

Fanfare, Fireworks and Fun for Cary's Fourth

Come celebrate the 241st birthday of the United States of America with us! We will have an amazing assortment of Independence Day festivities for all ages right here in your town of Cary. Beginning on July 3 at the Cary Arts Center, the Cary Town Band, Applause! Cary Youth Theatre, and other groups will harmoniously deliver the 30th annual Independence Eve Celebration. The focus is on the Declaration of Independence, starting at 6:30 p.m.

On July 4, the Olde Time Celebration begins at 7:30 a.m. at the Bond Park boathouse with a fishing tournament until 10 a.m. Prizes will be awarded for the longest and shortest fish in a variety of age groups. From 9:30-10:30 a.m. at Kiwanis Shelter, Parade preparations



will go on. Citizens can decorate their bike, trike, stroller, wagon, etc., before taking part in a parade through the park. Family contests at the boathouse and spillway starts at 11 a.m. with plenty of family-friendly contests!

From there, the revelers should head to Koka Booth Amphitheatre for our free, can't-miss July 4th Celebration from 3-10 p.m. to finish off the celebration of our independence! Contests, magicians, scavenger hunts, rides – including a Ferris wheel – highlight the fun. After performances by the Cary Town Band and the North Carolina Symphony, spectacular fireworks will finish off the night. If you are interested in reserved seating, Crescent table seating is available for \$40 per seat through eTix or the box office. Lumpy's Ice cream and preferred parking is included. In the event of rain, fireworks only will be held at approximately 9 p.m. on July 5, also at Booth Amphitheatre.

"Independence Day" at www.townofcary.org

Watering? Be Sure It's Your Day

If you are planning on watering your lawn, be sure you do so on the right day by following the Town's Alternate Day Watering Ordinance. Even addresses may water only on Wednesdays, Fridays, and Sundays as needed. Odd address water on Tuesdays, Thursdays and Saturdays. Handwatering or using drip irrigation, reclaimed, well or pond water exempts citizens from the schedule.

"Alternate Day Watering" at www.townofcary.org

Love 'Em and Leave 'Em Home

As temperatures rise, you may be tempted to take your pet with you as you run errands or get a quick bite to eat. But did you know that a vehicle's temperature can increase dangerously within minutes, putting your beloved pet at risk of serious injury or death?

It is also a form of animal cruelty, which can cause you to have a criminal record. Parking in the shade, having windows cracked, or even leaving the air conditioner on will not always keep the heat away. Warning signs of heatstroke include heavy panting, profuse salivation, vomiting, diarrhea, lethargy, lack of coordination, deep red gums/tongue, and seizures/unconsciousness.

If you see an animal at risk in a vehicle, dial 911 so Animal Control or your Police Department can respond to help remove the animal. Remember, to help an officer respond quickly, it is helpful to provide a brief vehicle description, location, and license plate number. Please do not attempt to rescue pets yourself.

"Animal Control" at www.townofcary.org

Holiday Waste Collection Change

Town offices are closed on Tuesday, July 4, for the Independence Day holiday. Solid and yard waste collection will change for Tuesday customers: Collection will be on Monday, July 3. Wednesday, Thursday, and Friday collections will remain unchanged.

Sign-Ups for Youth Hoops

Calling all future NBA stars! It's time to register for fall youth basketball. In Cary, youth basketball is for ages 5-8. Birth certificates are required for all 5-year-olds. Reminder postcards will be mailed to last year's players. Registration runs from July 10-30. Fees are \$50 for returning players, \$75 for new.

"Youth Sports" at www.townofcary.org

Chowdown in Downtown

Join us in Downtown Cary for our food truck rodeo – Cary's Downtown Chowdown on June 25 and July 30, from 12:30-5 p.m. Your favorite food trucks, plus local beer and wine vendors will line the street along with seating areas and music from local performers throughout the day.

"Downtown Chowdown!" at www.townofcary.org

BUD Bits

July is National Picnic Month and we'd love for you to take advantage of one of the 31 park areas available, but know the rules for use. *"Picnic Shelter" at www.townofcary.org*

The 2017 Airborne @ WakeMed Disc Golf Tournament takes place at WakeMed Soccer Park on July 23 at 8 a.m. *"Disc Golf" at www.townofcary.org*

If your family enjoys ice cream, soda, and time together in the fresh air, then you'll love the Pedal Boats & Soda Floats event 6 p.m. on July 14 at Bond Park Boathouse. Preregistration required. *"Bond Park Family Events" at www.townofcary.org*

The Citizen's Convenience Center, 313 N. Dixon Ave., will be open on July 4 from 8 a.m.-6 p.m. (919) 469-4090

USA Baseball's season is in full swing with daily games and happenings from mid-June through Labor Day. www.townofcary.org/calendar



Stay Safe as Summer Arrives

With summer's arrival, pools, lakes, and the ocean become popular destinations to cool off and have some outdoor fun. Sadly, more than 3,500 people in the United States each year die from unintentional drowning. Children under the age of 14 are especially vulnerable, so keep your family safe around water this summer by following these safety tips:

- Whenever possible, swim in pools or areas that are supervised by a lifeguard.
- Use the buddy system and avoid swimming alone.
- Be an active supervisor anytime children are near water, regardless of their swimming abilities.
- Stay within an arm's reach of young children.
- Consider swimming lessons for everyone in your family.
- Take a class to learn CPR and first aid techniques.

Summertime means kids are out and about. And even though Cary is one of the safest around, it's never a bad idea to keep your young ones educated to keep them safe.

Establish rules about knowing where your children are. Require your child to check in with a parent before leaving the house and when returning home, and know the route they are taking to and from their destination. Remind them not to deviate from that agreed-upon route. Teach your child that there is safety in numbers and that it is best to be with a group of friends.

Skateboards, bicycles, rollerblades, and scooters offer tons of fun, but they can be dangerous. Provide your children with helmets and pads to protect themselves, as well as brightly colored or reflective clothing so we can easily see them.

All kids love the internet, and summer offers more opportunities to be online. So, be sure you establish rules for using the internet. Children should have adult supervision, and make sure your child knows to never give out personal information.

Provide a list of phone numbers of neighbors, family, and friends that your child can call in an emergency. Make sure your child knows how to dial 911 and when it is appropriate to do so.

"Summer Safety" at www.townofcary.org

Movies By Moonlight

For a mere \$5 (kids 12 and under are free!), we welcome you to bring a blanket or chair and spread out on the spacious lawn at Koka Booth Amphitheatre as it transforms into an outdoor movie theatre for Movies by Moonlight. A portion of proceeds will benefit the WakeMed Children's Hospital. Movies begin at dusk (approximately 8:30 p.m.), gates open at 7 p.m. No pets allowed. Movies include: The Jungle Book (June 29), Moana (July 14), and Sing (July 21).

www.boothamphitheatre.com

Turn Your F.O.G. into Fuel

Citizens, remember to help us protect against sewer blockages and keep the water flowing by following the Fats, Oils and Grease Control program's guidelines for disposal of cooking wastes. After frying up okra, green tomatoes, or other garden goodies, remember

to turn F.O.G. into Fuel by recycling your Fats, Oils, and Grease. Save cooled F.O.G. in a plastic container with screw-top lid and call (919) 469-4090 to schedule free collection at your curb.

"F.O.G." at www.townofcary.org

Know Your Water Quality

Our annual Water Quality Report is now online at <http://waterreport.townofcary.org>. The report covers all drinking water quality tests performed in 2016. After performing over 50,000 water quality analyses last year, we are proud to report that your water remains safe and of high quality.

Downtown Park Celebration

We're having a party in Downtown Cary and you're invited! Come out on June 24 to help us celebrate the opening of our new Downtown Park and the completion of the Academy Street renovation project with live music, food trucks, and fun for the whole family. Festivities will begin at 4:30 p.m. along Academy Street

from Chatham Street to Dry Avenue with a special dedication ceremony at 6:30 p.m. in the Downtown Park. The event will end with a light show at the fountain at dusk, which is expected to be about 9 p.m.

"Downtown Park" at www.townofcary.org

Score With Professional Soccer

In need of a fix on the pitch? Well, we've got you covered as the NC Courage and North Carolina FC professional soccer teams hit the grass at WakeMed Soccer Park for five games in July. The Courage, members of the National Women's Soccer League, host Sky Blue FC (July 1) and the Seattle Reign (July 8) for 4 p.m. kickoffs; while the North Carolina FC, members of the North American Soccer League, host Miami FC on July 4, Puerto Rico FC (July 15), and Swansea City FC (July 22) with 7:30 p.m. starts.

www.northcarolinafc.com/nccourage

Power of Play and Adventure

This July, discover the power of play and adventure. For children and adults, play is a vital part of our mental wellbeing, physical health and personal interactions. During Park and Recreation Month, we're teaming up with the National Parks and Recreation Association and challenging you to get your play on with our local parks and recreation.

Whether it's summer camps, an adult sports league, exploring some of the over 90 miles of trails and greenways, a Zumba class, walking your dog, having a picnic, playing ping pong or bocce in our new Downtown Park, riding a bicycle, kayaking, or taking a swim – parks and play go hand in hand!

"Programs-Classes"

Cultural Connection

"Colossal", June 24 & 30, 9:15 p.m.; June 29, 7 p.m., The Cary Theater. www.thecarytheater.com.

"NISE: The Heart of Madness", June 24 & 30, 7 p.m.; June 25 & 29, 2 p.m.; June 29, 9:30 p.m., The Cary Theater. www.thecarytheater.com.

John Mellencamp's "Sad Clowns & Hillbillies Tour", June 28, 7 p.m., Koka Booth Amphitheatre. www.boothamphitheatre.com, (919) 462-2052.

"Bands, Bites and Boats", Garland Mason, June 30, 6 p.m., Bond Park Boathouse, Food by Baozi Food Truck and Captain Cookie and the Milkman. (919) 469-4100.

NC Symphony Summerfest: "The Music of U2" July 7, 7:30 p.m., Booth Amphitheatre. www.boothamphitheatre.com.

Sturgill Simpson, July 8, 8 p.m., Booth Amphitheatre. www.boothamphitheatre.com, (919) 462-2052.

Serving Up at Cary Tennis Park

Be sure to come out to the Cary Tennis Park to see awesome junior tournament action where kids of all ages will be competing at the Cary Summer Tennis Championships NC L4 on July 8-9. Also, on July 21-23, catch the great WWTA Summer Sizzle Adult Tennis Tournament.

"Cary Tennis Park" at www.townofcary.org