

THE CAPE CORAL SUN

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

Another Seabreeze Publication



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JULY 2022

Red, White & Boom!

We are back! Here comes the BOOM!" The City of Cape Coral Parks and Recreation Department is proud to present "Red, White & Boom" on Monday, 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 is a musically synchronized display. The music can be heard at the stage, on Cat Country 107.1, or download the IHeart app, and log into Cat Country 107.1 and listen on your phone. Watch as over 4,000 shells explode in the sky of Cape Coral to celebrate the birth of our great nation.

Lawn chairs are highly encouraged!



2022 Entertainment Schedule

Freedom 5K

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. Locash 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 in a special family area. 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 includes: A barbeque catered meal, two adult beverages or soda/water, game area, private section,

Red, White & Boom! on page 3



Cape Coral Community Redevelopment Agency (CRA)

What Is A CRA?

A Community Redevelopment Agency is a dependent special district established pursuant to state law by local government. The mission of the Cape Coral CRA is to enhance the South Cape and create a vibrant urban village. The CRA encourages public and private investments to encourage economic growth and improve the quality of life in the redevelopment area. The CRA Board of Commissioners directs CRA policy and programs. Cape Coral City Manager Roberto Hernandez serves as the executive director of the CRA.

Why Create A CRA?

A CRA focuses attention and resources in a specific area characterized by blight and disinvestment. By establishing a CRA, a city can take advantage of financial and planning tools provided under state law. These tools can help create programs and projects to foster private market investment in the CRA.

S.E. 47th Terrace Streetscape

Why Design A New Streetscape?

The South Cape CRA and the City of Cape Coral identified S.E. 47th Terrace as a key district where funds could be put to good use by improving its roadway and pedestrian paths. These improvements will position South Cape for future growth bringing needed infrastructure updates

while heightening its appeal as an entertainment destination. In turn, these improvements will bring added value to businesses in the corridor.

What Does The Project Include?

The proposed design for the S.E. 47th Terrace Streetscape Project involves the reconstruction of the existing roadway to include a roundabout at the intersection of Vincennes Boulevard and S.E. 47th Terrace, addition of 18-foot-wide multiuse paths to both sides of the roadway and incorporation of beautification enhancements along the corridor as well as installation of water, sewer, irrigation, and stormwater drainage upgrades.

Public Wi-Fi was also added to this area. Informational kiosks will be installed along S.E. 47th Terrace soon.

Why A Roundabout?

At S.E. 47th Terrace and Vincennes Boulevard, several intersection designs were considered.

A roundabout is proposed as the safest option and is a recommended intersection design by the Florida Department of Transportation (FDOT) for its safety enhancements. In a roundabout, traffic yields to right turns only and pedestrians



are crossing only one direction of traffic at a time and traveling a shorter walking distance too.

Current FDOT policy on roundabouts states that "Roundabouts shall be evaluated on new construction, reconstruction and safety improvement projects, as well as anytime there are proposed changes in intersection control that will be more restrictive than the existing conditions."

Cape Coral Community Redevelopment Agency on page 4

Preventing And Reversing Heart Disease With A Whole Food Plant-Based Diet

For the year 2020, according to the Centers for Disease Control and Prevention, heart disease ranked as the leading cause of death in the United States. [COVID-19 was actually the third leading cause of death in 2020.]¹



Photo by Anna Pelzer

According to Godman and Burke, “Heart disease describes any of several conditions affecting your heart and its surrounding vascular system. Among them are valve disease, abnormal heart rhythms (arrhythmias), and congenital heart defects, which are problems with the heart’s structure or function that are present at birth. Another example of heart disease is heart failure, which describes a heart muscle that is not strong enough to pump blood throughout the body. Diseases of the heart and vascular system (blood vessels) are often related, and come under the blanket term cardiovascular disease.

But most commonly, the term ‘heart disease’ refers to coronary artery disease (CAD). CAD occurs when the arteries that supply blood to the heart muscle (coronary arteries) become blocked. When blood can’t reach the heart muscle to deliver oxygen and other nutrients, heart tissue starts to die—a heart attack.”²

However, according to medical doctor, surgeon and community educator Caldwell Esselstyn, heart disease can be prevented and even reversed with a whole food plant-based diet.

One of the many research studies Esselstyn references is “Mortality from circulatory diseases in Norway 1940-1945,” published in *Lancet* in 1951³. Although historical it is nevertheless quite on point in exposing the drawbacks of a diet high in animal protein.

When the German army invaded Norway in the 1940s, German soldiers confiscated the animal products of the local citizenry in order to supplement their food supply. During that time period residents ate mostly a plant-based diet. When researchers Strom and Jensen looked at the rate of heart disease during that time period, the rate of heart disease decreased significantly. When the war ended and the population had renewed access to animal products ... the incidence of heart disease resumed.

For thorough but **very readable** information on this topic, read *Prevent and Reverse Heart Disease* by Caldwell B. Esselstyn, Jr., M.D. (copyright 2007). It’s available at your public library.

¹Mortality in the United States (<https://www.cdc.gov/nchs/data/databriefs/db427.pdf>)

² Godman, H., & Weidman Burke, C. (2021). Heart disease. In Gale Health and Wellness Online Collection. Gale. https://link.gale.com/apps/doc/DQQVGY570687442/HWRC?u=linclin_ecc&sid=bookmark-HWRC&xid=55c812d9

³<https://pubmed.ncbi.nlm.nih.gov/14795790/>



Wine ... A Very Old Friend!

By Bonnie Yapello

If you love wine like I do, you won’t be surprised to know that this beautiful beverage has been around for a long time! Wine has its origins in Asia as far back as 9000 B.C.!

In China, dating back 7000 to 9000 B.C., archeologists found pottery shards of fermented grape and rice wine. Further in the near east, the first wine creation was found in the areas that are now the modern day nations of Azerbaijan, Armenia, Georgia, Northern Iran and Eastern Turkey. The Georgians take credit for discovering that grape juice stored in an earthenware vessel called qvevri, when buried in the ground for the winter would yield a tasty, intoxicating beverage. They could have discovered this by accident, as some of our greatest discoveries are! Remnants have also been found in the northern Zagros Mountains of Iran, carbon dating back 5000 to 5400 B.C.

Wine has been consumed in history by many including the Greeks, who celebrate with the help of the Greek God of Wine, Dionysus. They produce even today the strongly aromatic Retsina, made with an ancient process of fermenting in tree resin-lined pots. In 3000 B.C., wine cultivated in the Egyptian Nile Delta was introduced. Egypt used red wine in a ceremonial role because of its resemblance to blood, but history has revealed that white wine was found in Tutankhamun’s tomb, and Cleopatra favored the slightly sweet white Muscat de Alexandria. If you search, you can still find these wines sold in wine shops!

This magical beverage has an interesting journey with the Phoenicians transporting it throughout the Mediterranean including Rome, where it became an important part of the Italian diet. Wine is mentioned in the Bible and used in celebration of Mass by the Catholics as the blood of Christ. In France, the Benedictine Monks owned vineyards and were the largest producers of wine in France and Germany!

Dom Perignon was the Benedictine Monk who discovered champagne by accident. I must say that the bubbly is my favorite to enjoy with everything, but every wine has its time and place.

Discover new wines, enjoy and savor in moderation. Just know that every wine has a story and journey before it is poured into your glass ... cheers!

Be sure to stop by **Sip and Send**, who is the sponsor of this article. Located at 2517 Santa Barbara Blvd., where you can find your favorite wine or unique wine gift, a true find in Cape Coral.

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prime viewing section for fireworks show, air-conditioned restrooms, limited bleacher seating. Ages 13 and older must purchase an adult ticket.

Kid tickets – \$15 includes: A barbeque catered meal, soda or water, game area, private section, prime viewing section for fireworks show, air-conditioned restrooms, limited bleacher seating. Children under 2 years old don’t require a ticket.

What You’ll Need To Know If You Go

Parking

Free parking and shuttles (with handicap accessibility) will be picking up at all the downtown parking lots: Club Square, Big John’s Plaza, Iguana Mia’s and Veterans Museum. This service runs from 4:15 to 10:30 p.m.

Safety

To ensure everyone’s safety, please remember; no pets unless they are service animals, no fireworks, and no outside alcohol will be allowed. Coolers with nonalcoholic beverages are allowed.

For questions or more information – (239) 573-3123 or seclerk@capecoral.gov.



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Happening At Your Library

Cape Coral Library

921 S.W. 39 Terrace, Cape Coral, FL 33914
(239) 533-4500

Online Book Discussion For Adults Wednesday, June 29 – 10 to 11 a.m.

Calling all readers! Join us for a live virtual book discussion for adults. There is no assigned title. Instead we will be taking turns sharing about the latest books that we have read.

Please preregister below in order to participate in the program. Registrants will receive a confirmation email and reminder with the link to join the online discussion on GoToMeeting. Registration is required.

Download Drop-In

Tuesday, July 5 and 19 – 11 a.m. to 12 p.m.

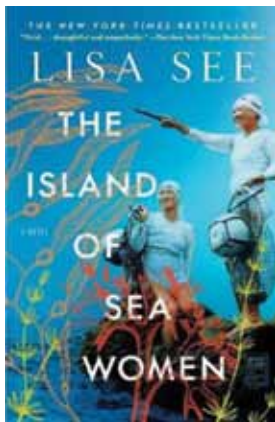
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Bring your fully charged tablets, phones, e-readers, and other digital devices for a hands-on help session.

Note: Please bring any passwords you may need for downloading apps. Kindle users will also need an Amazon account and their password for accessing it. Location: Conference room C.

Book Discussion: *The Island Of Sea Women* By Lisa See Wednesday, July 6 – 11 a.m. to 12 p.m.

A mesmerizing, historical novel about friendship and destructive family secrets set on a small island in Korea. Young divers, Mi-ja and Young-sook, will see their friendship pushed to the brink of collapse due to forces beyond their control.



The Island of Sea Women takes place over many decades, beginning during a period of Japanese colonialism in the 1930s and 1940s, followed by World War II, the Korean War, through the era of cell phones and wet suits for the women divers. Location: Conference room C.

Crafts At Cape: Sea Glass Magnets

Thursday, July 7 – 11 a.m. to 1 p.m.

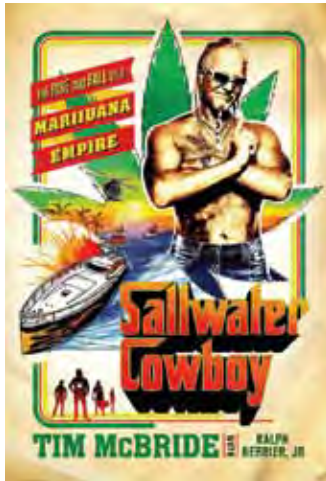
Join craft leader, Janice, as she shows us how to create nautical magnets. You'll be able to create a starfish and seahorse using sea glass. Instruction and materials will be provided. Location: Meeting room (CC). Registration is required.



Timothy Saltwater Cowboy McBride Author Presentation

Thursday, July 14 – 2 to 3 p.m.

In 1979, Wisconsin native Tim McBride hopped into his Mustang and headed south. He was 21 and his best friend had offered him a job working as a crab fisherman in Chokoloskee Island, a town of fewer than 500 people on Florida's Gulf Coast. Easy of disposition and eager to experience life at its richest, McBride jumped in with both feet. But this wasn't a typical fishing outfit.



McBride had been unwittingly recruited into a band of smugglers – middlemen between a Colombian marijuana cartel and their distributors in Miami. Tim's adventures were just beginning... Location: Meeting room (CC).

Online Writer's Workshop

Wednesday, July 20 and 27 – 2 to 3 p.m.

A writer's workshop creates a community of writers and keeps individuals in the habit of consistently writing. A writing prompt will be given, and each writer will have 20 minutes to write. Then the group offers their piece for constructive criticism. Registration is required.

Crafts At Cape:

Christmas In July Saturday, July 23 – 11 a.m. to 1 p.m.

Join craft leader, Janice, as she shows us how to create different Christmas themed crafts for Christmas in July. Instruction and materials will be provided. Location: Meeting room (CC). Registration is required.



Photography During Programs

While attending library programs, visitors may be photographed by library staff. Photographs become library property and may be used in library promotions. Individuals who do not want to be photographed or recorded are responsible for removing themselves from the area or notifying the photographer of their opt-out status.

Please visit www.leegov.com/library/programs for more information or to register.

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The sculpture, *Sailing*, is an original work of art by artist team Gus and Lina Ocamposilva, explicitly designed for the roundabout on S.E. 47th Terrace and Vincennes Boulevard. *Sailing* is 10 feet tall and 5 feet across. The Ocamposilvas' artwork features contemporary design elements that highlight Cape Coral's 400 miles of waterways and remind residents of the city's diverse and eclectic atmosphere. This is the CRA's second public art installation this year in the South Cape but the first commissioned sculpture.

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Bike Safety: An Important Refresher



Bike riding is a means of transportation, exercise, recreation, and fun in the Sunshine State all year-round. When riding a bike, there are several laws you should know and some things to be aware of to stay safe. But many are not familiar with or have forgotten bike laws and safe practices.

Follow The Rules

Obey all traffic signage and lights. If there is a stop sign or red light, you must stop and wait until it is safe to continue your journey.

Go With The Flow

Ride on the right side of the road **with** the flow of traffic. Riding the wrong way against traffic increases the chance of a crash because the rider has less time to see oncoming cars, and the oncoming cars have less time to see the cyclist. It also increases the chances of severe injury or death due to head-on collisions.

Stay Right In Your Lane

Cyclists have the right to take the lane if there is no bike lane. If there is no bike lane, cyclists may take the whole traffic lane and ride two abreast. The law states that a cyclist must ride “as far right as is practicable.” For the cyclists’ safety, riding against the curb limits maneuverability around obstacles and increases the potential of getting hit by a car passing too close. Courtesy dictates that the cyclist move over to allow cars to pass safely.

Use Bike Lanes

If there is a bike lane, cyclists must be in it, going with traffic flow. They may leave the lane when passing another cyclist, there is road debris, changing lanes to turn, or whenever being in that lane poses a hazard to the cyclist.

Sidewalk Use

Cyclists may ride on the sidewalks where local law permits but must yield to all pedestrians. The best practice is always to ride slow enough to safely stop for pedestrians and watch for cars entering or exiting driveways. Cars may not always see or stop in time for people on sidewalks.

Crosswalks

Cyclists crossing the streets on a crosswalk must obey the signage and signals. Always stop, look, and listen

before crossing and communicate with other drivers on the road before crossing. Make eye contact, wave, gesture, or point, and wait for a response. If the driver doesn’t respond, they may not see the cyclist or wait for them to cross safely.

Alert Others

Cyclists must announce passing another person through either a horn, a bell, or their voice. “Passing on your left” is the standard. Make it more friendly and add a “Good morning!”

Changing Lanes

Before changing lanes, a cyclist should always scan for cars from behind and signal their intent to change lanes.

Cyclists should always signal at least 100 feet before turning or stopping.

Safety

There are many other critical issues for those cycling to consider. Every bike must have a white light on the front visible from 500 feet and a red light on the rear visible from 600 feet from dusk until dawn. It is illegal to wear any earbuds or headphones while riding a bike. Not surprisingly, a bike is built to carry only as many as it has seats for and no more!

Helmets

It is a regulation that every bike rider under the age of 16 must wear a properly fitted and fastened helmet, but it is encouraged for riders of all ages to wear helmets. Wearing a helmet is especially important for children. Unfortunately, there have been too many fatalities when a cyclist has fallen off a bike and struck their unprotected head on the curb or another sharp object. This type of fatality can and should be avoided.

Who Are You Going To Call?

Florida is a wonderful place to live. We make new friends, and family loves to visit. Your neighbors may have met your children and even grandchildren. But do they know their full names and have their contact information?



Please consider sharing your next of kin information with at least two of your neighbors. Should something unfortunate happen to you, your neighbors are likely to be the first to notice first responders at your home. They could put the police in touch with the proper family members.

Conversely, provide your family with your neighbors’ contact information should they want someone to just “pop in” for a wellness check when they haven’t heard from you in a while but are hesitant to call the police for this.

You may think this is common sense, but I’ve already experienced having to do Google searches for old obituaries to find family related to an unexpectedly deceased neighbor – twice! Then, further searches are needed to find telephone numbers, which isn’t easy these days.

So, do yourself and your family a favor and ensure your communication network is in place and give everyone a little more peace of mind.



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Catch The Action

July On The Water

By Capt. Bill Russell

This is the month summer weather settles in bringing hot humid days, often with little wind until early afternoon as a sea breeze kicks in, followed with thunderstorms. It's a good month for fishing, especially offshore with additional species in season. Most anglers opt for an early start to take advantage of calm seas, avoiding the mid-afternoon heat and storms.

For those looking to bring home fish dinner, mangrove snapper is the best bet through the summer. No need to make a long run offshore, as snapper are plentiful throughout the inshore and nearshore waters. Look for snapper under

docks, bridges, piers, or about any type of structure. Many anglers do very well from shore without the expense of a boat. From a boat fish under deeper mangrove shorelines, oyster bars, sand potholes, and rock ledges or structure in and near the gulf passes. Mangrove snapper are one of our tastier fish and fight hard for their size and make a great summer target. They are often leader and hook shy; if the water is clear, it's often necessary to lighten the tackle. Inshore, I generally go with 2 feet or more of 12- to 20-pound fluorocarbon leader and a 1/0 circle hook.

Calm summer mornings give good opportunities to run offshore and target grouper and other species. American red snapper season is open in gulf waters for recreational anglers through the month of July for those willing to spend the fuel money for a long run offshore. Gag and red grouper seasons are both open, expect the larger fish to be in deeper water. Seventy feet is a good starting point, but you may need to run well past 100 feet for larger fish. If you run out a little deeper, you may find red snapper and grouper around the same depths. To get updated grouper, snapper, and fishing regulations go to www.myfwc.com or download the Fish Rules app.

Closer in, within sight of land, reefs and wrecks can be productive with everything from snapper to goliath grouper. Anchoring up current of structure with a fresh chum bag is preferred. A variety of baits is a good idea as well as an arsenal of rods rigged and ready for light to heavy action.

Keep an eye open for speedsters such as bonito, Spanish mackerel, and possibly king mackerel harassing bait schools in depths from 20 to 90 feet. Small spoons or Tuna Jets in various colors can bring instant hookups when trolled around feeding activity. Watch for birds and surface commotion to locate the fish. If you have a live well full of baitfish, a little chumming may quickly get the action started. Artificial reefs are a natural attractant for baitfish followed by predators.

Catch and release snook fishing is at its peak through the summer. Large females are up and down the coast surrounded by smaller males as they complete their mating rituals. Possibly the best fishing happens in the surf along



the gulf beaches. Snook will swim parallel to the beach, often just a few feet from shore in search of their next meal. This offers great sight fishing possibilities for both conventional and fly anglers.

Sharks are another summertime favorite. Varieties of species both large and small are common catches both inshore and off. While they are a nuisance for some, many anglers target them for their fighting ability. Sharks play an important role in our ecosystem; please make every effort to quickly release them unharmed. Every kid loves to catch a shark of any size. Now is a good time, just make sure and do it safely for both the angler and the shark.

Keep up to date with fishing regulations and seasons in the area you fish, as they change often. You can visit www.myfwc.com for all current state and federal regulations.

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 26 years Bill has been a professional fishing guide who takes pride in customizing each trip to ensure everyone on board has a great time and will return again. Come join us and "Catch the Action."



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Cape Coral Caring Center

Volunteers Needed

The Cape Coral Caring Center relies heavily on volunteers. It allows us to help the people in our community more generously than if we had a large paid staff. We are always looking for people to help us help others. Most of our volunteers are here once a week. Some are here every other week.

The volunteer positions are:

Receptionist – greeting clients, giving clients instructions on filling out paperwork, very light typing and answering the phone.

Intake – interviewing clients, making notes for their file, making decisions on how much food to give each client, and providing referrals.

Pantry – weighing in food brought in from donations, putting food on the shelf, and packing bags that are to be given to clients. This position requires some lifting.

If You Need Help

If you are one of many people who do not have sufficient resources to maintain a suitable lifestyle and you are a Cape Coral resident, you may qualify for help from the Cape Coral Caring Center. Because we know the minimal essentials of life are food and shelter, we are here to assist you if you need these essentials:

- Food items
- Electric bill assistance (when funds are available)
- Referrals to other agencies

To receive food assistance, all you need is a valid Cape Coral driver's license or Florida I.D.

We are also here to help you with:

- Critical needs to cope with a negative economic situation on a short-term basis.
- To maximize services to individuals and families.
- To minimize duplication of services by various agencies.
- To help maintain a suitable standard of living.

Caring Center is open Monday through Friday from 9 a.m. to 12 p.m.

How You Can Help

Items needed for the pantry include: cereal, jelly (grape and strawberry, preferably), peanut butter, canned fruits and vegetables, fresh produce, spaghetti sauce and noodles, macaroni and cheese, canned pasta, dry potatoes, canned chicken and beef, soup, baked beans/pork and beans, canned tomatoes/tomato sauce, rice (1- or 2-pound bags), bar soap, toilet paper, hair products, toothpaste.

Food donations and deliveries are accepted Monday to Friday from 9 a.m. to noon (no holidays) at the back door, ring the doorbell.

For large deliveries or pickups please call (239) 945-1927.

Cape Coral Caring Center, 1420 S.E. 47 St., Cape Coral, FL 33904, (239) 945-1927, capecoralcaringcenter.org.



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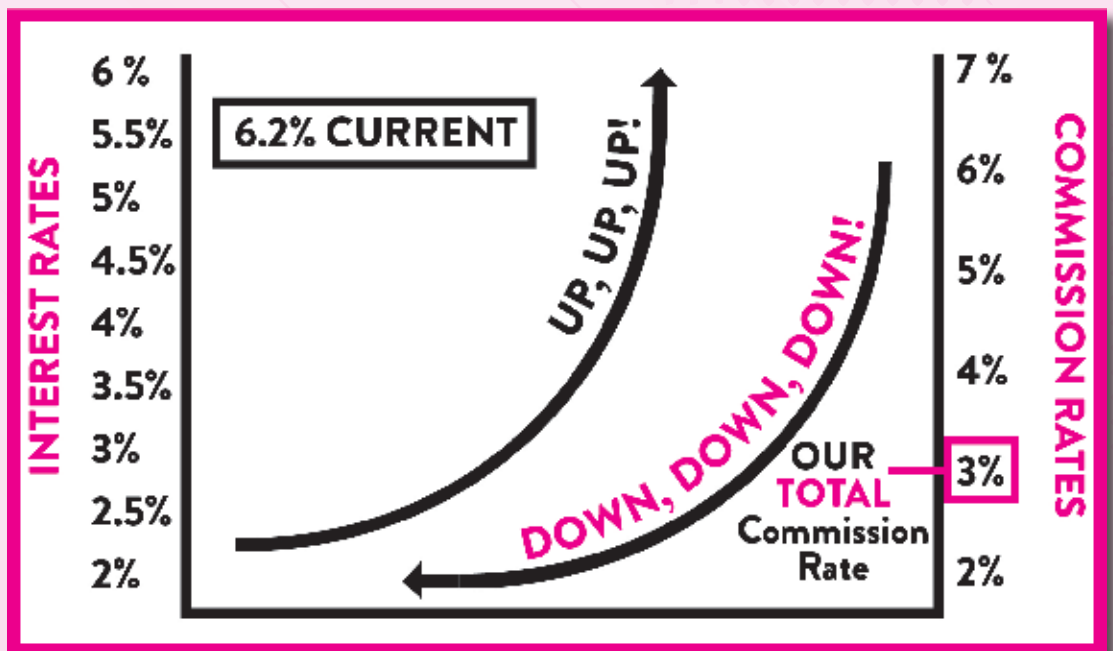


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Plan To Be A Hero: Give Blood This Summer And Beyond

As many people make warm weather plans, the U.S. Department of Health and Human Services encourages Americans to schedule another important appointment – a blood donation.



The United States is experiencing a severe blood supply shortage and summer is a time when supplies tend to drop even further. But the demand always continues, so it's important to give often.

Every two seconds someone in the United States needs blood or blood products. Blood donations help cancer patients, accident and burn victims, transplant recipients, individuals suffering from rare and chronic conditions and others survive.

Generally, donors must be aged 17 or older, or 16 with parental consent, weigh at least 110 pounds, be in good health, feel well, and not be taking antibiotics.

Common questions include:

What Happens During The Donation?

Donating blood is safe and simple. Whether you choose to give through a mobile blood drive or at a donation center, the process is similar.

- **Registration:** You sign in, show your identification, and read some information.

- **Health history and health check:** You fill out a questionnaire about your health, travel, and lifestyle to confirm your eligibility. Someone will check your temperature, blood pressure, iron levels, and pulse.

- **The donation:** While you're comfortably seated, your arm will be cleaned and sterilized. After blood is drawn from your arm, you get a bandage.

- **Refreshment and recovery:** You can then enjoy a light snack and drink while waiting 10 to 15 minutes before you leave and resume your daily activities.

Depending on the type of donation, the appointment can take anywhere from 1 to 2.5 hours.

Are Certain Blood Types Needed?

Blood banks need a diverse supply of blood, and the need for each blood type changes daily. Plus, blood types vary and can be more or less common in certain racial and ethnic groups. When a wide range of people donate, more lives are saved.

Can I Give Blood If I Had COVID-19?

It depends. If you tested positive for COVID-19, but did not have symptoms, you're eligible to donate blood 14 days after the positive test result. If you tested positive

and had symptoms, then you must wait to donate until you are symptom-free for at least 14 days. If you were hospitalized, you may have received a treatment that requires you to defer your donation. For example, if you received a blood transfusion or convalescent plasma, you cannot donate for one year.

Can I Give Blood If I Got A COVID-19 Vaccine?

Yes. If you had an inactivated or RNA-based

COVID-19 vaccine from AstraZeneca, Janssen/Johnson & Johnson, Moderna, Novavax, or Pfizer, you can donate blood if you are feeling well.

If you got a live attenuated COVID-19 vaccine or do not know what type of COVID-19 vaccine you received, you must wait two weeks before giving blood.

At your appointment, you'll be asked for the manufacturer name, so bring your vaccination card with you.

Chronic Pain Self-Management Workshops

Learn How To Better Manage Your Chronic Pain

Would you like to learn how to better manage chronic pain conditions such as arthritis, fibromyalgia, back pain, headaches and more?

Lee Health's "It's All About You, Chronic Pain Self-Management Program" is a program offering a research-based chronic pain self-management program for the community. The workshop is free and meets weekly for six weeks.

Information presented in the virtual workshop can help you become empowered to improve your quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to healthy eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

The sessions will be held on Wednesday beginning July 13, 1 to 3 p.m. (virtual session)

Please call (239) 424-3121 for more information.

About Lee Health

Since the opening of the first hospital in 1916, Lee Health has been a health care leader in Southwest Florida, constantly evolving to meet the needs of the community. A nonprofit, integrated health care services organization, Lee Health is committed to the well-being of every individual served, focused on healthy living and maintaining good health. Staffed by caring people, inspiring health, services are conveniently located throughout the community in four acute care hospitals, two specialty hospitals, outpatient centers, walk-in medical centers, primary care and specialty physician practices and other services across the continuum of care. Learn more at www.LeeHealth.org.

Mini MangoMania

Pine Island's Tropical Fruit Fair

Date: July 16

Time: 9 a.m. to 4 p.m.

Location: Our Lady of Miraculous Medal Catholic Church, 12175 Stringfellow Road, Bokeelia, FL 33922.

Tickets: \$5 at the gate and children under 10 are free.

The Greater Pine Island Chamber of Commerce (GPICC) is excited to announce "Mini MangoMania" – Pine Island's Tropical Fruit Fair, on the island. This event celebrates the wonderful bounty of the island and this year it is coming back!

This fun-filled family event will include tropical fruit sales and tastings, tropical fruit-inspired foods and beverages, island growers, local artisans, kids' activities, live music, adult beverages, Kiwanis Mango Drop and much more!



It's All About The Mango!

- Creative mango games and contests for kids of all ages
- Music
- Great food and beverages
- Mango and tropical fruit specialty food and beverages
- Free mango tasting table
- Arts and crafts vendors
- Gifts
- This year's MangoMania T-shirts
- Kids' activities
- Tropical plants and trees for sale
- Recipe contest

Enter One Of Our Mango Food Contests

Categories:

Mango bread – submit one loaf

Mango salsa – submit one 8-ounce jar

Mango cookies – submit four cookies

Mango jams/jellies – submit one 8-ounce jar

Mango relishes/condiments – submit one 8-ounce jar

Mango desserts – submit one pie or two servings

Sign up and drop off your entries at the queen's tent between 9 and 11:30 a.m. Winners will be announced at noon from the Island Visions stage.

For details about Mini MangoMania call (239) 283-0888 or visit pineislandchamber.org.

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From The Desk Of Sheriff Carmine Marceno

The Importance Of Southwest Florida Crime Stoppers

I have never regarded law enforcement as a service done *for* the community, but rather a service done *with* the community. I often say, "See something, say something, make the call!" It is this relationship with our constituents that makes Lee County one of the safest counties in the state.



Regardless of the size of your law enforcement agency or the material resources available, officers can never be in all places at all times. It is often the information provided by residents, guests and visitors that lead to the arrest and the successful prosecution of criminals.

The Lee County Sheriff's Office (LCSCO) and our local law enforcement agencies are extremely fortunate to have the Southwest Florida Crime Stoppers program as a source of confidential information involving criminal activity. A 501(c)(3), nonprofit organization, Crime Stoppers pays rewards of up to \$3,000 for information leading to an arrest or to the recovery of stolen property. While Southwest Florida Crime Stoppers only serves Lee, Charlotte, Collier, Glades and Hendry counties, the Crime Stopper program is operational worldwide, has provided information that has led to over 812,000 arrests, has cleared over 1,160,000 cases and has helped recover over a billion dollars worth of stolen property ... all within the United States alone! Crime Stoppers USA has paid nearly \$118 million in rewards!

Despite assurances that the identity of "tipsters" remains anonymous, some residents remain concerned about sharing this type of information. In a recent

conversation with a constituent, I was asked about the assured confidentiality. It prompted me to share this Q and A interview recently done with Trish Routte, Southwest Crime Stoppers coordinator. I am hopeful that her responses place tipsters at ease and lead to further community participation and an increase in information sharing regarding criminal activity.

Question: Some residents are genuinely concerned about confidentiality and might be hesitant to take a chance submitting information. With caller ID and other electronic means of identification, how can one be certain that their identity is protected? How are Southwest Florida Crime Stoppers received?

Trish Routte: "Anonymity is the single most important aspect of the Crime Stoppers program. People need to know that when they reach out to us that their identity will never, ever be known. We don't have caller ID, nor the ability to trace an IP address from a computer. In fact, our calls are routed through a call center in Canada to further ensure that phone records can never be subject to subpoena. When tipsters reach out to us, whether it's via the hotline, the website or the mobile app, they are given a code number, which is how we identify them from beginning to end. Once we receive the information, we immediately pass the tip along to the appropriate law enforcement agency for investigation. Tips are disseminated to law enforcement 24 hours a day, as we have personnel working round the clock, seven days a week. If a tip ends up leading to an arrest, we pay out rewards the following Wednesday in cash, again using that code number that was given to the tipster in the very beginning. In 41 years of existence, not once has the identity of a tipster been known."

Question: Should a tipster's information be incredibly valuable, is there any way that they would/could be subpoenaed or even asked to speak, in person, with a law enforcement officer?

Trish Routte: "It's absolutely not possible. At no point in time do we ever know the identity of the tipster, therefore there is no way that law enforcement, attorneys or anyone could ever know. Even when tipsters inadvertently blurt out their name or connection to the crime or suspect, we never take that information down. Every single tip is sanitized of any identifying information, down to whether the caller is a male or female. There have definitely been times when law enforcement has tried to get the tipsters information, but every single time they're given the same answer - we just don't know. By not having that information, we can assure tipsters that their names will never show up in a police report and they will never be subpoenaed to testify in court."

Question: All Southwest Florida Crime Stoppers materials indicate that there is a potential reward for submitted information. How are reward amounts determined? How does a person obtain a reward without revealing their identity?

Trish Routte: "We do pay out rewards for information that leads to an arrest or the seizure of drugs or stolen property. Our rewards are up to \$3,000; the maximum reward would be for a homicide (and we've paid out on quite a few). We determine the reward amounts based on a points system that takes into account the seriousness of the crime, the number of crimes committed, a suspect's criminal history, the number of arrests, as well as the value of drugs seized or property recovered. We also place extra emphasis (and value) on tips that lead to the closure of cases involving the elderly or young children. Last year, we paid out just over \$150,000 in rewards. It's also important to know that not a single penny of tax dollars goes to fund Crime Stoppers. We are funded through 'bad guys' money! When a criminal is sentenced, they have to pay a \$20 fine, of which about \$16 comes back to Crime Stoppers in the form of a grant administered through the State of Florida. Those funds are used to keep the program running and to pay out rewards. So we are essentially using bad guys' money to put more bad guys behind bars! It's a win-win!"

Should you have information to share, there are a number of ways in which you can do so:

- Tips can be submitted by calling 1 (800) 780-TIPS (8477). Operators, including Spanish-speaking operators, are available 24/7.
- Tips can be submitted online at www.southwestfloridacrimestoppers.com.
- Tips can also be submitted using the P3 Tips mobile app.

Summer Bucket List

By Mandy Carter

Ah, summer. School is out and unlike the last two summers, our kids get a full summer break to enjoy. Each year I like to encourage my kids to set some goals for the summer to teach them to plan things in addition to their camp arrangements, so as not to waste their days away. Because, not to be a party pooper, but summer will be over before you know it.

These summer days quickly turn into weeks and then months. Soon enough, it will be time to head back to school. So, I like to sit down with my kids on the last day of school and help them make our family summer bucket list!

Not sure what a bucket list is? It's a list of experiences you want to achieve, and, in this case, it is specifically for the summer. I really love them for summer because it helps to overcome the late morning sleep-ins and boredom that often arises as the weeks go by. I have found that creating an activity-specific list empowers kids to plan their own fun and help organize the fun we will do together!

I want to share with you the summer bucket list my kids came up with in hopes to inspire you and your family to enjoy the next couple of months:

- Take a DIY painting class together.
- Enjoy a hotel pool day.



- Plant a succulent garden.
- Go to a children's museum.
- Go to the movie theater.
- Take a day trip to Florida East Coast.
- Spend a day at a water park.
- Visit Myakka Elephant Ranch.
- Watch the sunset in Captiva.
- Do a family AR workshop.

So, this summer, tap into the creative part of you that dreams bigger, nurtures your inner child, and makes life more worthwhile. Make some plans to do things you have been meaning to do and if you have kids put them in charge of planning something fun as well.

That's a bucket list order!

About Mandy Michelle Carter

I am just a Southwest Florida middle-aged woman who "finally" decided to go after it all: a career on my terms, motherhood, fitness, eco-living and adventure. I want to inspire people to take care of your health and our planet, to spend authentic time with your family and to chase your dreams unapologetically! We only get one life, don't waste it waiting. From playtime to home building to travel - enjoy every moment, big and small! In addition to my favorite job of being the mother to two crazy little kids, I am the marketing director for WooBamboo, a freelance writer, and I run my own small business as a virtual marketing assistant.



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Bud Krater has been doing taxes in Lee County for over 30 years. He is passionate about his job of saving people tax dollars. For more information, contact him at (239) 772-1040. He will be happy to help!



Many taxpayers have encountered individuals impersonating IRS officials – in person, by telephone and via email. Don't get scammed. We want you to understand how and when the IRS contacts taxpayers and help you determine whether a contact you may have received is truly from an IRS employee.

The IRS initiates most contacts through regular mail delivered by the United States Postal Service.

There are special circumstances in which the IRS will call or come to a home or business but will first send several letters from the IRS in the mail.

The IRS Does Not

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail a bill to any taxpayer who owes taxes.
- Demand that you pay taxes without the opportunity to question or appeal the amount they say you owe.
- Threaten to bring in local police, immigration officers or other law enforcement to have you arrested for not paying.

Here Is What The IRS Will Do

If an IRS representative visits you, he or she will always provide two forms of official credentials called a pocket commission and a government issued HSPD-12 card. You have the right to see these credentials.

Collection

IRS collection employees may call or come to a home or business unannounced to collect a tax debt. They will not demand that you make an immediate payment to a source other than the U.S. Treasury.

The IRS can assign certain cases to private debt collectors but only after giving the taxpayer and his or her representative, if one is appointed, written notice.

Audits

IRS employees conducting audits may call taxpayers to set up appointments or to discuss items, but not without having first attempted to notify them by mail.

Criminal Investigations

IRS criminal investigators may visit a taxpayer's home or business unannounced while investigating. However, these are federal law enforcement agents, and they will not demand any sort of payment.

Beware Of Impersonations

Scams take many shapes and forms, such as phone calls, letters and emails. Many IRS impersonators use threats to intimidate and bully people into paying a fabricated tax bill or giving their Social Security number. They may even threaten to arrest or deport their would-be victim if the victim doesn't comply.

Contact the IRS if you suspect a scam by calling (800) 366-4484.

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July Is National Ice Cream Month

National Ice Cream Month is a month to celebrate all things ice cream. Did you know ...

• National Ice Cream Month was created by Congress. Senator Walter Dee Huddleston of Kentucky and Representative Kika de la Garza of Texas sponsored the joint resolution which designated July as National Ice Cream Month and July 15 as National Ice Cream Day.

• On July 9, 1984, through Proclamation 5219, Ronald Reagan proclaimed July as National Ice Cream Month.

• The proclamation also declared July 15 as National Ice Cream Day, which is Friday, July 15, 2022 ... the day is also celebrated on the third Sunday of the month (Sunday, July 17, 2022).

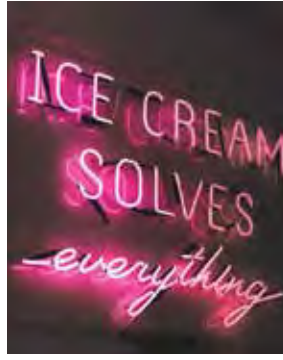
• Consumption of ice cream has decreased over the years. According to the database Statista, per capita consumption of ice cream has decreased from 16.1 gallons per person in 2000 to 12.7 gallons per person in 2020.

• Consumption **did** increase during COVID 2020 from 12.3 gallons per capita in 2019 to 12.7 gallons per capita in 2020.

• The ice cream industry has a \$13.1 billion impact on the U.S. economy, supports 28,800 direct jobs, and generates \$1.8 billion in direct wages, according to the International Dairy Foods Association, <https://www.idfa.org/ice-cream-sales-trends>.

• The top 10 favorite ice cream flavors in the United States are:

- Vanilla
- Chocolate
- Cookies 'n' Cream
- Mint Chocolate Chip
- Chocolate Chip Cookie Dough
- Buttered Pecan
- Cookie Dough
- Strawberry
- Moose Tracks
- Neapolitan



How To Celebrate National Ice Cream Month

• Take your family or friends out to a special ice cream shop (Google "ice cream near me").

• Bring home a carton of ice cream from the top 10 favorite flavors that is different from your usual flavor choice.

• Bring home a carton of ice cream from the grocery or a specialty store that you've never tried before.

• Host an ice cream party. Have a family/friends dessert weekend event with several ice cream flavors, several sauces (hot fudge, caramel) and toppings (nuts, sprinkles, marshmallow crème/fluff, whipped cream, Oreos, hard chocolate coating, peanut butter cups, brownies, fresh strawberries, fresh blueberries).

• Have a contest to see how many different flavors your family/friends can try during the month.

• Google "make ice cream in a bag" and make one of the recipes.

• Make homemade vanilla ice cream the old fashioned way (https://www.youtube.com/watch?v=Jo9KEGDs_Xs).

• Add ice cream to a food you've never paired with ice cream before (grilled peaches, Ritz crackers, cookies, Rice Krispy treats, Lucky Charms, pretzels, éclair shells, taco shells).

According to the *Encyclopedia of American Food and Drink*, ice cream is "a confection made from cream, sugar, and flavorings, chilled to a semisolid consistency and consumed as a dessert or snack food. The specific phrase 'ice cream' dates in print to 1735. ..." Enjoy the month!



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Skip The Beach, Explore Florida Gardens This Summer With Your Family!

Article and photos by Mandy Carter

From reflecting pools to relaxing fountains and secret gardens, the beautiful Sunshine State we live in is filled with landscape inspiration to explore. Although Florida has the second longest coastline of any U.S. state, only Alaska's is longer, the state is blooming with plant diversity. Some incredibly talented Floridian landscape designers have helped make Florida home to some of the most beautiful gardens in the world.

Tips For Visiting Botanical Gardens With Kids

While some children are naturally excited by the botanical experience, others aren't so sure. They may have no interest in plants or no natural inclinations towards the outdoors. Don't get frustrated. Everyone is an individual with their own tastes. You might want your child to be outside more, but they might naturally just prefer the indoors. There can be many causes for this. Sometimes there can even be allergies so you might investigate this before taking them to a place like the botanical gardens.

Create Excitement About The Plants

You can create excitement by sharing some of the facts about plants. A good example of this would be their defense systems. For example, some plants have thorns to protect them while others excrete toxic chemicals. It's a good idea to research the plants you will be seeing so that you have some details to share with your children. Kids are naturally fascinated by things like this.

Find The Children's Garden First

Most botanical gardens have areas just for kids. These areas allow the children to enjoy a hands-on experience so that they can better enjoy the gardens. This experience is also a learning one, so parents are as satisfied as children are by it. Talk about the things your children do at home for their plants around the yard. Discuss how those plants differ from the ones you are going to see. If your children have pets, you can talk about how good some plants are for pets and how toxic other ones can be. For example, lavender is soothing to most animals while poinsettias are poisonous to cats.

Here is my list of some fantastic gardens in Florida that I have enjoyed with my family, so you can start crafting your own garden adventures:

Bok Tower Gardens

1151 Tower Blvd., Lake Wales, FL 33853, (863) 676-1408, www.boktowergardens.org

Marie Selby Botanical Gardens

811 S. Palm Ave., Sarasota, FL 34236, (941) 366-5731, www.selby.org

Alfred B. Maclay Gardens

3540 Thomasville Road, Tallahassee, FL 32312, (850) 487-4556, www.floridastateparks.org/park/Maclay-Gardens

Kanapaha Botanical Gardens

4700 S.W. 58th Drive, Gainesville, FL 32608, (352) 372-4981, www.kanapaha.org

Cummer Museum Of Art & Gardens

829 Riverside Ave., Jacksonville, FL 32204, (904) 356-6857, www.cummuseum.org/visit/gardens

McKee Botanical Garden

350 U.S. Highway 1, Vero Beach, FL 32962, (772) 794-0601, www.mckeeegarden.org

Morikami Museum & Japanese Gardens

4000 Morikami Park Road, Delray Beach, FL 33446, (561) 495-0233, www.morikami.org

Flamingo Gardens

3750 S. Flamingo Road, Davie, FL 33330, (954) 473-2955, www.flamingogardens.org

Vizcaya Museum & Gardens

3251 South Miami Ave., Miami, FL 33129, (305) 250-9133, www.vizcaya.org

Of course, if you have not explored the beautiful local gardens of Southwest Florida, then these should be at the top of your list for summer activities:

Edison & Ford Winter Estates

2350 McGregor Blvd., Fort Myers, FL 33901, (239) 334-7419, www.edisonfordwinterestates.org

Naples Botanical Garden

4820 Bayshore Drive, Naples, FL 34112, (239) 643-7275, www.naplesgarden.org



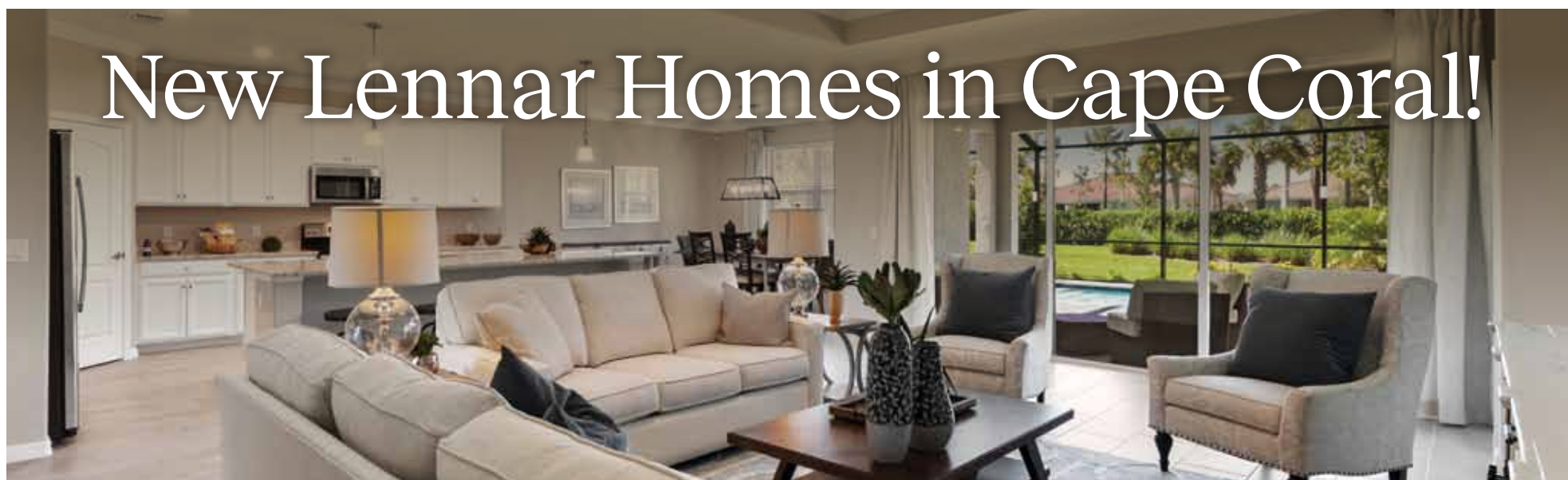
Conner taking photos of flowers



Vizcaya Museum & Gardens



BOK Gardens with Conner and Kara



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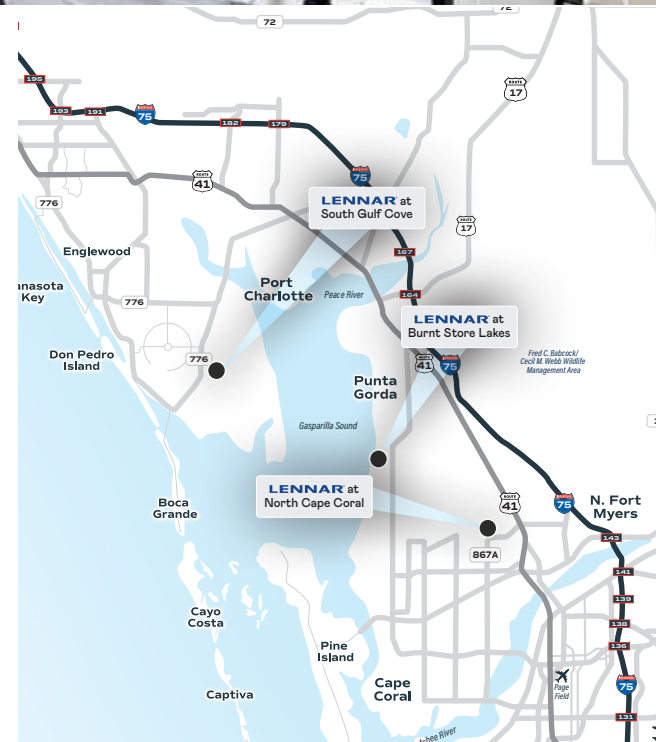
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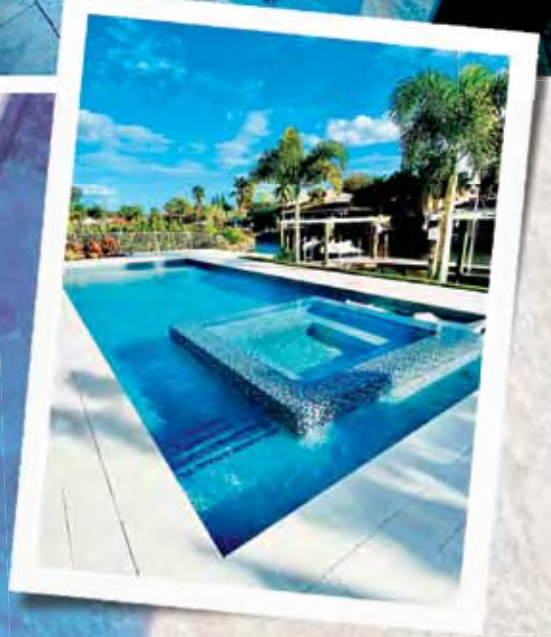
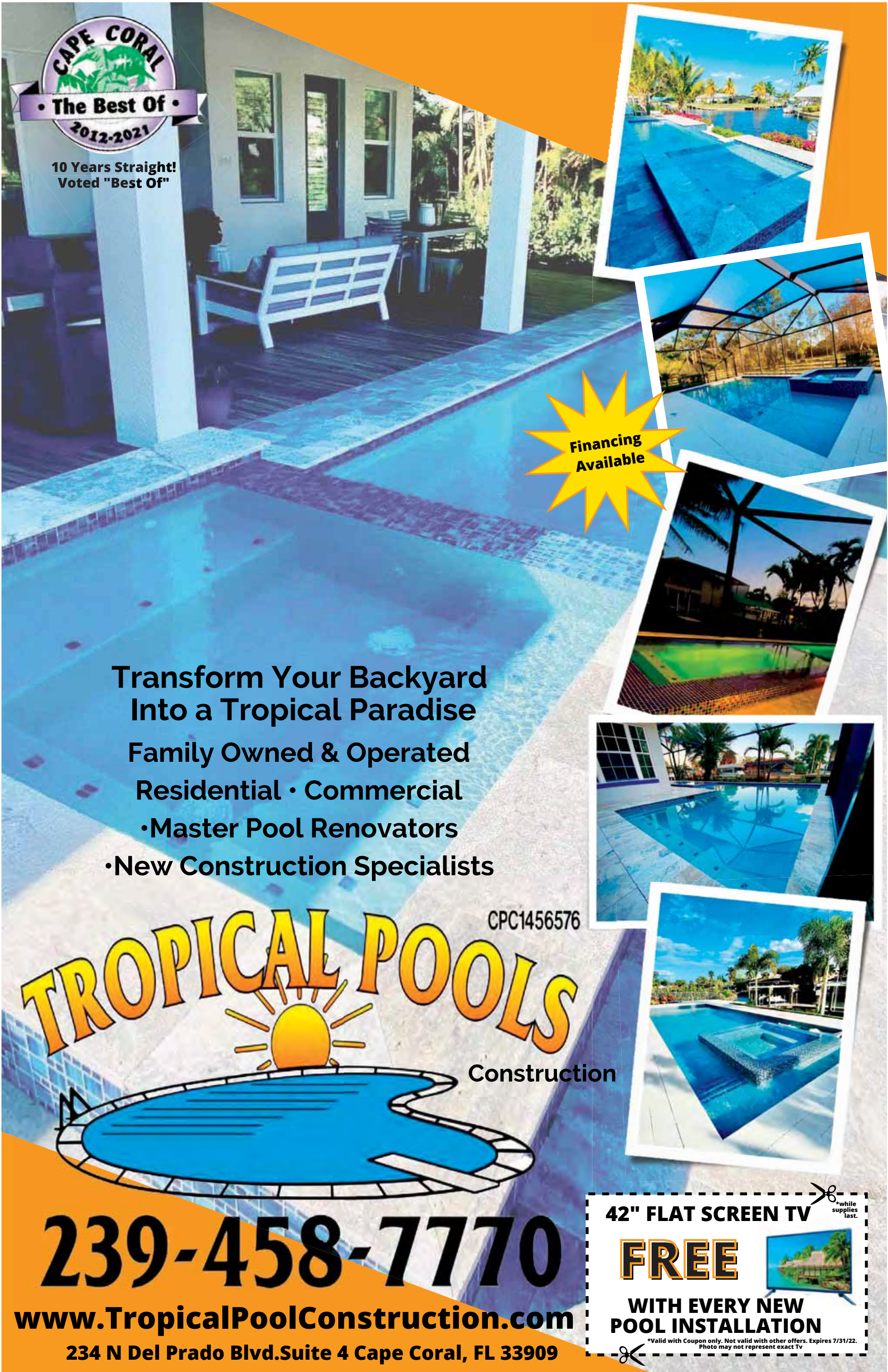


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