

# CapeCoralTech

Since 1993

Biannual Magazine of Cape Coral Institute of Technology



*"If you want to make good use of your time, you've got to know what's most important and then give it all you've got."*

*- Lee Iacocca*



CONTENTS

Helpful Tips for a Good Morning....Page 2

Letter from Mr. Schiffer.....Page 3

Dress for Success.....Page 3

Nail Tech.....Page 5

Medical Achievement at CCT.....Page 6

SkillsUSA.....Page 7

On Time Management.....Page 9

Culinary Arts.....Page 10

A Network of Opportunity.....Page 13


Cosmetology.....Page 15

STEM Classes at Cape Tech.....Page 16

Hardwired for Success.....Page 17

Addy Awards.....Page 19-20

Facts About Sleeping.....Page 21



**CapeCoralTech**  
Cape Coral Institute of Technology

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<b>HOSPITALITY &amp; HUMAN SERVICES</b>		
Commercial Foods & Culinary Arts		1200 Class Hours
Cosmetology		1200 Class Hours
Nails Specialty - T & TH	3:30-8:00 p.m.	240 Class Hours
<b>HEALTH SCIENCE</b>		
Surgical Technology		1330 Class Hours
Medical Coder/Biller		1000 Class Hours
(Training for Procedural Coder Certification)		
Pharmacy Technician		1050 Class Hours
Practical Nursing Program- LPN		1350 Class Hours
Patient Care Assistant		290 Class Hours
PCA includes: Health Science Core,		
Nursing Assistant/CNA, Home Health Aide		
& Patient Care Assistant		
CNA—PM	T & TH 5:00-9:00 p.m.	120 Class Hours

Helpful Tips for a Good Morning

By Melissa Moore

Every day possesses the beauty of freedom, opportunity, and mystery. You have the power to grab the bull by the horns and ride this day out like a cowboy on a bronco, or you can push snooze ten times and procrastinate the dreadful task of getting out of bed. It’s not always easy getting up in the morning, but we all have to do it.

We are most vulnerable in the early moments after waking up. Although it can be extremely tempting to scroll through Facebook or check your Emails on your phone after you turn your alarm off, you should wait to stimulate your brain. Try to keep your morning serene and calm, because your morning sets the mood for the rest of the day. Here are a few tips to having a positive morning.

**Hydrate:** When you sleep at night, your body becomes dehydrated. Water is crucial because your body is lacking the fluids it needs, and if not replenished you may find yourself having a sluggish day. Try to pound a couple bottles after you wake up to boost your metabolism and flush toxins from your body.

**Let It Shine:** Many people are tempted to hang dark curtains in their bedroom to avoid the sunlight glaring through the windows in the morning. When the sun shines on you in the morning, your brain is naturally stimulated and lets your body know that it is time to wake up. Doesn’t that sound more appealing than your jerk alarm clock screaming at you to get out of bed?

**Get in the Habit:** “Early to bed and early to rise makes a man healthy, wealthy, and wise.” Making a routine and sticking to it, can do wonders for your body. Be sure to strive for at least 7 hours of sleep a night and keep in



Morning stretches prepare you for your day

mind that you can’t soar with the eagles in the morning if you’re hooting with the owls at night, so try to get to bed early. If you do this every day, your body will begin to create a biological alarm clock and keep you awake and alert every morning.

**Stretch it Out:** Stretching is our body’s way of mental release and relaxation. Your muscles tighten when you sleep and you must loosen them up to prepare them for your daily activities. If you can, try to do a brief workout.

**Eat:** Breakfast really is the most important meal of the day. It can have many health benefits, including weight control and energy. Be sure to combine good carbs, fiber, and protein. Some suggestions are fruit, cheese, eggs, nuts, oatmeal, and yogurt. It is understandable that time can be an issue in the morning, but anything is better than nothing when it comes to breakfast.

Stress and anxiety can have harmful effects on your body both physically and mentally. These tips can help decrease these levels immensely and help your day run smoothly and efficiently.





# Letter from Mr. Schiffer

By Michael Schiffer

As we prepare to end another successful school year, I want to personally congratulate all our students from Cape Coral Tech for their achievements. Your commitment and determination has paid off, and now you are ready to start on a new road using your new skills. I'm looking forward to seeing all of you "walk the stage" in your cap and gown at our graduation on May 21, 2014 in the North Fort Myers High School auditorium.

Next, I'd like to thank our amazing faculty and staff for your hard work and dedication in accomplishing our goal of re-accreditation with the Council of Occupational Education (COE). The accreditation team's visit to Cape Coral Tech was a success and we're now accredited for six more years. Excellent job!



Mr. Schiffer

With grateful sincerity I want to thank all of you for choosing Cape Coral Tech and for taking this step towards a rewarding career. I would also like to thank my faculty and staff for continuing to provide quality training for our students, and making Cape Coral Tech an outstanding school for career and technical education.

—Michael A. Schiffer, Director

# Dress for Success

By Bayardo Martinez

Fashion is on the streets, and people are dressing for all types of occasions. Each and every event has its own attire and way to dress to fit the part and make a great impression. Those who choose to brush off clothing decisions have learned from experience that a simple choice of outfit can make a big difference.

Clothing is undeniably important and adds a great detail to a person's appearance. Imagine two individuals who are going to an interview for a job; one dresses appropriately and the other does not even bother to comb his hair. Out of those two, who do you think has the higher possibility of leaving the interview with a job? The person who put thought into dressing well will more likely have the better possibility.

While dressing well does not guarantee a job, it gives others a presentable image of you, which leaves a great impression. Now of course, someone who becomes lazy with the subject of dressing successfully will not give much of a wonderful persona at an interview. Choice of attire leads to success and it has been proven many times before. It is an important detail about success, because looking the part might just earn you that job.

A few examples of choices of attire include:

**Men:**

- Suit
- Long sleeve shirt
- Tie
- Belt
- Dress pants
- Neat, professional hairstyle
- Neatly trimmed nails
- Dark socks
- Briefcase or portfolio

**Women:**

- Suit
- Skirt (Coordinated)
- Blouse
- Neutral pantyhose
- Limited or no jewelry
- Professional hairstyle
- Light make up
- Light perfume
- Neatly manicured nails
- Briefcase or portfolio



Professional dress leads to success

A large, dark, 3D-rendered sphere that appears to be shattering or exploding into many sharp, angular fragments. The fragments are dark grey and black, with some highlights reflecting light. The background is a solid dark grey.

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# Nail Tech

By Ashley Pardo

Ms. Cariello is in charge of the Nail Tech course, and is one of Cape Coral Tech's most creative instructors. This program runs for a total of 240 hours and meets twice a week on Tuesdays and Thursdays; appointments are provided on Tuesdays. Class sizes are usually no more than fifteen students, but they all treat each other as if they were a family. Ms. Cariello covers a wide range of nails specialties including the proper methods of manicures, pedicures, acrylic, gel, fiberglass, and basic nail art.



Students gain hands-on experience with customers



Ms. Cariello

Ms. Cariello has been teaching at Cape Coral Tech for three years. Before that, she took two courses here! She first took our facial/nail course in 2007, and then took the cosmetology program in 2010-2011. She has worked in local salons for quite some time now, but has personally been doing nails for seven years.

Like all instructors, Ms. Cariello has one goal for her students: to see them succeed in both the course and future. As for her clients, she wants to see them happy and satisfied with each service they receive. She recommends for anyone who wants to take her course to make sure that this is what they really want, and to take it seriously. Just like every course at Cape Coral Tech, this class is to be treated as if it were a job. So come prepared and be ready to learn!

# Medical Achievement at CCT

By Melissa Moore

Do you want a career that is fast paced and rewarding? Do you have a big heart and care for the well being of those around you? Then maybe you should look into the Health programs at Cape Coral Tech. Whether you'd prefer to work behind the scenes or in the ER, our school can help get you there. Our students work in a hands-on environment that gets them prepared for the real world.

One of the greatest achievements while at Cape Coral Tech is being awarded in one of the many competitions the programs compete in. Health Occupations Students of America (HOSA) is a national student organization that promotes career opportunities in the health care industry. HOSA Postsecondary Regional Competition was held at FMIT in February. More than 300 students from the region competed and Brianna Munroe and Carrie Darrow, from Cape Coral Tech, brought home medals. Munroe was awarded a bronze medal in Pathophysiology, and Darrow a gold in Medical Photography. Both students are now eligible to compete at the HOSA State Leadership Conference.



HOSA Award Winners



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# SkillsUSA Competition

By Ashley Pardo

Recently, Cape Coral Tech sent out seven students from both our Cosmetology and Culinary programs to take part in the SkillsUSA Competition up in Manatee County, and brought back three medals of gold, silver, and bronze.

The youngest of the winners, Cody Nottingham won the gold award for Culinary. When we asked him how he felt, he was elated! He had to thank the all-amazing Chef Elias, the culinary instructor, because if it weren't for his incredible teachings, he wouldn't have even made it that far. The dish he prepared contained chicken, mushrooms, and tarragon cream sauce with glazed carrots, potatoes, and salad. Sounds delicious!



Jennifer Dugger

Finally, our bronze winner, Jennifer Dugger, submitted a haircut and formal hairstyle. Though she was proud about winning, she was also not expecting it. It definitely built more confidence in her; it keeps her going in a positive manner. She hopes that achieving this well-earned award will open more jobs for her in the future after she graduates. She learned to relax, go with the flow, smile, and always do your best!

Cape Coral Tech's Director, Mr. Schiffer, personally congratulates these ambitious and hard-working students, and their instructors Chef Elias, Mrs. Harding, and Ms. Cariello, for getting these students to this level.



Cody Nottingham



Andrew Torres

Andrew Torres holds the silver award for men's hair cutting. Feeling accomplished with his success, this was also his first competition ever! Even though the competition was nerve wracking, he managed to keep his cool by relaxing and focusing on having a good time. At the competition, he learned a few things as well, such as how to clean, cut, and style all in under forty minutes! That's beyond impressive. Jokingly, he says he also learned that doing haircuts in front of judges is nothing compared to working on clients in the salon at school.



Andrew Torres' winning submissions

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# On Time Management

By Ryan Kalhauge

No one needs to be reminded that life is busy, and when you have poor time management skills, a packed schedule can seem overwhelming. If you're struggling to stay on target with your productivity goals, the following article may help you get more accomplished every day and keep your stress levels down.

Time is a great equalizer – no matter who you are, you only get 24 hours in a day. So managing time begins with managing your own habits.

Start by trying to track how much time you spend on unproductive pursuits; casually browsing the Internet, chatting on social media sites, watching TV, or similar activities. There's nothing wrong with taking some time to relax, but you may be surprised at how much time something like web browsing can absorb. If you find you're wasting too much time on these things, it's time to create new habits to replace your less productive ones.

Next, it's good to set priorities for what tasks you need to accomplish each day. Try writing down what you need to get done, and labeling each item as high, medium, or low priority. Higher end items must be finished by the end of the day, while lower end items can be done at your convenience. Don't be afraid to eliminate something entirely if it simply doesn't need to be done that day.

There is some debate over whether or not multi-tasking is an effective tactic when trying to accomplish multiple projects. It depends on what you're doing – reading the assigned chapter of your textbook while your laundry is drying would be an effective use of multi-tasking. For anything more complicated, you'll probably want to focus strictly on one thing at a time. Spreading yourself too thin will hurt the quality of your work, and leave you feeling stressed.

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Take a break. This might sound odd when you're trying to get a lot of things done, but even a short 15 minute or so break will help you collect your thoughts and refocus on what needs to happen next. Pace yourself.

Finally, resign yourself to the fact that sometimes no matter how well you manage your time, you won't be able to accomplish everything on your schedule. Life is unpredictable, so prepare to change your plans as the day goes on. Don't worry if you didn't get it all done; the sun will rise again tomorrow.



A to-do list helps you keep tasks organized

Edward Jones  
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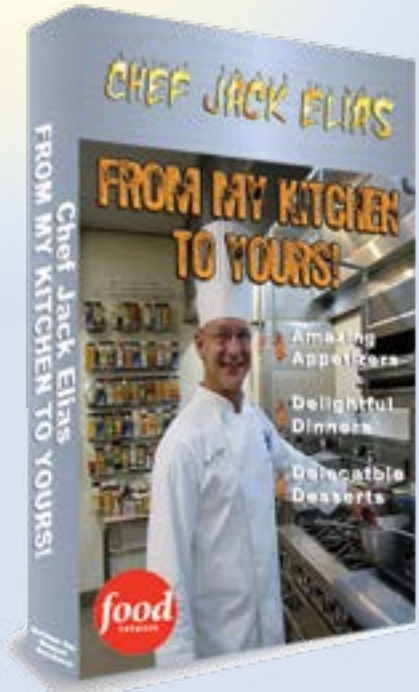
# Culinary Arts

By Ashley Pardo

The Culinary Arts program at Cape Coral Tech is a lively, inspiring class. Chef Elias can teach you how to land and keep your job, how to work under stress and, of course, how to prepare gourmet-style cooking, while making it all enjoyable, upbeat, and peppy!

Our chef is certified in CEC, CCE, ACE, and CFBE in the Culinary Arts program. Kitchen safety is one of the most important subjects he covers in his course such as cleaning, proper ways to handle kitchen utensils, handling uncooked food and more! He recently had somebody come in and demonstrate to his class the significance and seriousness of fire safety in the kitchen.

Many students have graduated from his class and landed a job almost immediately. Students have been satisfied with their choice of Cape Coral Tech's Culinary Arts program.



Cover design by Raquel Sandoval

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No children allowed unless they have an appointment. We reserve the right to refuse or require any service. Not all services available at all times.

Ask about our group plans for a get-together of ten or more.

## Hair Care

<b>Haircut</b> .....	10
Women (includes quick blow dry style)	
Men (includes clipper cut and facial hair trimming)	
Children .....	8
<b>Shampoo &amp; Style</b> .....	10
Roller set or thermal iron.	
<b>Hot Shave</b> .....	5
<b>Color Camo</b> .....	10
Custom gray camouflage, low maintenance.	
<b>Color</b> .....	20
Redken's collection of exceptional color options.	
<b>Highlight</b> .....	30
Special effects coloring and highlights.	
<b>Blonde Icing</b> .....	30
Exclusive Lumisilk Technology lightening.	
<b>Corrective Color</b> .....	Consultation Required
<b>Texturizing Perm</b> .....	30
A chemical curling treatment.	
<b>Chemical Relaxer</b> .....	30
<b>Thermal Hair Smoothing</b> .....	45-95
Variety of systems to achieve temporary or permanent results.	
<b>Special Occasion &amp; Updo's</b> .....	15-30
<b>Hair Add-ons</b>	
<b>Steam Infusion</b> .....	(add) 3
<b>Flat Iron, Curling Iron or Roller Set</b> .....	(add) 5
<b>Cut With Perm or Color</b> .....	(add) 5
<b>Long Hair Perm or Color</b> .....	(add) 5
<b>Dual Color</b> .....	(add) 5
A second color to glaze, refresh, correct or add shine.	
<b>Roux Color Rinse</b> .....	(add) 1
Temporary color change rinses out the next shampoo.	
<i>*Prices vary depending on the texture and length of hair.</i>	
<b>Treatments</b>	
<b>Pre-Art</b> .....	5
Equalizes porosity before a chemical service or removes build-up from swimming pools, hard water, and styling products.	
<b>Redken Chemistry Shot</b> .....	5
Custom Shot Phase formulas for needed strength, moisture, color protection, softness and frizz control.	
<b>Time Reset</b> .....	5
Age defying service improves manageability for younger, healthier looking hair. Results last up to 10 shampoos.	
<b>Scalp Relief Dandruff Control</b> .....	5
Pyrrithione zinc controls dandruff flaking, itching and irritation. Purifies scalp and leaves hair shiny.	
<b>Intra Force Scalp Stimulate Service</b> .....	8
Microdermabrasion treatment cleanses to accelerate cellular turnover, followed by the treatment to nourish and strengthen the hair. Recommended once a month, followed by the Intra Force 3-step care at home.	



## Face Care

<b>Deep Cleansing Facial</b> .....	10
A deep cleansing facial specific to your skin type, including a massage, mask and moisture treatment.	
<b>Hydra Dew Moisture Mask Facial</b> .....	20
Provides immediate, 100% in-depth moisturization and superior anti-oxidant protection. Boosts moisture content while combating hyper-pigmentation and wrinkles.	
<b>Four Layer Facial</b> .....	25
Two soothing massages apply the smoothing serum and hydrating cream, followed by a cooling seaweed mask, all covered with a mineral-rich thermal mask for cleaner, healthier, radiant skin.	
<b>Seaweed Treatment Facial On The Go</b> .....	20
A quicker alternative to the Four Layer Facial minus the thermal mask. A soothing massage with C-Serum followed by a cooling and soothing fresh seaweed mask. Skin is clean, refreshed, healthy and vibrant.	
<b>Hydra Medic Facial</b> .....	25
Specifically designed with a desincrustation mask for deep pore cleansing to purify and control breakouts. Reduces oil while maintaining skin moisture balance. Two masks follow to soothe and heal lesions leaving skin renewed, refreshed and pure.	
<b>Vita Cura 5 Phase Firming Facial</b> .....	35
An Enzymatic Micropeel uncovers a more vibrant complexion. Two massages and a cooling Spirulina Seaweed Mask with Pentapeptide firm and smooth the skin. Opti-Lift Serum is applied for immediate visible lift. Long term benefits preserve elasticity, improve oxygenation and help prompt cell renewal.	
<b>Biolight Miracle Facial</b> .....	40
This signature professional treatment helps brighten and diminish the appearance of hyper-pigmentation due to the sun, acne scars and hormonal changes while enriching the skin with its added anti-aging benefits. Glyco-Sea Glycolic Peel, marine and botanical actives work together to uncover a radiant, more luminous complexion.	
<b>Face Care Add-ons</b>	
<b>RapideX Marine Exfoliator</b> .....	(add) 5
<b>Enzymatic Micropeel</b> .....	(add) 5
<b>Glyco-Sea Glycolic Peel</b> .....	(add) 5
<b>Opti-Firm Eye Contour Treatment</b> .....	15
Combats signs of aging, sleep deprivation, and environmental damage with natural extracts of Ginkgo Biloba, Gotu Kola and firming Aosa Seaweed.	
<b>Mineral-Rich Seaweed Makeup Application</b> .....	5
<b>False Eyelash Application</b> .....	5
A temporary application of natural or playful lashes applied for a special event.	
<b>Lash or Brow Tint</b> .....	5
<b>Waxing Services</b>	
Cream wax rich in antioxidants acts as an anti-inflammatory.	
<b>Eyebrow Shaping</b> .....	5
<b>Lip or Chin</b> .....	3
<b>Arms</b> .....	10
<b>½ Legs</b> .....	15
<b>Full Legs</b> .....	25



## Hand & Foot Care

<b>Almond SpaManicure</b> .....	10
Sweet almond and jojoba oils soothe and relax. The light almond fragrance deeply conditions and refines for a truly indulgent treatment.	
<b>Citrus SpaManicure</b> .....	10
A citrus symphony of essential oils, vitamin E and antioxidants stimulates the senses as it smoothes, refines and conditions. The zesty fragrance energizes and refreshes.	
<b>Marine SpaPedicure</b> .....	15
A system born of the sea with marine botanicals and sea salts to smooth and energize. Quartz crystals and menthol cool to refresh and revitalize.	
<b>Shellac UV Color Coat</b> .....	12
<b>Smoothing Shellac</b> .....	18
<b>Paraffin Dip (Hands)</b> .....	5
Warm scented paraffin covers the skin to deep condition.	
<b>Nail Art or French</b> .....	(add) 3
<b>Luxury Nail Specialty Services</b>	
<i>Provided exclusively by our Nail Specialty class.</i>	
<i>Tuesday 3:30-7:30pm</i>	
<b>Custom Full Set with Tips or Forms</b> .....	12
Fiberglass, Acrylic Nails	
<b>Fill or Rebalance</b> .....	12
<b>Walk On The Wild Side Nail Art</b> .....	(add) 3
<b>Nail Repair (per nail)</b> .....	(add) 1
<b>Artificial Nail Removal</b> .....	5
<b>Treat and Polish For Hands</b> .....	5
Clip, file, push back cuticles, buff, and finish with a hand massage and polish.	
<b>Treat and Polish For Feet</b> .....	7
Warm foot soak, followed by a clip, file, push back cuticles, buff, and finish with a foot massage and polish.	
<b>Shellac Polish For Toes</b> .....	12

Creative Touch  
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# A Network of Opportunity

By Ryan Kalhauge

For many people, earning a degree from a traditional four-year college is simply not possible. For others, they feel their college education left something to be desired. Without a degree, or the proper training and experience, it's easy to feel like you're behind the power curve when it comes to finding job opportunities, especially in a field as competitive as the IT industry.

At Cape Coral Institute of Technology, it doesn't matter if you're attending post-secondary school for the first time, or looking to sharpen your existing skills. With small class sizes, low tuition costs, and comprehensive hands-on training using the latest computer technology, Cape Coral Tech provides IT students both old and new with the tools they need to advance – often within as little as two semesters.

Even without a two or four year degree, IT students at Cape Coral Tech are finding a surprising amount of work in the tech field while still attending classes... and a part time job often becomes a full time career upon graduation! "I've had far more hands-on training at Cape Coral Tech than other schools I've tried," says Robert Fontaine, a student employed in the IT field. "The low cost of tuition and the experience you'll gain can't be beat," added Zachary Wilson, who is also similarly employed while attending Cape Coral Tech.

It's not all about earning a bigger paycheck though. "I enjoy Networking because it's an exciting field where things are constantly changing," says Ms. Memory Blalock, recently recognized as one of the top 10% of instructors globally by Cisco Networking. Enjoying your work and the sense of accomplishment that accompanies it will breed confidence. That confidence will lead to even greater opportunities no matter what your field of study.



Networking equipment assembled by students



Students can earn multiple certifications



Part of the new Networking lab at Cape Coral Tech

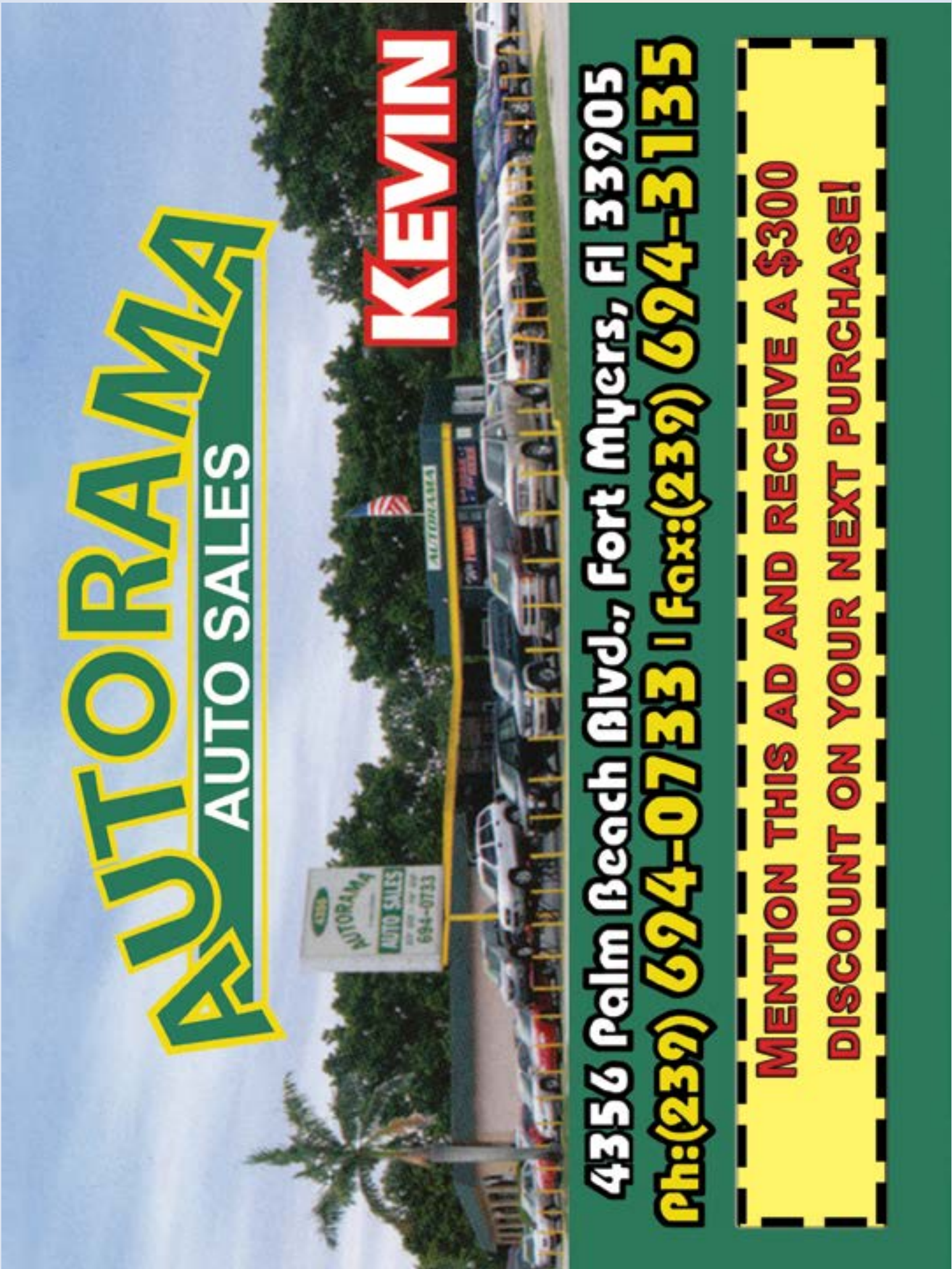
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# Cosmetology

By Ashley Pardo

Quick! What’s the first thing that comes to mind when we say “Cosmetology?” If you just thought of make-up, then you’re almost half way there!

Cosmetology (noun) - is the professional skill or practice of beautifying the face, hair, and skin.

That’s right: face, hair, and skin! Cape Coral Tech’s very own Cosmo instructor, Mrs. Harding, is proud to say that she covers everything when it comes to beauty; not just make-up. This course is 1200 hours and you must complete 610 services within those hours. You’re probably thinking, “Services? What do you mean by that?” Well, it’s a salon and you work on real clients in class. Appointments are made three times a week, which allows students to perform client services with a complimentary shampoo, style, and more.



Students gain real world experience with customers

Some of the skills taught in this course are how to do perms, manicures/pedicures, wet sets, hair cuts and styles, proper techniques to shampoo and condition, waxing, facials, makeup application, massage techniques, salon safety, making appointments, and so much more! Mrs. Harding also teaches you how to work in teams, leadership skills, how to do thorough consultations, latest techniques, and even exposes you to everything you’ll see in the workplace.

Even though she’s been an instructor here for eight years, she also owns her own salon where she works in the evenings after school and sometimes on the weekends. Her main goal for students is to see them succeed, by helping them understand how and why things work the way they do in the salon, how to react under pressure/stress, and to use critical thinking to solve problems. For anyone who wants to join this course, she recommends that you sign up early because it fills up quick, schedule a tour, and be ready to commit.



Mrs. Harding



For years, returning clients Kathy Cole (left) and Cheryl Graham (right) both enjoy the professionalism, courtesy and quality of the salon. Jokingly, they both agree that the best part of the salon are the prices.

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# STEM Classes at Cape Tech

By Nick Planz

## What is Electronic Technology?

Electronic Technology Program is a course that teaches the necessary skills for electronic tech careers. Students learn about electronic installation, troubleshooting, repair, and maintenance. Starting with core training in basic theory, the course then teaches how to work on both analog and digital devices. The program also paves the way for other specialized electronics training and technical opportunities like solar technology. Students learn to test electronic units, pinpoint and fix equipment malfunctions, and create reports and record data.

## What is Electronic System Assembly?

Electronic System Assembly is a training course that teaches the skills to fill technical jobs, electronic assembly jobs, and circuit board assembly jobs. It also includes lessons on how to install small internal components that control electrical currents and make products work. Students learn how to solder or press-fit components into place, then connect and solder lead wires to the printed circuit board or panel. Students are also trained to use light hand or power tools to provide them with support.

Matt Davis is a current student at Cape Coral Tech, studying Electric Technology. He is benefiting from the class because of how fast he is learning the material, and by using what he has learned from the program at home.



Matt Davis



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# Hardwired for Success

By Ryan Kalhauge

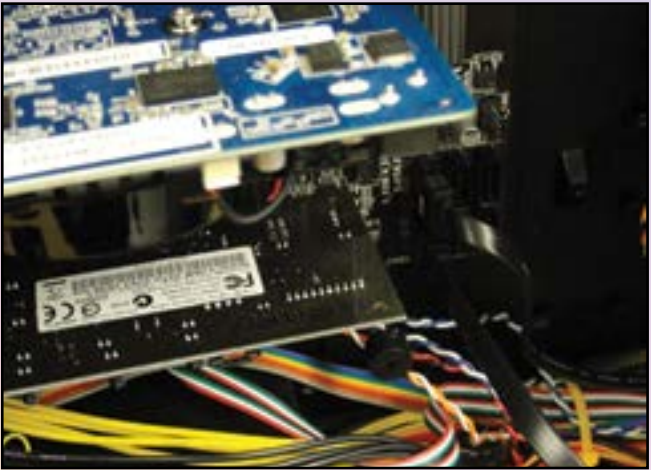
You’ve built your own computers. You’re constantly “tweaking” your hardware and software settings. Your friends and family frequently ask you to help them with their computer problems. You’re just starting out and aren’t sure what career path to take, or you want to create a new one. If you nodded your head in response to any of those statements, it’s time to consider a career in computer support services. But with the skyrocketing costs of private college tuition, how can you break into the field?

You can turn your skills with computers into a lucrative career with training from Cape Coral Tech. Learn to troubleshoot and repair computers professionally with the Computer Systems & Information Technology course. You’ll have the chance to earn certifications that will get you noticed, including the prestigious title of CompTIA A+ Certified Technician.

Aside from certifications, students will be handling computer hardware on a daily basis — giving them a sense of familiarity with the work that other schools just can’t offer. “You’ll get out of the course what you put into it,” says Daniel Roth Jr., a student who has already found work as a computer refurbisher while still attending Cape Coral Tech. “If you apply yourself, you’ll find a lot of opportunities coming your way.”



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Even with over 35 years of experience teaching computer and electrical technology, Instructor Bob Gent insists that there is always more to learn. “Every day I learn something new,” says Mr. Gent. “Our students come from a wide variety of backgrounds, and they always seem to bring some unique bit of computer knowledge to the classroom.” It makes for “a wide pool of knowledge that everybody can draw from.”

Former student Derrick Henry writes, “The staff at Cape Coral Tech was extremely helpful, and the classes gave me the skill and confidence I needed to succeed in the workplace. I graduated on a Thursday, and started a job in my field the following Monday. My instructor, Mr. Gent, was instrumental in this process. He gave me the support that I feel I couldn’t have gotten anywhere else.” With classes that are small in size but rich in knowledge, the learning environment at the Cape Coral Institute of Technology can put students on the fast track to success.



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# Addy Awards

By Ashley Pardo

February 22, 2014 was a spectacular night for Cape Coral Institute of Technology's Digital Design Program, whose students competed in the Addy Awards ceremony for the sixth year. The Addy's are a nationwide competition recognized by major design firms and schools all across the nation, as well as some parts of the Caribbean. It was here that our very own Digital Design class won a record number of 12 major awards, including four silvers, eight golds and one very prestigious judges award! The students ran against tough competitors like the Ringling College of Art and Design, but ultimately their skills earned them enormous success at this level.

The individuals who received gold awards automatically gain the privilege to have their design submitted and compete in the next level district competition, and possibly reach the nationwide competition from there. Fingers crossed!

*Editor's note: Adam Hood's Zombie Hot Sauce product display won at the District 4 level and will go on to compete at nationals. Congratulations Adam!*

Winners:

Adam Hood - Judges Award, 5 Golds, 1 Silver  
Halyna Hromiak - Gold  
Jason Thomas - Gold  
Matt Bobe - Gold  
Becca Merritt - Silver  
Wil Wilsman - Silver  
Larry Coate - Silver



Prestigious Addy Awards Certificates

*"I was thrilled when I heard that I won a golden Addy for my logo design! It felt great knowing that it did so well competing against big name schools like Ringling."*  
*-Halyna Hromiak*



CCT Digital Design attendees at the unusual grunge theme Addy awards event. L-R: Instructor Mr. Hawk, Pat Rebstock, Matt Bobe, Jason Thomas, Adam Hood, Halyna Hromiak, Wil Wilsman, Becca Merritt



Adam Hood's Judges Award

*"Winning a Silver Addy for my direct mail design was pretty cool! It feels great knowing I won an Addy."*  
*-Becca Merritt*

creative photography & digital design  
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# Facts About Sleeping - Get Rest!

By Valeria Alvarez



*Imagine the embarrassment of being caught sleeping in class!*

## Did you know?

- In general, exercising regularly makes it easier to fall asleep and contributes to sounder sleep. However, exercising occasionally or right before going to bed will make falling asleep more difficult.
- In general, most healthy adults need seven to nine hours of sleep a night. However, some individuals are able to function without sleepiness or drowsiness after as little as six hours of sleep. Others can't perform at their peak unless they've slept ten hours.
- According to the International Classifications of Sleep Disorders, shift workers are at increased risk for a variety of chronic illnesses such as cardiovascular and gastrointestinal diseases.
- Some sleeping tablets, such as barbiturates suppress REM (rapid eye movement) sleep, which can be harmful over a long period.
- The "natural alarm clock" which enables some people to wake up more or less when they want to is caused by a burst of stress hormone. Researchers say this reflects an unconscious anticipation of the stress of waking up.
- Experts say one of the most alluring sleep distractions is the 24-hour accessibility of the internet.
- The record for the longest period without sleep is 18 days, 21 hours, and 40 minutes during a rocking chair marathon. The record holder reported hallucinations, paranoia, blurred vision, slurred speech and memory and concentration lapses.
- People who don't get enough sleep are more likely to have bigger appetites due to the fact that their leptin levels (leptin is an appetite-regulating hormone) fall, promoting appetite increase.

## Healthy Tips

- Avoid naps, especially in the afternoon! 'Power napping' may help you get through the day, but if you find that you can't fall asleep at bedtime, eliminating even short catnaps may help.
- Stick to the same bedtime and wake up time, even on the weekends. This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.
- Avoid caffeine, alcohol, cigarettes, and heavy meals in the evening. As any coffee lover knows, caffeine is a stimulant that can keep you awake. So avoid caffeine (found in coffee, tea, chocolate, cola, and some pain relievers) for four to six hours before bedtime. Similarly, smokers should refrain from using tobacco products too close to bedtime.
- Turn your clock's face away from you. Staring at a clock in your bedroom, either when you are trying to fall asleep or when you wake in the middle of the night, can actually increase stress, making it harder to fall asleep.
- Limit the number of night or irregular shifts you work in a row to prevent sleep deprivation from mounting up. If that's not possible, avoid rotating shifts frequently so you can maintain the same sleep schedule.
- Adjust your sleep-wake schedule and your body's natural production of melatonin. Expose yourself to bright light when you wake up in the morning, use bright lamps or daylight-simulation bulbs in your workplace, and then wear dark glasses on your journey home to block out sunlight and encourage sleepiness.
- Turn off your television and computer. Many people use the television to fall asleep or relax at the end of the day, and this is a mistake. Not only does the light suppress melatonin production, but television can actually stimulate the mind, rather than relaxing it. Try listening to music or audio books instead, or practicing relaxation exercises. If your favorite TV show is on late at night, record it for viewing earlier in the day.



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