



FATHER'S DAY

Treat dad to karaoke showcase, Italian dinner

LAURA TICHY-SMITH
SPECIAL TO THE CAPE

If you're looking for a special evening out that includes dinner and entertainment at a reasonable price, then the Lake Kennedy Senior Center has an event coming up Friday night for you.

The center is presenting its first The Voice Karaoke Showcase and Taste of Italy Dinner, featuring 14 talented local singers and a catered baked ziti supper. What's even better is that the timing coincides with the start of Father's Day weekend, so this could be a great opportunity to take dad out to dinner in a relaxed atmosphere.

"I was brainstorming some ideas we could do during the summer that would be pretty cool. Since there is a big senior population in Southwest Florida who enjoys karaoke, I thought why we don't have 'The Voice' as karaoke but not have it as a contest," said Myri Del Leon, a recreation specialist II with the center. "We'll have everyone showcase their talent as a fun way to celebrate the summer. At the same time, I was trying to think of an event for Father's Day, so I thought we could kick off Father's Day weekend with a song in our hearts."

Although the karaoke showcase singers won't specifically sing music tied to celebrating fathers, Del Leon said she thought timing the event for the holiday weekend would give an opportunity for people to enjoy the company of others at a social event while allowing fathers to enjoy a relaxed evening out.

"It's a nice, economical way to have fun — with dinner included — but if they don't want to get up and dance, they don't have to," she said. "It takes the pressure off of the idea of dancing. Some men may not like to dance, but they like live entertainment and love food, so it's a more relaxed setting that takes the pressure off."

Del Leon said she has catered the dinner of baked cheese ziti and garlic knots from Rodino's Pizzeria, a local family-owned Italian restaurant that makes its food entirely from scratch. Event admission is only \$10 for Lake Kennedy Center members and \$15 for non-members, with reservations required by Thursday. Since it costs \$11.99 for people to pick up a baked ziti dinner for carryout from Rodino's, the all-inclusive event is quite economical, plus the center permits B.Y.O.B. privileges for attendees to bring their own alcohol.

"It's a great deal for folks," said "KJ Mike" Russell, the karaoke jockey who will emcee the show. "Where can you go out to dinner and entertainment for \$10? They're getting a good bang for their buck."

Unlike attending karaoke in a bar, this event won't feature opportunities for the audience to sign up to sing because the performers are pre-registered. However,

See Dinner, Page 2G



"KJ Mike" Russell will emcee The Voice Karaoke Showcase and Taste of Italy Dinner at the Lake Kennedy Senior Center.

FITNESS



GETTY IMAGES

Physical activity for children is a must and paramount to sustaining a healthy childhood.

KEEP THE KIDS BUSY, ACTIVE

Physical play is just as important as children's nutrition



Michelle Churchill
WELL WITH MICHELLE

With summer vacation upon us, many parents are busy making last minute plans to ensure their kids are cared for during the summer.

If they are fortunate enough to be able to spend time at home with their children during the summer months, stay at home parents want to make sure their children are kept busy and not sitting in front of the TV all day, or spending too many hours on their Xbox.

Physical activity for children is a must and paramount to them sustaining a healthy childhood. Not only is nutrition very important but physically activity is as important, if not more.

At a young age most children are naturally physically active and love to move around. But what might not be apparent is that climbing to the top of a slide or swinging from the monkey bars can help lead kids to a lifetime of being active.

As they get older, it can be a challenge for kids to get enough daily activity. Reasons include increasing demands of school, a feeling among some kids that they aren't good at sports, a lack of active role models, and busy working families.

And even if kids have the time and the desire to be active, parents may not feel comfortable letting them freely roam the neighborhood as kids did generations ago. So their opportunities might be limited.

In spite of these barriers, parents can instill a love of activity and help kids fit it into their everyday lives. Doing so can set healthy patterns that will last into adulthood.

Benefits of being active

When kids are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits:

- » Strong muscles and bones
- » Weight control
- » Decreased risk of developing type 2 diabetes
- » Better sleep
- » A better outlook on life

Healthy, physically active kids also are more likely to be academically motivated, alert, and successful. And physical competence builds self-esteem at every age.

According to the Centers for Disease Control and Prevention website (cdc.gov/physicalactivity), children should get a minimum of 60 minutes of activity every day.

On average, U.S. children spend 3-4 hours per day watching TV.

According to a survey conducted in 2011, it was found that about three out of four children ages 5-10 get less than one hour of physical activity daily.

The survey of more than 1,600 U.S. parents was conducted by the YMCA of the USA, also known as Y-USA.

It showed that 74 percent of children between the ages of 5-10 do not get enough exercise on a daily basis, based on the 60 minutes of daily physical activity.

Only 15 percent of the parents in the survey indicated that overall physical health is the top concern for their children, even though rates of childhood obesity have been climbing.

The survey found that 52 percent of parents said they'd been forced to cut back, at least to some degree, on their children's after-school activities, which are common ways for kids to get active playtime, in an effort to save money.

Other findings from the survey:

» 74 percent of parents say they choose to spend family time with their children sitting in front of a TV set.

» 42 percent of parents say growing technological distractions, including social networks, computer games, and cell phones, are getting in the way of active play.

» 53 percent say they spend leisure time with their kids playing video games, or otherwise on a computer.

» 42 percent say their children ages 5-10 spend fewer than four days a week playing outdoors.

» 42 percent of parents say they are more concerned with their children's financial security than their physical activity

» 50 percent of parents say families play a sport together less than once a week.

» 38 percent of parents feel extracurricular activities are too expensive and 38 percent say there is not enough time in the day to achieve a healthy lifestyle for their kids.

» 41 percent of parents say they are cutting back on extracurricular activities for their kids to save money for the family's future.

» About 90 percent of parents say they provide a healthy home environment for their children, but 41 percent get 60 minutes of exercise less than one day a week.

» About 50 percent of children 5-10 are watching at least two hours of TV a day more than five days a week, and spending an hour in front of a computer three days a week.

With those statistics and accepting we now live in a very high tech world, as a parent it is a difficult task to try and raise physically active children. During the teenage years, or even once a child enters

See Kids, Page 2G

Dive in to Sun Splash summer hours for some cool fun

SPECIAL TO THE CAPE

Sun Splash Family Waterpark started its summer operating schedule Saturday with new park hours from 10 a.m.-5 p.m. every day of the week, weather permitting.

Sun Splash's seven day a week schedule, which coincides with the Lee County School District's summer break, will run through Aug. 9.

In addition to being open every day, the park will remain open from 5-9 p.m. on alternating Friday and Saturday evenings for "Slide Nights" from through Aug. 6.

The complete operating schedule and admission information can be found on the Sun Splash website at www.SunSplashWaterpark.com.

Sun Splash is the largest waterpark in Southwest Florida and is home to over 14 acres of pools, slides, tubes, and rides for

the whole family including three thrilling speed slides, a Family Pool and a Main Stream River Tube Ride.

"With temperatures climbing in the summer months, Sun Splash is the perfect place to cool down and beat the heat every day of the week," said Sandra Greiner, waterpark manager. "We are looking forward to hosting local residents and area visitors for safe and refreshing family fun all summer long!"

For more information on Sun Splash, including admission rates, summer camps and swim lessons, birthday party packages, and directions to the park, call (239) 574-0558 or visit www.SunSplashWaterpark.com.

You can also become a fan of Sun Splash on Facebook at www.facebook.com/sunsplashcc and/or follow the park on Twitter at www.twitter.com/sunsplashcc for the latest news and specials.



NEWS-PRESS FILE PHOTO

Sun Splash Family Waterpark is open for the summer every day from 10 a.m.-5 p.m. through Aug. 9, weather permitting.

Dinner

Continued from Page 1G

er, this does mean that the audience will see performers who have rehearsed their numbers to refine them to sound their best. Some singers even go to extra lengths to create a well-rounded performance.

“At the Lake Kennedy Center, sometimes we’ll change costumes for the songs and dress for the parts,” said karaoke showcase singer Bev Londono. “It’s fun to dress up, and I love hats. It’s not your bar-type karaoke anymore. I feel good when I’m singing, and so do these people. You can watch them and just tell. You sit at these nice round tables, which feels like you’re at a nightclub, so getting up on the stage is nice.”

The performers will be prepared and ready to entertain on Friday night, but the one thing they will need is an audience.

“This is the first time the Lake Kennedy Center has tried this event,” Russell said. “It’s going to be entertaining for everybody, and I’m sure there will be some laughs involved in this thing. We’ve worked pretty hard to put this together, and individually the folks have worked hard to select and practice their songs. We’d like to make this an annual event, but in order for that to happen we need the support of an audience. It’s going to be a neat deal, so we’re just hoping folks will support this and other Lake Kennedy Center programs because it’s difficult this time of year.”

Connect with this writer: @LauraTichySmith (Twitter)



Bev Londono will be one of the singers performing at The Voice Karaoke Showcase at the Lake Kennedy Senior Center on Friday.

SPECIAL TO THE CAPE

If you go:

What: The Voice Karaoke Showcase and Taste of Italy Dinner
When: 6:30 p.m. Friday, June 17
Where: Lake Kennedy Senior Center, 400 Santa Barbara Blvd., Cape Coral
Cost: \$10 for center members; \$15 for nonmembers
Reservations: 574-0575 (reserve by 5 p.m. Thursday, June 16)
Memberships: \$30 annually Cape residents; \$45 annually non-residents
Note: The center allows B.Y.O.B. privileges at this event.

Club notes

Elks

The Cape Coral Elks Lodge will have a Flag Day Celebration on Tuesday at 11 a.m. This patriotic and touching ceremony has been performed by the Elks for many years. You are encouraged to attend.

The Elks Lodge will host a barbeque fundraiser on Saturday from 5-7 p.m. The menu includes barbeque chicken, corn, baked beans and potato salad. The cost is \$12 per person and serving begins at 5 p.m. Please call the Lodge at 239-549-1508 for ticket information or questions regarding this event.

It’s the Ladies of the Elks Club 52 on Monday. Join them for cards and games with friends. Doors open at 11 a.m. Have coffee and dessert while you play.

Ladies, please note there are no general meetings for July and August. There are also no board meetings until Aug. 24 at 9:30 a.m. Put your thinking caps on during hiatus and come up with some new fundraising ideas to share.

The next S-SW FLOE District meeting is on Aug. 18 at the Cape Coral Lodge beginning at 11 a.m. There are no S-SW meetings in June and July.

Have you marked your calendars for the Ladies of the Elks “Tropical Breeze” fashion show on Nov. 10? Come let Chico’s show you how to be fashionable. You don’t want to miss it.

Kids

Continued from Page 1G

middle school the opportunity to engage in a more physical lifestyle becomes more apparent. One of the main reasons being that at this age intermural sports are available.

How can I get my children to be more active?

If you as parents are physically active or have an interest in a sport, more than likely that child will follow in your footsteps. They will have been introduced to the sport at a young age and you as a parent are going to have placed a bigger emphasis on the benefits of physical activity at a young age.

If you are not physically active as a parent, try to focus on a few activities per week that are outdoor, (weather permitting) or at a local recreation facility. A family day at the beach can be active and restful, walking, swimming, and playing ball, even playing in the sand.

- » Make a play date with your youngsters, one that requires physical activity, such as charades.
- » Dance. Have a dance contest.
- » Go bike riding or inline skating. Make sure to wear a helmet.

Even though we live in Florida, the early part of the day can provide some great weather. Many local parks offer “splash/water” facilities. This is fun and active for the kids, but less active for the parents.

Vitamin D is important too. Over exposure to the extreme Florida sun is not advisable but a small amount of sunshine per day is beneficial for Vitamin D.

Remember not all children are competitive, some prefer to be active in a noncompetitive environment, and not every child wants to be signed up for YMCA soccer or basketball. Other sports which can be more individual could be running, golf, swimming.

Faith Presbyterian Church is having its first summer sports camp/Vacation Bible School from June 13 to 17. For information contact: michelle@fpcfl.org. Spaces are limited and registration is mandatory.

FAMILY DENTAL CARE

Family Dental Care Welcomes New Patients

Please call 239-574-2700 to schedule an appointment or visit Capefamilydental.com for more information regarding our service and staff.

New Patient Promotion

\$89 which includes

New Patient Exam (0150)

Full Mouth Radiographs (0210)

574-2700 • CAPE CORAL • 2002 DEL PRADO, SUITE 202

Hours: Monday - Thursday 8:00AM - 5:00PM * Walk-ins' Welcome

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS THE RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENTS FOR ANY OTHER SERVICE, EXAMINATION OR TREATMENT WHICH IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OR RESPONDING TO THE ADVERTISEMENT FOR FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION OR TREATMENT.

WE PAY TOP DOLLAR FOR GUNS & GUN COLLECTIONS

.22 LR Ammo in Stock
Reloading Powder & Primers
Firearm Transfer Service

CAPE GUNS

3818 Skyline Boulevard, #2
 239.542.CAPE (2273)
www.CapeGuns.info
NP-0000893954

Have Fun With Us!

GERMAN AMERICAN SOCIAL CLUB

2101 PINE ISLAND ROAD • CAPE CORAL, FL

FRIDAY, JUNE 17TH, 2016

CASUAL DINNER & DANCE

MUSIC BY:
MANNI DAUM

DINNER AVAILABLE FOR PURCHASE FROM 5:30 - 7:30

www.GASC-CAPECORAL.COM
239-283-1400

NP-0000888509

DAILY SPECIALS LOCAL CATCH OF THE DAY

Seafood Restaurant

All-You-Can-Eat-Fish

Mon., Tues., & Wed. ~ \$14.99

Choose from Haddock, Flounder, Tilapia, Alaskan Pollock or Catfish.

*Comes with hush puppies and choice of two sides.

LIMITED TIME ONLY

Waterfront

13021 N. Cleveland Ave.
 (Behind Best Western Hotel)
 North Fort Myers, FL 33903
 (239) 599-8568

www.threefishermenseafood.com

NP-000089155

PUBLIC NOTICE OF AVAILABILITY
 CITY OF CAPE CORAL
 COMMUNITY DEVELOPMENT BLOCK GRANT (CDBG)
 ENTITLEMENT PROGRAM
 ONE YEAR ACTION PLAN 2016

The City of Cape Coral announces the availability of the Draft One Year Community Development Block Grant (CDBG) Action Plan for Fiscal Year 2016-2017.

The City of Cape Coral's Draft One Year Action Plan provides the proposed activities for the Fiscal Year 2016-2017 Community Development Block Grant Program (CDBG). It is anticipated that a total of \$940,159 in new CDBG funds and \$100,000 in reallocated funds will be available. The new and reallocated CDBG funds are available for allocation to eligible projects in accordance with federal regulations as stated in 24 CFR Part 570. It is anticipated that 100 percent of the total allocation (including reallocated and excess funds) will be used to benefit low and moderate income persons as defined in the CDBG regulations.

The following are the proposed projects and funding levels recommended by the Citizen's Advisory Board on April 27, 2016 to be considered for final action by the City Council at their July 25, 2016 regular meeting.

AVAILABLE RESOURCES AND PROPOSED ACTIVITIES

Available Resources:

CDBG ALLOCATION (PROGRAM YEAR 2016)	\$940,159
Reallocation of Prior Years CDBG Funding	\$100,000
TOTAL FUNDING AVAILABLE	\$1,040,159

Proposed Activities:

ACTIVITY	SUBRECIPIENT	CATEGORY	AMOUNT
Acquisition/rehabilitation/resale	Cape Coral Housing Development	Housing	\$175,000
Acquisition/rehabilitation/resale	Habitat for Humanity	Housing	\$175,000
Owner-Occupied Housing Rehabilitation	Cape Coral Housing Development	Housing	\$211,103
Sidewalks (Year 2)	City of Cape Coral Public Works	Public Facilities	\$100,000
Emergency Assistance	Cape Coral Caring Center	Public Services	\$19,494
Emergency Shelter	Abuse Counseling and Treatment	Public Services	\$30,505
Special Needs (Transportation)	City of Cape Coral Parks and Recreation	Public Services	\$16,994
Emergency Utility Assistance	Community Cooperative, Inc	Public Services	\$15,994
Joblink	Goodwill Industries of SWFL	Public Services	\$7,000
Child Care Services	City of Cape Coral Parks and Recreation	Public Services	\$8,548
Handicapped Services	United Cerebral Palsy	Public Services	\$10,000
Special Needs (Deaf Services)	Deaf Service Center	Public Services	\$17,495
Senior Services	Dr. Piper Center	Public Services	\$14,994
Economic Development	Goodwill Industries of SWFL	Economic Development	\$50,000
Program Planning & Administration	City of Cape Coral	Administration	\$188,032
TOTAL			\$1,040,159

The City Council of Cape Coral will hold two (2) public hearings on the Action Plan; the first will be July 18, 2016 at 4:30 PM. Final action on the proposed One Year Action Plan will occur on July 25, 2016 at 4:30 PM. Both public hearings will be held at the City of Cape Coral City Council Chambers, 1015 Cultural Park Boulevard, Cape Coral, Florida 33990.

A copy of the Action Plan will be available for public review and comment at the Department of Community Development- Planning Division City of Cape Coral City Hall, 1015 Cultural Park Boulevard, Cape Coral, Florida 33990. Please be advised that the document is also available at www.capecoral.net keyword CDBG. Public comments will be accepted beginning on June 13, 2016 through July 25, 2016. All comments should be addressed to Amy Yearsley, AICP, Housing Coordinator, Department of Community Development-Planning Division, 1015 Cultural Park Boulevard, Cape Coral, Florida 33990. Electronically mailed comments are welcome at ayearsle@capecoral.net.

If you have any questions regarding the Action Plan for the City's CDBG Program, or require special services for hearing impaired or handicapped at the public hearing phase, please contact the City Clerks office at least seven (7) days prior to the hearing.

Rebecca Van Deutekom, CMC
 City Clerk

EQUAL HOUSING OPPORTUNITY

NP-000089155