed and scored by Cape Coral's own Lin-Mark Sports, will be sent via text to those who opt in during registration.



Family Fun Run Details

- **Check-in:** 4 p.m.
- **Race time:** 6 p.m.
- **Features:** A 1.5-mile run/walk for all ages and skill levels, with perks including a performance shirt (while supplies last), light refreshments, and a video finish.

Combo Option

- **Check-in:** 4 p.m.
- **5K Start:** 5 p.m.
- **Fun Run Start:** 6 p.m.
- **Features:** Enjoy both the 5K run/walk and Family Fun Run. Combo registrants receive all the benefits of both races, including chip timing, refreshments, and a video finish.

Registration is now open for all race categories! To register, visit www.capeindependerrun.com.

Santa's Workshop

After the race, enjoy the magic of Santa's Workshop, where local businesses and sponsors will offer activities for all ages, including free photos with Santa.

Mark your calendar and bring your holiday cheer for this fun-filled community event!

Cape Coral Annual Holiday Boat-A-Long

Saturday, Dec. 21 – 4 To 9 p.m.

The City of Cape Coral Parks and Recreation Department is thrilled to announce the Annual Holiday Boat-A-Long, set for Saturday, December 21, from 4 p.m. to 9 p.m. at Four Freedoms Park, located at 4818 Tarpon Court.



This beloved holiday tradition invites residents and visitors to gather along the Bimini Basin to enjoy an evening filled with holiday cheer, family-friendly fun, and festive boat displays. The event is free and open to the public, making it an ideal outing for families looking to celebrate the holiday season.



Event Highlights

- **Santa Claus and His Elves** – Don't miss Santa and his helpers as they bring holiday magic to the event.
- **Entertainment** – Enjoy live stage performances and holiday music to get everyone in the spirit.
- **Food Trucks and Crafts** – Local food vendors will be onsite, along with craft stations to entertain the little ones.
- **Boat Parade** – The evening's main attraction, the parade,

Holiday Festivities on page 11

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Holiday Festivities from page 10

will showcase decorated boats making their way from Bimini Basin and winding through South Cape Coral's scenic canals.

For those interested in joining the boat parade, registration is required through Sea Tow. Call (239) 945-4820 to secure your spot.

As dusk falls, the festivities continue with a screening of *The Polar Express* (2004, Rated G) on a large outdoor screen. Be sure to bring your lawn chairs and blankets for a cozy viewing experience under the stars.

Parking and Shuttle Service: A free shuttle service will run between various downtown parking lots and the event venue, making it easy for attendees to get to and from the festivities.

For more information, visit the event page at <https://bit.ly/46PhG7X>.

Holiday Nights On The Lawn

Front Lawn at Cape Coral City Hall, 1015 Cultural Park Blvd.

Friday, Nov. 29 through Sunday, Dec. 1 – 4 to 8 p.m. each night

Join us as we kick off the holiday season at the City of Cape Coral's Annual Tree & Menorah Lighting Celebration. The Mayor and City Council will help light the beautiful, oversized tree on Friday evening, and this year's celebration has been expanded to include three nights of free, family-friendly holiday activities!



In addition to showing a different holiday-themed movie on a giant, inflatable movie screen each evening at dusk, this free event will also feature local food trucks, a trackless train, ice skating, vendors, a visit from Santa, and more!

Holiday Nights On The Lawn Movie Lineup

Friday, Nov. 29 *Arthur Christmas*

Saturday, Nov. 30 *Elf*

Sunday, Dec. 1 *Dr. Seuss' How the Grinch Stole Christmas*

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



CHRISTMAS

beyond the toys

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Because children need more than a system; they need a village.

**HOW CAN YOU HELP?
HOST A DONATION DRIVE!**

Collect New Holiday Pajamas and Items for Christmas Eve Baskets for families to take home from our event on December 14th.

See item details below:

CHRISTMAS PAJAMAS FOR EACH CHILD

- New Christmas Pj's All Sizes, Newborn - Adult
- Unwrapped and kept in its original packaging
- Purchase & Ship directly from Amazon Wishlist or your business/group can host a drive and we will pick up donation 1st week of December

CHRISTMAS EVE BASKETS FOR FAMILIES

- Hot Cocoa and popcorn packs
- "Cookies for Santa" Plate
- Publix and/or Gas Gift Cards to help families with holiday expenses.

Scan me!



Visit our Amazon Wishlist for specific ideas. If you'd like to host drive at your location contact us directly kacie@fostervillageswfl.org or 239-826-1662

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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.

Cape Coral Museum Of History

Remember When ...

The Sunset Towers Were The Tallest Buildings In Cape Coral?

When the Sunset Towers were built in 1968, they stood out as a landmark, proudly standing eight stories tall on the waterfront of Bimini Basin at 4803 and 4807 Sunset Court. For years, these towers were the tallest structures in Cape Coral, embodying a sense of modernity and potential in a city that was still developing. Cape Coral's skyline in the late 1960s was sparse compared to today, so an eight-story building made quite an impression.

Fast forward to today, Cape Coral's skyline



Cape's Tallest Building
An artist's rendering of the new eight-story, 56-unit Sunset Towers, to be constructed on Bimini Basin – 1968
Location: 4807 Sunset Ct., Cape Coral, Fla.

Cape Coral Museum Of History on page 13



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Cape Coral Sail and Power Squadron Announces Dates For Our Local Waters Seminar



The “snowbirds” are returning to Cape Coral, and we know many will be looking to get out on the water, some for first time. From experience we know that after your first trip you will be wondering a few things. Learning the waterway on your own is not a good thing to try here. To help you the Cape Coral Sail and Power Squadron/America’s Boating Club Cape Coral, has created a “local waters” seminar. In the seminar we provide information about the things people have told us they wish they knew before heading out on the waters.

Our club has been a proud member of the community since 1964. Members have an in-depth knowledge of our

waterways which they are always willing to share. With over 50,000 registered vessels on our shallow waters, boaters new to Lee County find boating nothing like it was “back home.”

The Southwest Florida Boating Seminar is being offered throughout the “snowbird” season. The next session is scheduled for Tuesday, Nov. 12. It will be offered again on Tuesday, Jan. 14, 2025, Tuesday, Feb. 11, and Tuesday, April 8. The seminar starts at 7 p.m. and lasts approximately two hours. Seating is limited and preregistration is needed to ensure a seat. Registration information can be found on the events page at www.ccsaps.org.

The seminar will be presented at the Cape Coral Sail and Power Squadron located at 917 SE 47th Ter., Cape Coral, FL 33904. Plenty of parking is available behind the building and students can enter through the back door.

If you can’t wait to get into one of the seminars our office sells copies of *Barret Bonden’s Local Knowledge Recommended - Things you wish someone had told you about boating here!* The seminar is based on the material in this book. We also sell waterproof local charts, Chart Art’s *Boaters Destination Guide* and *Safe Boating in Southwest Florida, Your Guide to the Many Channels on our Waterways* which looks at over 80 marked channels boaters will pass as they travel from the Franklin Lock and Dam, into San Carlo Bay and up to Bokeelia.

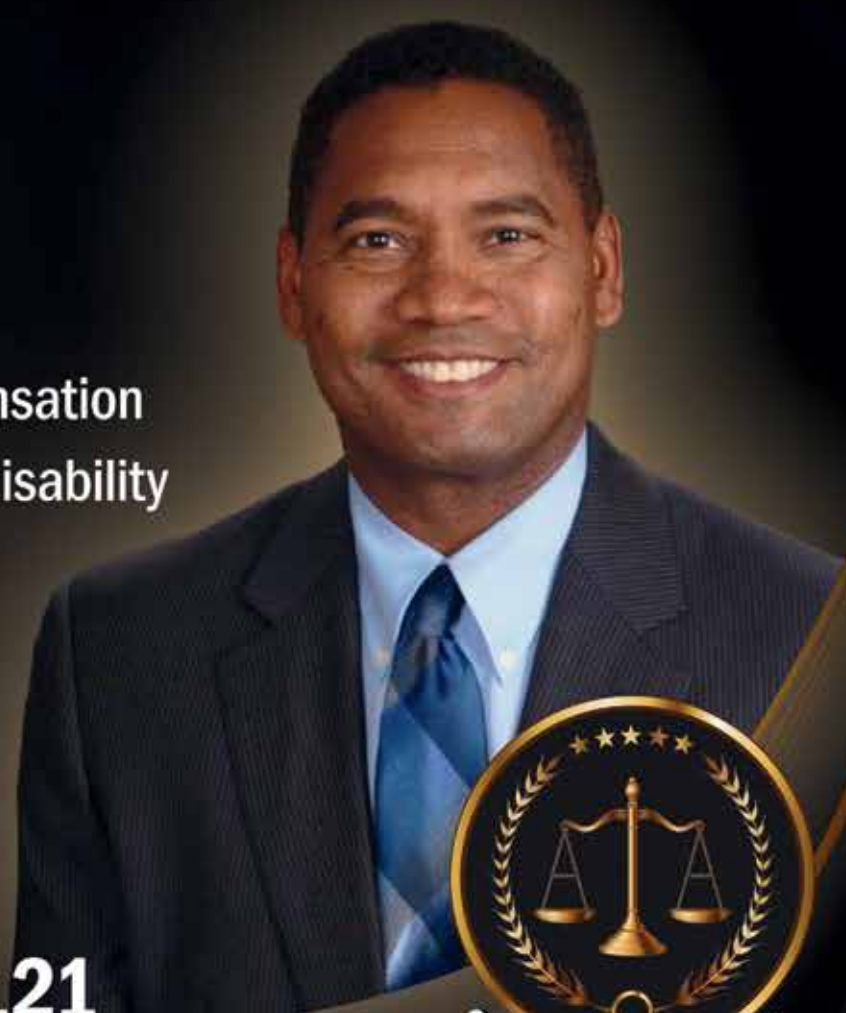
The office is open Tuesday, Thursday, and Saturday from 9 a.m. to noon. If you are out and about on Saturday mornings, stop by the Cape Coral Sail and Power Squadron booth at the Cape Coral Farmer’s Market at Clubhouse Square. Our members have lots of local knowledge and are happy to answer any questions you have about local boating, our courses, seminars, and the benefits of being a member of the largest boating club in Cape Coral.



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Cape Coral Museum Of History from page 12

has grown significantly, with taller buildings defining the waterfront. Now, The Westin Cape Coral Resort at Marina Village claims the title of the tallest building in Cape Coral, standing at 19 floors (67 meters or 220 feet tall). This shift in Cape Coral’s architecture reflects the city’s growth and appeal as a hub for both residents and visitors seeking waterfront living and modern amenities.

The current tallest buildings list shows that residential and mixed-use developments have become more popular, especially around marinas like Cape Harbour and Tarpon Point. Buildings like Marina South at Cape Harbour I and II, as well as Tarpon Landings I, II, and III, all offer scenic views and amenities, appealing to those drawn to the waterside lifestyle.

Interestingly, even on the other side of the world, Cape Coral has a presence. In Chongqing, China, two apartment buildings named Cape Coral A8 and Cape Coral A9 were constructed between 2006 and 2009, each soaring to 44 floors. This international nod to Cape Coral shows how the name has traveled beyond Florida, likely inspired by the allure of waterfront living.

The development from Sunset Towers being the tallest to the more varied skyline today illustrates Cape Coral’s transformation from a quiet, planned community to a vibrant and bustling city. As the city continues to grow, we might see even taller buildings and more ambitious architectural designs emerge in the coming years.

Since its inception in 1987, the Cape Coral Museum of History has sought to discover, preserve, and share the history of Cape Coral through its archives, museum exhibits, and public programs. The museum is the official repository for the history of Cape Coral and serves as a public resource for all sectors of the local community, as well as international and U.S. tourists. Operated by the Cape Coral Historical Society, the museum exhibits artifacts, documents, and photographs pertaining to the history of Cape Coral and Southwest Florida.

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

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



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

WORKING WITH CONTRACTORS

Ask to see a state-issued license to verify:

- contractor's name
- license number
- address
- specialty

If a contractor has multiple employees, ask for their general liability and worker's compensation insurance policies.

Get written estimates from several licensed contractors.

Ask for references.

Avoid paying cash.

Don't sign off on work until it's completed.

Most jobs require permits.

Don't use contractors who want to be paid in full before work begins.

Check with the City's building department to ensure your permits have been issued.

Coming Up In The Cape

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.

Full Moon Paddle At Four Mile Cove Eco Park

Friday, Nov. 15 – 5 To 7 p.m.

Paddle along the shore of the Caloosahatchee River by the light of the moon on Friday, Nov. 15 from 5 to 7 p.m. The meeting location will be given upon registration.

A limited number of single and tandem kayaks are available. No refunds for no-shows or late arrivals. If you must cancel for any reason, you must notify the office at (239) 549-4606 at least 24 hours before departure to receive a refund or a credit.

We often have a waiting list. Plan to arrive at least 20 minutes before your scheduled departure time. The time listed on the activity is the actual departure time.

The cost is \$40 for single kayaks and \$80 for tandem kayaks.

For more information and to reserve your spot, call (239) 549-4606.

Full Moon Walk At Four Mile Cove Eco Preserve

Friday, Nov. 15 – 5 To 7 p.m.

Join a guide on an evening stroll along the boardwalk just after dark on Friday, Nov. 15, to learn all about the secret nocturnal life of Four Mile Cove Ecological Preserve.

Bring a small flashlight or wear a headlamp with a red light for night vision. Dress appropriately for the weather.

The cost is \$10 per person (6 and under free).

Advance registration is required at (239) 549-4606.

Fall Dinner Dance At Lake Kennedy Center

Friday, Nov. 15 – 6 To 8 p.m.

Adults ages 18-plus are invited to celebrate the season with a Fall Dinner Dance at Lake Kennedy Center! The cost is just \$19 per person and includes dinner and music. BYOB is welcome.

For more information and to reserve your spot, call (239) 574-0575.

Just For Fun Dog Show At Rotary Park

Saturday, Nov. 16 – 3 To 5 p.m.

Calling all dog lovers! You won't want to miss the ultimate tail-wagging extravaganza at Rotary Park, 5505 Rose Garden Road on Saturday, Nov. 16, from 3 to 5 p.m.

Bring your furry bestie to join the festivities or simply come to spectate this pawsitively amazing event!

Sign up in advance or on the spot starting at 2 p.m. The show will be held outside on the east side of the park building, and we promise a doggone good time!

Enter your dog in contests ranging from the waggiest tail to the owner-dog lookalike. The cost is \$6 per category, \$20 for four categories, or \$25 for unlimited categories. Spectators are free!

For more information, call Rotary Park at (239) 549-4606.

Oasis Elementary South Fall Festival

Saturday, Nov. 16 – 4 To 8 p.m.

Wristbands are \$20 and includes rock climbing wall, hippo chow down, twin turbo slide, obstacle course, wipe out, warrior jump, laser tag, bounce house and Under The Sea Playhouse exclusively for children under 42 inches tall.

For more information, call (239) 542-1577.

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.

Turkey Bingo At Lake Kennedy Center

Sunday, Nov. 17 – 2 To 4 p.m.

Join us for “Turkey Bingo” at Lake Kennedy Center, 400 Santa Barbara Blvd., on Sunday, Nov. 17 from 2 to 4 p.m.; doors open at 1:30 p.m.

Open to ages 18-plus, the cost is just \$15 per person to play 10 rounds. Prizes include Thanksgiving dinners with all the trimmings!

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

Free Wildlife Program At Rotary Park

Tuesday, Nov. 19 – 1 To 2 p.m.

Join us for a fun, free program at Rotary Park, 5505 Rose Garden Road, on Wednesday, Oct. 16, from 1 to 2 p.m. This month's topic is “Florida Snakes.”

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

Kountry Sunshine Karaoke At Lake Kennedy Center

Tuesday, Nov. 19 – 5 To 8 p.m.

Get your singing voices ready for a fun night on Tuesday, Nov. 19, from 5 to 8 p.m.

Sing to the music you love and/or come out to cheer on your friends! The cost is just \$5 per person. BYOB and snacks.

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

Merry & Bright Art Market Opens At The Art Center

Tuesday, Nov. 26 – 9 a.m. To 4 p.m.

Jump start the holidays and purchase unique gifts at the Cape Coral Art Center during this open-call-to-artists sales event.

The Merry & Bright Art Market will be held in the Side Gallery during the Art Center's normal business hours from Nov. 26 to Dec. 19.

For more information, call the Art Center at (239) 574-0802.

Classic Car Fest At Cultural Park

Sunday, Nov. 30 – 10 a.m. To 1 p.m.

The Cape Coral Museum of History is hosting a “Classic Car Fest at Cultural Park” with classic vehicles, music, food trucks, and a merchant vendor village on Saturday, Nov. 30, from 10 a.m. to 1 p.m.

This event will take place at Cultural Park, behind the museum.

For more information, visit www.capecoralmuseum.org/classic-car-fest.

Sunset Fest At Four Freedoms Park

Wednesday, Dec. 4 – 3 To 6 p.m.

Join us for a monthly Sunset Fest at Four Freedoms Park, 4818 Tarpon Court, on Wednesday, Dec. 4, from 3 to 6 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.

Free Wildlife Program At Rotary Park

Thursday, Dec. 5 – 1 To 2 p.m.

Join us for a fun, free program at Rotary Park, 5505 Rose Garden Road, on Wednesday, Oct. 16, from 1 to 2 p.m. This month's topic is “Burrowing Owls.”

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

Nature Of Cape Coral Bus Tour

Saturday, Dec. 7 – 8 a.m. To 12 p.m.

Departing from Rotary Park, 5505 Rose Garden Road on Saturday, Dec 7 at 8 a.m., join a knowledgeable guide on this unique tour to visit the real nature and wildlife of Cape Coral. Possible sightings include burrowing owls, manatees, osprey, eagles, scrub jays, hawks, and various shore and songbirds.

The cost is \$20 per person.

With limited seats available, advance registration is required. Bring a camera and binoculars, and wear walking shoes. Guests will get out of the vehicle at each stop to walk around.

Call (239) 549-4606 for more details and to RSVP.

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Big John, Cape Coral's Landmark, To Get A Makeover After Recent Hurricanes

The Big John statue, Cape Coral's beloved 28-foot landmark since 1969, is set to undergo restoration after recent hurricanes caused damage to the iconic figure. Originally a mascot for Cape Coral's Big John grocery store, the towering fiberglass statue was cast from molds made by General Sign Co. in Cape Girardeau, Missouri.

Big John's journey began when Patti Hollingsworth shared in 2005 that her then-husband, Craig, and his father, John Hollingsworth, bought a grocery store in Cape Coral in May 1969, naming it “Big John's.” In a creative trade with a grocer friend in Illinois, the Hollingsworths commissioned the statue in exchange for a semi-truck full of watermelons. Transported from Illinois to Florida on a flatbed truck, Big John arrived in two pieces, and during the journey, his head was knocked off by a highway overpass. Once repaired, he took his place outside Big John's store, faithfully standing guard until the grocery store closed in 1986.

Since then, Big John has become a fixture of Cape Coral's Town Center, enduring multiple tropical storms and hurricanes with a steel understructure rated to withstand winds up to 110 mph. Though his grocery bags were eventually removed, the statue became a local favorite, occasionally dressed in festive attire to celebrate holidays.

In 2011, Big John received a complete makeover, emerging with a patriotic American flag shirt, acid-washed jeans, sneakers, and grocery bags branded with sponsor logos. Now, over a decade later, the statue once again needs repairs. Recent hurricanes left noticeable damage near his chin, and he's currently secured with straps to prevent further harm until restoration can begin.

For the next few weeks, Big John will be temporarily relocated to a nearby facility for the repairs needed to restore him to his former glory. Cape Coral residents may notice his absence from downtown but can rest assured he'll soon return, standing tall and looking better than ever in his familiar spot.



AI-Generated Audio And Video Are Being Used To Trick Businesses And Individuals

The person at the other end of that video call certainly looks and sounds legitimate. Maybe it's someone you've bonded with on a dating site, or maybe it's a semi-distant relative or remote work colleague. Yes, it's odd that they're asking you to send them money or provide sensitive personal information, but you trust them.

Just one problem: They're not real. Their image and voice have been generated through artificial intelligence (AI) and are being controlled behind the scenes by a scammer. What you're experiencing is a deepfake, a rapidly evolving technology often used for malicious acts.

The U.S. Government Accounting Office (GAO) defines a deepfake as video, photography, or audio that "seems real but has been manipulated with AI. The underlying technology can replace faces, manipulate facial

expressions, synthesize faces, and synthesize speech."

More and more criminals are using AI deepfakes to commit identity fraud or pry money and data from businesses and individuals. The digital verification platform Sumsb reported an astonishing 1,740 percent jump in deepfake-related fraud attempts in North America between 2022 and 2023.

By creating a deepfake persona, fraudsters can trick people into believing they're interacting with someone they know or want to know. This builds trust, making it easier for the scammer to manipulate the victim. Cybercriminals can also utilize deepfakes to create compromising material for the purpose of extortion. For example, they can use an AI bot to take a brief snippet of a person's real voice and "clone" it to produce an authentic-sounding facsimile; the faked voice can then be made to say just about anything.

The majority of deepfake fraud cases thus far have targeted businesses. Even large global companies can fall for these scams. In one recent example, an employee at a multinational design and engineering firm was tricked by a deepfake video call into transferring \$25 million of the company's funds to fraudsters. Many bad actors, meanwhile, are using deepfake audio and video in attempts to gain access to company data, which could result in breaches of customer information.

As this technology grows more sophisticated, it's also getting easier to use—which means it's becoming increasingly popular as a method to defraud individuals. Deepfakes have already made their way into the world of romance scams, according to a recent report in WIRED.

The article described how a crew of scammers used "deepfakes and face-swapping to ensnare victims in romance scams, building trust with victims using fake identities, before tricking them into parting with thousands of dollars."

While several deepfake detection tools currently exist, many are only available to businesses. Also, most are designed to analyze recordings and cannot help in real time during audio or video calls. To recognize deepfakes in real time, you'll most likely have to rely on your own powers of observation.

The MIT Media Lab offered tips on how to determine whether a person seen on video is a deepfake. Zero in on elements of the person's face, they advised. This includes:

- **Cheeks and forehead** – "Does the skin appear too smooth or too wrinkly? Is the agedness of the skin similar to the agedness of the hair and eyes?"
- **Eyes and eyebrows** – "Do shadows appear in places that you would expect?"
- **Eyeglasses** – "Is there any glare? Is there too much glare? Does the angle of the glare change when the person moves?"
- **Blinking** – "Does the person blink enough or too much?"
- **Lip movements** – "Some deepfakes are based on lip syncing. Do the lip movements look natural?"

In an article for PolitiFact, Manjeet Rege, director of the Center for Applied Artificial Intelligence at the University of St. Thomas, and Siwei Lyu, a computer science and engineering professor at the University at Buffalo, offered advice on listening for clues that a voice might actually be an audio deepfake. These include "irregular or absent breathing noises, intentional pauses and intonations, along with inconsistent room acoustics."

One thing is clear: Deepfake technology is evolving at such speed that it will become progressively more difficult to tell fiction from reality. Today you might be able to spot a weird glitch in a person's face on video or a strange vocal pattern on a call. But those flaws might not be as noticeable a year or two from now.

Beyond the observational tips offered here, your best defense is to use common sense. If someone contacts you by phone or video—whether it's a person you seemingly know and trust—and makes an unusual request or demand involving money or sensitive information, step back and assess the situation. Do whatever you can to independently verify that what the person is telling you is true. As AI expert Manjeet Rege said in the PolitiFact interview, "Healthy skepticism is warranted given how realistic this emerging technology has become."



PLAN. PREPARE. PATIENCE.

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

The plan

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

Preparation is key

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

When the lights are out, we are on!

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

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

HOW LCEC RESTORES POWER

Safety is the priority

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

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



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



STEP 1. DAMAGE ASSESSMENT

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



STEP 2. CRITICAL REPAIRS

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



STEP 3. QUICKLY & SAFELY

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



STEP 4. REMAINING OUTAGES

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

www.lcec.net

Calling All Cape Coral Neighbors!

The Cape Coral Sun is YOUR community paper, and we want to showcase the stories that make our city unique – told by the people who live here.

Got an upcoming event or milestone? Share it with the community! Whether it's a wedding, a birthday, or a family visit, we'd love to see your story and photos.

Love sharing your thoughts? Send us articles on local issues, events, or hidden gems around Cape Coral.

Why share? Your story could inspire others, bring neighbors together, and shine a light on the vibrant lives that make our community one of a kind. Plus, there's nothing like seeing your story in print!

So, snap those photos, jot down those ideas, and email us your submissions today (capecoralsuneditor@gmail.com).

Let's make *The Cape Coral Sun* a reflection of everything that makes Cape Coral great – starting with YOU!

Editor's Note: Not all submissions are guaranteed for placement. Publisher reserves the right to accept or reject all copy deemed unsuitable for publication.

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Tommy Bohanon Foundation To Host Fifth Annual Softball Tournament And Toy Drive

The Fifth Annual Tommy Bohanon Foundation Softball Tournament and Toy Drive is set for Thanksgiving weekend, with team registrations now open.

The seasonal family event will take place on Saturday, November 30 starting at 8 a.m. at the Northwest Cape Coral Softball Complex, 1030 NW 16th Place, Cape Coral 33993.

The one-day tournament and toy drive will benefit local families in need. Attendees will be able to enjoy bounce houses, holiday craft vendors, food trucks and exciting action on the softball fields. Plus, Santa himself will make a special guest appearance to add to the holiday excitement. The admission fee is a new, unused toy on the day of the tournament.

More than \$70,000 worth of toys and contributions was raised during the event's first four years. All donations go toward a shopping spree where the recipients can purchase both gifts and necessities.

The registration fee is \$300—or \$300 worth of unwrapped, new toys per team, for up to 12 players. To register a team or make a donation, visit www.tommybohanonfoundation.org/softball.

The Tommy Bohanon Foundation is a nonprofit organization dedicated to supporting young athletes reach their highest potential on and off the playing fields. Its programs and community outreach events have helped hundreds of children in Southwest Florida.

Opportunities to help as a volunteer, participant or donor can be found at TommyBohanonFoundation.org. For more information, please contact Katie Bohanon at (239) 671-0441 or katie@tommybohanonfoundation.org.

About The Tommy Bohanon Foundation

The Tommy Bohanon Foundation is a 501(c)(3) nonprofit organization dedicated to supporting young athletes reach their highest potential on and off the playing field. Former NFL fullback Tommy Bohanon returned to his hometown in Southwest Florida to pursue his vision of ending generational poverty for at-risk youth. The foundation funds annual scholarships, sports equipment grants to local high



Tommy and Katie Bohanon



schools, youth football camps, seminars and programs, as well as funding for other local nonprofits. For more information about the Tommy Bohanon Foundation, visit TommyBohanonFoundation.org or call (239) 671-0441.



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Stevens Construction Begins Groundbreaking On New Premier Women's Care Facility In Southwest Florida

Stevens Construction has started construction of Premier Women's Care of Southwest Florida's new 40,797-square-foot medical office building at 1606 Santa Barbara Blvd., in Cape Coral, announced Daniel Adams, Stevens Construction executive vice president.

With the opening of the new building in fall 2025, Premier Women's Care of Southwest Florida physicians, certified nurse midwives and physician assistants will be expanding and enhancing their practice in Cape Coral, which offers comprehensive gynecological and obstetrical care, including well-woman exams, family planning, adolescent gynecology, gynecologic surgery, minimally invasive surgery, prenatal and postpartum care. Urogynecology and in-office procedures will be expanded. The new office will also have a dedicated area for fetal monitoring.

"We are most excited about what this new facility will offer our patients in Cape Coral," said Dr. Shannon O'Hara. "We will have space for more medical care providers and therefore more available appointments – including same-day appointments."

Dr. Anita Del Bianco said patients will enjoy a modernized building with plenty of parking. "The whole patient experience will be optimized with comfortable, spacious waiting areas, exam rooms and procedure rooms," she said.

Situated on 2.27 acres, the first floor of the new office building will feature three ultrasound suites, 3-D mammography with changing rooms, offices, an elevator and covered parking. In addition, 3,000 square feet of office space is available for lease. The second floor will house 37 exam rooms, three procedure rooms, phlebotomy, consultation rooms, offices, storage and a breakroom.

"Last month we received the Community Choice Award for the Best in Women's Health, and it is thanks to that kind of loyalty and appreciation from our wonderful patients that we have grown as a practice and can in turn invest in improved facilities and expanded services to be better than ever," said Dr. Sarah DiGiorgi. "We are

continuing to work toward adding new services for the benefit of our patients and will have further announcements about those in the coming months. The great thing is that in this new building we can continue to grow along with Cape Coral in the future."

Stevens Construction provided nearly two years of preconstruction services, working with the client and architect throughout the design phase and providing budgets and schedules at specific design milestones to ensure the project stayed on track. Stevens Construction identified \$500,000 in cost-saving opportunities by working with the design team and client during preconstruction.

The Stevens Construction team includes Project Manager Mike Alisea, Superintendent Eric Mitchell, and Project Administrator Angie Sugg. The design team includes Studio+, Avalon Engineering and TLC Engineering Solutions.

About Stevens Construction, Inc.

With offices in Fort Myers and Orlando, Fla., Stevens Construction specializes in providing construction management, general contracting and consulting services to clients and design professionals. Other services include site and design team selection, budgeting, project scheduling, permitting, cost and quality control and warranty service. The company builds healthcare, commercial and hospitality facilities. For information, visit www.stevensbuilds.com or call (239) 936-9006.



About Premier Women's Care Of Southwest Florida

With three locations in Cape Coral and Fort Myers, the expert, compassionate ob-gyns and certified nurse midwives at Premier Women's Care of Southwest Florida provide women of all ages with comprehensive obstetrical and gynecological care, including well-woman exams, family planning, gynecologic surgery, prenatal, delivery, and postpartum care. For more information visit www.pwscswfl.com or call (239) 432-5858.



The Future of Cataract Care: In-Office Surgery

Elmquist Eye Group is Leading the Way

By Yasaira Rodriguez, MD

As an ophthalmologist, I've had the privilege of performing sight-restoring surgeries in temporary operating rooms during mission trips, often working in environments with limited resources and equipment. Here in the U.S., we're fortunate to have high standards for care, and I am passionate about continually improving the patient experience. That's why I'm thrilled to announce the launch of our new in-office surgical suite for cataract surgery, where we bring an unparalleled level of convenience, comfort, and precision right into the heart of our practice. Office-based surgery is the next revolution in health care, providing patients with the best possible experience, in a safe, familiar setting.

Cataract surgery has come a long way since Elmquist Eye Group was founded 30 years ago. Originally, these procedures were only performed in hospitals, where patients endured long wait times and very high costs. Eventually, ambulatory surgery centers (ASCs) became the standard, and while they helped streamline the process, many ASCs have begun prioritizing higher-revenue procedures, such as orthopedics, over cataract surgery. This shift in focus created a growing need for a new

approach, one where patients could access timely, quality care without having to rely on ASC restrictions.

Today, technological advances have allowed us to bring cataract surgery directly into the office—a concept that would have been unimaginable even five years ago. "Our in-office surgical suite is a testament to how far ophthalmology has come," shared Dr. Kate Wagner, optometrist and managing partner of Elmquist Eye Group. "With this facility, we're not just enhancing efficiency; we're giving patients the ability to undergo life-changing surgery in a comfortable environment—without having to navigate the complications of hospital or ASC scheduling." This new approach means patients experience a seamless process, from consultation to post-operative care, all within one trusted location.

Advanced Technology for Today's Cataract Patient

Our new surgical suite is designed to perform a range of eye surgeries, with cataract procedures as the primary focus. We offer presbyopia-correcting lens implants as well as vision correction for astigmatism, allowing patients to enjoy a broader range of vision after surgery, often able to see well at a broad range of distances without glasses.

In-office cataract surgery is performed without IV sedation, reducing anesthesia costs and the risk of

anesthesia-related complications. This means patients are not required to fast beforehand, eliminating a common point of frustration about the pre-operative process.

And today's sophisticated technologies, like femtosecond lasers and advanced phacoemulsification devices, allow us to perform cataract procedures with an incredible level of precision and minimal recovery time. The combination of these tools improves outcomes, ultimately providing patients with an unprecedented level of care.

Making Advanced Care Accessible

We understand that the cost of innovation often reduces accessibility; however, that would not benefit the patients we serve. We're committed to making in-office cataract surgery affordable, with pricing competitive to that of ASCs and acceptance of most major insurance plans, including Medicare. Patients opting for Lifestyle IOLs, or additional vision correction procedures are provided with upfront, transparent pricing to make informed decisions.

Schedule Your Cataract Evaluation

Our new surgical suite is now open, and we're accepting patients for cataract evaluation. If you or a loved one is considering cataract surgery, we'd love to walk you through your options and how this new approach can make a difference. Schedule your evaluation by calling 239-350-4696 or visiting Elmquist.com

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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The Five Most Popular Thanksgiving Side Dishes In 2024

By CaLea Johnson, www.mentalfloss.com

Thanksgiving is a great excuse to gorge yourself with comfort food. Although turkey is the entrée, the side dishes are just as worthy of hype—and some are arguably better than the main course. Here are the sides people most look forward to eating on the holiday.

For its annual State of the Sides Report, Campbell's surveyed 5,000 adults 18 and older in the U.S. who celebrate Thanksgiving. They included 100 participants from every state to ensure an accurate representation of the country. In addition to looking at which sides are most popular overall; the soup brand also broke down the dishes by state and generation. You can view the top five sides listed below.

America's Favorite Thanksgiving Side Dishes

1. Stuffing
2. Mashed Potatoes
3. Sweet Potatoes
4. Green Bean Casserole
5. Macaroni and Cheese

Campbell's found that stuffing (or dressing, depending which region you're from) is the most beloved Thanksgiving



dish in the United States with all but five states—California, Utah, Wyoming, Iowa, and West Virginia—favoring it. It's up from second place in 2023, with Millennials, Baby Boomers, and members of Generation X and the Silent Generation giving it a boost.

Mashed potatoes are second on the list of Thanksgiving favorites, with the five states above voting for the side above all others. The dish was knocked down a peg by stuffing after coming in first place last year. Nonetheless, Americans still consider mashed potatoes a staple during the holiday. Sweet

potatoes also ranked highly in 2024 at third place, one rank up from last year.

Although it's divisive, green bean casserole is in fourth place this year, which is a step up compared to 2023. In fact, the survey found that 62 percent of Midwestern tables serve the side during Thanksgiving. In last place is macaroni and cheese, which dipped from third place the previous year. Kids and members of Gen Z are most likely to pick the dish as their favorite.

Need To Talk Turkey?

The Butterball Turkey Talk-Line is famous for the calls it gets from uncertain cooks on Thanksgiving. But 1-800-BUTTERBALL isn't the only game in town. If you can't reach any of the 50-plus Butterball experts, you can also call the following numbers:

The U.S. Department of Meat and Poultry Hotline: (888) 674-6854, open until 2 p.m. on Thanksgiving

Honeysuckle White Turkey Line: (800) 810-6325 until noon on Thanksgiving



Sudoku Answers

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

Classic Sage Dressing

Ingredients

- 1 (16- to 18-ounce) loaf rustic white bread, cut into 1-inch cubes (about 10 cups)
- 4 tablespoons unsalted butter, plus an additional 2 tablespoons melted
- 1 pound yellow onions, diced
- 4 large stalks celery, diced
- 4 cloves garlic, minced
- ¼ cup finely chopped fresh sage leaves
- Leaves from 4 fresh thyme sprigs
- 2 cups low-sodium turkey, chicken, or vegetable broth
- 2 large eggs
- ½ teaspoon kosher salt
- Freshly ground black pepper

Instructions

Arrange a rack in the middle of the oven and heat to 225°F. Spread 10 cups of bread cubes on a large, rimmed baking sheet. Bake until quite crisp, stirring every 30 minutes, about 90 minutes total. Meanwhile, prepare the remaining ingredients.

Lightly grease a 9x13-inch or 3-quart baking dish; set aside. Melt the four tablespoons butter in a large skillet over medium-high heat. Add the diced onions, celery, and minced garlic and cook, stirring frequently, until the vegetables are very soft, about 10 minutes. Stir in ¼ cup finely chopped fresh sage leaves and leaves from four fresh thyme sprigs and cook for two minutes more. Remove from the heat. Place two cups low-sodium turkey, chicken, or vegetable broth, two large eggs, ½ teaspoon kosher salt, and a generous quantity

of freshly ground black pepper in a medium bowl and whisk to combine; set aside.

Transfer the toasted bread cubes and onion mixture to a large bowl and fold to combine. Drizzle the egg mixture into the bowl and fold until evenly moistened. Transfer to the prepared baking dish and spread into an even layer. Drizzle with the remaining two tablespoons melted butter. Cover tightly with aluminum foil. (At this point, the dressing can be refrigerated overnight or up to 24 hours.)

When ready to bake, arrange a rack in the middle of the oven and heat to 375°F. Bake covered for 25 minutes. Uncover and bake until the top is lightly browned, about 15 minutes more. If you are baking the dressing directly from the refrigerator, expect to add 10 extra minutes baking time. Let stand 10 minutes before serving. Serves 6 to 8.

Key Tips For Sage Dressing

Bread: Rustic white bread like sourdough, Italian, and French breads are all great options, but avoid sandwich bread (too soft). Make sure the loaf is unsliced so you can cut it yourself.

Aromatics: Onions, celery, and garlic add the classic flavor to the dressing.

Herbs: Use fresh herbs like sage and thyme to flavor the dressing.

Broth: You can use low-sodium turkey, chicken, or vegetable broth to moisten the dried bread.

Eggs: 2 large eggs help bind the dressing.

Make Ahead: The assembled stuffing can be refrigerated for up to 24 hours before baking.

Storage: Leftovers can be refrigerated for up to 4 days.

Ending Joint Replacement Surgery?

By Dr. Rob Davis

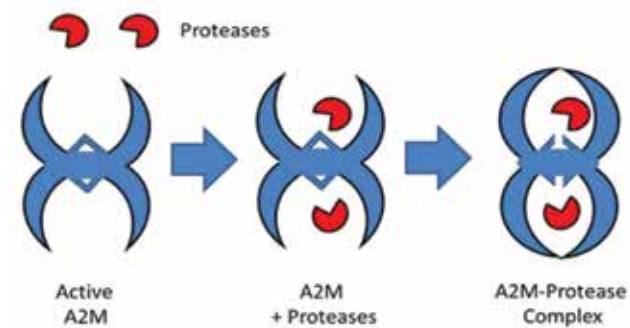
It's a bold statement, however, I feel it just may pan out. With the advancements in regenerative medicine, within the next 15 years, 80% of knee, hip and shoulder replacement surgeries will become a thing of the past. For the average person they just won't be necessary. The only people needing these 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.



Osteoarthritis (OA) is due to the diseased joint overproducing proteases and cytokines that are trapped in the joint due to their large size and avascular nature. Because they are trapped in the joint, they lead to chronic pain and slowly erode cartilage. By inhibiting these chemicals

(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

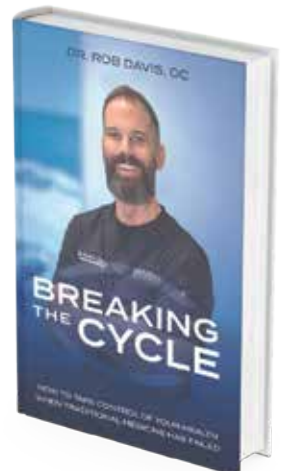
day. I am very, very pleased, because I was very skeptical and this has helped me."

- 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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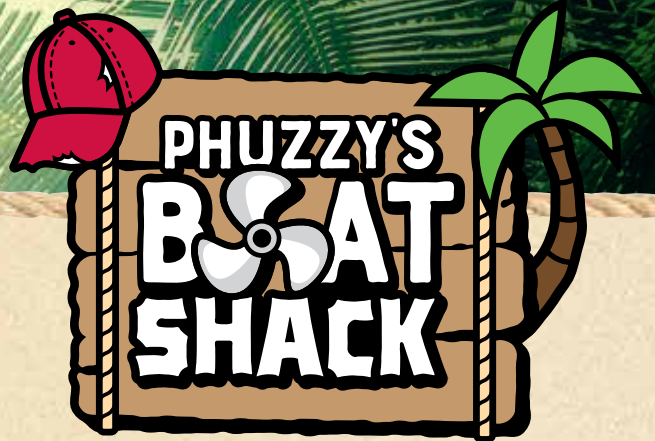
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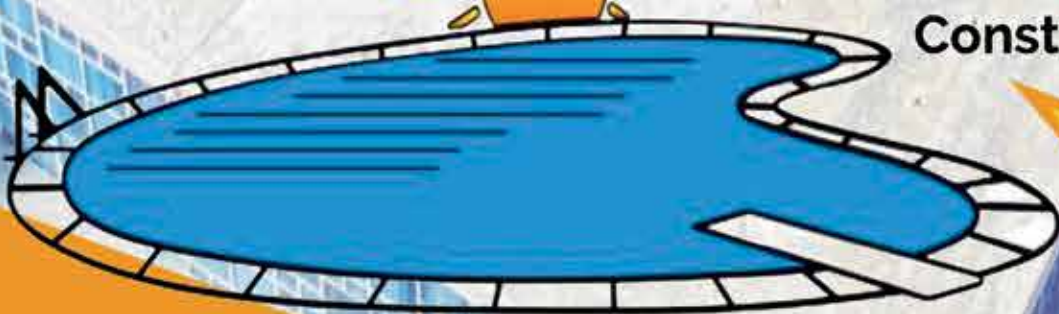
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