

THE CAPE CORAL SUN

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

Another Seabreeze Publication



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Cape Coral's Future

Coming Soon: Over 350,000 Square Feet Of Opportunity

This new development will be unlike anything else in the area. The 131-acre site is located along the north side of Southwest Pine Island Road from the electrical power station, east to Bubbas, and then up and behind the German American Club.

Coral Grove will feature an outdoor town center with homes, shopping, dining, and entertainment that is planned for Cape Coral in the Pine Island Road area, which has been attracting a lot of new businesses. Land that is currently filled with trees will soon be a place for shopping sprees and much more.

The developer is L&L Development Group, part of L&L Holding Co. of New York City, New York. With high visibility projects in New York City, their first south Florida venture is the mixed-use Wynwood Plaza in Miami. There are several phases with infrastructure and a 300-unit multifamily development as Phase I. The construction contractor is Brooks and Freund, who built some of the most familiar projects in our area; this includes The Palms of Cape Coral, Midtown Apartments, Aspire Apartments, and Savonna Apartments.

The rendering shows the elements of the project, which includes housing, retail, and restaurants. The project will be built in phases. Right now, plans are filed with the city for the master infrastructure and the first luxury apartment community. The developer said it expects to submit plans for retail, restaurants, and more to Cape Coral later this year.

For more information or to sign up for email updates visit coral-grove.com.



Red, White & Boom!

The City of Cape Coral Parks and Recreation Department is proud to present "Red, White & Boom" on Tuesday, July 4 from 5 to 10 p.m. at the foot of the Cape Coral Bridge on Cape Coral Parkway.

For over 20 years, the best of Cape Coral's business community have come together to celebrate the Fourth of July with a day full of patriotic fun, entertainment and a spectacular fireworks show. This event, which is free to attend, has won the reputation as the best place to honor America on the Fourth of July in Southwest Florida. By land or by sea, the experience is remarkable as over 40,000 people come together in the spirit of our country's Independence Day.

The American Fireworks Spectacular powered by LCEC is a musically synchronized display. The music can be heard at the stage, on Cat Country 107.1 FM, or on the iHeart Radio app. Watch as over 4,000 shells explode in Cape Coral's sky to celebrate our great nation's birth. Lawn chairs are highly encouraged!



Red, White & Boom! on page 3

Calling All Cape Coral History Buffs!

We need your help! Do you have old photographs, yearbooks, banners, brochures, postcards or newspapers of Cape Coral? Do you have memorabilia from days gone by to donate to the historical archives of our city? The Cape Coral City Clerk's Office is working on a new project to document historical resources by compiling images and historical items for an online historical gallery of Cape Coral. Although we are still a relatively young city, our history is something we need to document now for future generations. We can house these documents in a secure fashion before they are lost due to old age or natural disaster.

If you wish to keep your items but would like to have them included in the gallery, we can scan pictures, brochures, postcards, etc., and return them to you; objects can be photographed and returned as well. You can contact the city clerk's office by email, ctyclk@capecoral.net, with a description of the items or any questions you may have and we will contact you.

Cape Coral Historical Society And Museum

You can also find more Cape Coral history by visiting the Cape Coral Historical Museum where you will see more photos of the city and find directions to the museum.

The Cape Coral Historical Museum is located at 544 Cultural Park Blvd., Cape Coral, Fla.

Did You Know?

The building that houses the Cape Coral Historical Museum was the snack bar and pro shop at the country club originally and was moved to its current site in 1983.

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The Clubhouse will offer both casual & formal dining options to delight your tastebuds. The friendly staff will offer a variety of special events and functions where neighbors and friends can mingle, dine and dance. A full-time Activities Director will partner will be on staff to help residents share various hobbies, clubs and games.

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I-75 to exit 158 (Green Gulf Blvd/Tuckers Grade). Go west 1 mile, then north on US 41 for .3 miles. Turn left on Notre Dame Blvd for 2 miles, then turn left on Burnt Store Rd. After 3 miles, community will be on the right.

Plans to build out this neighborhood as proposed are subject to change without notice. Please see your New Home Consultant and/or home purchase agreement for actual features designated as an Everything's Included feature. Features, amenities, floor plans, elevations, and designs vary and are subject to changes or substitution without notice. Items shown are artist's renderings and may contain options that are not standard on all models or not included in the purchase price. Availability may vary. Sq. ft./acreage/dimensions is estimated; actual sq. ft./acreage/dimensions will differ. Garage/bay sizes may vary from home to home and may not accommodate all vehicles. Models/lifestyle photos do not reflect racial or ethnic preference. Maps are not to scale and are for relative location purposes only. Lennar does not guarantee the availability of homes within the price ranges above. Price subject to change without notice. Site plans, community maps and/or aerial photos are conceptual in nature and are merely an artist's rendition. They are solely for illustrative purposes, should never be relied upon, and are subject to change. This is not an offer in states where prior registration is required. Void where prohibited by law. Copyright: © 2023 Lennar Corporation, Lennar, the Lennar logo, WCI, the WCI logo, Everything's Included and the Everything's Included logo are U.S. registered service marks or service marks of Lennar Corporation and/or its subsidiaries. LENNAR HOMES LLC CBC038894 and CGC1523282. LENNAR REALTY INC (CQ1013633) 03/23.

Remember When?...

Milton Green, Housing Sales Division, Gulf American Corp. hands the keys and deed to a brand-new home in Cape Coral. This was the first house ever given away on TV.

All in all, there were eight houses in the Cape that were awarded as prizes on *The Price is Right*.

The eight homes were all built by the same company, Gulf Coast Homes, and they were given away on the game show starting December 1959 through 1964. The houses are located throughout the Cape on streets such as York Court, Tower Drive, Del Rio Court, Vincennes Boulevard, Pelican Boulevard, Southeast 47th Street, and Southeast 42nd Terrace.



When construction began in late 1957, the entire city of Cape Coral consisted of approximately 2,000 acres which made up what is now generally referred to as the Yacht Club area. The land was part of the estate of Franklin Miles of Miles Laboratories. On Sept. 28, 1959, Gulf Guaranteed

Land and Title Company signed an option agreement with Ogden Phipps to purchase roughly 16,000 acres of additional land. The land was used by Ogden Phipps and his friends as a private hunting preserve and stretched west from present-day Santa Barbara Boulevard to Matlacha Pass and north to Pine Island Road.



Early life in Cape Coral could be a soap opera, everyone knew everybody. Dust and sand were everywhere, but it was fun, especially for kids.

There was fishing, crabbing, fort building, and King of the Mountain on construction dirt piles. Kids could watch rockets launching from Cape Canaveral, look for "sea monsters," and go on hayrides.



Cape Coral teenagers on a hayride in 1961

There was power in some areas of the Cape prior to the arrival of the Rosen brothers, but it needed to be greatly expanded and brought south to the new homes popping up in the southern Cape. Leonard Rosen shook hands with Homer T. Welch of the Lee County Electric Cooperative (LCEC) and promised him it would be a good investment to run electricity cables eight miles down Del Prado Boulevard. Rosen put up \$3,000 in earnest money. The wires were strung, and the first resident moved into his fully powered home in June 1958. Within a year, 24 homes were hooked up, and LCEC was turning a profit in southern Cape Coral. Rosen got his deposit back. Initially, there were 17 streetlights along Del Prado Boulevard, and Kenny Schwartz would patrol them and let LCEC know when one burned out.



Coral Oaks Golf Course

By Allen Manguson, PGA A-4, Coral Oaks Golf Course
Coral Oaks Announces Summer Rates

Coral Oaks will offer summer season rates from May 1 through Sept. 30. Golfers can tee off before noon for \$40 and after noon for \$35, which includes 18 holes and a cart rental. The twilight rate begins after 2 p.m. for \$30. Tee times can be scheduled online or by calling (239) 573-3100.

Coral Oaks Golf Course is an 18-hole, Arthur Hills-designed championship course built within a century-old oak hammock. The course boasts large TifEagle greens, contoured fairways, and rich natural surroundings. The eight lakes and 37 bunkers on the course add to its allure and make it entertaining and challenging for golfers of all skill levels.

In addition to the par-72 course, Coral Oaks has one of the most extensive practice facilities in the area, featuring a driving range with grass and artificial turf, a chipping area, and putting green. There is also a well-stocked pro shop onsite with all the latest golf gear and a full-service restaurant and bar, Knickers Pub, to enjoy after your round. For those who are new to the game of golf or would like to brush up on their skills, Coral Oaks has PGA professionals on staff to teach golf schools, clinics, and private lessons.

Tuesday Ladies' Night

Every Tuesday (weather permitting), the clinic is optional starting at 4 p.m. and nine hole golf starts at 5 p.m. \$25 per person includes weekly clinic, golf scramble, plus a draft beer or wine and raffles after golf. You must register online up to one week in advance of each date. Get details at (239) 573-3100.

The Lesson Tee – Tip Of The Month

If you are running late and don't have time for a proper warm-up session, here are some easy things you can do to prepare for play:

- Swing a heavy club or two clubs.
- Stretch smart.
- Hit chips and pitches.
- Make putts.
- Get that blood pumping.

If you do these things first, you'll play just fine!

Fantastic Fairway Feats

- Glenn Floodstrom made his first ever hole in one on hole No. 18 with a 4-hybrid!

Age Breakers

- Mark Childs reached a milestone in April by shooting

or breaking his age for the 100th time at age 71. That is an impressive feat that he will accomplish many more times!

- Mike Doherty broke his age again shooting 80 and Luis Benitez shot 73.

Congratulations, players! Please let us know of your "Fantastic Fairway Feats" each month so we can share them with everyone!

Golf Is Fun! – Quotes And Funny Stuff

The Mental Side

"The clubs were not the problem. My brain was!" – Payne Stewart

"We create success or failure on the course primarily by our thoughts." – Gary Player

"I'm about 5 inches from being an outstanding golfer. That's the distance my left ear is from my right." – Ben Crenshaw

"Golf is a thinking man's game. You can have all the shots in the bag, but if you don't know what to do with them, you've got troubles." – Chi Chi Rodriguez

Coral Oaks Golf Course, 1800 N.W. 28th Ave., Cape Coral, Fla., (239) 573-3100, www.capecoral.gov/coraloak.

Red, White & Boom! from page 1

2023 Entertainment Schedule

Freedom 5K And Kid's Fun Run

Registration: 6 a.m.
Race Start: 7 a.m.

The start line is at the foot of the Cape Coral bridge. Sign-ups are welcomed on the event day or you can register online at www.capeboom.com.

Entertainment

"Kids' Patriot Park" featuring rides, a climbing wall, obstacle courses, and face painting. Over 60 vendors offering food, drinks, novelty items, arts and crafts, and drawings for free giveaways throughout the night.

Musical entertainment throughout the evening with Cat Country 107.1 FM. Dylan Scott will be performing on the main stage at 8 p.m.

BOOM Zone – Limited Tickets Available

The BOOM Zone includes the best seats in the house for the City of Cape Coral Fireworks Spectacular!

The location is on the left side of the stage. So have your spot reserved and enjoy the show from the best seats in the house. Limited bleacher seats (lawn chairs are highly encouraged).

Adult tickets – \$35 (ages 13-plus) includes: A catered meal, two adult beverages or soda/water, game area, private section, prime viewing section for fireworks show, air-conditioned restrooms.

Kid tickets – \$15 (under 2 is free) includes: A catered meal, soda or water, game area, private section, prime viewing section for fireworks show, air-conditioned restrooms.

What You'll Need To Know If You Go

Parking

Free shuttle buses will pick up guests at a few of the downtown parking lots. We will have a bus in the loop that offers handicap accessibility. The trolley service runs from 4:15 to 10:30 p.m. For more information on parking and shuttle bus pickups visit www.capeboom.com/park.

Safety

To ensure everyone's safety, no pets, no fireworks, and no outside alcohol will be allowed. Several food, beverage, and craft vendors will be at the event. This is a rain-or-shine event.

Chairs for lawn seating are allowed to enjoy the performers on the main stage!

For questions or more information, www.capeboom.com, (239) 573-3128 or seclerk@capecoral.gov.

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Cape Coral Cruise Club

Submitted by Laurie Carlson

Our April feast at Hidden Island was a Greek extravaganza, hosted by Tom and Peggy Mirus. We had about 40 people join in the feast and festivities. On the menu, we enjoyed gyros with a full topping bar, Greek salads, and baklava for dessert. Some members dressed in the theme by wearing togas. Our afternoon activities included a friendly game of "who can make the best toilet paper toga." Two teams of about 15 people chose a male and female "model" to dress. The models were *incredibly good sports* and modeled for our judges, who chose the winners. Jean Grinager won best dressed female model, and Tom Mirus won best male model. Winners were awarded trophies.



Our April general membership business meeting was also very special. In addition to normal club business, Terry Carlson, our membership chairman, was happy to present club burgees to our newest members who just completed all their membership requirements. We welcomed aboard Captain David Rhodes with First Mate Linda Haddaway, and Captain Gordy Littler with First Mate Nancy Littler as full members. We are all thrilled to have them aboard!

Twenty members joined in the "Lunch Bunch" cruise this month. Some traveled by boat and some came by car to enjoy lunch and camaraderie at Monarca's Mexican Restaurant.



If you have a cruising vessel with full overnight accommodations and would like more information on how to join in the fun and festivities, please contact our Membership Chairman Terry Carlson at (239) 770-6955. You can also follow our fun on Facebook!



Cape Coral
FERTILIZER RESTRICTIONS
JUNE 1 - SEPTEMBER 30

CHOOSE CAREFULLY

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

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Cape Coral Art League

June And July Shows And Events

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.)

Wednesday in June and July from 1 to 4 p.m. Open to the public. \$2 for members, \$6 for nonmembers (pay at the door).

Student Sundays – Teaching Young People Art (October Through June)

Exposing young people to the visual arts can help in the development of motor skills, language skills, social skills, teamwork, decision-making, risk-taking, and, of course, inventiveness. At the Cape Coral Art League, we strive to teach the next generation about drawing, color, layout, perspective, and balance – skills that can benefit them in their academic work as well as expand their creativity. And they have fun while learning!

Ages 6 to 14 (no younger, please), 1 to 4 p.m. Fee: \$20. All materials provided. Cash or check at the door only. Please arrive 15 minutes early to register – no

pre-sign-ups. No reservations required. Check our Facebook page or our website for updates.

Special Class
Adult Craft Camp – Pat St. Onge
Wednesday, June 7, 14, 21 and 28 from 10 a.m. to 1 p.m., \$65 for members, \$85 for nonmembers

Explore your artistic talents by doing a different activity each week and learning something new. Register online at capecoralartleague.org or call the office at (239) 772-5657.

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.

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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.

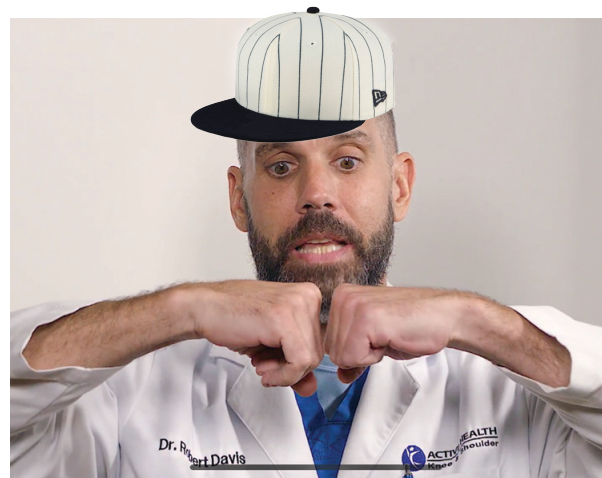
Immediately after the Non-Surgical Operation I performed on Al’s knee, he was squatting and walking up and down the stairs normally without pain.

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!

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 \$90.** That’s it, for the entire neurological examination & report of findings. This examination & report could cost you over \$300 elsewhere. But, please call **right away** because this offer expires on **June 30, 2023**, 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 \$150 - 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 a graduate of Life University School of Chiropractic who has been in practice for 24 years. 7 of those years were spent practicing in New York City. I am a licensed chiropractic physician certified in functional neurology, strength & conditioning, regenerative detoxification and I have my diplomate in addictionology. I’m published in leading chiropractic journals and my television program can be viewed daily on NBC-2. I’ve been entrusted to take care of regular morning walkers and pickleball players to pro-athletes and business tycoons you may have heard of.

My office is called **Active Health Knee & Shoulder** 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 behind the bank of america. The phone number is **239-482-8686.** Please call my wonderful assistants Becky or Silvia today to make an appointment.

God bless.

-Dr. Robert Davis, DC, CSCS

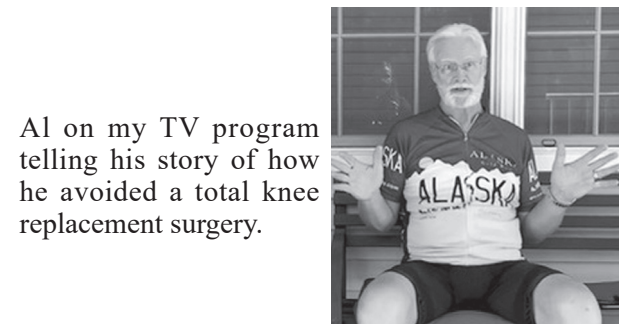
239-482-8686

P.S. When accompanied by the first, I am also offering the second family member this same examination for only **\$45.**

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



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



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

Call Today 239-482-8686

Sponsored Content

Cannot be combined with any other offer. Exp. 6.30.23. The patient and any other person responsible for payment has a right to refuse to pay, cancel payment or be reimbursed for payment for any other service, examination, or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee, or reduced fee service, examination or treatment. The specialty recognition identified herein has been received from a private organization not affiliated with or recognized by the Florida Board of Chiropractic Medicine.

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Winners Of The 2023 ‘Coloring The Earth’ Children’s Environmental Art Contest

The Friends of the Cape Coral Library announced the awards for the Annual Children’s Environmental Art Contest “Coloring the Earth” at a ceremony held on May 10 at the Cape Coral Public Library. The theme this year is Let’s Save the Florida Scrub Jay, mainly from habitat loss.

Art entries were viewed and voted on by a panel of judges that included Antonie Fenner, a recognized local artist; Chris Goulding, a retired art and science teacher; Luis Zambrano, reporter representing *The News-Press*; Bren Curtis, president of Peace River Audubon Society; and Monica Rahman, art gallery chair and past president of the Friends of the Cape Coral Library. The Friends of the Library is a local nonprofit organization that has generously sponsored the contest since 2006. With a total of 470 entries from all over Lee County, the judges had the difficult task of selecting and awarding artwork according to four age categories. The winning entries are on exhibit in the art gallery of Cape Coral Public Library through June 29 and are also featured on the Friends of the Cape Coral Library website www.capefriends.org. The winners for this year are:

Category 5 To 6 Years Old

First place: Dominic Joseph, (6) – St. Francis Xavier School
 Second place: Katie Quackenbush, (5) – Foundations Early Learning Center

Third place: Lydia Hoffman, (6) – St. Francis Xavier School
 Honorable Mentions: Aviana Swinto, (6) – Homeschool and Anelyse DeJesus, (5) – Hector A. Cafferata Jr. Elementary School

Category 7 To 8 Years Old

First place: Hayleigh Quackenbush, (7) – Cape Elementary
 Second place: Charlize Masch, (8) – Oasis Elementary South
 Third place: Noah Flynn, (8) – St. Francis Xavier School
 Honorable Mentions: Arya Hanson, (8) – Edison Park CAEA and Brynlee Tam, (8) – Bayshore Elementary

Category 9 To 10 Years Old

First place: Bryson Houghton, (10) – River Hall Elementary
 Second place: Jax DeRensis, (10) – Heights Elementary
 Third place: Yarethzi Zarco Mendoza, (9) – Bayshore Elementary
 Honorable Mentions: Brigitte Jimenez, (10) – Bayshore Elementary and Bella Harrison, (9) – Heights Elementary



First place, ages 5 to 6



First place, ages 9 to 10



First place, ages 11 to 12

Category 11 To 12 Years Old

First place: Scarlett Oliva, (12) – North Fort Myers Academy of the Arts
 Second place: Skylar Socey, (12) – North Fort Myers Academy of the Arts
 Third place: Gabriel Xu, (11) – Heights Elementary School
 Honorable Mentions: Anna Svarczkopf, (11) – Six Mile Charter Academy and Haley Valentine, (11) – Heights Elementary School



Second place, ages 7 to 8



Second place, ages 11 to 12



Third place, ages 5 to 6



Third place, ages 9 to 10



Honorable mention, ages 7 to 8

The Perfect Combo For Fun And Relaxation At Universal Orlando

By Mandy Carter

One of the most extraordinary things about living in Florida is that we have so many vacation destinations within a quick drive of us in all directions. With the school year ending, vacation mode has set in!

My kids are at the perfect age for truly enjoying theme parks, so I



couldn't resist Universal's Florida Resident deal for the summer: Buy a one-day ticket and get two extra days for free! With the additional days, you can explore the parks and the resorts, making a truly relaxing and fun vacation for the entire family.

Here are my top five tips for taking advantage of this excellent deal.

1. Stay at a Universal Resort. There are eight Universal resorts now that vary in price and amenities. The Loews Portofino is our family favorite now.
2. Check in early and depart late so you can enjoy the hotel.



You can arrive as early as you want; your room may not be ready, but you can take advantage of the incredible pool!

3. Skip early admission at Islands of Adventure and be at the front of the line at the side entrance of Universal. While everyone else is in the early opened theme park, sleep in a bit and be the first to walk into Universal!

4. Spend a day pool hopping. Don't just book the hotel to sleep in. Make sure you plan time to soak up the pool and hotel grounds. They are each unique and beautiful.

5. Order room service instead of City Walk dining. Skip the crowds and long wait times and dine in the comfort of your hotel room!

Just a Southwest Florida mom living the dream; she loves to inspire parents to spend authentic time with your kids and to chase your own dreams unapologetically! Found on Instagram @mandymcarter and her family blog at Acupful.com.





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Raising Kind Humans Is The Biggest Parent Win

By Mandy Carter

Becoming a parent is undoubtedly one of the most life-altering choices a person will go through in life. This is the moment you become more than just you – it's now you plus one, or two, or however many little humans you decide to create.



Parents today are faced with all sorts of pressures, the pressure to have a successful job, to make a lot of money, to raise athletic kids, to put them in all kinds of extra activities, to raise brilliant kids, to send them to the best schools, where they can get the best grade; the list goes on.

While exposing your children to various activities at a young age can be helpful and fun, I took a step back and

evaluated what was most important for me in how I wanted to raise my kids. At this moment, I decided, "I don't care if my kids are the smartest or most athletic; I just want them to be kind, thoughtful humans who seek joy and spread it." Kindness is the most important thing I can instill in my children. Many lessons are needed, but if one values kindness and chooses to spread joy, all the other pieces will fall into place.

Kindness is defined as being friendly, generous, and considerate. While kindness is often perceived as weak or naïve, I have taught my kids that is not true. Being kind usually requires strength, courage, and maturity. Many people want to get ahead and succeed, but profoundly impacting people requires a different set of skills. Kindness is one of those skills.

And though I may have failed in some areas of parenthood, like limiting junk food and encouraging participation in team sports, my son recently showed me that I have succeeded in the one I value the most. A few

months ago, my 12-year-old son, Conner, asked all his teachers what their favorite colors and things were; then, while other kids were playing video games, sports, and just hanging out, he spent weeks working on a piece of art for each that incorporated those things. And for Teacher Appreciation Week last month, he gave the artwork to the teachers. I was not only surprised; I was in awe of his kindness. He wanted to make them feel special.

Be like Conner.

Be the one to make someone's day.

Be the reason that someone has a smile on their face.

Just a Southwest Florida mom living the dream; she loves to inspire parents to spend authentic time with your kids and to chase your own dreams unapologetically! Found on Instagram @mandymcarter and her family blog at Acupful.com.

From The Desk Of Sheriff Carmine Marceno

Property Owners Seeking Renters Advised To Use Caution

Our office has received reports regarding a recent crime trend, occurring around the county, that involves disconcerting similarities.



My detectives have determined that property owners, using certain online rental websites which allow potential renters to have unescorted access inside of the property, have become the victims of an assortment of crimes.

Through use of these websites, potential renters are provided access codes and key-lockbox information that permit these individuals to enter a property without a real estate professional and completely unsupervised.

As a result, this practice of providing free access to homes and apartments, along with online photographs of the property's contents, may lead to criminal activities including theft and fraud.

Property owners are strongly advised to scrutinize online rental companies and to carefully consider the manner in which they allow access to their properties.

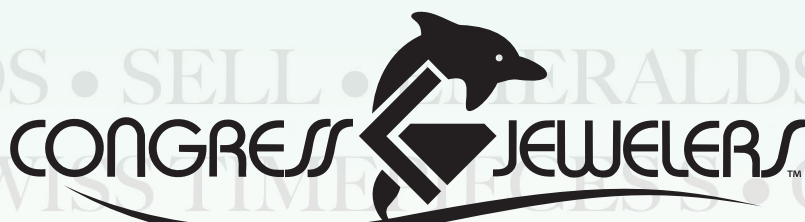


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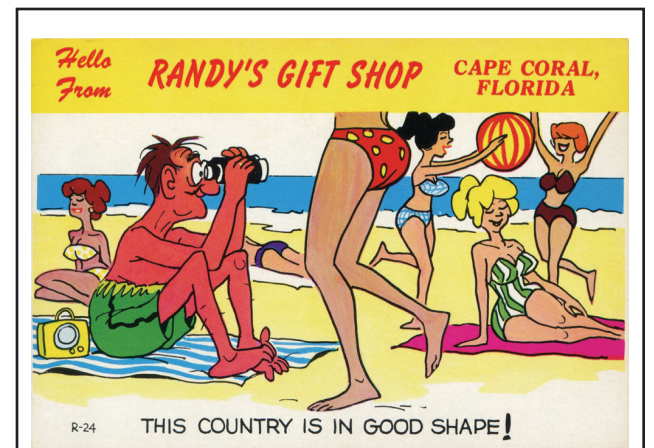
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Randy's Gift Shop which was at 4808½ Cape Coral Street. The gift shop was listed in the Cape Coral business directory from 1969 through 1973.

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Family And Friends CPR Course

The American Heart Association's Family and Friends CPR Course teaches the lifesaving skill of cardiopulmonary resuscitation (CPR) in an instructor-led, group environment. It is ideal for community groups, parents, grandparents, caregivers, schools and students, and others who are interested in learning how to save a life but do not need a CPR course completion card for a job or other requirements.

The Cape Coral Fire Department provides Family and Friends CPR courses at no cost in both English and Spanish. Class dates for 2023 are:

- June 10 – 9 a.m. to 12 p.m.
- July 8 – 9 a.m. to 12 p.m. (Spanish), 1 to 4 p.m. (English)
- Aug. 12 – 9 a.m. to 12 p.m.
- Sept. 9 – 9 a.m. to 12 p.m. (English), 1 to 4 p.m. (Spanish)
- Oct. 14 – 9 a.m. to 12 p.m.
- Nov. 18 – 9 a.m. to 12 p.m. (Spanish), 1 to 4 p.m. (English)
- Dec. 2 – 9 a.m. to 12 p.m.

Community groups are also able to schedule a Family and Friends CPR course for their members. Through a generous donation, the Cape Coral Fire Department also has free CPR Anytime Kits available.

If you are interested in attending a class, scheduling a course for a group, or picking up a CPR Anytime Kit, please visit our website at www.capecoralfire.com and click on "Learn CPR" or email communitycpr@capecoral.gov for more information.

When Hurricane Season Starts And Ends

When does hurricane season start? When does hurricane season end? These are two very common questions for those who want to be prepared in the event a hurricane strikes. While many who live in areas commonly struck by hurricanes are probably all too familiar with the start and end of the season, others who are planning to move to or travel to hurricane-prone locales aren't as well acquainted with NOAA (www.noaa.gov) weather trends and the ins and outs of hurricanes. So, are hurricanes a concern right now? When does hurricane season end?

What Is A Hurricane?

A hurricane is a tropical cyclone, which is a type of storm that forms over subtropical or tropical waters. The wind speeds of a tropical cyclone determine whether it is considered a hurricane, a tropical storm, or a tropical depression. In order for a tropical cyclone to be called a hurricane, it must have sustained wind speeds of at least 74 miles per hour. Storms with sustained wind speeds between 39 and 73 miles per hour are called tropical storms, while those with sustained wind speeds less than 39 miles per hour are referred to as tropical depressions.

Tropical cyclones with wind speeds greater than 73 miles per hour are further classified into five categories based on the following ranges.

Category 1 Hurricanes: sustained winds of 74 to 95 mph
 Category 2 Hurricanes: sustained winds of 96 to 110 mph
 Category 3 Hurricanes: sustained winds of 111 to 129 mph
 Category 4 Hurricanes: sustained winds of 130 to 156 mph
 Category 5 Hurricanes: sustained winds of 157 mph or more
What Are The Key Conditions Required For A Hurricane To Form?

Three key conditions must be present in order for a hurricane to form: heat, water, and low wind shear. Hurricanes originate in the region just above the equator. The warm air over the ocean rises, and new cooler air takes its place. This creates an area of low pressure. As this process continues, swirls of air begin to form. And, because the warm air cools down as it rises, it condenses, creating clouds. The process continues to repeat itself, generating a growing and spinning system.

Low wind shear is also a key requirement for a hurricane. Wind shear is a change in wind speed and/or direction over a relatively short distance in higher areas of the atmosphere.

Where strong wind shear is present, hurricanes cannot form or strengthen. When wind shear levels are low, however, as can be the case over warmer tropical waters, a hurricane will be able to continue forming and strengthening.

Because of Earth's rotation, tropical cyclones that form in the Northern Hemisphere rotate counterclockwise, while



those in the Southern Hemisphere rotate clockwise. North of the equator these storms are called hurricanes, and south of the equator they're known as cyclones.

Atlantic Hurricane Season Spans June Through November

The official dates for the Atlantic hurricane season are June 1 through Nov. 30, although it is possible for hurricanes to form outside of this range. While this is rare, hurricanes in the Atlantic have been reported as early as January and as late as December.

Working from historical averages, the Weather Channel (www.weather.com) identified July 27 as the average date of the first Atlantic hurricane. Keep in mind, though, that this is simply an average; the first hurricane can form before or after this date.

Atlantic hurricanes may form in waters anywhere between the central Atlantic Ocean and the Gulf of Mexico. This means that they impact many different areas surrounding the Atlantic Ocean or Gulf of Mexico, including the Caribbean, Central America, the East Coast of the United States, the Gulf Coast of the United States, and eastern Canada.

Eastern Pacific Hurricane Season Runs From May Through November

When is hurricane season over in the eastern Pacific and when does it start? Hurricane season in the eastern Pacific starts in May, a few weeks earlier than Atlantic hurricane season. The official start of the eastern Pacific hurricane season is May 15, and the season doesn't end until Nov. 30. As with the Atlantic hurricane season, it is possible for hurricanes to form outside of these dates.

Most eastern Pacific hurricanes form off the coast of

central Mexico, where the water is warm. However, between the easterly winds and the colder water temperatures found in the Pacific Ocean near the coast, Pacific hurricanes tend to head toward Asia instead of the West Coast of the United States.

Peak Hurricane Season For Both U.S. Coasts Is Between August And October

While hurricane season starts in May or June and doesn't officially end until the last day of November, hurricanes in the Atlantic and Pacific are most likely to form between August and October. In most years, 90 percent of hurricanes will form during these three months, with Sept. 10 representing the statistical peak of the season.

While the period between August and October represents the peak of hurricane season, this does not mean that hurricanes that occur outside of these months will be milder or less severe. Strong storms can develop at any point during hurricane season, so you should always be prepared.

The Best Hurricane Preparation Is Education

Whether you live in a hurricane-prone region or are planning on moving to or visiting such an area, it is important to develop an understanding of what hurricanes are, the dates of hurricane season, and relevant terminology. Increasing your understanding of these topics will help you make preparations and decisions that will keep you and your loved ones safe from the destruction that hurricanes leave in their path.

Keep yourself up to date with the NOAA forecasts and predictions for your area, and always heed the advice of meteorologists and local officials regarding warnings and evacuations. Start making a plan now and take steps to prepare for hurricane season.

COMPLIANT?

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

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





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

What Dads Actually Want For Father's Day

Not sure what to get dad for Father's Day this year? According to new research, you're better off reaching for the phone than a "World's Best Dad" mug.



A survey of 2,000 dads revealed that three in four dads (76 percent) prefer an experience over a physical gift for Father's Day. It also revealed what dad is really after for his Father's Day event and found that 57 percent of dads actually say it's their favorite day of the year.

And the top gift you can give your dad this year? A simple phone call.

While a phone call from their children topped the list of most desired gifts (47 percent), it wasn't the only thing dad had his eye on this year.

Four in 10 (41 percent) said a big, juicy steak would improve their Father's Day this year, while 38 percent of dads said they could really just go with some peace and quiet. Taking in a ball game with the family also scored high, with 38 percent saying that sounded like a lovely Father's Day treat, while one in three easy-to-please dads say they just want to be able to watch whatever they want on the TV.

Interestingly, 64 percent of dads reported that they specifically don't want anything that says "World's Best Dad" on it this year.

Sitting down for a meal with dad this Father's Day is apparently a very good idea, according to the research, as 79 percent of dads say they like to bond with their children over food. But if it's a cookout you're after,

stay off the grill, because one in three dads say that if someone is grilling, it's going to be them. Another six in 10 confident dads feel like there's no better cook in the house than themselves.

Father's Day is a celebration of dads in all their dad glory. Give dad an experience that's guaranteed to please him this Father's Day.

The survey found that 56 percent of dads love to tell classic "dad jokes." In fact, according to the results, 47 percent of dads have said the specific joke, "Hi hungry, I'm dad," and 60 percent of dads find the joke to be actually funny.

The survey also found that it takes four years after their first child is born before hitting "peak dad," and there are signs that show it, too.

For example, the top sign that you've hit "peak dad," is that you start to laugh at your own jokes (33 percent). The second biggest sign you've reached "peak dad" is if you find yourself busting out cheesy moves on the dance floor. Also scoring high on the list was if you're always the one manning the grill.

Top 10 Gifts Dads Want For Father's Day

Phone call from my kid(s) – 47 percent
 A big juicy steak – 41 percent
 Peace and quiet – 38 percent
 Taking in a ball game with the family – 38 percent
 An ice-cold beer or two – 35 percent
 A cheaper, practical gift (socks, tie, etc.) – 35 percent
 Glass of wine – 34 percent
 Watch whatever I want on TV – 34 percent
 Glass of whiskey – 29 percent
 A physical, expensive gift (Apple watch, etc.) – 29 percent

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Exercising In Florida Heat

Below is information provided by WebMD particularly focused towards safety when **exercising** during the hot and humid summer months. The information is to be used as a guide to keep you safe from hyperthermia during these susceptible times.

Tip No. 1: Acclimate Yourself

“When the weather warms, you need to be acclimated to the temperature change,” says William O. Roberts, M.D., FACS, a family medicine and sports medicine doctor at the University of Minnesota’s Phalen Village Clinic. “Expose yourself regularly.”

It can take up to 14 days to adjust to temperature changes. So, when clients are preparing for an event that will take place in the heat of the day, Roberts coaches them to be active in the heat ahead of time: “They have to try to get out in the middle of the day when it’s hot and exercise in order to acclimate to the conditions for the event.”

But remember, if you are just doing routine exercise, it is better to exercise outside when it is cooler, such as the early morning or evening. (See more about this in tip No. 5.)

Tip No. 2: Stay Hydrated

When it comes to summer exercise, all our experts agree that the biggest concern is hydration. Suzanne Girard Eberle, author and sports dietitian in Portland, Ore., says that if you come back from a summer workout one to two pounds lighter, you’ve got to do a better job keeping up with hydration. You lose 2½ cups of water per pound of body weight lost, she says.

If your urine is the color of lemonade, says Roberts, you’re well hydrated. If it’s darker in color, then you may be dehydrated.

If you’re going four to six hours without eliminating, you’re not hydrated enough, adds Eberle, a former elite runner and author of *Endurance Sports Nutrition*.

To maintain good hydration for a moderate summer workout, Roberts recommends drinking 20 ounces of water two hours before exercise, at least 8 ounces of water shortly before getting out in the heat, and then a gulp every 15 to 20 minutes during exercise. Make sure to talk to your doctor about specific fluid intake when you exercise.

To stay better hydrated, says Eberle, drink fluids with food throughout the day.

Tip No. 3: Slow Down

When the temperature hits the 90s, don’t expect to go out and set a personal record, says Roberts.

“If it’s hotter than you’re used to, cut the pace back or cut the exposure back,” he says. “Don’t try to do the same pace you did the day before.”

Be careful about trying to keep up with friends who are more fit or have a higher tolerance for heat as well, says Eberle.

“Just realize you are going to be slower,” says Eberle, “and particularly on humid days, it’s going to take you longer to finish.”

Tip No. 4: Wear Light, Breathable Clothing

Lightweight fabrics that wick away sweat are best for exercising in the heat, says Eberle. Clothes should also be light in color in order to reflect the sun.

“One common problem is people overdress,” she says. “They cover up the working muscles in the legs, which generates a lot of heat.”

Sunscreen is also important when you exercise outdoors.

“A well-ventilated hat with a brim and some lightweight sunglasses can [protect your face] and help prevent headaches, says Eberle.

If your summer workout involves wearing a protective helmet, adds Roberts, remove it during rest periods to allow your head to breathe and cool off.

Tip No. 5: Exercise Early Or Late

If possible, get out before 7 a.m. or after 6 p.m. to exercise in the summer months, says Roberts. This will add length to your day, and energy to your summer workout. Inevitably, heat and humidity will slow you down.

“In the worst part of summer, especially if you just want to exercise for health, do it in the gym if you can. Or get out early in the day or late in the evening,” says Branch.

Tip No. 6: Assess The Previous Day

It’s not enough to know how you feel right before going out to exercise in the heat, says Roberts.

“It’s very important with those who exercise regularly to take into account the physical activity, fluid ingestion, and diet of the previous day,” she says. “You could be dehydrated or fatigued even prior to exercising,” which could get you into trouble faster on a hot day, she says.

Tip No. 7: Know The Route And Climate

It’s important to know your route and your climate, says Roberts.

“Make sure that there’s some shade along the way and that you’re not exposed to constant direct sunlight,” she says.

Check the heat index for the relative humidity that day and plan accordingly, she says. Contain your summer exercise

to the least hot and humid part of the day. Remember that sweat evaporates quickly. You’re going to lose a lot more fluid exercising in the heat and because it’s drying almost before you can see it, you don’t know how much fluid you’re losing.

Tip No. 8: Consult Your Doctor Or Pharmacist

Many medications – both prescription and over-the-counter – can intensify the effects of heat-related illnesses, says Roberts. Decongestants, appetite suppressants, antihistamines, antihypertensives, and antidepressants can hasten dehydration and decrease the body’s ability to recognize danger.

Even diuretics like caffeine and alcohol, when consumed before exercising in the heat, can accelerate the effects of dehydration, says Roberts.



Tip No. 9: Use Common Sense

Don’t choose a hot summer day to try your hand at rock climbing or in-line skating for the first time.

“You shouldn’t start doing something brand-new if it’s really hot,” says Roberts, “even if it’s just for a half an hour.”

When you don’t know what to expect or how your body will take to the activity, it’s best to save it for a cooler, more forgiving day, he says.

“The biggest thing with heat and exercise,” says Roberts, “is common sense. If you’re feeling bad, you need to get inside, get your core temperature down. Even if you are in an event, it’s just not worth it. You want to live to run another day.”



Tax Talk

The IRS Offers Easy And Convenient Options To Make Federal Tax Payments

Bud Krater has been doing taxes in Lee County for over 30 years. He has his Enrolled Agent (EA) status with the IRS, which means he can represent you in front of the Internal Revenue Service. He is passionate about his job of saving people tax dollars. His company, A Bud Krater Inc., has three guarantees. For more information, contact him at (239) 772-1040. He will be happy to help!



Anyone who needs to pay their federal tax bill has several ways to send a payment to IRS quickly and securely. Knowing the options to make payments helps taxpayers meet their tax obligations.

Here are several ways people who owe taxes can pay it. They can:

Pay when they e-file using **electronic funds withdrawal** to draw the payment directly from their bank account.

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balance or make estimated tax payments. Taxpayers can also see their payment history, any scheduled or pending payments, and other account details.

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Pay using a payment processor by credit card, debit card or digital wallet. Taxpayers can make these **payments online** for a fee.

Make a **cash payment** at more than 60,000 participating retail locations nationwide. To pay with cash, taxpayers should visit **IRS.gov** and follow the instructions.

Pay over time by applying for an **online payment agreement**. Once the IRS accepts an agreement, taxpayers can make their payment in monthly installments.

For details on these options, people can visit **IRS.gov/payments**.

Estimated Taxes

Some taxpayers must make quarterly estimated tax payments throughout the year. This includes individuals, sole proprietors, partners, and S corporation shareholders who expect to owe \$1,000 or more when they file. Individuals who participate in the gig economy might also have to make estimated payments.

If you need help, please call us anytime at (239) 772-1040.

[Source: www.irs.gov, *IRS Tax Tip 2023-28*]

What Is A Neurotoxin?

A neurotoxin is something you ingest into your body that has a direct link to brain and neurological destruction. The word “neurotoxin” may spark images of strange green substances bubbling in chemistry class, but the reality is that neurotoxins are hiding in some of the most ingested substances on earth. In fact, you probably have many of these substances in your kitchen right now, and understanding the role these toxins play in either starting or continuing chronic health problems is crucial. As your body digests and breaks down a neurotoxic substance, it may either trigger an autoimmune attack or kick off some kind of destructive brain and/or body disease process.

Here’s a list of the most common neurotoxins that the majority of Americans consume every day:

- Wheat, particularly the gluten (the protein found in wheat), is the most destructive protein you can ever put in your body therefore it is classified as a neurotoxin. Again, I recommend the book *Grain Brain* by David Perlmutter, MD.

- Common table sugar is also a neurotoxin. Your blood sugar becomes spiked, which triggers a release of insulin which in turn produces a destructive inflammatory response.

- High fructose corn syrup is highly inflammatory. Most commonly used as a sweetener in sodas and other sweet drinks, high fructose corn syrup triggers a similar inflammatory response as table sugar.

- Artificial sweeteners are very toxic to the brain. Though they seem innocent because they don’t contain sugar, they harm the brain in a different way. They contain a substance that causes our bodies’ glutamate, an excitatory neurotransmitter, to over react to the product. It’s similar to slamming the gas pedal of your car to the floor while it’s in park and over-revving the engine to the point of blowing it up. I recommend you read *Excitotoxins: The Taste That Kills* by Russell Blaylock, MD.

- Monosodium Glutamate (MSG) is another substance that has a similar effect on your sensory neurotransmitters

as the artificial sweeteners. This substance over-excites those receptors to the point of malfunction and degeneration which then leads to negative psychological side effects like brain fog, depression, and anxiety.

- Trans fats are hydrogenated oils that are highly inflammatory to the body. Anything that is inflammatory over a long period of time is going to destroy your brain function so avoiding anything that contains trans fats is crucial.

- Drinking bottled water from the commonly sold plastic disposable bottles has proven to be a source of neurotoxic material.

- There are a few more common neurotoxic culprits like heavy metals—lead, mercury, and formaldehyde, and these toxic substances are found in some unsuspecting places. Recent medical studies have shown that lead poisoning may be generational. Mercury (aka thersamol) is found in vaccines, as well as aluminum, which is in most underarm deodorants.

Understanding the realities and effects of neurotoxins plays an important role in helping people optimize their chronic issues. Since these neurotoxins damage the brain, the body’s most important healing organ, it only stands to reason that removing substances which hurt the brain will accelerate healing. When there’s a large amount of neurotoxins present in your body, it accelerates the degeneration of your joints, causes focus and concentration issues, can increase fear and anxiety, activate autoimmune disorders and destroy body tissue. Many chronic diseases, movement disorders, fibromyalgia, burning and numbness, tingling and coordination problems can be linked to an overload of neurotoxins.

Dr. Rob Davis is the author of Breaking the Cycle - How to take control of your health when traditional medicine has failed. Get the new released book FREE download on June 8 ONLY.

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Catch The Action

June On The Water

By Capt. Bill Russell

As we kick off the summer season in Southwest Florida, it's a great time to load up the fishing tackle, hit the water, and just have fun. Rather than get caught up with what species is in season or what can I keep, just go fishing.

We are lucky to have a lot of different fish, and of all sizes, that make our waters home through the summer. Some days it's fun to count just how many different species we catch, while not targeting any certain species. Children love this, large or small, every fish is cool for them to catch, different shapes and sizes make it even better.

You may catch everything from small fish that fit in your hand to sharks large enough to demand respect. Start by catching little fish like pinfish or ladyfish that will hopefully become bait for something larger. Locate a flock of birds dipping to the water and you can expect fish actively feeding, this is a great time to cast a small shiny spoon or lure in hopes of Spanish mackerel or other hungry predators.

If you want live baitfish and have the ability and desire to throw a cast net, there should be plenty of bait around on the shallow grass flats. A good live well plumbed with a pump to continuously exchange water is necessary to keep bait alive and frisky. A lot of different fish species are feeding on the summer bait schools. Even if you aren't attempting to net the bait, it's still a great place to catch a fish.

If the mess and hassle of catching live bait isn't your thing,

we have plenty of tackle shops and bait stores selling live shrimp and other goodies. Apart from mullet, I believe every fish in our coastal waters dine on shrimp. They are a great bait, buy more than you think you will need as you can go through them quickly.

And there are artificial baits, they require more work, but it is always a great feeling to fool a fish into eating a chunk of plastic, metal, or feathers. There are too many different baits and lures to get into in this column, if you don't already have an assortment or favorite, hit up your local tackle shop. Small or family-owned tackle shops are a wealth of knowledge, I recommend them over the big box stores.

With the various baits, we want an assortment of rods and reels if we intend to fish for species of different sizes. If we have just one rod and reel, that's fine too, actually, it may be more fun and challenging. If the interest is there to hook into a shark with the hopes of landing it, then at least a couple of feet of wire leader is necessary. No need to waste money on heavy wire or cable, single-strand wire from 50 to 80 pounds is all you need, unless you are after really big fish with ultra-heavy tackle.

If you're up to the challenge, June is prime time to tangle with a big tarpon. They are roaming throughout the inshore waters, gulf passes, and a short distance off the beaches. If a fresh fish dinner is on the menu, mangrove snapper is your best bet. Snapper will be caught in good numbers inshore and around nearshore reefs throughout the summer.

It's fun to go fishing with no expectations, a day where you relax, take in the beauty of nature, and just live in the moment. If you catch fish great, if not that's fine too. The funny thing



is, when we lower our expectations and relax, we are often rewarded with some of our best days of fishing. Give it a try!

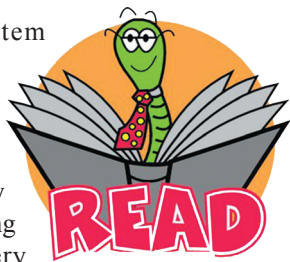
For charter information, please contact us at Gulf Coast Guide Service and "Catch the Action" with Capt. Bill Russell, call or text (239) 410-8576, website: www.fishpineisland.com, email: gcl2fish@live.com.

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 27 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."



All Together Now Summer Reading Program With The Lee County Library System

Lee County Library System presents its annual Summer Reading Program for all ages June 1 through Aug. 1. This year's theme is "All Together Now" and features free library programs and an all-ages reading and kindness challenge. Every child and teen visiting the library also will be offered a free, new book while supplies last.



The goal of the annual summer reading program is to nurture and grow a lifelong love of reading and learning, and this year's theme adds an emphasis on kindness and community.

For students, the program can help prevent summer learning loss that typically happens after the school year ends.

"This year's featured events are designed to spark curiosity and learning through fun and engaging performances," said Melissa Baker, manager of programming and community outreach for the library system.

Special events are happening in library branches all summer. Highlights include live theater performances, art workshops, puppets and magic shows, science presentations, bunny yoga and a comedy stunt show by a superstar performer. All programs are free to the public but may require advanced registration due to limited space. The complete schedule of library programs can be found at leelibrary.net/events.

Program participants can choose to complete challenges online or on paper in one of four age categories: 5 and under, kids, teens and adults. The online reading challenge is available through the READsquared app or website. For anyone who wants a fully offline experience, paper-based Kindness Bingo is available at all Lee County Library System locations. Anyone

who completes either the reading challenge or the Kindness Bingo will be eligible for the end-of-summer prize basket drawings filled with age-appropriate books and giveaways.

To find out more about the Lee County Library System's All Together Now Summer Reading Program, visit www.leelibrary.net/summer.

The Lee County Library System, founded in 1964, has 13 branches to serve Lee County residents. For more information about library services and programs offered, visit www.leelibrary.net or call (239) 479-4636.

In accordance with the Americans with Disabilities Act, Lee County will not discriminate against qualified individuals with disabilities in its services, programs or activities. To request an auxiliary aid or service for effective communication or a reasonable modification to participate, contact Joan LaGuardia, (239) 533-2314, Florida Relay Service 711, or jlguardia@leegov.com. Accommodation will be provided at no cost to the requestor. Requests should be made at least five business days in advance.

Eye Disease Can Affect More Than Your Sight

Eye disease affects more than your ability to see the world clearly. People with impaired vision face an increased risk of falls, fractures, injuries, depression, anxiety, cognitive deficits and social isolation. One of the best ways to protect yourself against vision loss from eye disease is to get regular eye exams.

Ophthalmologists – physicians who specialize in medical and surgical eye care – have more tools than ever before to diagnose eye diseases earlier, and to treat them better. But these advances cannot help people whose disease is undiagnosed, or who are unaware of the seriousness of their disease.

That's why the American Academy of Ophthalmology recommends all adults receive a comprehensive eye exam by age 40, and every year or two after age 65.

Here's how low vision can affect nearly every aspect of your life:

1. Depression and social isolation. Being unable to drive, read, enjoy hobbies or see loved ones' faces is frightening and can lead some people to withdraw from life, leaving them feeling helpless or lonely. One study found that after being diagnosed with a vision-threatening eye disease, a person's chance of experiencing depression triples.

2. Dementia. Several studies suggest a connection between eye disease and dementia. While the cause is unclear, it's possible some eye diseases interfere with the brain's sensory pathways. Early diagnosis and treatment are the best way to prevent vision loss.

3. Injuries from falls. People with decreased vision are more likely to misstep and fall. Every year, about

three million older Americans are treated for injuries from falls, according to the Centers for Disease Control and Prevention. Many of these falls are caused by low vision.



Luckily there are some changes around the house people can make, such as grouping furniture together and increasing lighting. Seeing an ophthalmologist regularly and making sure your glasses are updated with your latest prescription are important safety precautions as well.

Can't Afford An Eye Exam? Eyecare America® Can Help

For individuals age 65 or older who are concerned about their risk of eye disease and/or the cost of an eye exam, you may be eligible for a medical eye exam, often at no out-of-pocket cost, through the American Academy of Ophthalmology's EyeCare America program. This public service program matches volunteer ophthalmologists with eligible patients in need of eye care across the United States. To see if you or a loved one qualifies, visit www.aao.org/eyecare-america to determine your eligibility.

Regular vision checks can help you see your way clear to a better social life and healthier living.

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PRESENTS

May 26 – July 1



Footloose

A lively city boy moves from Chicago to a small farming town where rock 'n' roll and dancing have been banned. After the culture shock sets in, he tries to shake things up and overturn the extreme ban. In the process he catches the attention of the lovely preacher's daughter. The Oscar and Tony-nominated Top 40 score includes *Holding Out For A Hero*, *Let's Hear It For The Boy*, *Almost Paradise* and the title song, *Footloose*.

July 7 - August 12



THE LITTLE MERMAID

This Disney classic comes to life on the Broadway Palm stage! Take a dive into a magical kingdom where the beautiful mermaid, Ariel, longs to leave her ocean home to live in the world above. When Ariel falls in love with the human Prince Eric, she makes a bargain with the evil sea witch, but the bargain isn't what it seems. You'll see all your favorite characters and hear the irresistible songs including *Under The Sea*, *Kiss The Girl*, *Part Of Your World* and more!

Dates may be subject to change.

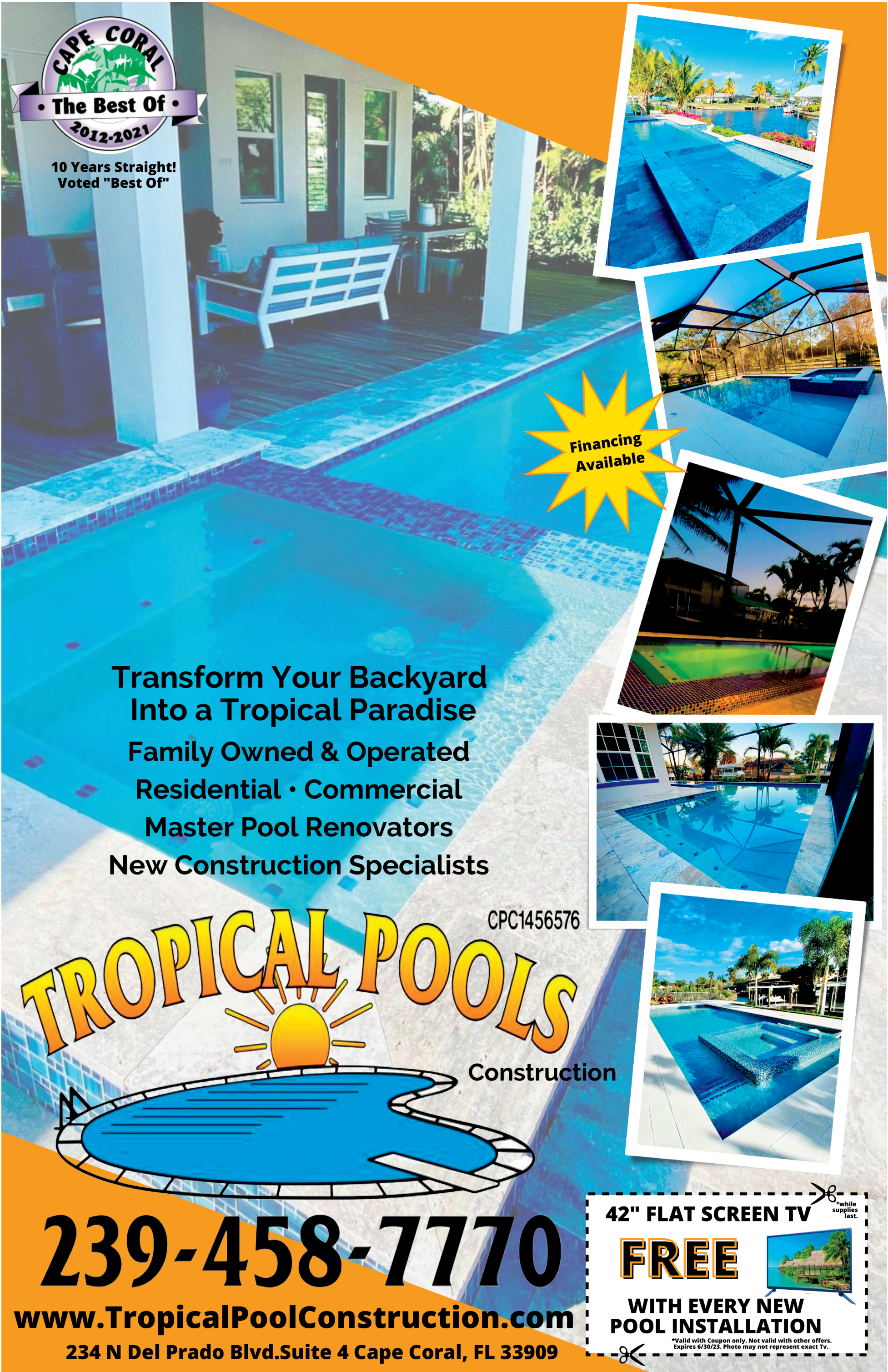
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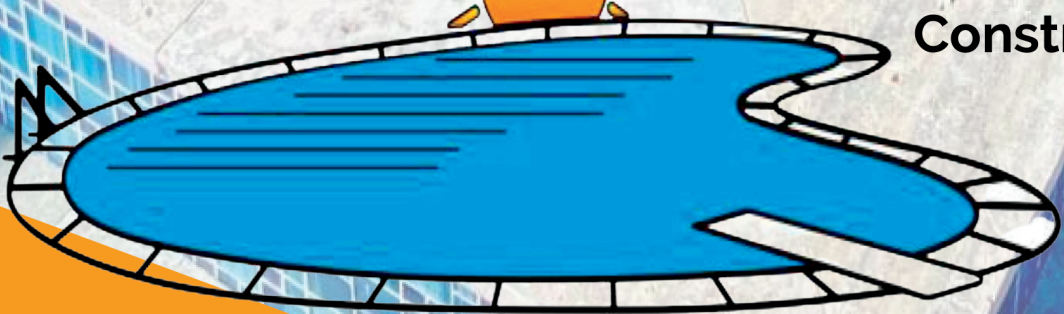
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