



The Rynski Report: Exploring The Great Political Divide

By Ryn Gargulinski,
Columnist

“Who did you vote for?” I remember asking my parents that question as a curious kid when we’d be sitting around the dinner table on Election Day. Neither mom nor dad would tell me or my brother who they voted for – because they said it was a personal choice, and they wanted us to think for ourselves.

Fast-forward to today’s world and some may still not disclose who they voted for when sitting around any table – but now it’s for fear of someone throwing a plateful of spaghetti at them, or worse.

I was going to give a few funny examples of the manic reactions going on related to the great political divide. But the examples I found were anything but funny. They were downright nasty. Even scary.

People are actually denying grandchildren visits, moving out of states, and disowning family members over this. Wow.

We’ve come a long way, baby. A long way back into the Dark Ages – or at least back to somewhere like Robespierre’s Reign of Terror. If someone doesn’t agree with your thinking? By all means, cut off their heads!

What the heck happened to create such a massive divide? Without having to write a thesis on it, a couple of things pop immediately to the surface. One is the influence of mass media.

A blatantly partisan media began emerging in the 1990s with cable networks and talk radio, notes *Undue Hate* author Dan Stone. When the Internet and social media started fueling the flames, the divide became even more intense.

Stone refers to this divide as “affective polarization,” or the emotional rage sizzling at the foundation of much of



today’s political rhetoric. And once someone’s emotions are hooked, it can be hard to escape.

When emotions take over, people often start doing strange things just to keep that emotional high going. They may start believing things that aren’t even true, dig their heels into self-perceived righteousness when there’s no reason to be righteous, and, worst of all, begin to think of everyone who doesn’t agree with them as their enemies.

Please pass the salt. And the guillotine.

One of the most obvious fixes for this would be to take the emotions out of the equation. And perhaps the biggest emotion at play is fear. Fear that we won’t get what we want or lose what we have.

Instead of hurling ourselves into catastrophizing about what someone on Facebook said will happen because of this or that election, why not take a deep breath, a warm bath, and soak in all the blessings that are in our lives right this very instant.

Instead of jumping onto the emotional bandwagon for a



fast trip to I’m-right-you’re-wrong-I-hate-you land, why not step back? Research facts instead of relying on vitriol. Look at things logically and intelligently. Admit you may not know everything, or that what you think you know may actually be wrong.

Delve into the realm of emotional intelligence, which is the ability to understand your own and others’ emotions. Learn to mindfully respond, not blindly react.

Realize that much of the mainstream mass media and social platforms purposely showcase and promote emotional upheaval to hook us, incite us and get more views and clicks.

Most of all, know you can still be friends with, hang out with, and even love a person who has different views than you. Maybe one day we’ll all even get to the point where those of differing views can all dine together at one big peaceful table – without the fear of a single plateful of spaghetti being thrown.

Ryn Gargulinski [Rynski] is a Cape Coral freelance writer, artist, speaker and healer who loves to entertain and inspire. In addition to more than 10 published books and multiple awards, she holds a BFA in Creative Writing, an MA in English literature, minister ordination, and Reiki and coaching certifications. Founder of the Sanctuary of the Wild Souls community, Rynski lives with her two happy hounds, one happy hubby and way too many crystals. Learn more at RynskiLife.com. Contact: Rynski@RynskiLife.com.

A Tribute To The USS *Nimitz*

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Where: Brotherhood of Heroes Resource Center & Military Museum, 4522 Del Prado Blvd., Cape Coral, FL.

*Parking in the back of the museum.



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The Cape Coral Sun Embraces The Future By Offering Cutting-Edge Resources To Their Advertisers

Meet Marian Iglesias, Innovation Consultant For The Cape Coral Sun

The Cape Coral Sun announced it has engaged the services of Marian Iglesias, an expert Innovation Consultant. The newspaper’s publisher, Joe Yapello stated, “An expert innovation consultant helps businesses stand out, connect with consumers, and build brand loyalty – that is exactly what our advertisers seek and what Marian Iglesias

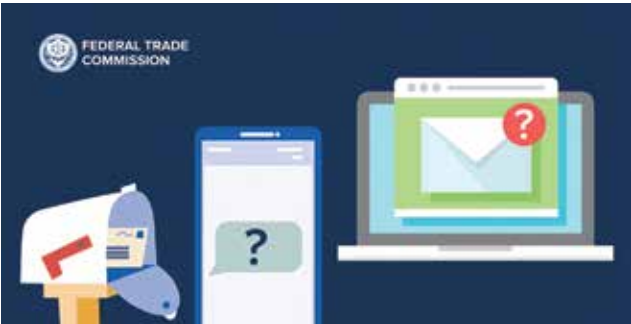


excels at.” Research shows the value of an innovation consultant lies in their ability to fuel creativity, drive growth, solve problems, and foster a culture of innovation within organizations. Bonnie Yapello, co-publisher of The Cape Coral Sun added, “This step is a leap for our newspaper and for our advertisers – we will all benefit from Marian Iglesias’ talent, knowledge and experience.” Consultants are skilled problem-solvers. They can analyze challenges, identify root causes, and propose effective unconventional solutions to address issues, innovate, and bring about positive change. Marian Iglesias’ role will include providing feedback to advertisers on their brand image, positioning and marketing tactics, act as a community spokesperson for The Cape Coral Sun, write a column, and organize workshops on special projects, multicultural marketing, experiential marketing, and cause marketing. The Cape Coral Sun’s decision to engage an expert in innovation to benefit its advertisers and

its audience, demonstrates their growth mindset and their vision. **About The Cape Coral Sun** The Cape Coral Sun is Cape Coral’s leading community newspaper dedicated to informing, engaging, and empowering Cape Coral residents with local news, stories, and insights. Its main mission is to celebrate the past, present, and future of Southwest Florida’s largest city. **About Marian Iglesias** Marian Iglesias is a highly experienced consultant with a proven track record of driving creativity, innovation, and strategic growth for businesses of all sizes. With a passion for fostering excellence and innovation, Marian brings a unique perspective that elevates brands and drives sustainable success. She is bilingual and an expert in marketing to Hispanics. Her clients include JM Smuckers, MasterCard, Bustelo, Tetley, Zacapa, Arturo Sandoval, The Hispanic Affairs Advisory Board, and Fortune 500 companies.

Parents: Talking To Your Kids About Text Scams

You’re not the only one getting scammy text messages about unpaid toll charges or issues with your Amazon account. Chances are your tweens and teens with phones are getting them, too. Sure, you can tell your kids to delete and never respond to unexpected texts. But if you want them to understand why, the FTC can help you make a game plan. The next scam text you get could be a great way to start a conversation about how text scams work. Scammers impersonate real companies and agencies in text messages. Their goal? Get you to give them information like your Social Security or credit card number. Let your kids know why never to click links in unexpected text messages: not only are people not always who they say they are online, but clicking could lead you to a website that tries to steal your data. Make sure they know that sharing personal or financial information could lead to bigger problems, like identity theft, losing your money, or scammers getting access to your accounts.



Help kids know how to delete and report junk text messages on their phones. To turn it into a game, ask kids to show you the message first and explain how they knew it was a scam. Here’s your answer key — one point each time they correctly spot a scam:

- Scammers might pretend to be someone from school or a well-known business.

- Scammers say there’s a problem or prize to get you to respond. Not sure that problem or prize is real? Get help from a parent or trusted adult.
- Scammers use pressure so you don’t have time to think. Slow down.
- Scammers tell you to pay with cash, a gift card, wire transfer, cryptocurrency, or payment app. Paying in these ways makes it hard to get your money back.

Once your kid earns enough points, come up with a special treat to celebrate. Learn more about spam text messages at ftc.gov/textscams.



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A Mother's Strength from page 1

from Ariana. "We had hundreds and thousands of questions," Brandon added.

The new parents quickly went to work getting them answered. Speaking with Brandon and Ariana is akin to tapping into an encyclopedia of knowledge on HLHS baby care. And they are putting what they learned into daily practice.

While Harland still needs certain medications, routine St. Petersburg hospital visits, and a machine to measure oxygen levels while sleeping, he is past the stage of feeding tubes and countless wires. Dressed to the nines for his first interview, the 6-month-old looks dashing in seersucker.

The handsome lad is also known for playfully flirting with the nurses, enjoying his hand toys, showing immediate food preferences (like his distaste for scallions), and sleeping through everything from vacuum cleaners to lawn mowers.

Harland has also adapted well to his time at a specialized daycare for children with medical needs, available from Lee Health Prescribed Pediatric Extended Care (PPEC).

Harland's Care By The Numbers

- 36 – Pregnancy appointments
- 15 – Medical people in the delivery room for Harland's birth
- 49 – Appointments from discharge to second surgery
- 13 – Echocardiograms for Harland after birth
- 5 – Fetal echocardiograms for Ariana
- 41 – Sets of X-rays
- 11 – Ultrasounds
- 155+ – Blood draws in the first five weeks of Harland's life
- 3 – Blood transfusions
- 11 – Medications needed per day during earlier days
- 36 – Hours from the initial single minute Ariana saw Harland after birth until she got to see him again
- 3 – Nurses needed to maneuver newborn Harland through connected tubes and wires so parents could hold him

Sudoku

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

Answer in this issue

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Harland is constantly surrounded by love, as seen here at 6 months old with dad Brandon, mom Ariana and Grandma Michelle (back).

Not just any daycare will do. Not just any babysitter will do, either. Grandma Michelle and others who regularly care for Harland need to be trained in certain things, such as infant CPR. They also need to tend to Harland immediately if he starts to fuss or cry.

Book Review: The Wedding People By Alison Espach

Alison Espach's *The Wedding People* is a novel that cleverly balances humor, heartbreak, and human connection in a setting that is both idyllic and emotionally charged. With her signature wit and insight, Espach delivers a narrative that explores grief, healing, and the unexpected ways people are drawn together. This book is much more than a tale of wedding festivities—it's about the people who find themselves on the edges of celebration, carrying their private burdens while trying to step into joy.



Set in a luxurious Connecticut seaside hotel, *The Wedding People* follows Phoebe Stone, a young woman who checks into the venue under the false pretense of attending a wedding. In truth, she is reeling from the recent death of her father and trying to make sense of her life. As fate would have it, she becomes entwined with a group of wedding guests who are each navigating their own emotional challenges. What unfolds is a poignant and often hilarious exploration of the bonds we form in the most unlikely circumstances.

Espach's strength lies in her ability to depict emotional vulnerability with authenticity. Phoebe is a compelling protagonist, both deeply wounded and quietly courageous. Through her, we experience the surreal juxtaposition of personal grief and public celebration. The guests she meets—each sketched with empathy and a touch of quirk—offer not just comic relief, but meaningful reflections on love, loss, and moving forward.

Getting worked up can deplete blood oxygen levels which, in turn, can mean an emergency trip to the hospital. The family has learned all this, and more, including a few deeper lessons.

Being able to ask for and accept help was a particularly big one for the independent and hardworking couple. Patience, trust and setting priorities were also on the lesson list.

Before Harland came into their lives, Brandon admitted he was often easily irritated and cranky. "Now we just go with the flow," he said.

"The dishes can wait. The laundry can wait," Ariana added. "It's Harland's world now."

And Harland's world is truly a supportive one. Just ask Grandma Michelle. "He's in a lot of hands," she said, "well cared-for and well loved."

Link to
Harland's
Heart Heroes
GoFundMe
page



www.gofundme.com/f/Harlands-Heart-Heroes

The novel's pace is brisk without sacrificing depth. Espach paints the coastal setting with a vivid, almost cinematic quality, making readers feel as if they, too, are wandering the manicured gardens and marbled hallways of the grand hotel. The contrast between the polished exterior of the wedding venue and the inner turmoil of its inhabitants provides a striking metaphor for the facades we maintain in our own lives.

One of the book's most compelling themes is the idea that connection can happen anywhere, even when we least expect it. Phoebe's impromptu journey reveals that healing often begins in shared stories, fleeting encounters, and the courage to let others in. Rather than wallowing in sadness, *The Wedding People* gently nudges its characters toward hope, humor, and transformation.

In a literary landscape crowded with romantic comedies and wedding-centric plots, *The Wedding People* stands out for its emotional honesty and narrative sophistication. Espach doesn't rely on predictable tropes. Instead, she offers a fresh, nuanced story about the messiness of life and the resilience of the human spirit.

In conclusion, *The Wedding People* is a tender, witty, and beautifully written novel that reminds us how much life can change throughout a weekend. It's about showing up, even when you're not invited, and discovering that sometimes, belonging finds you. Whether you're in the mood for laughter, introspection, or simply a well-crafted story, this novel is well worth reading.

Lillian Till has been a dedicated nurse in our community for 30 years. Married for 35 years, she is the proud parent of two children and a grandparent to three. Lillian is often found at Flutterbush Books and More, which she is the proud owner of. Opening a bookstore of her own has always been a dream, one she continues to nurture with every turn of the page.

From The Desk Of Sheriff Carmine Marceno

Wrong Number Text Scams

They're becoming more prevalent and many of us have received them.

"I'm running late ... be there in 15 minutes."

"They mistakenly left your package on my doorstep."

"I can't believe she did that to us!"

"Is this Robert?"

The texts come from unfamiliar numbers. Out of confusion and/or kindness, many recipients respond to these messages.

By responding, you are both informing a scammer that your number is active and providing an opportunity to initiate a conversation.

The scammer's goal is to obtain as much personal information as possible ... where you live or work, marital status, etc.



At times, they will recommend a link or a website for you to visit. Teens have been lured into sending inappropriate photos. Seniors have been convinced to purchase bitcoin and/or investing money. The attempts are almost limitless and seek to defraud you.

Despite temptation, do not respond to these texts. You need not inform the sender that they have the wrong number. It is not prudent to allow your curiosity to look further into the matter.

Do not respond. Block the number. Never share any information, regardless of how trivial it may seem to you.

These criminals have unlimited patience, engage numerous victims simultaneously and will do/say anything to exploit your friendliness.

If you wish to report an issue, please visit the Federal Trade Commission website at www.reportfraud.ftc.gov.



Concur Or Object: Differing Viewpoints From Diverse Attorneys

Neighbor vs. Neighbor: Keeping The Peace And Drawing The Line

Disputes between neighbors are an unfortunate reality of community living, ranging from minor annoyances over noise or pets to major conflicts involving property lines and personal safety. Knowing how to navigate these situations effectively is crucial.

Keeping The Peace: Solving Neighbor Squabbles Without Court

By Kara B. Rogers, Esq.

Neighbor conflicts are a common part of life, but court should be a last resort. Litigation is notoriously expensive and almost guarantees a permanently damaged relationship with those living nearby. Before heading down that path, explore these constructive steps first:

- 1. Talk It Out Calmly:** Often, the most effective first step is a direct, respectful conversation. Many disputes arise from simple misunderstandings or lack of awareness. Listen to their perspective too. Afterward, make a note of the outcome.
- 2. Put Concerns In Writing:** If verbal communication fails or the issue recurs, a clearly written letter or email can formally outline your concerns without direct confrontation. Maintain a cooperative, solution-oriented tone. Keep a copy for your records.
- 3. Check The Rules And Regulations:** Is the issue governed by existing community or local rules? Consult your Homeowners' Association bylaws, or research local municipal codes. These rules provide objective standards that might offer a clear resolution path through the HOA



or local code enforcement office.

4. Try Mediation: A trained mediator doesn't take sides or impose decisions but facilitates communication, helps both parties understand each other's viewpoint, and guides you toward crafting your own mutually acceptable agreement. It's far less adversarial and more affordable than court.

5. Be Open To Compromise: Litigation tends to be a win-lose scenario. Early on, explore potential compromises that allow both parties to feel heard and find a livable outcome.

By taking these steps, you not only prioritize preserving peace but also often achieve faster, cheaper, and more lasting solutions than relying on the courts.

Crossing The Line: When Neighbor Disputes Demand Legal Action

By Robson D.C. Powers, Esq.

Suing a neighbor is a significant step and should always be a last resort. However, there are situations where informal methods fail, and formal legal action becomes not just appropriate, but essential. Consider escalating to litigation when facing these circumstances:

- 1. Serious And Ongoing Harm:** Is a neighbor's conduct causing continuous or substantial damage? This could be physical damage to your property or significant harm to your quality of life. If the neighbor refuses to cease the harmful activity or adequately address the resulting damage despite requests, court intervention may be required to resolve the matter.
- 2. Property Line Wars:** Disputes over boundaries often require judicial clarity. This is especially true if a permanent structure like a fence or shed has been built across the property line, or if a neighbor asserts rights over part of your land. These matters



frequently involve complex issues of property titles, surveys, and easement rights, often necessitating court orders like declaratory judgments or injunctions for a final resolution.

3. Harassment Or Threats: When a neighbor engages in a pattern of repeated harassment, intimidation, stalking, or other threatening behavior that makes you feel unsafe, and interventions by law enforcement or initial protective orders haven't sufficiently resolved the issue, civil litigation offers another avenue.

4. Time-Sensitive Situations: In certain scenarios, delay can cause you to forfeit your legal rights or result in irreversible harm. Ongoing actions like construction that threaten property boundaries might require immediate legal intervention to prevent permanent changes while the dispute is resolved.

5. All Else Has Failed: If you have made documented, good-faith efforts to resolve the dispute amicably and the opposing party consistently refuses to cooperate, negotiate reasonably, or participate constructively in finding a solution, pursuing formal legal proceedings may be the only path remaining to achieve relief.

Before initiating any legal action, consult with an experienced attorney. They can assess the viability of your potential claims and expertly navigate the complex procedures of litigation if it becomes necessary.

Robson D.C. Powers, Esq. and Kara B. Rogers, Esq. are the founders of Powers & Rogers, PLLC located at 615 Cape Coral Pkwy. W., Suite 206, Cape Coral, FL. Both have been selected as Rising Stars by Super Lawyers, a recognition bestowed on only 2.5% of attorneys in the state. They practice in civil litigation including business, real estate, construction, and probate litigation.

Disclaimer: Nothing contained herein should be construed as legal advice. You should always consult an attorney for any legal questions.



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The Past ...

Cultural Park Theater: Cape Coral’s Best-Kept Secret

Tucked away on a vibrant 16-acre campus it shares with the Cape Coral Historical Society and Museum and the Cape Coral Art League, Cultural Park Theater is one of Cape Coral’s true hidden gems. While the city was just two years old, its spirited residents already saw the value of the arts, forming the Cape’s first little theater group, The Cape Players, in 1960. Their dream was simple but ambitious: build a stage, find a curtain, and let the magic begin.



The journey was far from easy. In 1982, the City of Cape Coral donated 2.9 acres for a permanent theater. Although the city allocated nearly \$200,000 and the players had saved an additional \$40,000, progress stalled for nearly a decade due to funding hurdles. Persistent efforts like petitions, grant applications, and appeals to the City Council initially fell short. Despite these challenges, the passion of the Cape’s citizens eventually paid off. With the approval of a \$390,000

bond and a \$158,000 state grant secured by the newly formed arts council, the long-awaited dream came to life. On Feb. 28, 1991, the Cultural Park Theater finally opened its doors with 184 seats, forever changing Cape Coral’s arts scene.

The theater’s roots go even deeper. Founded in 1963 by visionary Herb Strauss, the Cultural Park Theater (originally the Cape Coral Players) began humbly in a rented storefront. As Cape Coral flourished, so did its beloved community theater. The move to Cultural Park in 1982 marked a major milestone, offering a permanent home where creativity could blossom.

Over the decades, Cultural Park Theater has grown into a cornerstone of the community, producing up to 10 Broadway-style plays each year, local playwright showcases, a summer concert series, and even a film festival. Its educational outreach is equally impressive, offering classes in acting, musical theater, stagecraft, sound, and lighting for both kids and adults.

Led by a passionate team of staff and volunteers, the theater has undergone numerous renovations and upgrades, enhancing the experience for performers and audiences alike. More than just a place to see a show, Cultural Park Theater is a space where memories are made, talents are nurtured, and the arts are celebrated.

Today, Cultural Park Theater continues its proud tradition of bringing live theater to life in Cape Coral. With a full calendar of productions and events year-round, it stands as a testament to the power of community, creativity, and perseverance.



Cape Players Sue Wadas and John Wyatt starred in the 1967 production of Barefoot in the Park.



For tickets, information about upcoming shows, or to join the volunteer team, visit www.culturalparktheater.com, call (239) 772-5862, or stop by the box office. Volunteers of all ages are welcome – there’s a little bit of theater magic waiting for everyone!

When The Bullfrog Sings Opera – May 23 to June 1 – 3 p.m. and 7 p.m.

Here is a sweet comedy featuring a social-climbing sister who tried to keep her visiting country sister from embarrassing her among her new society friends. Meet Millicent and Coreen – two girls who grew up in Bullfrog Waller. Millicent is now a big-city snob. Her sister, Coreen on the other hand, chose to stay in the country ... until now!

101 Dalmatians Kids – June 13 and 14

Come and see our Summer Camp Production of *101 Dalmatians Kids*! This delightful show was put together in under two weeks by our talented campers, ages 6 to 12, and is sure to warm your heart.

Join us as these young performers bring the classic tale to life with energy, enthusiasm, and plenty of spots! Don’t miss this fun-filled performance showcasing their hard work and creativity.

Come support our amazing campers and enjoy a show full of adventure, laughter, and, of course, puppy power!

The Present ...

Oasis High School Makes History At FGCU Entrepreneurship Challenge!

We are proud to announce that Oasis High School has made history as the first school in Lee County to ever win the FGCU Entrepreneurship High School Entrepreneurship Challenge! Out of 29 competing teams from across Lee and Collier Counties, our students took first place – a remarkable achievement that showcases the talent, creativity, and drive of our incredible students. Way to go, Sharks!

The winning team, “My Fridge,” impressed the judges with their innovation and relentless dedication, earning them the top spot in the 2025 competition. Their breakthrough concept truly represents the future of entrepreneurship, and we can’t wait to see how far they go from here. Congratulations to everyone involved!



“My Fridge” winning team, Reese Beattie, Andrea Diaz, Marisa Yapello, Anna Sporne, Yasmin Fernandes and teacher Jack Concannon.

This incredible win is a proud milestone for the Oasis Entrepreneurship Academy, which started as a small club in the fall of 2023 with a simple mission: to equip students with real-world workforce skills and entrepreneurial knowledge. Just a few months after launching, the program partnered with Florida Gulf Coast University (FGCU) – a collaboration that has opened the door to even greater opportunities.

Through the Academy, students experience:

- Field trips to local businesses and FGCU’s innovation spaces

- Guest speakers from various industries
- Entrepreneurship and Small Business (ESB) certification
- Project-based learning focused on real-world applications
- Leadership development and teamwork opportunities
- Business planning and startup fundamentals
- Participation in competitions like the FGCU Challenge

What began as a small idea has grown into a powerhouse program shaping the next generation of leaders and innovators.



Truman Wiedner and Cole Lager

Also, a huge shoutout to Truman Wiedner and Cole Lager, who did an outstanding job representing our school and entrepreneurship program while speaking at the Cape Coral Chamber of Commerce monthly member meeting on April 9.

None of this would have been possible without the incredible leadership of their teacher, Mr. Jack Concannon. His guidance, encouragement, and unwavering dedication to his students and the entrepreneurship program have made a lasting impact on our school community.

Even more exciting – Mr. Concannon has been awarded 2025 Lighthouse Teacher of the Year! This prestigious honor is a well-deserved recognition of the passion and excellence he brings into the classroom every single day. Congratulations, Mr. Concannon, and thank you for being such a bright light for our students!

This win is more than just a trophy – it’s a testament to the power of innovation, mentorship, and believing in big ideas. Here’s to many more milestones ahead!

The Future ...

New Recreation Center And Preschool To Break Ground In Cape Coral

A new indoor recreation destination is on its way to Northwest Cape Coral. Kilkam LLC has awarded the architectural contract to MK Architecture to design a 12,810-square-foot indoor recreation facility at 2010 Burnt Store Road N., located just south of Gator Slough.

The state-of-the-art facility will cater to a variety of sports and family activities, featuring multiple indoor soccer fields, a dedicated batting cage, and private party rooms available for events, team gatherings, and celebrations. The building will be designed to accommodate youth leagues, adult recreational programs, training camps, and community events, filling a growing need for indoor athletic space in the rapidly expanding Burnt Store Road corridor.

This new recreation center will be constructed adjacent to another Kilkam LLC project – Seedlings Academy, a 7,000-square-foot full-service preschool also planned for the site. Seedlings Academy will offer early childhood education programs with an emphasis on a nurturing, growth-focused environment.

Both projects are part of a larger effort to meet the needs of



Photo courtesy of Lee County Property Appraiser

Cape Coral’s booming population, especially in the northwest sector, which has seen significant residential development in recent years. Together, the indoor recreation facility and Seedlings Academy are expected to create a vibrant hub for families, offering opportunities for both education and recreation in one convenient location.

Construction on both the indoor recreation building and Seedlings Academy is anticipated to begin later this year, with expected completion dates to follow shortly after.

MK Architecture, known for its innovative and community-focused designs, will lead the architectural planning and design for both projects, ensuring they complement each other and serve the needs of the growing community.

Mothers Of Light And Hope

By Mavis Ibarra, Spanish Editor, The Cape Coral Sun

I was anxious and a little scared behind that green curtain, listening to the doctors’ conversation and the constant beep of the heart monitor. I had thought of that moment a thousand times, but when it arrived, I still felt a bit of fear and uncertainty. I wanted a natural birth, not a C-section. After dozens of ultrasounds and medical tests confirming the correct fetal position, our son surprised us a little earlier than expected. By then, he had moved in my womb and ruptured the gestational sac, necessitating surgery.

I would describe the moment of childbirth as bittersweet, filled with fear, joy, and physical pain. Of course, this depends



on each person’s pain threshold. Medical science describes it as an experience similar to breaking several bones of your body at once. But mothers endure it because we know it’s natural, and the intensity of each contraction will reveal a powerful reason, an indissoluble bond that lasts a lifetime.

I turned my head and looked at him for the first time. He looked tiny in the hands of the nurse who was skillfully caring for him. He opened his lungs with a cry that was music to my ears, while he urinated a small stream of urine, a sign of his perfect physiological condition.

It has been 11 years now, and I still remember those moments as sharp as the first day. I don’t think I will forget them.

Now, my now-grown son enjoys when I tell him these details, and about the first time I felt it in my womb, similar to feeling the movement of a tiny fish.

“How did you feel, Mom, when you saw me?” my son asks. “Overwhelmed with so much happiness, and relieved that you were a healthy baby.”

It would be difficult to confine motherhood to a single feeling, because there is such diversity, as there are so many mothers in the world.

I also believe that being a mother goes beyond biological conception. It is a bond of love, a commitment of boundless devotion that goes beyond nine months or the moment of birth.

There are adoptive mothers, true examples of generosity and tenderness, who lavish far more affection on their children than those who conceived them. Likewise, many mothers choose to dedicate their love and dedication to pets.

Beyond its broad romantic meaning, motherhood represents a radical change in anyone’s life. For some moms, the changes and care required for their bodies and health are often a cause for concern. For others, the greatest challenge lies in having the will and resources to take on a new addition to their lives.

We all agree that it requires tolerance, tenacity, and zero selfishness, as well as the certainty of not giving up, even when difficult times arise, which are guaranteed.

If not, ask the mothers of teenagers or our own mothers when we do all kinds of stupid things as adults. Because the bond never ends. You can also question a dog mother when she has to sacrifice several nights of sleep to care for her sick pet.

There are no guides or manuals for motherhood; we grow alongside our children and reinvent ourselves according to their needs. They remind us of the responsibility of that indissoluble agreement we sign when we take them on, one whose clauses include sleepless nights, worry, sometimes anger, and even satisfaction.

That’s why I waited the necessary time to decide to become a mother. My son wasn’t an accident involving contraception; he was a desired and planned baby, although if that had been the case, I would still shower him with protection and affection. But it’s undeniable that maturity and preparation contribute to a much more pleasant motherhood. As does having a support network to help you cope with the first moments.

In my case, it was an exoteric experience, or a twist of fate. My son came into the world on the same day that a year earlier my paternal grandmother passed away. I’ve heard when this happens, it can be interpreted as a gift from the relative who leaves this world.

On that date, my father and uncle had agreed to meet to take flowers to the cemetery, and the sudden arrival of my baby completely disrupted their plans. What would have been a sad day became a symbol of hope and happiness. We went from remembering a death to celebrating the arrival of a new life that brought great joy to the family.

That’s what motherhood is all about: bringing light and hope to this world, a testament to how unconditional and pure the bonds that unite mothers and their children can be. It’s also a lesson in learning to savor every moment, regardless of its bittersweet details, because they can hold infinite satisfaction, just like a sculptor watching his work slowly take shape.

For this reason, this month of May, when Mother’s Day is celebrated in various ways, we will also express our gratitude and congratulations to mothers who fortunately give life by nature or by vocation.

Mavis Ibarra graduated as a journalist in 2007 and since then she has successfully ventured into several media outlets. In them she has written on various topics, although her contributions to cultural and environmental issues stand out. During her work as a press reporter, she has also collaborated as a scriptwriter for radio and television programs aimed at different audiences. Among her personal preferences are the enjoyment of nature and the sea, she loves to dance, listen to music and spend time with her family.

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Cartoonist Doug MacGregor: Giving Cape Coral A Good Laugh

By Ryn Gargulinski, Reporter

History tends to repeat itself, and one of the most enchanting ways to observe this phenomenon is through the Cape Coral cartoons of Doug MacGregor.

See for yourself with a collection of his Doug’s work on display at the Cape Coral Museum of History now through June 14. They are from a large batch of cartoons he donated to the museum.

An accomplished artist, children’s book creator and musician who moved to Florida in 1988, Doug created cartoons for the *News-Press* through 2011. As anyone familiar with Cape Coral history or politics may guess, a goodly number of those cartoons tackled issues in the Cape.

“Doug’s cartoons are a humorous way to look back at history,” said Gloria Tate, a former city councilmember who had been in office during Doug’s local cartooning reign. “It is almost frightening to realize that history does repeat itself, and many of these creative works are relative today.”

Like Doug’s depiction of Ponce de Leon traveling blithely through Florida – until the explorer reaches Cape Coral. Here, he becomes immediately perplexed by the complicated entanglements of terraces, avenues, places and streets.

Cape Coral water issues, construction issues and traffic issues were a running theme throughout Doug’s work, as was the city council and even former mayor Joe Mazurkiewicz.

“It was always great working with Doug,” Joe said. “His cartoons could take a tough, complicated issue and present it in a way that would increase understanding while bringing a smile to your face.”

Well, perhaps not always a smile. Not every *News-Press* reader was filled with mirth over Doug’s visual opinions. In fact, some would call the paper in a rage.



Cartoonist Doug MacGregor (right) with former city council members Tom Hayden and Gloria Tate after Doug’s presentation at the Cape Coral Museum of History.

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Doug donated a batch of his Cape Coral cartoons to the museum, with a collection on display through June 14.

“I was the one who had to answer the phones,” Tom Hayden laughed. A former city councilmember who worked side-by-side with Doug, Tom said their working relationship was great – once he learned to just let Doug do his thing.

“During my time working with Doug as editorial page editor of the *News-Press*, I found his creativity, breadth and depth of knowledge of issues to be extraordinary,” Tom said. “As an artist and satirist, there were few better in the state and his work continually brought a visual emphasis to issues impacting communities.”

How did all this greatness come about? Doug says we can thank Captain Kangaroo’s Magic Drawing Board. As a kid growing up in Binghamton, N.Y., Doug was fascinated by that show’s feature, which let people draw and erase again and again and again. He was also captivated by the works of great cartoonists like Charles Schultz, Chuck Jones and Dr. Suess.

“I love how he would be making up words, making up things that didn’t actually exist,” Doug said. “It is magical and creative.”

He buckled down in his high school art class, then took his skills with an arts degree from Syracuse University. He graduated in 1979, ready to take on the world as an album cover designer.

Then 8-track tapes showed up in 1980, pushing him into plan B. Since he had copious experience drawing cartoons for his college paper, a full-time gig as an editorial cartoonist sounded enticing. He put together a portfolio to send across the nation.

After 88 rejection letters from larger newspapers, Doug started targeting smaller papers. The *Norwich Bulletin* in Eastern Connecticut said yes, giving him a salary that, according to Doug’s parents, was \$20 above the food stamp threshold.



Cape Coral has many claims to fame, with one shown here by Doug’s cartoon featuring Ponce de Leon.

He took the job anyway. By 1982, one of his cartoons was featured on the cover of the annual book *Best Editorial Cartoons of the Year*. By the time George H.W. Bush was in office, Doug was getting phone calls from the president – thanking him for his hilarious depiction of then-President Bush’s “Trophy Catches.”

“What a personal guy,” Doug recalled. “It was a thrill.” One of Doug’s Cape Coral pals had sent the cartoon to the White House, but no one had expected a response. Doug remembered no one at the *News-Press* believed it, either.

“I came out to the newsroom and said, ‘I just talked to President Bush.’ They all thought I had been drinking or something.”

The cartoonist’s humor is consistently evident, and his works greatly appreciated by many.

“The Cape Coral Museum of History is honored to have received dozens of Doug’s cartoons related to Cape Coral for our archives,” said museum Executive Director Janel Trull. “His cartoons show the profound influence humor can have over politics, culture, and society, while also reminding us not to take ourselves too seriously.”

“They are a valuable resource for understanding how those in Cape Coral viewed daily life over a 20-year period. While the times have changed, it seems many of the issues at the heart of Cape Coral have not!”

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Business Spotlight

Gator Mike's And Mellow Mushroom: The Ultimate Getaway For 'Kids' Of All Ages



See The Special BOGO Deal In This Month's *Sun*!

By Ryn Gargulinski, Reporter

When you're fed up with the daily grind, Gator Mike's is the place to unwind. It would pretty much be impossible not to unwind in this 10-acre oasis of dinosaurs, pizza, ice cream and just plain fun.

As the only amusement park in the Cape Coral area, Gator Mike's Family Fun Park is packed with arcade games, bumper boats, aerial ropes, go-karts, miniature golf, paintball in the woods, and a zipline across the fish and turtle-feeding pond.

The park is also flanked on one side by a Mellow Mushroom pizza restaurant and an ice cream, candy and cake shop on the other.

"We like adding new things to keep people engaged and coming back," said Gator Mike and Mellow Mushroom owner Chris Scuderi. Mellow Mushroom opened last summer. The bumper boats debuted in January. The X Cream, Cones and Cake shop was added in April. Bumper cars are coming soon.



Gator Mike's and Mellow Mushroom owner Chris Scuderi went from Wall Street trader to fun park and pizzeria owner. Here he shows off his new spinner made out of a bicycle chain.



One of Gator Mike's three themed party rooms painted by Swan Studios, a local artist that specializes in murals and faux finishes.



The Cape Coral Mellow Mushroom has local touches, like a reproduction of this early marketing poster to buy land in this "Waterfront Wonderland."

With an average attendance of 200,000 per year, the things Chris is picking are evidently working. The Cape Coral Chamber of Commerce thinks so, too, awarding him the first-of-its-kind Entrepreneur of the Year Award for 2025.

"Chris has made a lasting impact on our community, bringing top-notch entertainment, great food, and exciting experiences to Cape Coral," the Chamber said in an award announcement.

And it even goes a bit deeper than that, as explained by Gator Mike's General Manager Mary Jo King.

"We love to see the smiles on people's faces when they're enjoying each other here," she says. "It's a snapshot of a memory for them."

That memory-making extends to kids of all ages. Just ask the group of five sisters who chose Gator Mike's for their

annual get-together. The sisters ranged in age from 45 to 62 – and Mary Jo said they had the time of their lives squirting and chasing each other on the bumper boats.



Cape Coral Sun owner Bonnie Yapello and daughter Marisa check out Gator Mike's bumper boats, which debuted in January.

Dining at Mellow Mushroom is another memory-making experience – especially the Holy Shiitake Pie – as is the ambiance of the entire restaurant. Each of the 160 Mellow Mushroom locations features local touches.

The Cape Coral location delights with just the right colors and details. Like the canal painted on the floor that leads from the front door to the bathroom. And the burrowing owl with its wings spread in welcome. A colorful, fun, psychedelic vibe graces the entire place, with a similar feel in the ice cream and candy shop.



Specialty pizzas at Mellow Mushroom include (clockwise from top left): Funky Q Chicken, Pacific Rim, Great White, Holy Shiitake Pie and Thai Dye Pie. Hint: If something is not on the main menu, ask about the secret menu.



Decked out with colorful art and clever touches, the entire ambiance of the Mellow Mushroom restaurant is one of groovy fun.

A continuity of excitement, good vibes and fun runs throughout the entire property – all spearheaded by a man who once spent 22 years on a trading desk on Wall Street.

"I woke up one day in 2014 and said, 'I can't fake this anymore,'" Chris said. He had recalled the speech his father gave at his wedding back in 2001, telling him something like "play in the earth."

"I made a 180-degree opposite turn from what I was doing," Chris said. He and his wife left Long Island for North Carolina, purchasing a two-acre amusement park in the Charlotte area.

"There was never enough land to do what I wanted to do," Chris said, so they jumped at the chance to check out a larger fun park for sale in Cape Coral, paying a visit in 2018.

Known as Bat-A-Ball & Family Fun Park, the park had been opened by pro baseball player Mike Greenwell in 1992. The site featured batting cages, an arcade, miniature golf, go-karts and an on-site bar.

While the Greenwell name alone drew in the crowds and the place was a hit, the park began to show signs of disrepair starting around 2008. By 2018, the place was pretty much in shambles.

But Chris and his wife still came down to take a gander to see if it was something they wanted to invest in.

His wife said no. Yet the self-proclaimed "wonky visionary" gave her a glimpse of what the place could become – a safe and entertaining getaway for families. And he added an out.

"Let's do this for three years," Chris had told her. If it wasn't showing promise during that time, they'd move on to something else.

Six years later, Chris and his wife are still here, and Gator Mike's is going strong. The park actually had record revenue during COVID. And even *Hurricane Ian* couldn't knock down the aerial rope and zipline tower.

"We're not trying to outdo Mike," Chris said of the previous owner. The "Gator Mike" name honors the nickname Greenwell earned after hiding a small alligator in a teammate's locker.

The previous park had served its purpose, but revamping certain things, like the decades-old miniature golf course, would have been more costly and frustrating than simply building a new one.

The batting cages were taking up a huge amount of space while bringing in little return. And new activities and



The dinosaur-themed miniature golf course is one of the most popular attractions at Gator Mike's Family Fun Park.



Well, hello there! Come on in and play some miniature golf at Gator Mike's.

attractions continue to go on the list as they arise. The existing slate of activities are also deliciously affordable, such as the party packages that come with pizza and activity options – all celebrated in one of the three hand-painted rooms of your choice.

The goals of the park include generating more group activities and giving back even more to the community. Deals for schools are already available, particularly if they want to schedule a spirit night event or field trip.

Schools may also purchase Gator Mike passes at a discounted rate, then sell the passes to parents to help raise money for the school – while still passing on a discount to the parents.

Other fundraisers are on the list, such as a Tunnel to Towers event to help first responders. Another possibility is a "Pups and Pizza" fundraiser to help local animals.

The 10-acre property is a perfect place for larger events, and the possibilities are wide open.

"If you're doing something with 500 best friends, this is place to do it," Chris says.

It can also be a thrill for groups of any size, or even soloists, giving anyone an escape from their daily routine. The Chamber perhaps said it best: "Thank you, Chris, for your hard work and for helping make Cape Coral a better place to live, work, and play!"

**Gator Mike's Family Fun Park
Mellow Mushroom Pizza Bakers
X Cream, Cones and Cake**

35 NE Pine Island Road, Cape Coral
(239) 574-4386
www.GatorMikes.com

Friends Of The Cape Coral Library

Drawings By Children’s Environmental Art Contest Winners Plus Crafts Created From Repurposed Books In Cape Coral Library Gallery May 14 Through June 26

Changing exhibitions in the Cape Coral Library’s expansive art gallery are sponsored by the Friends of the Cape Coral Library (FOCCL) and are designed to afford local artists the opportunity to share their work in this public forum. The library is located at 921 SW 39 Ter., off of Mohawk Parkway, and the latest exhibit will be open during their regular business hours May 14 through June 26.

On the walls of the alcove area will be the 20 awarded entries from the 19th Annual Children’s Environmental Art Contest, Coloring the Earth sponsored by the Friends of the Cape Coral Library and the Cape Coral-Lee County Public Library. The winning artwork, created by local youngsters ages 5 through 12, will be framed and arranged by age category on the walls. Stop by the gallery and appreciate the examples of original art that reflect each child’s personal interpretation on this year’s theme, protecting our mangroves.

Visitors to the library gallery will also enjoy seeing, in the illuminated display cases, a sampling of crafts made by members of the Friends of the Cape Coral Library informal book crafter group who enjoy creating lovely items by repurposing old or obsolete books.

For information about library exhibits, contact Art Gallery Chairperson Monica Rahman by email to gallery@capefriends.org or visit www.capefriends.org. Follow “Friends of the Cape Coral Library” on Facebook.

Did You Know There Is A Beautiful Butterfly Garden At The Cape Coral Library?

Those who came on Saturday, April 5, for the Butterfly Garden tour hosted by the Garden Club of Cape Coral now know all about the Cape Coral Library’s best kept secret. Garden Club members wearing butterfly themed outfits were there to greet guests for the event. Along with the tour of the garden that day, there were other activities in the library’s meeting room such as nature crafts for kids, a display of books on related topics, and even a close-up view of some live butterflies in their caterpillar and chrysalis stages of development!



Everyone can enjoy sitting in the Butterfly Garden at the Cape Coral Library.



Book crafter Anne with a few examples of creations to be displayed in art gallery.

The Butterfly Garden can be accessed through the glass door just beyond and to the right of the circulation desk of the Cape Coral Library located at 921 SW 39 Ter. It’s open to the public during library hours of operation. You’ll find a paved patio with benches and picnic tables under umbrellas where visitors can relax amidst trees, bushes and flowering vines that have been specially chosen to attract many different kinds of butterflies. While the Garden Club of Cape Coral provides the expertise and maintains the plants, Friends of the Cape Coral Library purchased all the outdoor furnishings and provide ongoing funds for garden supplies. Several FOCCL members who are avid gardeners as well as book lovers belong to both groups. So, it’s a wonderful collaboration all around!



Plant with caterpillars at Garden Club library event.



Martha H. of Garden Club shows her butterfly wings.

Friends Of Cape Coral Library Had Another Successful Book Sale Fundraiser!

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, our

many wonderful members who volunteered, the local media who helped get the word out, and all the book lovers who came to shop in the large meeting room of the Cape Coral Library located at 921 SW 39 Ter. Proceeds from the event will be used to support the library branch. The next book sale is scheduled to be held in November, the week before Thanksgiving.

Visit www.capefriends.org or follow us on Facebook for updates.



Loralee, Joan, Linda and Carol with special books.

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May Is Older Americans Month

Through Independence, Life Plan Communities Flip The Script On Aging

By Sarah Richard,
Executive Director, Gulf Coast Village

Each May, Older Americans Month is observed to recognize the older adults in our lives. The 2025 theme, “Flip the Script on Aging,” focuses on transforming the way society perceives, talks about and approaches aging.



This theme encourages Americans to challenge stereotypes and dispel misconceptions about the older generation, while also shining a light on the opportunities for connections, exploration and purpose that we discover as we age.

Aging is a beautiful thing. With each day and each moment, you obtain a wealth of knowledge that can only come from a life of lived experiences. The thrill of life doesn’t have to stop once you transition to a resort-style senior living community. In fact, it’s the perfect time for life to become more exciting.

Transitioning into a senior living community is a unique period in your life – you’re setting sail on a new way of living and seeking new, enriching experiences. With a different way of living comes a wave of fresh opportunities – a chance to try that hobby you’ve never had the time to explore, to make a new friend or to unlock hidden passions.

Moving into a new community is a perfect opportunity for you to step out of your comfort zone alongside a community of like-minded individuals. When the time is right, entering a resort-style senior living community poses several benefits for retirees seeking a new experience.

In a life plan community, you have the freedom to adopt a new daily routine, fall in love with a new hobby and discover lifelong friendships. Most of all, making the move to a life plan community ensures that you’re taking the right steps to provide yourself with a new quality of life.

What Is A Life Plan Community?

Life plan communities, also known as continuing care retirement communities, are a form of senior living that offer residents the full continuum of care. Life plan communities include independent living, assisted living, memory support and skilled nursing, but older adults can enter a life plan community at any stage and transition to a different level as their needs shift.

- Independent living is for retirees who do not require health services but no longer want to bear the burden of home ownership and upkeep, planning the grocery list every day, or the many other things that keep you from spending time doing what you enjoy.

- Assisted living is for adults who require help with daily activities, such as dressing or bathing, but also desire the independence and amenities of a life plan community.

- Memory support is a safe and controlled environment designed to care for adults experiencing cognitive decline.

- Skilled nursing is for adults recovering from an illness or procedure, or those with chronic conditions that require daily attention.

Through independence and enriching lifestyles, life plan communities work to break the stigma that often surrounds the concept of senior living communities and the outdated stereotype of a nursing home. Life plan communities are an entirely new way of life, from the activities and events to the people you meet and experiences you gain.

Opportunity For Connection

Senior living professionals understand that older adults can suffer from depression and anxiety as they age. According to the federal Centers for Disease Control, about 4% of adults aged 70 and over have depression. To combat this issue, life plan communities curate robust activity calendars that encourage residents to get out, have fun, and make connections.

Socialization leads to increased mental and physical health, which is particularly important for older adults. Spending time with other people, even through a phone call or video conference, promotes sharper memory skills, lowers stress and reduces risk of chronic illnesses, while also providing a sense of purpose.

Gulf Coast Village, Cape Coral’s only life plan community, encourages new residents to attend events so they can meet new people and become more engaged with their new home. Oftentimes, residents will form their own friend group and will continue to participate in activities together in the months and years ahead.

Taking the extra step toward socialization in a new environment can be a rewarding experience, leading to increased mental wellness and enjoyed experiences. Regardless of size, life plan communities make socialization convenient for older adults to spend time with one another through a tight-knit environment, robust activities and planned events.

Retirement isn’t the end of the enriching life you’ve always lived – it’s the beginning of a new chapter filled with fresh opportunities and meaningful experiences. At Gulf Coast Village, residents are encouraged to keep pursuing their unique hobbies and share the joy with their neighbors. Residents are invited to collaborate to create their own clubs and activities, building connections with neighbors and friends.

Some residents teach art classes, some teach in the woodshop, while others volunteer part-time in our on-campus thrift store or even join a committee.

In a life plan community, you’re never alone. You are surrounded by fellow retirees also navigating life’s journey.

To learn more, visit GulfCoastVillage.org or call (239) 510-8712.



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



Create
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Red, White & Boom Tickets On Sale Now!

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



For over 22 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!

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 purchase 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.

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

‘Ariya’s Act’ Cracks Down Against Hot Car Tragedies

The Florida Department of Highway Safety and Motor Vehicles (FLHSMV) Executive Director Dave Kerner, Department of Children and Families (DCF) Secretary Taylor Hatch, State Surgeon General Dr. Joseph Ladapo, Division of Emergency Management Meteorologist Caitlyn Gillespie, Florida Highway Patrol Colonel Gary Howze, and other public safety leaders gathered at the Florida Historic Capitol to highlight the dangers of leaving children, pets, and vulnerable adults unattended in vehicles.

Joining state leaders recently were the parents and grandparents of Ariya Paige, who lost her life in July 2023 when her babysitter left her inside a hot car for five hours. Grandmother Pamela Paige worked with Senator Jennifer Bradley and State Representative Chuck Brannan to get Ariya’s Act written and passed. On April 16, 2024, Florida Governor Ron DeSantis signed Ariya’s Act into law.

“We live in the beautiful Sunshine State,” said FLHSMV Executive Director Dave Kerner. “We love Florida’s radiant sun, but it can be deadly for anyone left inside a car. Our goal is to ensure no living thing is ever left inside a vehicle. We gather today to remind parents, grandparents, babysitters, and others that you must never leave a child, pet, or vulnerable adult inside a vehicle.”

“Keeping our vulnerable populations safe is our highest priority at the Department, and it takes a united approach,” said DCF Secretary Taylor Hatch. “With Florida’s high temperatures, even a few minutes in a hot car can turn into a life-threatening situation. We urge every caregiver to ‘Look Before You Lock.’ To every Floridian, we need your help. Spread awareness and be vigilant on behalf of vulnerable Floridians left unattended in a vehicle. Together we can protect and support one another.”

“Even a few minutes in a hot car can cause heatstroke, especially for children,” said State Surgeon General Dr. Joseph Ladapo. “Each one of these deaths is heartbreaking, but we can take preventive steps. Make it a habit to check the back seat before locking the car.”

“I appreciate FDEM’s Deputy State Meteorologist, Caitlyn Gillespie, for sharing her expertise to underscore the dangers of extreme heat and the importance of staying vigilant,” said Florida Division of Emergency Management (FDEM) Executive Director Kevin Guthrie. “A parked car can become dangerously hot in just minutes, putting children, pets and vulnerable individuals at serious risk. Drivers should always check backseats before locking their vehicle and never leave anyone unattended inside.”



Ariya’s mother, Brooke Paige, said, “Ariya’s Act, commemorates Ariya Renee Paige, my 10-month-old daughter who died on July 19, 2023, when she was left unattended in a vehicle for five hours by her babysitter. Our family is devastated and will always feel like a piece of our heart is missing with the loss of Ariya. Now we are dedicated to ensuring no other families lose a child like we lost our precious baby girl. Ariya’s Law ensures that she will forever be remembered and when lives are saved as a result, her death will not be in vain.”

Ariya’s grandmother, Pamela Paige, said “Education and awareness for families and caregivers is an important step in eliminating hot car injuries and death, as this is 100% preventable. The Department of Highway Safety and Motor Vehicles, the Department of Children and Families, the Department of Health, local governments, and other agencies can make a difference by helping to educate the public about the dangers of hot cars and what to do if they see a child left alone in a vehicle. We will continue to tell Ariya’s story and promote education and awareness.”

Leaving a child in a hot car may seem inconceivable, but unfortunately it occurs, and the results are often deadly. The inside of a car can get hot fast, reaching temperatures in the hundreds within minutes. Some tips to keep everyone safe this summer include:

- Checking the back seat before you leave the vehicle.
- Putting your purse, phone, or lunch, in the backseat so you are sure to look before you lock the door.
- Never leave your car unlocked. Children may accidentally lock themselves in and are unable to get out.
- If there is a change in routine plans and someone different is dropping the kids off, having them call at drop off so you know everyone made it safely.

According to the National Safety Council, in 2024, 39 children died in the United States after being left in a vehicle, marking the highest number in a single year since 2019. For more information on hot car safety tips, please visit FLHSMV.gov/heatstroke.



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Catch The Action

May On The Water

By Capt. Bill Russell

May is a month with warm weather, calm seas, and the potential for good fishing. The month brings a host of choices for anglers of all skill levels.

This is the time of year that gives anglers the best opportunity to hook into a tarpon, as they move into Southwest Florida waters by the thousands. Look for them a short distance off the beaches, around the Gulf Passes, bridges, plus throughout the inshore waters. Tarpon's diet includes a variety of baits, however at times they will not eat anything you offer. Live baits including crabs, Atlantic thread herring, pinfish, and large shrimp are top choices and cut bait fished on bottom, including mullet, ladyfish, and catfish tails are tarpon favorites.

Sharks of all sizes roam the inshore waters, around the Gulf Passes, and offshore around schooling baitfish and reefs. Large hammerhead and bull sharks follow tarpon schools awaiting their next meal. Spinner and blacktip sharks are almost identical in appearance, and both offer an incredibly hard fight, often with a great aerial show. If you are fishing an area and hooking ladyfish or mackerel, you can be assured sharks are nearby. A chunk of ladyfish is sure to get attention, use a minimum of a foot or two of wire leader to prevent cutoffs.

Spanish mackerel is an underrated fish that gives an excellent fight as they are super-fast and strong. If iced down as soon as they are caught and eaten fresh, they are very good on the table. Good numbers of schooling mackerel frequent areas just outside or inside the Gulf Passes, around bridges, and artificial reefs within sight of land. Either trolling or casting silver spoons with a fast retrieve is the top method for consistently hooking mackerel. A short trace of light wire leader reduces cutoffs from their razor-sharp teeth.

Mangrove snapper is one of our tastiest fish and at times the most abundant. As waters warm, snapper in the Gulf of Mexico move closer to shore, plus many relocate to our inshore waters. What snapper lack in size they make up for in tenacity and food value, plus they may be the easiest fish to target. Many anglers catch their fair share from land while targeting bridges, docks, and piers. Live shrimp is



the top bait, a small hook and light leader is necessary to fool their keen eyesight.

Good snook fishing continues through the month of May. Many are on the move, as they head to areas in and near the passes for their upcoming summer spawn. Snook can range in size from little guys barely over a foot long to big girls over forty inches. While snook will pounce on a variety of lures and baits, live oily baitfish, including scaled sardines or pilchards, Atlantic thread herring, and grunts or pigfish are the top baits. Expect the best snook bite on days with strong tides. Snook season is closed.

Sea trout are in good numbers across the inshore waters and along the beaches. Larger ones, often over twenty inches, are commonly caught by snook anglers fishing around island points and oyster bars, plus structure along the beaches. Grass flats with good tidal movement can hold high numbers of trout from small to large.

For a variety of fish, near-shore artificial reefs are a great place. You may hook into anything from smaller fish like snapper to huge man-size goliath grouper and everything in between. An assortment of tackle from light to heavy, a variety of bait, and an open mind is the key to taking advantage of what these areas offer on any given day. Reefs are a great place to experiment and try different things while keeping your eyes open for unexpected visitors. Permit and cobia are common over many of the reefs. While cobia eat about anything, neither species often pass on a small live crab.

May will give us consistent days of great weather with blue

skies and light wind. Our summer afternoon thunderstorm pattern will kick in so always keep an eye on the sky to stay ahead of an approaching storm. Good weather and the potential for great fishing, what's not to like about the month?!

To keep up on current fishing regulations, you can go to www.myfwc.com or download the Fish Rules app for the latest rules and 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 29 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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Garden Club Of Cape Coral Awards 2025 Merit Scholarships

The Garden Club of Cape Coral (GCCC) recently granted two Cape Coral high school seniors a total of \$5,000 through their Merit Scholarship Awards Program. These awards are given annually to local students who excel academically and in their environmental efforts as active members in our community. The 15th annual awards in memory of club co-founder Marty Ward were granted to Sophia Lamping of Cape Coral High School and Camden Phillips of Oasis High School. They were selected because of their academic achievements, leadership and hands-on participation in horticulture, agriculture, hydrology and natural resources, as well as their commitment to continuing their efforts in conserving our precious environment for the future. In addition, the fifth annual award in memory of Donna Conway, funded by the Conway family and friends in 2020, was also presented to Sophia Lamping of Cape Coral High School due to her dedication to The Sanibel Sea School as a camp counselor. Donna Conway was a long-time member of the club who initiated the club's main fundraiser "March in the Park." This event has been held annually since 2009 and is the source of the funds for the club's activities, including scholarships.

Thanks to the precious support of club members and the community, 58 awards ranging in value from \$250 to \$2,500 have been presented to graduating seniors since the program was established in 2011. The value of the awards is determined by the relevance of each student's course of study, extracurricular activities, community involvement and future goals to preserve the environment. Besides being a senior and a Cape Coral resident, applicants must present two references, academic history, active participation in horticultural or environmental projects, and a 250-word personal statement. Applications open in January, with a submission deadline in February, award notifications in March and presentations of the awards at the GCCC April meeting.

Meet The 2025 Awarded Graduating Seniors

Sophia Lamping

Passionate, driven, and dedicated to ocean conservation, Sophia Lamping has been announced as the recipient of the Donna Conway and Marty Ward Scholarships. Sophia's lifelong commitment to protecting marine ecosystems and educating others about the importance of our oceans made her a standout applicant.



Sophia Lamping

Sophia's journey into ocean conservation began at just 7 years old. Her early experiences at Sanibel Sea School, a nonprofit organization focused on marine education, ignited a passion that has only grown over the years. Starting as a young camper, Sophia worked her way up to camp counselor, where she now inspires future generations by teaching practical, everyday actions that can protect our oceans.

In addition to her hands-on work, Sophia demonstrated her commitment academically by authoring an extended essay on coral reef conservation, emphasizing the urgent need to protect these vital ecosystems. Having witnessed firsthand the bleaching and destruction of reefs over her lifetime, Sophia is more determined than ever to make a difference. Sophia was accepted to multiple prestigious Florida universities. She will be attending the University of Florida, majoring in biology on the Pre-Med track, with the goal of becoming a dermatologist.

While her professional aspirations lie in medicine, Sophia

remains deeply committed to marine conservation. She plans to leverage her future career's financial stability to support marine research, fund conservation initiatives, and one day establish a sanctuary for marine life. Beyond her personal goals, Sophia also aims to continue educating communities throughout Florida on the importance of ocean preservation.

"I've seen the ocean change so much in my lifetime, and I know that even small efforts can make a big impact," said Sophia. "Winning this scholarship brings me one step closer to making a lasting difference, both in my career and for the future of our oceans."

The Garden Club of Cape Coral congratulates Sophia Lamping on this well-deserved recognition and with her unwavering passion and clear vision for the future, she is poised to be a leader both in medicine and environmental conservation.

Camden Phillips

The Garden Club of Cape Coral is proud to announce Camden Phillips as a recipient of the Merit Scholarship Award. A storyteller, a scholar, and an advocate for sustainable change, Camden embodies a powerful vision for the future – one where humanity's need for energy is balanced with a deep respect for the natural world.



Camden Phillips

From an early age, Camden recognized the fundamental forces that sustain life: time, humanity, nature, space and energy. With an innate curiosity and a drive to solve problems, Camden's passion for engineering, environmental stewardship, and anthropology grew alongside a love for the wild beauty of the natural world.

Committed to furthering this vision, Camden has enrolled at Florida State University, majoring in electrical engineering with a focus on sustainable and renewable energy, and hopes to minor in anthropology or biology. "Puzzles and problems are much the same in my mind," Camden shares. "Engineering is a game of finding solutions – and solutions are exactly what our world needs."

Camden's dream is to work within the power industry, studying operations and policies firsthand, and ultimately helping to transition Florida's energy grid to renewable sources. "Imagine every rooftop in the Sunshine State becoming a mini solar power plant," Camden says. "Our power grid must go green if we are to survive – and maybe I could help create that future."

Beyond academics, Camden's dedication to nature and conservation has been lifelong. From volunteering at Rotary Park's Eco Adventure Camp and community gardens to participating in coastal cleanups and reforestation efforts, Camden's hands-on work reflects a deep-rooted passion for protecting and celebrating Florida's "wild art."

A natural storyteller with shelves lined with botanical journals and seed collections, Camden believes that plants and ecosystems tell powerful stories – stories that must be protected and passed on. "There is this chaos so careful, if we just dared to look," Camden reflects. "A balance needs to be reached, and maybe I can be the action that builds a better future."

The Garden Club of Cape Coral congratulates Camden Phillips on this well-deserved recognition and looks forward to seeing the impact they will have on creating a greener, more sustainable world.

Garden Club of Cape Coral meets on the second Wednesday of September through May at 5:45 p.m. Please check the club's website, www.gardenclubofcapecoral.com for location. Guests are welcome.

Photos are courtesy of Carmen Sprague Photography

Cape Coral Animal Shelter

5 Years Of Saving Lives – And We're Expanding!

Five years ago, Cape Coral Animal Shelter opened its doors with a mission to provide love, care, and second chances to animals in need. Today, we celebrate an incredible milestone – five years of saving lives, finding forever homes for over 5,000 animals, and making a lasting impact on our community.



As we look back on this journey, we are also looking forward with excitement to the future, as our shelter expands to help even more pets in need. This growth wouldn't be possible without the support of our amazing volunteers, donors, and adopters – thank you for being part of our mission!

Our community has outgrown Phase I of our shelter. With only 12 kennels and three cat rooms, our intake is very limited and we just do not have the room to help all those in need.

Phase II will more than triple our shelter space, allowing us to save the lives of many more abandoned, abused, neglected, and at-risk animals. We will also be expanding our clinic so we can provide affordable veterinary care to even more clients in our community.

Cape Coral Animal Shelter is embarking on our second multi-million-dollar fundraising initiative with the goal of raising critical funding for the construction of the new 19,000-square-foot shelter building and expansion of our clinic.

We invite you to honor a beloved family member, celebrate your achievements, or show your support for our mission by naming a room or space in our new facility. By naming a part of our shelter in memory of a



special person or pet, their legacy will endure through your generosity. Naming rights are an important way for local corporations, organizations, and civic groups to leave a lasting impact in our community.

For more information about our expansion, naming opportunities, or other donations toward our goals, visit capecoralanimalshelter.com/capital-campaign/ or contact Liz McCauley at liz@capecoralanimalshelter.com.

The mission of the Cape Coral Animal Shelter is to engage a special bond between people and animals by means of adoption services, medical care, education, and training for the prevention of cruelty and abandonment. We provide a safe place where animals will remain in our care until they are placed in qualified, forever homes.

Cape Coral Animal Shelter, 325 SW 2nd Ave., Cape Coral, FL 33991, (239) 573-2002, www.capecoralanimalshelter.com.

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Real Estate Corner

Assumable Mortgages And Rate Buy-Downs: What Are They And How Can They Help You Buy Now?

By Kirstin Moll

If you’ve been paying attention to mortgage rates lately, you might feel like your homebuying dreams are just out of reach. It’s no secret that rates in the 7% range have put pressure on monthly budgets – and caused many buyers to pause their plans altogether. But what if there were creative ways to lower your interest rate without waiting for the market to shift?



Good news: There are. Two financing tools – assumable mortgages and rate buy-downs – are gaining traction again, especially here in Cape Coral. While they’re not new concepts, they’ve become more relevant than ever in today’s higher-rate environment.

Let’s break them down.
What Is An Assumable Mortgage?

An assumable mortgage is exactly what it sounds like – you, the buyer, assume the seller’s existing mortgage, including their interest rate, remaining balance, and loan terms. So, if a homeowner locked in a 2.5% or 3% rate during the historic lows of 2020 or 2021, and they’re selling now, you might be able to take over that loan rather than apply for a new one at today’s higher rate.

Sound like a loophole? In some ways, it is. But there’s a catch: Not all mortgages are assumable. Typically, FHA, VA, and USDA loans qualify, while conventional loans usually do not. The buyer must also qualify with the lender holding the original loan – meaning your credit, income, and debt-to-income ratio still need to meet guidelines.

Another challenge is the difference in equity. If the seller has a lot of equity built up, you may need to bring a significant amount of cash to the table to bridge the gap between the loan balance and the sale price. In some cases, that’s where a second mortgage or creative financing might come into play. Still, assuming a low-rate mortgage can result in substantial monthly savings – often hundreds of dollars – compared to today’s rates. For buyers with flexibility and a strong financial profile, it’s worth exploring.

What Is A Mortgage Rate Buy-Down?
A rate buy-down is a strategy that allows you to temporarily or permanently reduce your mortgage interest rate by paying upfront.

The most common type is the “2-1 Buy-Down.” Here’s how it works:

- In year one, your rate is 2% lower than the note rate.
- In year two, it’s 1% lower.
- In year three and beyond, it returns to the original note rate.

Let’s say your loan is approved at 6.75%, but you use a 2-1 buy-down. In year one, your effective rate is 4.75%, year two is 5.75%, and year three resets to 6.75%. That gives you some breathing room during the first couple of years of homeownership.

Who pays for the buy-down? Often, it’s negotiated into the deal, with the seller covering the cost as a concession – especially if they’re motivated to sell or the home has been sitting on the market. The funds are deposited into an escrow account at closing and applied toward the difference in interest payments during the reduced-rate period.

Some buyers use the savings to furnish their new home, tackle renovations, or simply adjust to new financial responsibilities with less pressure.

Which Option Is Right For You?
Both assumable mortgages and rate buy-downs can make

buying a home more affordable in a tough rate environment – but they serve different purposes.

- If your goal is long-term savings, and you’ve found a home with a qualifying low-rate loan, an assumable mortgage could be a game-changer.
- If you’re buying new construction or negotiating with a seller willing to offer concessions, a rate buy-down might give you short-term relief and buying power.

As with any financial strategy, it’s important to talk to a knowledgeable lender and real estate agent who can help you run the numbers and weigh your options.

The Bottom Line
High interest rates don’t have to be the end of the road for buyers in today’s market. With the right tools and guidance, there are still paths to homeownership that make financial sense—right now.

If you’re curious about assumable loans, rate buy-downs, or just need help navigating this evolving market, let’s talk. I’m here to help you make smart moves, no matter what the interest rates are doing.

And before you go: here are the stats on the real estate market in Cape Coral this month:

Median Sold price: \$387,600.
Down 2.9% from last year.
Number of homes for sale: 5,629.
Up 8.9% from last month.
Number of homes sold: 591.
Up 46.7% from last month.
425 Homes were sold under asking.
114 Homes were sold at asking.
52 Homes were sold over asking.
Average Days on Market: 84 Days.
Up 15.2% YoY.

Until next month, Kirstin Moll
Kirstin made the move from Missouri to the sunny shores of Southwest Florida in 2015 and has been proud to call it home ever since. Before stepping into the world of real estate, she honed her skills as a marketing director for a real estate company and then moved on to be a creative director, designing campaigns for some of the top companies in the country. Kirstin’s background in marketing and design gives her a unique edge in showcasing properties in their best light. Kirstin is passionate about providing a full-service luxury experience for every client, whether buying or selling. From the initial consultation to closing, she ensures that every detail is meticulously handled, delivering a seamless and elevated process tailored to meet each client’s needs. Please contact Kirstin at (573) 450-3181 or email with any questions to realestate@kirstinmoll.com.

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Business Spotlight

ACRA Electric:

50 Years Of Powerful Service And Connections In The Cape

By Ryn Gargulinski, Reporter

What’s the secret to staying strong, super-charged and successful for 50 years in Cape Coral? Just ask ACRA Electric. Owned and run by the Greco family, this full-service electrical contracting company recently celebrated five decades in business. And they’re not done yet.

The secret to their success is fairly straightforward, if not downright philosophical – they change yet stay the same.

Company changes include embracing new developments, staying state-certified and knowledgeable about everything electrical, and consistently setting the bar for the highest-quality industry workmanship and materials.

Another big change unfolding at the moment is the ushering in of the third generation of family leadership. The grandchildren of company patriarch Anthony Greco Sr. – Rae Montellano and her cousin Michael Greco – are already at their desks in their second-story offices.

But unlike some companies that may grab at changes in a panicked bid to stay hip or relevant – think new Coke – ACRA incorporates strategic advancements atop an unwavering foundation. That foundation is one of family, quality and service.

Fun Fact: The ACRA name is an acronym of the family founders’ initials: Anthony Sr., Carmella, Robert and Anthony Jr.



The lighthouse Anthony Sr. built for the roof in 1978 still stands on the far right, even through multiple hurricanes.



Company founders Anthony and Carmella Greco, along with sons Anthony and Robert, celebrating ACRA’s 15th anniversary in 1990. This photo is one of many gracing the interior of the company’s vintage van.



Vice President Anthony Greco and son Michael Greco in the on-site workshop that is now part of the company’s multi-building complex.



Company President Robert Greco, his daughter Rae Montellano, Vice President Anthony Greco and his son Michael Greco in front of their vintage van celebrating ACRA’s 50th anniversary in 2025. All four work diligently for the company.

“We take care of our customers,” said company President Robert Greco. “We like to say we work for our friends.”

With a move from Long Island to Cape Coral as teens in 1973, Robert and his brother, company Vice President Anthony Greco, have had a long time to make those friends. The brothers – and the company – grew up side-by-side with Cape Coral.

Founded in 1975 by Anthony Sr. and Carmella Greco, along with their two sons, ACRA started as a small office and light fixture store. Anthony Sr. built and installed a lighthouse on the roof of the store in 1978 to help draw customers to the shop.

They have 55 employees, a fleet of 30 vehicles, and a multi-building complex that includes an on-site workshop, warehouse and a handful of offices. And don’t forget Sparky, a vintage 1964 Ford Econoline van outfitted with photos in honor of ACRA’s 50th anniversary.

Robert and Anthony Jr. took the helm after their parents retired in 1996. The brothers, now 69 and 63, are toying with the retirement idea themselves. Kind of.

In any event, Robert’s daughter Rae and Anthony’s son Michael are ready for action. The cousins have been involved in the family business since they were kids, and both are thrilled to be a part of it.

Home wiring made up the bulk of their business, and they were able to wire a new home in a single day. They didn’t even need a service department because everything was fresh and new. Not anymore.

Wiring a new home today can take up to three weeks – and many things in the Cape are no longer fresh or new.

“You know you’ve been around a while when a once-new building you wired gets torn down for being obsolete,” Robert laughed. ACRA now boasts four departments: commercial, residential, service and marine, with dock wiring being one of their specialties.

“I was filing papers here as soon as I learned the alphabet,” Rae recalled, “and was working in the warehouse by age 12.” With an MBA and a background working for major corporations like Chico’s, the 39-year-old brings business expertise to the table.

Michael, 35, brings the highest certification of master electrician, along with strong experience and a sense of humor. The latter is evidenced by his enjoyment of the photo of his dad and Uncle Robert’s looming faces over his desk reminding him to “Get to work.”

To be fair, the entire family has a grand sense of humor – and an even grander sense of caring and commitment. Both Robert and Anthony used to sneak service calls into their date nights – a move that evidently paid off. Robert’s wife Denise and Anthony’s wife Cathy both ended up working for the family business.

When *Hurricane Ian* hit in 2022 and ACRA phones were down for weeks, Greco family members were using their personal cell phones to connect with scrambling customers. When *Hurricane Charley* hit in 2004 and threw the building’s roof into the parking lot, Robert still came to work without a proper office. He simply did all his work in an area that still had a ceiling – a closet.

And yes, the lighthouse on the roof is still standing through it all. Take it as testament to the strength, longevity and quality you can expect from the company – their firm foundation that was built to last.

ACRA Electric Inc.
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LCEC Membership Has Rewards: Understanding Equity Credits

By Karen Ryan, APR, CPRC – LCEC Public Relations Director

Being a member of an electric cooperative means more than receiving reliable electricity – it means you’re an owner. Ownership comes with benefits including earning equity over time.

Each year, any revenue left after covering operating expenses is allocated to members as equity credits. This isn’t an extra charge or a fee. Instead, it is a share of the LCEC annual success based on the electricity used



by the member. These funds help improve and maintain the electric system, ensuring safe and reliable service. Over time, as financial conditions allow, the LCEC Board of Trustees approve the return of equity to members in the form of a credit on the bill or a check.



Equity Retirement: Who’s Getting A Return On Their Investment This Year?

The Board of Trustees has approved the retirement of equity credits using the First In, First Out (FIFO) method. This means active and inactive members who have been part of the LCEC cooperative the longest will receive equity accrued

through 2000. This amounts to \$5.7 million.

This year’s retirements recognize the loyalty of the longest-standing LCEC members. Think of it like a rewards program – membership over time builds value. While not an instant perk, investment in the electric system has a benefit.

Karen Ryan, APR, CPRC is the Public Relations Director for LCEC. She has been on the LCEC team since 1997 and has been writing about energy safety, savings and utility cooperatives for decades. LCEC served nearly 250,000 members in a six-county service territory and has been delivering electricity in Cape Coral since 1958. Karen serves on the Board of Directors for United Way of Lee, Hendry, and Glades and the Edison & Ford Winter Estates and is a past member of the Cape Coral Chamber of Commerce. She is also a past-president of the Florida Public Relations Association and the Edison Festival of Light and past chair of the American Heart Association Heartwalk and United Way campaign.

May Is National Water Safety Month

Stay Safe And Make A Splash Responsibly

As temperatures rise and families flock to pools, beaches, and lakes, May marks the start of one of the most anticipated seasons of the year – summer. It’s also National Water Safety Month, a critical reminder of the importance of staying safe in and around water. Whether you’re swimming for fun, boating with friends, or letting your kids enjoy a splash pad, taking the right precautions can make all the difference.

Why Water Safety Matters

According to the Centers for Disease Control and Prevention (CDC), drowning is one of the leading causes of accidental death among children, particularly those under the age of 14. For every child who dies from drowning, another five receive emergency care for nonfatal submersion injuries. Many of these tragedies are preventable with proper education, supervision, and safety measures.

The ABCs Of Water Safety

Teaching and remembering the ABCs of Water Safety is a simple and effective way to reduce risk:

A – Active Adult Supervision. Never leave children unattended near water – not even for a moment. A responsible adult should always be watching, preferably within arm’s reach of young or inexperienced swimmers.

B – Barriers. Install and maintain proper barriers around pools and spas. Fences, gates, pool covers, and alarms can provide critical seconds to prevent unsupervised access.

C – Classes. Enroll children and adults in swimming and water safety classes. Knowing how to swim, float, and respond in emergencies builds confidence and can save lives. CPR and first aid classes are also essential for caregivers and pool owners.

S – Swim Lessons. Most drownings occur in home swimming pools. Children as young as 6 months can learn skills to save themselves after falling into a pool.

Additional Water Safety Tips

1. Use life jackets when needed. Ensure children and non-swimmers wear U.S. Coast Guard-approved life jackets in pools, on boats, or near open water.

2. Avoid distractions. Put down the phone and stay focused. It only takes seconds for a child to slip under the water unnoticed.

3. Be cautious around all water sources. This includes bathtubs, buckets, lakes, rivers, and even pet water bowls. Young children can drown in as little as one inch of water.

4. Swim in designated areas. Whenever possible, swim in places supervised by lifeguards. Natural water settings can have unpredictable hazards like currents, drop-offs, and debris.

Spreading Awareness

National Water Safety Month is a collaborative effort led by organizations such as the Pool & Hot Tub Alliance, the American Red Cross, and the National Recreation and Park Association. Throughout May, these groups promote educational campaigns, host events, and provide resources to encourage families and communities to take water safety seriously.

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Coming Up In The Cape

Here Comes Summer Luncheon At Lake Kennedy Center

Thursday, May 15 – 12:30 to 2:30 p.m.

Kick off the summer with a delicious luncheon at Lake Kennedy Center, 400 Santa Barbara Blvd., on Thursday, May 15, starting at 12:30 p.m. The cost is \$7 per person, and pre-registration is required. For more information call (239) 574-0575.

Designer Bag Bingo At Lake Kennedy Center

Friday, May 16 – 7 to 9 p.m.

Adults ages 18-plus are invited to join us for Designer Bag bingo at Lake Kennedy Center, 400 Santa Barbara Blvd., on Friday, May 16, from 7 to 9 p.m. The doors will open at 6:30 p.m., and bingo will begin at 7 p.m.

The cost is \$25 per person to play ten games for the chance to win a designer handbag. Participants are welcome to BYOB and food. Please RSVP to (239) 574-0575

Mid-Week Bingo At Lake Kennedy Center

Thursday, May 22 – 12:30 to 2 p.m.

Take a mid-week break with an afternoon of Bingo at Lake Kennedy Center, 400 Santa Barbara Blvd., on Thursday, May 22 from 12:30 to 2 p.m. Doors open at 12:15 p.m.

The cost is \$12 for 10 rounds of bingo and a snack. Extra cards are available for \$10 each. BYOB and food.

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

MGA League At Coral Oaks Golf Course

Wednesday, May 28 – 8 a.m. to 12:30 p.m.

Coral Oaks Golf Course hosts an 18-hole Men’s Golf Association (MGA) event every Wednesday with an 8 a.m. “shotgun” start. This means every golfer starts at 8 a.m., with each four-man group on a different hole. Groups are drawn by the Coral Oaks Pro Shop.

MGA annual dues are \$50, and each Wednesday, every golfer pays for golf plus \$6 into the prize money pool, which is given as credit to be spent at Coral Oaks, either in the Pro Shop or the restaurant (golfer’s choice).

There are also MGA events offered on Mondays, Fridays, and Saturdays, starting at 7 a.m. These are typically smaller groups, with every foursome starting in succession on hole No. 1.

For more information on the MGA League, Contact Dave Kenney at flsaltbass@gmail.com or Coral Oaks Golf Course at (239) 573-3100.

Hurricane Expo 2025 At Mercola Market

Saturday, May 31 – 9 a.m. to 1 p.m.

The City of Cape Coral will host its annual Hurricane Expo on Saturday, May 31, from 9 a.m. to 1 p.m. at Mercola Market.

Look for more details coming soon!

Dinner With A Psychic Medium At Lake Kennedy Center

Friday, June 6 – 6:30 to 8:30 p.m.

Patricia is back! Join us on Friday, June 6 at 6:30 p.m. for an

unforgettable evening of love, laughter, tears, love and validation as Patricia connects to your loved ones on the other side.

Patricia reads with great accuracy, integrity, humor and love. Although Patricia is known for getting to as many audience members as possible, a reading is not guaranteed.

The cost is \$39 per person, including dinner and the show. BYOB and pre-registration is required. For more information and to reserve your spot, call (239) 574-0575.

Dadfest And Car Show At Club Square

Sunday, June 15 – 8:30 a.m. to 12:30 p.m.

Cape Vineyard Community Church will be hosting “Dadfest” with a car show on Sunday, June 15 in Club Square, south of SE 46th Lane, north of SE 47th Ter and intersection by SE 10th Place.

For more information, call (239) 645-1980.

Go Skate Day At Eagle Skate Park

Saturday, June 21 – 12 to 8:45 p.m.

Saturday, June 21 is National Go Skate Day! Celebrate the pure exhilaration, creativity, and spirit of one of the most influential activities in the world and go skateboarding at Eagle Skate Park, 315 SW 2nd Ave.

Anyone who brings their own skateboard will get free entry into the Skate Park from 12 to 8:45 p.m. and there will be giveaways throughout the day!

For more details, call (239) 574-0490.

CAMEO Of Lee County To Host Third Annual “A Night At The Races” Fundraiser

To Support The Underserved Senior Population In Lee County

By Amanda Barton, www.seniorbluebook.com

CAMEO of Lee County is proud to announce the return of its signature fundraiser, A Night at the Races, taking place on Friday, May 30, at Marian Hall at St. Cecilia Parish, 5698 Sunrise Dr., in Fort Myers. Doors open at 5 p.m., with a prerecorded Derby race beginning at 6 p.m.

Now in its third year, A Night at the Races brings together the community for a high-energy, Derby-themed evening featuring professionally managed horse derby races with funny money, best hat contest, a chance auction, amazing raffle prizes, silent auction, a delicious catered dinner, refreshments, and the opportunity to network with local professionals and community leaders.

All proceeds benefit CAMEO of Lee County’s Grant

Fund, which supports programs and initiatives that directly benefit underserved seniors in Lee County.

Registration And More Information

General admission is \$60, which includes dinner and drinks, derby betting funny money, chance and silent auction, photo booth and a best hat contest. Sponsorship opportunities are also available.

For more information or to purchase tickets, visit www.cameoofleecounty.com.

For additional details on CAMEO of Lee County’s mission, upcoming events, sponsorships or membership, please contact: cameocares@gmail.com or visit www.cameoofleecounty.com.

About CAMEO

CAMEO (or Cooperative Associates Marketing Elderly Options) is a registered 501(c)(3), not-for-profit organization consisting of individuals who are dedicated to the betterment of the lives of seniors in Southwest Florida. Our organization has concentrated its efforts on helping the underserved senior population in Lee County. Since its formation over 10 years

ago, we have awarded over \$250,000 in grants, all thanks to the generosity of our valued members, premier sponsors and local community businesses. CAMEO is run by a board of volunteers with no paid employees so 100 percent of the funds raised go back to the seniors in our community.

CAMEO is committed to serving the needs of seniors residing in Lee County by:

- Fundraising efforts for our annual grant ceremony (held each year at 9 a.m., on the third Thursday in July, at Marian Hall at St. Cecilia Parish)
- Communicating information on available services and resources
- Providing access to current information on government programs and funding
- Identifying service gaps in our community and providing available solutions
- Working as a team to improve the quality of life for our Older Adults through networking and the sharing of ideas and values



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2025

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WEEK 3 JUNE 23 - JUNE 27
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651 SUNRISE BLVD.
LEHIGH ACRES, FL 33936

WEEK 4 JUNE 30 - JULY 3
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Cape Coral Social Club

Friends, Fun, Community

The Cape Coral Social Club provides members with the opportunity to make new friends while enjoying the camaraderie of current friendships in a warm and congenial atmosphere. Members are encouraged to have fun and participate in the club’s various offerings that include monthly general meetings featuring informative and entertaining speakers and monthly dinner dances with great food, music and dancing. We also offer organized day trips, cruises, games, boating and much, much more.

To find out more about the Cape Coral Social Club you can attend our monthly meetings as a guest. Monthly meetings are held every fourth Thursday of the month at the German American Social Club (we rent space there). Sign in and light refreshments start at 9:30 a.m. and the general meeting with the guest speaker starting at 10 a.m. The address is 2101 SW Pine Island Road, Cape Coral, FL 33991.

Why Join Us

- Enjoyment for everyone
- Organized trips, tours, cruises, dining and much more.
- Informative and relevant guest speakers
- Monthly dinner dances
- Have fun
- Make new friends
- Community involvement

Who Can Join

- Anyone from Cape Coral and surrounding areas
- No residence requirements
- All are welcome, visitors and residents (and snowbirds!)

Community

The Cape Coral Social Club (CCSC) serves the community by supporting many local charities such as:

- The Cape Coral Caring Center
- Do the Right Thing
- Cape Coral for the Children Charity
- Cape Coral Animal Shelter

June Dinner Dance

Cape Coral residents and visitors are invited to an evening of dining, dancing, and live entertainment at the June Dinner Dance, hosted by the Cape Coral Social Club. The event will take place on Saturday, June 7, at 5:30 p.m. and is open to the public.

Attendees will have the option to choose from three delicious meal selections while enjoying live music by The Bandstand Band. Whether you’re a seasoned dancer or just looking for a fun night out, this event promises an enjoyable experience for all.

Tickets are priced at \$35 for members and \$40 for guests when paying by cash or check. Credit card payments are also accepted at an adjusted rate of \$38 for members and \$43 for guests. Tickets can be purchased at Lake Kennedy Center, Farmer Joe’s, Family Hardware on SE 47th Terrace, or online at www.capecoralsocialclub.org or by calling Judy, (239) 699-0123.

Don’t miss this fantastic evening of food, music, and camaraderie!

You’re Invited! Sip, Savor And Discover Life At Gulf Coast Village

Join us for a delightful afternoon of handcrafted signature cocktails, tasty appetizers, and engaging conversation with our wonderful residents. Learn firsthand what makes Gulf Coast Village Cape Coral’s only Life Plan Community and why our residents love calling it home.



Resident Panel Q&A

Ask questions, hear personal stories, and gain valuable insights into the Gulf Coast Village lifestyle.

Art Exhibit Premiere – Textile Treasures

Be among the first to experience our captivating new exhibit in partnership with the North Fort Myers Art Association. This stunning collection features fabric art by both local and resident artists. Select pieces will be available for purchase, so come ready to be inspired—and to shop!

Date: Thursday, May 22 – 2 p.m.

Location: Gulf Coast Village Auditorium, 1333 Santa Barbara Blvd., Cape Coral, FL 33991.

Bring a friend and enjoy an afternoon of art, community, and connection!

RSVP by May 15. Call (239) 350-4077 or visit GulfCoastVillage.org to reserve your spot.

Free Kids’ Lunches At Sanborn Park



The Cape Coral Parks & Recreation Department is partnering with the School District of Lee County and the U.S. Department of Agriculture (USDA) to host Summer BreakSpot at Paul Sanborn Park, 2310 SE 3rd Street.

The Lee County School District will provide free lunches to children and youth aged 18 and under, and the Parks and Recreation Fun-Mobile will offer free games and activities at Paul Sanborn Park from 11 a.m. to 1 p.m. every weekday from June 9 through July 30 (excluding June 19 and July 4). Students of any age participating in a public or private nonprofit school special education program are also eligible for free meals through Summer BreakSpot.

For more information or to find other locations offering free lunches for children and youth, visit www.SummerBreakSpot.org.

For more information on Cape Coral Parks and Recreation and the Fun-Mobile, visit www.CapeParks.com.

The Summer BreakSpot site map goes live May 15, please visit www.summerbreakspot.org for locations.

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Hurricane Preparedness Expo

In preparation for the upcoming hurricane season, Cape Coral’s Department of Emergency Management and Resilience will host the city’s Third Annual Hurricane Preparedness Expo. This event is scheduled for Saturday, May 31, from 9 a.m. to 1 p.m. at Mercola Market, 125 SW 3rd Place, Cape Coral.

Residents are encouraged to attend to gain valuable insights into hurricane preparedness. The expo will provide information on evacuation zones, guidance for developing family preparedness plans, assistance in assembling emergency kits, and opportunities to engage with disaster planning and community service experts.

For those unable to attend, scan the QR code for access to the Hurricane Preparedness Guide and other information to stay informed and ready for hurricane season.





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Roman Roofing Of Cape Coral: Raising The Standard In Southwest Florida

In the heart of Southwest Florida, Roman Roofing stands as a trusted name synonymous with quality, reliability, and innovation in the roofing industry. Serving Cape Coral and surrounding communities, Roman Roofing continues to raise the bar for residential and commercial roofing services in one of the fastest-growing regions of the state.

A Commitment To Excellence

Founded with the vision of providing superior craftsmanship and unmatched customer service, Roman Roofing has grown into one of Cape Coral’s most respected roofing contractors. With a team of highly trained professionals and a focus on continuous improvement, the company delivers long-lasting roofing solutions that stand up to Florida’s toughest weather conditions.

“From the first call to the final inspection, our mission is to make every roofing project a stress-free experience,” said a company spokesperson. “We take pride in doing the job right the first time, with honesty, transparency, and respect for our customers’ homes and businesses.”

Full-Service Roofing Expertise

Roman Roofing offers a comprehensive range of services, including:

- New Roof Installation: Premium materials and expert installation for lasting protection.
- Roof Repairs: Fast and reliable fixes to address leaks, storm damage, and wear.
- Roof Replacements: Customized replacements for aging or weather-damaged systems.
- Commercial Roofing: Scalable roofing solutions for businesses and facilities.
- Free Inspections and Estimates: Transparent advice with no obligations.

Get Hurricane-Ready: \$150 Off Roof Tune-Ups

With hurricane season approaching, now is the time to ensure your roof is storm-ready. Roman Roofing is proud to offer \$150 off professional roof tune-ups – a limited-time offer designed to help homeowners identify and fix potential vulnerabilities before storms hit.

- The storm preparedness tune-up includes:
- A comprehensive roof inspection
 - Tightening and sealing of all roof components
 - Replacement of minor damaged materials (as needed)
 - Debris removal and gutter check
 - A detailed report with recommendations

Protect your home before the storms arrive – call Roman Roofing today to schedule your discounted tune-up and gain peace of mind for the season ahead.

Call (239) 555-ROOF or visit www.romanroofinginc.com to book your appointment.
Offer valid through Aug. 31. Limited appointments available.



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Coral Ridge Funeral Home, Cemetery and Cremations, Funeral Home, 950 Chiquita Blvd. S., Cape Coral, FL 33991, www.coralridgefuneralhome.com, (239) 283-0540.



Walk-On's of Cape Coral, Restaurant, 1127 SW Pine Island Road, Cape Coral, FL 33991, www.walk-ons.com, (239) 401-7713.



Cape Coral Museum of History, Nonprofit Organization, Doug MacGregor Exhibit, 544 Cultural Park Blvd., Cape Coral, FL 33990, www.capecoralmuseum.org, (239) 772-7037.



Preferred Care at Home of Cape Coral and Fort Myers, Home Care, 912 SE 46th Lane., Suite 204, Cape Coral, FL 33904, www.preferhome.com/locations/cape-coral-and-fort-myers, (855) 424-5683.



The Westin Cape Coral Resort at Marina Village, Accommodations, 5951 Silver King Blvd., Cape Coral, FL 33914, www.westincapecoral.com, (239) 541-5000.



The Salad King, Restaurant, New tent donation to Chamber of Commerce of Cape Coral 1622 Del Prado Blvd. S., Suite 2, Cape Coral, FL 33990, www.thesaladking.com, (239) 955-6544.

Join The Chamber

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As your Chamber of Commerce, we work to bring you more business, create better connections, make you more visible and help you work smarter. Your membership is a good investment in the future of our community and your business.

We offer membership for all business sizes, nonprofits, retired individuals or those not working in an organization or business. If you are an individual not affiliated with a business or are retired, you can contact a member of our membership department at (239) 549-6900 to see if the individual level is an opportunity that is available to you.

For more information on membership, please visit our website at www.capecoralchamber.com.



Unlocking The Power Of Peptides: The Future Of Anti-Aging And Skin Rejuvenation

Introduction To Peptides: The Building Blocks Of Life

By Kristin Gustin, APRN, Functional Medicine Provider

In recent years, peptides have taken the skincare and health industries by storm. But what exactly are peptides, and why are they considered game-changers in the quest for youthful, healthy skin?



Samantha "Sammy" Holt and Kristin Gustin

Peptides are short chains of amino acids—the fundamental building blocks of proteins. Naturally occurring in our bodies, peptides play crucial roles in various biological functions, including hormone production, immune response, and tissue repair. Due to their ability to signal cells and promote regeneration, peptides are now widely used in skincare products, supplements, and medical treatments aimed at reversing aging signs, enhancing skin elasticity, and supporting overall health.

The Spotlight On GHK-Cu: A Peptide With Remarkable Potential

My personal favorite peptide! Among the many peptides gaining popularity, GHK-Cu (glycyl-L-histidyl-L-lysine-Copper) stands out as a powerhouse. This tripeptide, combined with copper, has been extensively studied for its remarkable regenerative and anti-aging properties.

What Is GHK-Cu?

GHK-Cu is naturally present in human plasma, and its levels decline with age. When applied topically or used in therapies, it stimulates collagen production, promotes wound healing, and reduces inflammation. Its ability to enhance skin elasticity and firmness makes it a favorite among anti-aging skincare formulations.

Why Is GHK-Cu Special?

- Research suggests that GHK-Cu not only improves skin appearance but also supports tissue repair at the cellular level. It has been found to:
- Stimulate collagen and elastin synthesis
 - Reduce the appearance of fine lines and wrinkles
 - Promote wound healing and tissue regeneration

Sudoku Answers

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



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- The versatility of GHK-Cu extends beyond skincare. It is also being explored in medical applications such as ulcer treatment, nerve regeneration, and even anti-inflammatory therapies.
- The Future Of Peptides In Wellness**
- As research continues, peptides like GHK-Cu are poised to revolutionize the fields of dermatology, regenerative medicine, and anti-aging. Their ability to naturally stimulate the body's own repair mechanisms offers a promising, less invasive alternative to traditional treatments.
- In conclusion, peptides are more than just trendy ingredients; they are vital biological messengers with the potential to

transform health and beauty. GHK-Cu, in particular, exemplifies this promise, offering a glimpse into a future where aging gracefully is supported by science-based, natural solutions.

Ready To Experience The Benefits of GHK-Cu?

If you're looking to unlock youthful, radiant skin and support your body's natural regenerative processes, now is the time to explore peptide-based skincare and supplements. Reach out to me at Thrive by K and discover products formulated with GHK-Cu and start your journey toward healthier, more vibrant skin today!

Stay tuned for more updates on how peptides can enhance your health and beauty routines!

Thrive by K, 4636 SE 9th Place, Suite A, Cape Coral, FL 33904, (239) 984-6707, www.thrivebyk.com.

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Culinary Adventures In The Cape

Walk On (Or Drive) Over To Walk-On's Sports Bistreaux!

Walk-On's Sports Bistreaux Offers A Unique Experience For A Family-Friendly Sports Bar With A Louisiana Bayou Flair

By Ed Estes

A concept created by LSU walk-on basketball player Brandon Landry on a plane ride back from a game, the restaurant design was sketched on a napkin with classmate named Jack. Eventually, the business plan was submitted as a class project. Unfortunately, Brandon received a "C" grade for his efforts. But his professor liked his entrepreneurial spirit and helped him to refine his business plan. Nevertheless, it

took meetings with seven different banks until the seventh bank liked the idea enough to fund it. Now, restaurant number 92 is open for business in Cape Coral.

Probably one of the most intriguing features of the restaurant is the pouring, or rather, injecting a draft beer at the bar. Rather than pouring a beer from a tap (and invariably having some end up all over the place), each pint glass has a hole at the bottom with a magnet covering the opening. The glass is placed on a circular disk with an injection nozzle with enters the glass

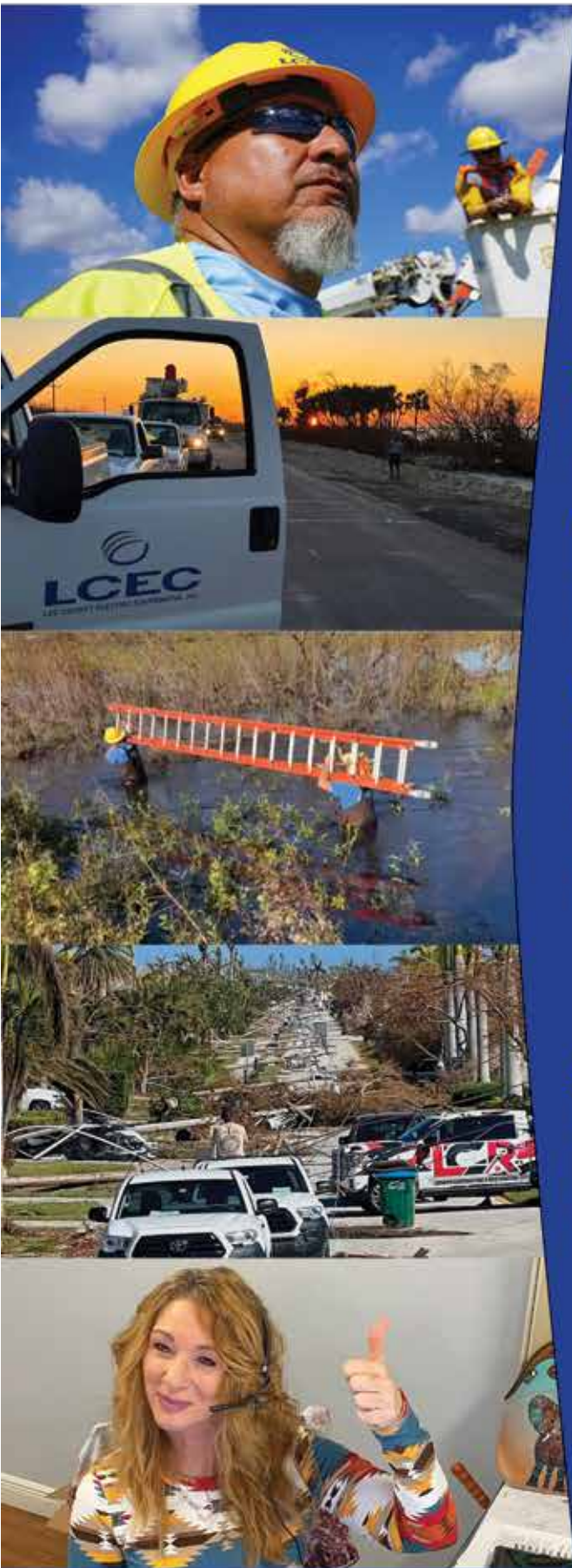


from the bottom. The beer is injected into the glass and stops filling automatically, leaving a perfect collar on the top. It is really worth taking a seat at the bar to watch a few pours. Since my bartender was new and did not realize the magnet stoppers were washable, I was able to take mine home. I understand you are supposed to return them with your glass. But remember: Do not poke the bottom of a full glass or you will get soaked!

Walk-On's had their soft opening in early April with a Cape Coral Chamber of Commerce ribbon butting following (as an extra touch, the event included donations to fire, police and church charities further showing their commitment to the Cape Coral community). Staff are very friendly, helpful and knowledgeable about operations; you will not be disappointed with the service or quality of food. Being a San Diego native, I had to make the fried alligator my first order. Moist white meat, with just a hint of spicy heat and served with dipping sauce made me an instant fan! For those of you who are less adventurous, they have chicken wings (boneless or bone-in) as well. An extensive varied menu of other appetizers, burgers, tacos, wraps, sandwiches along with some Cajun classics will not disappoint.

Located at 1127 Pine Island Road (north side), between Chiquita Boulevard and Skyline Boulevard, they are open from 11 a.m. to 10 p.m. and already have a good following.

Ed Estes is a retired author, lawyer, professor and real estate broker who writes for the Sun to legitimize visiting Cape Coral restaurants. Ed's passion for dining and fine wine makes him the perfect person to review your establishment. If you'd like for Ed to write about your restaurant for future publications you can contact him at edestesjr@gmail.com.



PLAN. PREPARE. PATIENCE.

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

The plan

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

Preparation is key

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

When the lights are out, we are on!

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

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

HOW LCEC RESTORES POWER

Safety is the priority

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

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



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



STEP 1. DAMAGE ASSESSMENT

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



STEP 2. CRITICAL REPAIRS

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



STEP 3. QUICKLY & SAFELY

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



STEP 4. REMAINING OUTAGES

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

www.lcec.net



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Innovative Seawall Repair Services



Seawall Savers



Trust us to deliver top-tier results with the expertise and efficiency your property deserves.

Southwest Florida's coastal infrastructure, particularly its seawalls, plays a vital role in any waterfront development. Seawall Savers utilizes state-of-the-art techniques to meet the unique needs of your coastal repair project.

- Cost-effective services
- Reduced carbon footprint
- Shorter project timelines
- Durability and long-term performance
- Advanced seawall drains
- Epoxy coatings
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