

FISH 'N KIDS HELD IN LEWES CANALFRONT PARK



SUBMITTED PHOTO

MORE THAN 150 YOUNGSTERS and families gathered on the banks of the Lewes Canalfront Park for Fish 'N Kids, a recent afternoon of fun sponsored by the Friends of the Lewes Canalfront Park.

Kids enjoyed kayaking and paddle boarding sponsored by Quest Kayaks, as well as making fishing poles, seining and casting contests. For more information about Friends of the Canalfront Park programs, go to www.Lewescanalfrontpark.com.

At left, Jason Beale, naturalist at Abbott's Mill Nature Center, points out sea life samples to Eddie Houck during the Fish 'N Kids event held recently at Lewes Canalfront Park.



LEWES STEPS OUT FOR FITNESS

Walk for Fitness & Fun!

Thursday, July 14

Sign in 5 p.m. - 6 p.m.
at Lewes Beach Parking Lot

Join with friends and neighbors recording steps to walk coast to coast several times this summer.

Enjoy interactive, free demonstrations at Lewes Canalfront Park!

July 14

Belly Dancing with Viviana Matthews of The Yoga Studio

July 28

Dodge Ball & Beach Games by Quest Fitness; Lisa Harkins

August 11

Ground Games by Tim Bamforth of Seaside Striders

August 25

Qi Gong by Beebe Medical Center's Integrative Health Department

September 8

Final Night Bonfire

SPONSORED BY:

Beebe Medical Center, Cape Gazette, City of Lewes, Lewes Chamber of Commerce, Lewes Fire Department, Nemours Health & Prevention Services, Quest Fitness



Like Lewes Steps Out at facebook.com/LewesStepsOut

Call 645-8073 for more info!

Movie Madness at library

Rehoboth Beach Library will hold programs for children starting July 11.

Rehoboth Beach Public Library will present several programs for children during the month of July. Monday Movie Madness is held at the library for children at 2 p.m., Monday, July 11 and 25.

Urgent news for DIABETICS with BLADDER CANCER

The diabetes drug, ACTOS[®], has been linked to an increased risk of bladder cancer. If you or a loved one has been diagnosed with bladder cancer after taking ACTOS[®], ACTOplus met[®], ACTOplus MET[®] XR or duetact[®], call us now at 1-800-THE-EAGLE about monetary compensation. No fees or costs until your case settles. We practice law only in Arizona, but associate with lawyers throughout the U.S.



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