

THE CAPE CORAL SUN

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

Another Seabreeze Publication



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Red, White & Boom!

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



For over 21 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!

2023 Entertainment Schedule

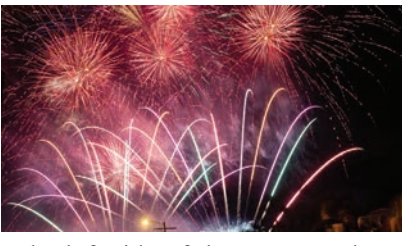
Freedom 5K And Kid's Fun Run
Registration: 6 a.m.
Race Start: 7 a.m.
The start line is at the foot of the Cape Coral bridge. Sign-ups are welcomed on the event day or you can register online at www.capeboom.com.

Entertainment
Musical entertainment throughout the evening. National Headliner Parmalee 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 – \$40 (ages 13-plus) includes: A catered meal from Mission BBQ, two adult beverages or soda/water, game area, private section, prime viewing section for fireworks show, air-conditioned restrooms and customized swag.

Ages 21-plus must purchased an adult ticket and show proof of valid ID at front entrance.

Kid tickets – \$20 (ages 5 to 20 must purchase a child ticket; children younger than 5 years old do not require a ticket) includes: A catered meal from Mission BBQ, soda or water, game area, private section, prime viewing section for fireworks show, air-conditioned restrooms and customized swag.

New Renderings For The Cape Coral Yacht Club

The project design firm, Kimley Horn, presented updates to the Master Plan based on feedback received by the City Council in March. In addition, they presented an animated video simulating what the Yacht Club will look like when construction is complete.

For more information or updates please visit www.capecoral.gov/department/parks_and_recreationhome/yacht_club_community_center.

Here are a few renderings of what's to come: more boat slips, a parking garage, a pool, a new restaurant and more.



What You'll Need To Know If You Go

Parking
There will be a **free** shuttle bus with handicap accessibility picking up at all the downtown parking lots.

Parking is free in Club Square, Big John's Plaza, Iguana Mia and Veterans Museum.

The trolley service runs from 4:30 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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Be Prepared For Hurricane Season

Essential Steps To Take Before The Storm Hits

As hurricane season approaches, residents of Cape Coral are reminded of the importance of being prepared for the potential impact of a major storm. With the unpredictability of tropical weather systems, taking proactive measures before a hurricane strikes can make all the difference in ensuring the safety and well-being of you and your family. Here are some essential steps to take before the storm hits:

Know Your Zone

It's crucial to understand your Hurricane Surge Evacuation Zone to determine if you reside in an area prone to storm surges. Familiarize yourself with the evacuation zones in your area, labeled A/B/C/D/E, to know if you're in a designated evacuation zone and understand the recommended actions to take when a hurricane threatens.

Put Together An Emergency Kit

Assemble an emergency kit containing essential supplies such as nonperishable food, water, medication, flashlights, batteries, first aid supplies, and important documents. Check and replenish your emergency equipment, including flashlights, generators and storm shutters, ensuring they are in working condition and easily accessible when needed. Remember, the first 72 hours are on you!

Write Or Review Your Family Emergency Plan

Develop a comprehensive family emergency plan that outlines evacuation routes, designated meeting points, and communication methods. Share this plan with all family members and review it regularly to ensure everyone understands their roles and responsibilities during a hurricane or other emergencies.

Be Aware Of Special Needs Shelters

For residents with special medical needs or disabilities who may require additional assistance during evacuations, Lee County

offers a Special Needs Program, www.leegov.com/publicsafety/emergencymanagement/shelters/specialneedsprogram.

Register for this program in advance to ensure access to appropriate shelter accommodations and necessary support services during a storm. Remember to renew your registration annually and register before Lee County enters the five-day forecast cone of a storm.

Review Your Insurance Policies

Review your homeowner's insurance policy to ensure adequate coverage for your property and personal belongings in the event of hurricane-related damage or loss. Consider purchasing flood insurance if you live in a flood-prone area, as standard homeowner's insurance typically does not cover flood damage.

Know Where To Get Your Emergency Information

Stay informed before, during, and after a hurricane by following updates from the City of Cape Coral on social media and local media outlets. Sign up for the AlertLee system to receive free emergency notifications from city and county officials, providing timely information and instructions during emergencies. Visit www.capecoral.gov/AlertLee for details on how to sign up.

Stay Proactive

Remember, it only takes one hurricane to cause significant devastation to a community. The best time to prepare is before a storm forms, so take proactive measures now to safeguard yourself, your family and your property. Utilize the resources available, including resident guides on hurricanes provided by the City of Cape Coral, www.capecoral.gov/government/city_government/city_manager/office_of_communications/storm_season_prep.php, to ensure you're well-prepared for the upcoming hurricane season.

By taking these essential steps before a hurricane strikes, residents can better protect themselves and their loved ones, minimize property damage, and ensure a smoother recovery process in the aftermath of a storm. Stay vigilant, stay informed, and stay safe during this hurricane season.



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Your Community, Your News

Your support is the heartbeat of our community, and we want to ensure you're always in the know! Here's how you can stay connected with the latest happenings in Cape Coral:

Pick Up Your Copy: The *Cape Coral Sun* is available at various local businesses throughout the community. When you grab your copy, you're not just getting the news – you're supporting our city's growth and thriving spirit!

Read Online Anytime: Missed your chance to grab the print version? No worries! Visit www.mycapcoralsun.com for a convenient online experience.

Stay up-to-date with the latest news, features, and community highlights, all at your fingertips.

Let's continue to build a stronger, more connected community together.

Each month we will publish a few places where you can find the *Cape Coral Sun*!

| Location | Address | Zip |
|----------------------------------------|------------------------------|-------|
| Rib City | 4836 Leonard St | 33904 |
| Rossman Realty | 4632 Vincennes Blvd Ste 102 | 33904 |
| Run Shoppe | 1407 Cape Coral Pkwy E | 33904 |
| RX for Imaging - Elizabeth Martin | 506 SE 47th Ter Ste A | 33904 |
| Scoma Chiropractic - Dr Scoma | 1113 SE 47th Ter Ste 1 | 33904 |
| Somewhere on 47th Terrace Beauty Salon | 1411 SE 47th Ter | 33904 |
| South Cape Diner | 1215 Cape Coral Pkwy E | 33904 |
| Spinal Aid | 3512 Del Prado Blvd S | 33904 |
| Subway | 3038 Del Prado Blvd S | 33904 |
| The Boat House Restaurant | 5819 Driftwood Pkwy | 33904 |
| UPS | 2710 Del Prado Blvd S Unit 2 | 33904 |
| UPS | 1217 Cape Coral Pkwy | 33904 |

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Cape Coral Historical Museum

Remember When... Electricity In Cape Coral

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.



LCEC Manager Homer Welch and developer Leonard Rosen shook hands in 1957 when there was nothing built yet in Cape Coral. The handshake symbolized a promise. Welch agreed to return Rosen's \$3,000 deposit, for the cost to run electricity eight miles down Del Prado Boulevard after 24 homes were built and energized.

Rosen got his money back in less than a year, and the first resident was living in his brand-new home in June of 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.

Service was extended to the Yacht Club area, which included a beach, pool, pier and clubhouse. At the time, waterfront property was selling for less than \$2,000 a lot with terms of \$20 down, and \$20 a month.

Cape Coral grew rapidly over the next 10 years. There was one resident in December 1958 and 10,000 residents on its 10th birthday in 1968.

Come visit us for more historical information about Cape Coral.

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

Admission: Adults \$5; members free; students with ID, free; children 17 and under, free.



Cape Coral Historical Museum, 544 Cultural Park Blvd., Cape Coral, FL 33990, (239) 772-7037, capcoralmuseum.org.

Consumer Alert

Pay Your Bills, Not Impersonators

By Andrew Rayo,
Consumer Education Specialist

If you're paying a medical, utility, or other bill online, you probably expect to wind up on the company's website. What might you not expect? An impersonator tricking you into paying them instead. But that's what the Federal Trade Commission (FTC) says a company called Doxo did. Here's what you need to know.

According to the FTC, Doxo pretended to be an official payment site for big-name companies like AT&T, Spectrum, and Labcorp. The FTC says Doxo used online ads that looked like they were from the companies, and even used company names as keywords so Doxo's ads would show up in search results.

If the bills got paid, what's the problem? There's lots of them, says the FTC. People who paid their bills through Doxo often paid fees to Doxo on top of what they owed on the bill they were trying to pay. And, in some cases, the payment never got to the company that issued the bill. People only found out when they

Paying your bills online?

Learn how to avoid impersonators.



FEDERAL TRADE COMMISSION

got a warning letter from a bill collector or had their utility service shut off. Some people wound up paying late fees to the actual company that billed them – or paid their bill a second time, just to avoid other problems.

If you're looking to pay your bill online, know that search results might not get you to the right place. Instead, check your bill to find the online payment site. And, if possible, use a credit card. Credit cards offer the most protection against fraud, including the right to dispute charges if there are any problems.

Learn more about impersonator scams at ftc.gov/impersonators. If you spot an impersonator scam, tell the FTC at ReportFraud.ftc.gov.

What Is A Hurricane?

When a storm's maximum sustained winds reach 74 miles per hour, it is called a hurricane. The Saffir-Simpson Hurricane Wind Scale is a 1 to 5 rating, or category, based on a hurricane's maximum sustained winds. The higher the category, the greater the hurricane's potential for property damage.

Hurricanes originate in the Atlantic basin, which includes the Atlantic Ocean, Caribbean Sea and Gulf of Mexico, the eastern North Pacific Ocean and, less frequently, the central North Pacific Ocean. A six-year rotating list of names, updated and maintained by the World Meteorological

Organization, is used to identify these storms.

"Hurricane Season" begins on June 1 and ends on Nov. 30, although hurricanes can, and have, occurred outside of this time frame. NOAA's National Hurricane Center predicts and tracks these massive storm systems, which occur, on average, 12 times a year in the Atlantic basin.

As a world leader in hurricane research, NOAA strives to understand the mechanics of these complex storms in order to protect people, property, commerce and natural resources.

Source: <https://oceanservice.noaa.gov/facts/hurricane.html>

“I Just Don’t Believe That...”

Dear friend,

When I meet people in town, they usually say, “Oh, yeah, I know you, you’re that doctor with the beard on TV.” Well, perhaps I should tell you a little more about myself, the picture from television and why I use it in my ads.

Let’s start with me, the guy with the beard. Ten years ago I was living here in Florida. At that time my mother was down visiting from New Jersey for the season when she showed up in my clinic with a **frozen shoulder**. She was desperate and in pain having lost practically all use of her dominant arm. She could hardly fix her hair, reach for a coffee cup or even fasten her brassiere. Basic hygiene had become extremely difficult for her. She was afraid, because the two orthopedic surgeons that she had consulted told her, “Your only option is to have your shoulder replaced.” I remember saying to my mother, “**I just don’t believe that.**”

Now at that time I was a chiropractor who worked primarily on the spine. Frankly... I didn’t know how I was going to help her. I just knew there was a non-surgical solution out there and I was going to find it.

And boy did I find it! I found the answer to my mother’s shoulder problem and much, much more. And where did I find it? Of all places, I found it at the birthplace of Elvis Presley, Tupelo, Mississippi. Immediately I hopped on a plane and flew into Memphis, rented a car and drove out to a chiropractic neurologist who was willing to teach me how to fix my mother’s frozen shoulder. I spent three days in his clinic shadowing him, learning a new technique I had never even heard about before. Eager to help my mother, I developed this new skill set quickly. When I returned to Florida I wanted to be able to immediately fix my mother’s shoulder.

And that’s exactly what happened. After I performed the first Non-Surgical Operation on her shoulder, her pain went away significantly and she recovered to nearly full range of motion. She was so happy that she avoided surgery and got her life back.

It’s strange how life is, because that same doctor who showed me how to fix my mother’s shoulder opened up his treasure chest of knowledge and showed me how to help people with **chronic knee, neck, low back pain and those suffering with neuropathy** in their hands and feet, **all without the use of Drugs, Surgery or Injections.**

I spent the next several months flying back and forth to Mississippi learning all that I could.

Many years later we now have over one thousand successful patient testimonials. Many of them were told by their doctors that their only option was to have their knee or shoulder replaced or to take toxic drugs for the rest of their lives to mask their neuropathy symptoms.

Al was one of those patients who was told he had **‘bone on bone’** degeneration. His knee stopped unlocking properly, similar to what I’m describing in the photo, and he was facing knee replacement surgery. He was suffering from **chronic degenerative knee pain**, couldn’t walk properly and was easily holding onto 60 pounds of excess body weight. His doctors would have eagerly scheduled him for a knee replacement surgery had he decided to go in that direction.

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

Al is now in his early 70s touring Alaska in his RV. He has dropped over 60 pounds and is biking 15 - 20 miles per day and loving life. He regularly sends me great pictures from his adventures.

Joyce was told by her oncologist, “There’s nothing that can be done.” She would have to live with the chemo-induced **neuropathy in her hands and feet**. Hot and cold were indistinguishable and the numbness and tingling made it impossible for her to walk any distance.

Joyce was a cancer survivor only to have come out on the other side with another debilitating condition. She and her husband showed up in my clinic and told me what their medical doctor had said. I told her the same thing I told my mother, “**I just don’t believe that.**”

After a thorough neurological examination and report of findings she trusted me enough to follow my protocols. Within two weeks her numbness and tingling in her feet subsided and the feeling was coming back.. After 12 weeks she was feeling the sand between her toes as she walked along the beach again. At her one year checkup Joyce’s sensory loss had improved over 80% overall to within the normal range... She is all smiles these days!



You should know that ***I don’t heal anyone of anything.*** What I do is perform a specific non-surgical operation that resets the communication between the brain and knee or shoulder, instantly decreasing pain and inflammation, increasing strength and flexibility and **helping with tissue healing.** For our neuropathy patients we have a 4 step, proven approach that heals your nerves and reverses your symptoms. We get tremendous results. It’s as simple as that! –We get tremendous results. It’s as simple as that!

Today in the United States medical doctors are prescribing more drugs than ever before. These drugs are designed to cover up symptoms as your condition gets worse underneath the surface. The toxicity from the daily use of these chemicals ultimately leads to nasty side-effects and more drugs to treat the new symptoms. The current “healthcare” system was built to maintain your condition, not fix it. It’s a brilliant business model for the pharmaceutical industry and the hospitals, but a horrible strategy to follow if one is looking to age gracefully.

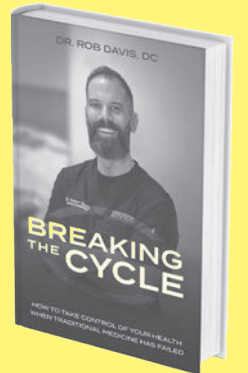
That’s where my practice comes in. I have **found a way** so that more people are able to afford the treatment they need, even those on a fixed income with or without health insurance coverage. One Non-Surgical Operation in my clinic could cost what you’d pay for just the deductible of a joint replacement surgery.

You Benefit from a Unique Offer...When you bring in this article, you will receive a **FREE CONSULTATION with me to determine whether you are a good candidate for our Non-Surgical Knee or Shoulder Operation. If you’re being seen for Neuropathy we will take a thermal image of your feet **at no charge to you.** This will give me enough information to know whether I can help you. Once we determine you’re a good candidate and you feel comfortable in my clinic **the complete examination is only \$197.** That’s it, for the entire neurological examination & report of findings. This examination & report could cost you over \$500 elsewhere. But, please**

call **right away** because this offer expires on June 30, 2024, and I don’t want you to miss out. By the way, further care is very affordable and you’ll be happy to know that the non-surgical, drug free therapies and procedures performed in my clinic **can cost as little as \$300 per month.** You see, I’m not trying to seduce you to come see me with this low start up fee, then to only make it up with high fees after that. Further care is very important to consider when making your choice of doctor because **higher costs can add up very quickly.**

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

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



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

I wish you the Very Best in Health and Life!

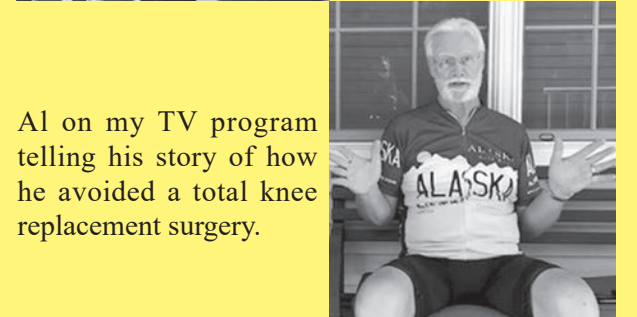
Dr. Rob Davis, DC

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

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



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



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



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

Call Today 239-482-8686

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JUNE 2024

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Southwest Florida Yachts, Boat Rentals, 5991 Silver King Blvd., #108, Cape Coral, FL 33914, www.swfyachts.com, (239) 257-2788



I can feel the sand beneath my feet...

“I got neuropathy as a side effect from the chemo that I received 2 years ago in the fall. So it has been about 2 years since I’ve had the neuropathy. When I asked my oncologist what could be done, he told me that I’d have to take gabapentin and just live with it.

We received the ad in the newspaper and my husband says why don’t we see if this guy can help you. We made an appointment, came here and he did. I am so much better it’s unbelievable. I wasn’t able to go to the grocery store without taking a cart, even if I was just picking up some bananas or one or two things. I had to have a cart to help me walk through the store. When we went to the beach we pretty much just stayed in our chairs because I couldn’t get up to go for a walk on the sand. My feet hurt that bad. It was hard to get dressed in the morning. While trying to put my feet into my pant legs my toes wouldn’t cooperate. When I finally came in for my appointment it was close to the end of the time when we were going back up north.

I got to know everybody pretty well because I was here

everyday that they were open to get in all of my treatments before we left. I continued everything at home all of the way up through the summertime to where I ran out of stuff, and so now I’m not doing any of that anymore, but they are still so much better it’s unbelievable. I mean I walk the beach, I play golf two or three times a week, I can run in the grocery store without help, and my husband will say I can’t keep up with you anymore. It’s just so much better, it’s wonderful. It’s well worth coming in and having the treatments and taking supplements. You just need to be faithful and do it because it will wake your nerves back up. It’s wonderful. If you don’t try to take care of yourself nobody else is going to.”

Joyce B, Patient - Fort Myers, FL

Dr. Rob Davis, DC is the Bestselling Author of *Breaking the Cycle, How to take control of your health when traditional medicine has failed.* Call 239-482-8686 to schedule an appointment.

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The Three Elements Of Crime – Lock It Or Lose It

Often referred to as the “Crime Triangle,” three elements must exist for a crime to occur:



1. An individual’s desire and willingness to commit a crime
2. A target/victim of said crime
3. The opportunity to commit the crime

As residents, we have no control over the behavioral choices of another individual. Nor do we have choices regarding the target of a crime. These elements belong

exclusively to the potential criminal. If a thief is determined to enter a home or car, the decisions to commit the crime and the target have already been made.

We do, however, have significant input in regard to the third element ... the opportunity.

Unlocked vehicles equate to opportunity. There is no gentler way to express this.

Individuals have already decided that they are going to burglarize a vehicle. Roaming your community, they gaze at the myriad of SUVs, crossovers and cars. It is time to select a target ... and it’s your vehicle.

Parked in a dimly-lit location lacking visible security cameras, with the view from the darkened street obstructed by the 4-foot Podocarpus hedges that you planted for privacy, he/she has chosen your truck.

The individual approaches the driver’s door and pulls on

the door handle ... it’s unlocked. How easy!

The following morning, as you approach your vehicle

to set out for work, you notice that the driver’s door isn’t fully closed. Upon closer inspection, all of the contents from your glovebox and center console are strewn about the front and rear seats. Your floor mats lie in the middle of your neighbor’s lawn. Your heart begins to race.

Your first thought ... my firearm! You reach beneath the front seat, as this is your “secret hiding place,” only to find that your firearm has been stolen.

Your laptop that you secured in the trunk is gone, as well as the extra house key that you kept “hidden” in your center console.

You feel violated, disrespected and frightened. You now need to contact your employer, indicate that you will be significantly late for work, and must make the call to law enforcement.

While awaiting the arrival of law enforcement officers, you begin to recognize the harm that may come to someone as a result of the theft of your firearm. Will it be used in the commission of a home invasion? A domestic violence incident? A robbery?

In hindsight, you recognize how easy it must have been to commit this burglary. No need to make any noise ... no broken windows ... no significant amount of time required to steal everything of value from inside of your vehicle.

You come to realize that had you locked your vehicle ... pushed one button... this likely would have never occurred. You promise yourself that you will never be this careless again.

For now, however, it’s too late.

“Lock it or lose it,” an adage that you have heard hundreds of times but chose to ignore, turns out to be sound advice.



National Donut Day – Friday, June 7

The first Friday in June (June 7) is National Donut Day! Keep an eye on your national chain donut shops – many of them offer a free donut on this auspicious occasion.

Donuts have been around for over 400 years and originally the deep-fried pastry did not have holes. Several stories abound regarding the creation of the hole. One such story is that the Pennsylvania Dutch made this adaptation, so the pastry would be an ideal shape for dunking in coffee.

The first National Donut Day was held in 1938 as a fundraiser for the Salvation Army.

Source: Doughnut (2014), In J.F. Mariani’s *The Encyclopedia Of American Food And Drink* (2nd ed.).

According to a 2021 poll by the insights and analytics company, Ipsos, the most popular donut in the United states is **cream-filled (22 percent)**, followed by **plain glazed (18 percent)**. **Chocolate glazed** comes in **third (12 percent)**. (Google “Cream-filled donuts most popular flavor amongst Americans.”)

The well-known U.K. trade publication, *British Baker* espouses in its online publication the trend towards premiumisation – which is the upgrading of an item to justify a higher cost – in the bakery industry.

The “world’s first donutelier” has opened in central London in celebration of the fried dough delicacy. (Source: bit.ly/4aiehA1). They offer luxury doughnuts with the accompanying price of £6.50 (\$8.16 USD).



According to a June 5, 2023 publication from the global news service *PR Newswire* the “doughnut market in North America is set to grow by 689.57 million from 2022 to 2027,” due to the increase in snacking consumption.

Whether you discover a luxury baker in your neighborhood or you stop at a well-known shop down the street ... enjoy this popular sweet on June 7. Maybe you’ll get a free one!



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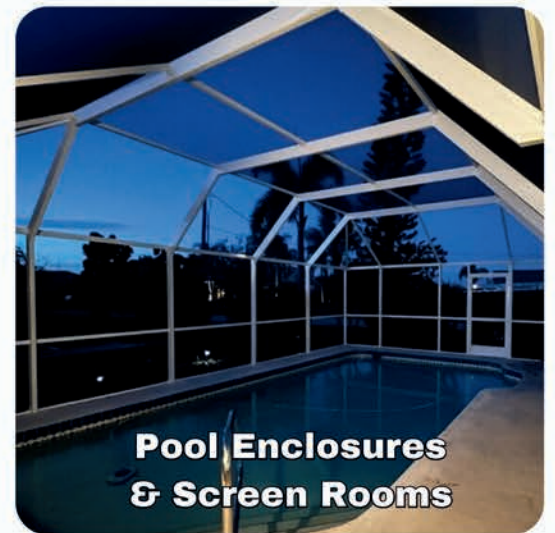
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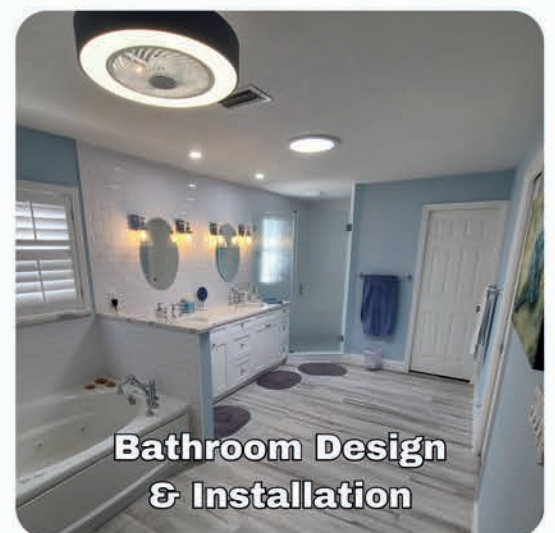
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Friends Of The Cape Coral Library

Enjoy A Wide Variety Of Art At The Cape Coral Library Through June 27

The Art Gallery of the Cape Coral Library, located at 921 S.W. 39th Terrace, is highlighting many different examples of creativity now through June 27. There's something for every person, young and old, to enjoy.



The walls of the gallery hallway feature the work of award-winning nature photographer Susan Oliver. Her beautiful photographs include Florida birds, other wildlife, and gorgeous scenes – many printed on high-quality metal that fully shows their vibrancy. She often speaks about the magical moments encountered during excursions into nature, evidenced in these images.

On the walls of the alcove area will be the 20 awarded entries from the 18th Annual Children's Environmental Art Contest sponsored by the Friends of the Cape Coral Library and the Cape Coral-Lee County Public Library. The winning artwork, created by youngsters, ages 5 through 12, has been framed and arranged by age category on the walls. Visitors to the gallery can appreciate the examples of original art that reflect each child's personal interpretation on this year's theme, saving the endangered smalltooth sawfish.

The display cases in the Library Art Gallery are filled with unique creations such as intricate handmade 3-D Kirigami Pop-Up Cards by KoriAnn Designs. While many have heard about origami, which involves folding paper, they might not be familiar with kirigami, which is cutting paper. It's a very time-consuming process creating these greeting cards, but one that KoriAnn thoroughly enjoys.

On exhibit in another lighted display case are Jan Butler's incredible art glass creations. "Fused glass is as much science as it is art, with a lot of excitement thrown in each time one opens the kiln," she says. You'll love the latest glass projects Butler has brought to the library gallery.



Changing exhibits in the library's gallery are sponsored by the Friends of the Cape Coral Library and are designed to afford local artists and artisans the opportunity to share their work in this public forum. For information contact Monica Rahman, Art Gallery chairperson at gallery@capefriends.org or visit www.capefriends.org. Follow "Friends of the Cape Coral Library" on Facebook.



Jan Butler's fused glass

Spring Book Sale And Volunteer Thank You Lunch

The Friends of the Cape Coral Library Spring Book Sale fundraiser held in April was a big success thanks to everyone in the community who donated books during the year, to our many wonderful members who volunteered and to all the book lovers who came to shop in the large meeting room of



Young book shoppers



Shoppers browsing through books.



Jane W.R. enjoys shopping for books.



Bob C. looking through books on the special table.



Pat J., Diane R. and Joy M. at cashier table



Volunteers sorting books.



Barbara N. and Carol C. sorting CDs.



Linda G. and Joan S.



Joanne E. and Diane P. welcomed members at the preview.



Crafters Carol C. and Valerie B.

the Cape Coral Library. The next book sale is scheduled to be held this fall, the weekend before Thanksgiving. Visit www.capefriends.org or follow us on Facebook for any updates.



Book-shaped cake

Our organization wouldn't be so successful if it weren't for the efforts of our incredible members who volunteer throughout the year. The Board of Directors (who also serve on a volunteer basis) invited them to a Volunteer Appreciation Luncheon on May 7 that included lots of door prizes. Thank you to Gulf Coast Village for serving a delicious buffet in their beautiful dining room and for also providing gifts for a drawing. As the saying goes, "A great time was had by all!"



Volunteer organizers Rose B. and Joanne E. posed with the many door prizes.

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'Mom! I'm Bored!'

Unlocking Summer's Potential With Camps and Programs

As the school year comes to a close and the warm embrace of summer draws near, parents are met with the familiar refrain: "Mom! I'm bored!" But fear not, because the Cape Coral Parks and Recreation Department has an array of camps tailored to meet every child's needs and interests, ensuring that summer boredom becomes a thing of the past.

With a diverse range of camps catering to every interest and age group, the Cape Coral Parks and Recreation Department ensures that every child can find their perfect summer adventure. So, whether your child dreams of scaling towering peaks, unleashing their creativity, or diving into the fascinating world of science, there's a camp waiting to ignite their passion and inspire their imagination. Say goodbye to summer boredom and hello to endless fun and excitement with Cape Coral Parks and Recreation camps!

Preschool Summer Camptacular – Participants will enjoy this non-travel camp with weekly themes, arts and crafts, indoor and outdoor recreational activities and guest speakers.



Super Science Camp – Four Freedoms Park is again partnering with Super Science and Amazing Arts to offer a science camp with amazing themes.

Four Freedoms Teen Adventure Camp – Participants will enjoy weekly field trips, recreational indoor and outdoor activities, group games and more.

Lake Kennedy Dance Camp – Participants in this half-day camp will learn basic dance techniques and focus on skills such as team building, creativity, confidence and more. The camp will include a focus on lyrical, jazz, ballet and acrobatic genres.

Themed Camps at Lake Kennedy Center – Campers will enjoy indoor/outdoor recreation, arts and crafts, guest speakers and field trips, including Sun Splash and pool.

Police Athletic League (PAL) – During these fun-filled weeks with the Cape Coral Police Athletic League and the Cape Coral Resource Officers, participants will enjoy many activities, including arts and crafts and recreational sports, guest speakers and field trips.

Creativity Camp – This camp allows children to dive into a world of color and learn exciting new art techniques and mediums in a safe, educational and fun environment. Each weekly themed program will inspire your child's imagination through several creative processes, including air-dried clay, mixed media, painting, drawing, colored pencils, a gallery exhibition and more.

Eco-Adventure Nature Camp – Young adventurers are in for a treat at this amazing nature camp! Each week includes a packed schedule of indoor and outdoor activities, from treks through the swamp to uncovering all the critters that call Rotary Park home. Plus, we got team games, sports and crafty projects to keep the good times rolling!

Skate Park Summer Camp – This fun-filled camp will feature instructional skate times, group games and access to Eagle Skate Park!

The Cape Coral Parks and Recreation Summer Camp program is available at <https://cld.bz/Tz7JITu>. Payments must be made at the time of registration in order to reserve a camp placement. Spots are likely to fill quickly, so be sure to register early!

And if that is not enough activities to keep your kids occupied, and you're still craving more excitement and adventure, look no further than the Cape Coral Parks and Recreation Activity Guide, <https://cld.bz/kv7Uccw>, for more fun for the whole family!

Are You Having Trouble Controlling The Way You Eat?

Many people resort to desperate measures to control their weight and the way they eat – expensive diets, surgery, medications, excessive exercise, purging, abuse of laxatives, and extreme food restriction. Others don't know where to turn or have just given up hope. There is, however, an effective long-term solution that thousands have found through Food Addicts in Recovery Anonymous, or FA. As one member puts it, "I've kept 65 pounds off my body for almost 12 years – I couldn't keep it off for 12 minutes before FA. I would go on a diet, hit my goal weight, and immediately go out and celebrate with food. After that, I'd start putting it all back on and then some."

Based on the Twelve Steps of Alcoholics Anonymous, FA understands food addiction as a physical craving and an ever-increasing dependence upon and struggle with food, particularly flour, sugar and quantities. FA is distinctive because it focuses on long-term recovery from addiction.

Founded in 1998, there are FA meetings across the United States and worldwide. Meetings are open to all those who are interested in learning about the program for themselves or for others whom they think might find FA helpful.

FA has no dues, fees, or purchase of special foods and is not affiliated with any public or private organization, ideology or religious doctrine. It is a fellowship diverse in age, ethnicity and socioeconomic background – who, through shared experience and

mutual support, are recovering from food addiction.

Some members come to FA because of weight-related physical problems. As one man explains, "I was morbidly obese at 341 pounds and had a laundry list of health problems: knee and back problems, heart palpitations, acid reflux, high blood pressure, high cholesterol ... I also suffered from anxiety and depression. Since coming to FA, I now weigh 165 pounds and have maintained this weight for more than five years. I do not suffer from any of those physical (or mental) ailments any longer." Many members report going off or greatly reducing their medications for Type 2 diabetes.

Other members come to FA for relief from the self-loathing and unhappiness that accompanied their struggle with food. As Carly describes it, "'I'll just have one,' always led me to having 'just one' until the plate, box or bag was empty. I hated myself for not being able to control my eating. I thought about food and my weight 24/7." And another member says, "I used food to comfort me, to push down unwanted feelings, as a buffer between me and life. It wasn't working. Following the FA program and working the Twelve Steps has allowed me to become the person I always wanted to be, both physically and emotionally."

To locate FA meetings and to find out more information, visit www.foodaddicts.org, call the local hotline at (239) 338-5948 or the FA World Service Office at (781) 932-6300.

Cape Coral Art League

Open Painting

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

Every Wednesday (September through July) from 1 to 4 p.m. Open to the public. \$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. New lesson every week. Check our Facebook page or our website for updates.

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.

Note: The Cape Coral Art League will be **closed** during the month of August.

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

Coming Up In The Cape

Hurricane Preparedness Expo

Saturday, June 15 – 11 a.m. to 3 p.m.

The City of Cape Coral is hosting a free Hurricane Preparedness Expo on Saturday, June 15, from 11 a.m. to 3 p.m. at the German American Social Club of Cape Coral (2101 S.W. Pine Island Road).

Gather information from over 20 organizations and prepare yourself for the 2024 hurricane season.

There will also be a special presentation by WINK Chief Meteorologist, Matt Devitt.

Red, White, & BOOM

Thursday, July 4 – 5 to 10 p.m.

Get ready to celebrate Independence Day with a bang as the City of Cape Coral Parks and Recreation Department presents "Red, White & BOOM!"

This free event will take place on Thursday, July 4, from 5 to 10 p.m. at the foot of the Cape Coral Bridge on Cape Coral Parkway.

For more details, visit www.CapeBOOM.com.



BROADWAYPALM PRESENTS

May 31 – June 22

THE ORIGINAL BROADWAY Swing!

Jump and jive with over 30 songs from the Big Band Era! Swing exploded out of Harlem and shattered cultural and ethnic barriers and now you can relive the dance phenomenon that swept the world. This all singing, all dancing extravaganza features *It Don't Mean a Thing If It Ain't Got that Swing*, *Boogie Woogie Bugle Boy*, *In The Mood*, *Sing Sing Sing*, *Stompin' at the Savoy*, *Cry Me A River*, *Bounce Me Brother* and more.

June 28 - August 10

MARY POPPINS

Everyone's favorite nanny is back! Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives. Using a combination of magic and common sense, she helps teach the family how to value each other again. Mary Poppins is an enchanting mixture of an irresistible story, breathtaking dance numbers and unforgettable songs such as *Chim Chim Cher-ee*, *A Spoonful of Sugar* and *Supercalifragilisticexpialidocious*.

Dates may be subject to change.

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Catch The Action

June On The Water

By Capt. Bill Russell

The month kicks off hurricane season and the beginning of summer across Southwest Florida. June brings warm sunny days and calm seas followed often with afternoon thunderstorms. Although Southwest Florida is rapidly growing with many moving here to enjoy the outdoors, you will notice a big decline of boats on the water over the summer.

As always with fishing goes there will be good and slow days. With the summer heat the bite is often better early and late in the day, however, be aware of thunderstorms in the afternoon. If you have the opportunity, fishing after a late day thunderstorm is often good once the storms pass. However, we have very nasty and dangerous thunderstorms, do not put yourself or others at risk if lightning is in the area.

Tarpon are in full swing through the month, fishing around the full and new moon tides may give you the best shot at conquering the silver king. You can make tarpon fishing as easy or difficult as you like. They are big fish with a large appetite and a palate for a lot of different foods. You can spend the day to get in the perfect position to place a hand tied fly in one's path in hopes he gobbles it in. Or you can simply anchor up in known tarpon travel lanes and a place a variety of baits out, place the rods in holders, kick back, relax and let them come to you.

Warm water brings a lot of sharks to our coast, if you want to battle a big fish and avoid the tarpon crowds this may be for you. Anchoring up with fresh bait soaked on bottom or under a float while waiting in the shade with a cool beverage is relaxing and productive. Blacktip and spinner sharks are strong, fast and acrobatic, often rivaling a tarpon. While shark fishing do not be surprised if you hook a tarpon.

If you are looking to bring home dinner snapper may be your best bet. Decent size mangrove snapper move inshore as well as the gulf passes. Large mangrove snapper, plus grunts and other bottom dwellers are often plentiful in gulf waters within sight of land over hard bottom and reefs. Shrimp, squid and small pinfish or pilchards are candy to snapper, but you need to remember they have keen eyesight and easily become leader shy. If the water clarity is good, dropping down to 10- or 12-pound fluorocarbon leader may be necessary to fool the larger fish. A fresh block of chum also helps with the bite, especially offshore.

Further offshore in gulf waters American red snapper season reopens this month, plus it is the last month before red grouper season closes. Both require going a good distance to deep water. You may find some decent size grouper beginning around 70

or 80 feet, but for the larger grouper and red snapper you need to fish deeper water well over 100 feet. The month will bring days with flat calm water to make the long ride comfortable.

The best snook fishing during the summer months is often near the gulf passes and islands. Snook may range in size from under 20 inches to big females over 40 inches. This is mating season with schools found along the beaches and nearby structure with good tide movement. If they're active and hungry they will pounce on a variety of baits, if not, they can be difficult to entice. Snook season is closed with catch and release only.

Look for redfish under the shade of mangrove shorelines and structure such as docks and piers. Live bait, cut bait and lures all work, just some better than others at different times. An easy and productive method is to soak oily cut bait or crab on bottom and let the scent bring in the fish. It works great for redfish, and often snook and big trout, just be prepared to unhook a number of catfish.

Spotted sea trout, a tasty inshore fish are plentiful throughout the inshore waters. Most are caught over grass flats in 4 to 8 feet of water. Over the summer they can also be caught along the beaches and passes, often mixed with snook. Fishing over grass flats one can expect a mixed bag including ladyfish, mackerel, jack crevalle, sharks, bluefish and other species. It's possible to hook sea trout on a variety of lures and live baits.

As we enter summer, seasoned anglers prefer to get an early start and back to the dock before the afternoon heat and thunderstorms kick in. If you fish all day or only a few hours, bring plenty of water, refreshments and drink often to stay hydrated. It's easy to get caught up in the moment on a hot day and before you realize it you are past the point of return.



Stay up to date with fishing regulations by visiting www.myfwc.com. Also, upload the Fish Rules app on your phone. It has current regulations and seasons with pictures to help identify fish.

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

Capt. Bill Russell is a native and lifelong resident of Pine Island who has spent his entire life fishing the waters surrounding Pine Island and Southwest Florida. For the past 28 years, Bill has been a professional fishing guide who takes pride in customizing each trip to ensure everyone on board has a great time and will return again. Come join us and "Catch the Action."



Registration Open For Coral Oaks Junior Golf Camps

Registration is now open for eight Junior Golf Camp sessions at Coral Oaks Golf Course this summer.



Each golf school is a comprehensive instructional program covering all aspects of playing golf. Open to all skill levels, from beginners to intermediate players. There will be a maximum of 10:1 student teacher ratio that includes on course training. Lunch and drinks included. The cost is \$250 per child for a week of half-day instruction and \$500 for a full day.

Golf camps begin the week of June 3 and run through July 26. Golf clubs will be provided to those who need them. Space is limited for each Junior Golf Camp session. For more information, contact Justin Dupuis at (239) 573-3100 or justin.dupuis@coralooksgolf.com.

Coral Oaks Golf Course, 1800 N.W. 28th Ave., features an 18-hole, Arthur Hills-designed championship course built in a century-old oak hammock, TifEagle greens, one of the largest driving ranges/practice facilities in the area, a well-stocked pro shop and full-service restaurant open for breakfast and lunch daily.

Cape Coral Animal Shelter (CCAS) Awarded Grant From Bailey And Friends

The Cape Coral Animal Shelter, Cape Coral, Fla., has announced that it is the proud recipient of a grant from Bailey and Friends – a trust component of the Golisano Foundation.



This grant was awarded specifically to provide heartworm treatment and follow-up appointments for dogs taken in by the Cape Coral Animal Shelter that have been diagnosed with heartworm.

The grant award letter stated, "We commend your efforts in providing lifesaving care, promoting wellness, and fostering opportunities that strengthen the human-animal bond."

"This is our third grant from this incredible foundation, and we couldn't be more grateful for their continued support," said Liz McCauley, executive director. "We never shy away from taking in heartworm positive dogs because they would not survive without this vital but costly treatment. We are grateful Bailey and Friends recognizes our lifesaving efforts."

The Cape Coral Animal Shelter and Veterinary Clinic has been serving the community since March

of 2020 and has found homes for over 4,500 unwanted, neglected and abandoned animals. The full-service clinic is open to the public and is located at 325 S.W. 2nd Ave., Cape Coral.

Bailey and Friends is dedicated to supporting animal welfare in Western New York and Southwest Florida with a focus on dogs and cats. It works with shelters, rescue groups, veterinary clinics, and other lifesaving programs to promote wellness, ensure safety and keep pets and families together. It is a trust component of the Golisano Foundation, one of the largest private foundations in the United States dedicated to making the world a better place for people with intellectual and developmental disabilities. The Golisano Foundation was established in 1985 by Tom Golisano – entrepreneur, philanthropist, civic leader and founder of Paychex, Inc. Learn more at www.golisanofoundation.org/Bailey-Friends/About.aspx.

Cape Coral Animal Shelter, 325 S.W. 2nd Ave., Cape Coral, FL 33991, (239) 573-2002, info@capecoralanimalshelter.com.



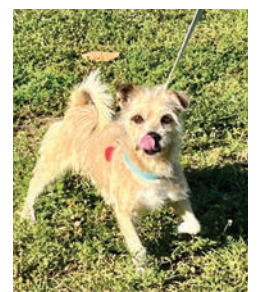
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Cape Coral Cruise Club Docks In Naples



In a spectacle of maritime camaraderie, the Cape Coral Cruise Club recently embarked on an unforgettable voyage to Naples. With seven sturdy vessels cutting through the azure waters, the fleet set course for the Naples city docks, where adventure awaited beneath sunny skies and tranquil seas.



The journey commenced with a jovial potluck on the docks, where each member contributed a savory dish to the

communal feast. Against a backdrop of lapping waves and salty breezes, bonds were forged, and tales of past voyages traded under the fading sun.

As evening descended, the nautical fellowship flourished. Members explored each other's vessels,



swapping stories and sharing the seafaring spirit that unites them. Meanwhile, ashore, the quaint charm of Naples beckoned with promises of treasure to be found in its renowned thrift shops and boutique havens.



Adding a harmonious note to the maritime symphony, dockside musical bingo entertained sailors and landlubbers alike, with prizes aplenty for those who could match rhythm with luck.

While some members chose to arrive by land, seeking respite at the cozy confines of the "Cove Inn" nestled within the marina, the true heart of the voyage lay in the unity of the sea.

A highlight of the excursion was the group's elegant dinner at the esteemed Del Mar restaurant in downtown Naples. Amidst candlelit ambience and the clink of fine china, the Cape Coral Cruise Club reveled in the joys of camaraderie and shared adventure.

As the sun sets on another successful voyage, the Cape Coral Cruise Club remains a beacon of maritime camaraderie, navigating the seas with seasoned skill and boundless enthusiasm.

Fair winds and following seas to all who dare to chart a course with the Cape Coral Cruise Club.

The Cape Coral Cruise Club extends a warm and hearty welcome aboard to each new addition to the club's esteemed roster: Brian and Julie Maxwell, Bob and Dawn Koehler, Terry and Lori Johns, Walt and Ruth Nischt, Russ Tagliareni and Cecelia Techy, Ron Sheradin and Alla Wilson. Their arrival serves as a testament to the enduring allure of seafaring fellowship.

For those seeking to embark on their own maritime odyssey with the Cape Coral Cruise Club, do not hesitate to weigh anchor and join our ranks! For further details on membership, drop anchor and reach out to our membership chairperson, Laurie Carlson, at (239) 910-5543. Alternatively, navigate the digital waves and chart your course by visiting our website at www.capecoralcruiseclub.com or follow our adventures on Facebook!

ALDAST YE MATIES

Hoist the Jolly Roger there be **treasure** out there.

Come on board starting June 1st to enter for a **chance to win** an authentic **"PIECE OF EIGHT"**.

Eight **TREASURE COINS*** will be given away starting Friday, July 5th, with one **LUCKY Scalawag** every Friday, for eight weeks.

Eight coin giveaways from Friday, July 5th until August 23rd.

(*Authentic silver 2 reale coin per winner, no purchase necessary)

Join us to look over all the jewels and sparkling treasures while sipping a bit of grog and enjoying special offers throughout the store.



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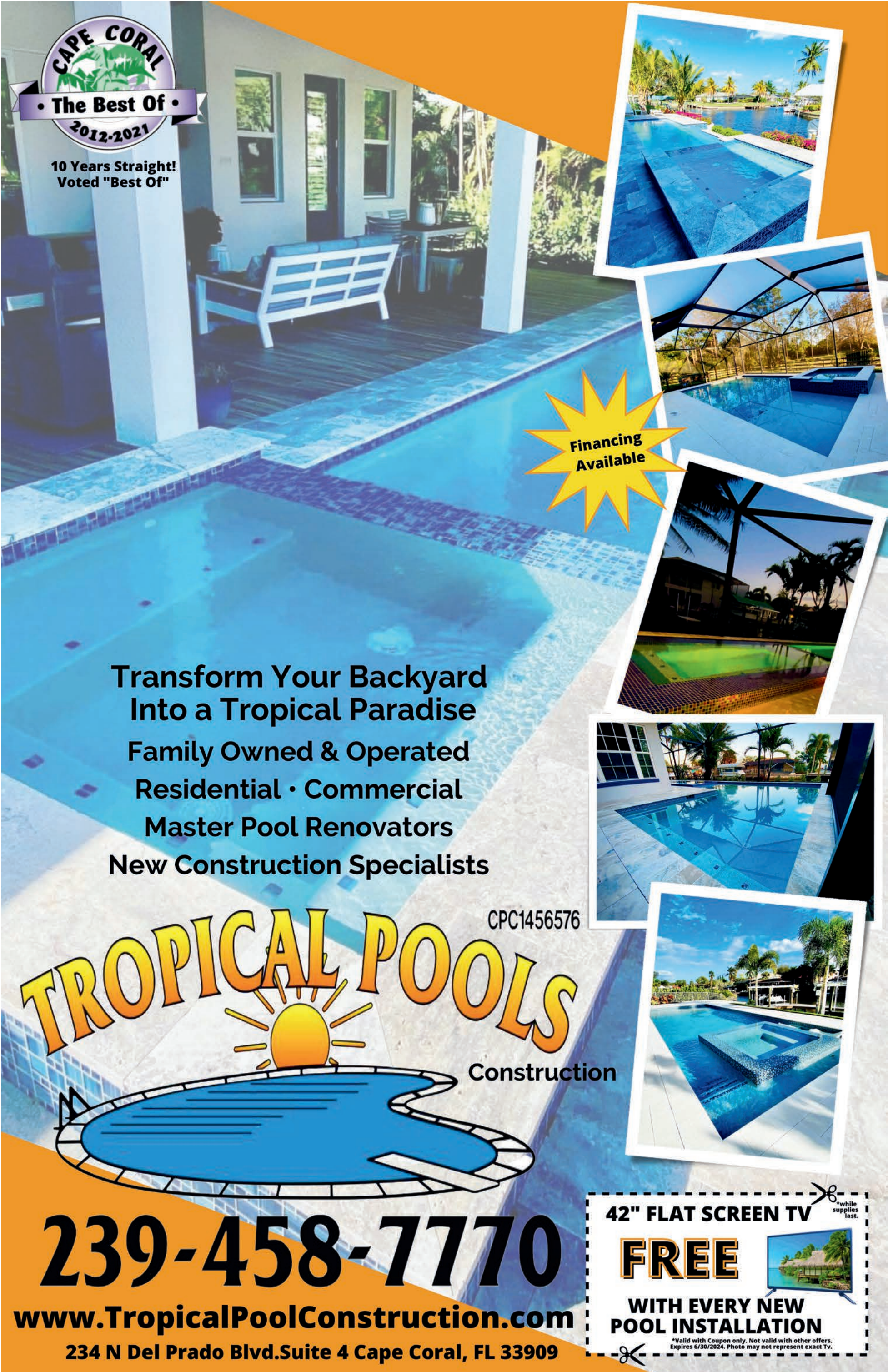
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