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Vol. 43, No. 15

Week of June 4 - 10, 2004

28 Pages



**Lisa Pierot
is back!**

Start catch-
ing up on
Page 3



**The green
guy returns
in Shrek 2**

See review
on Page 17

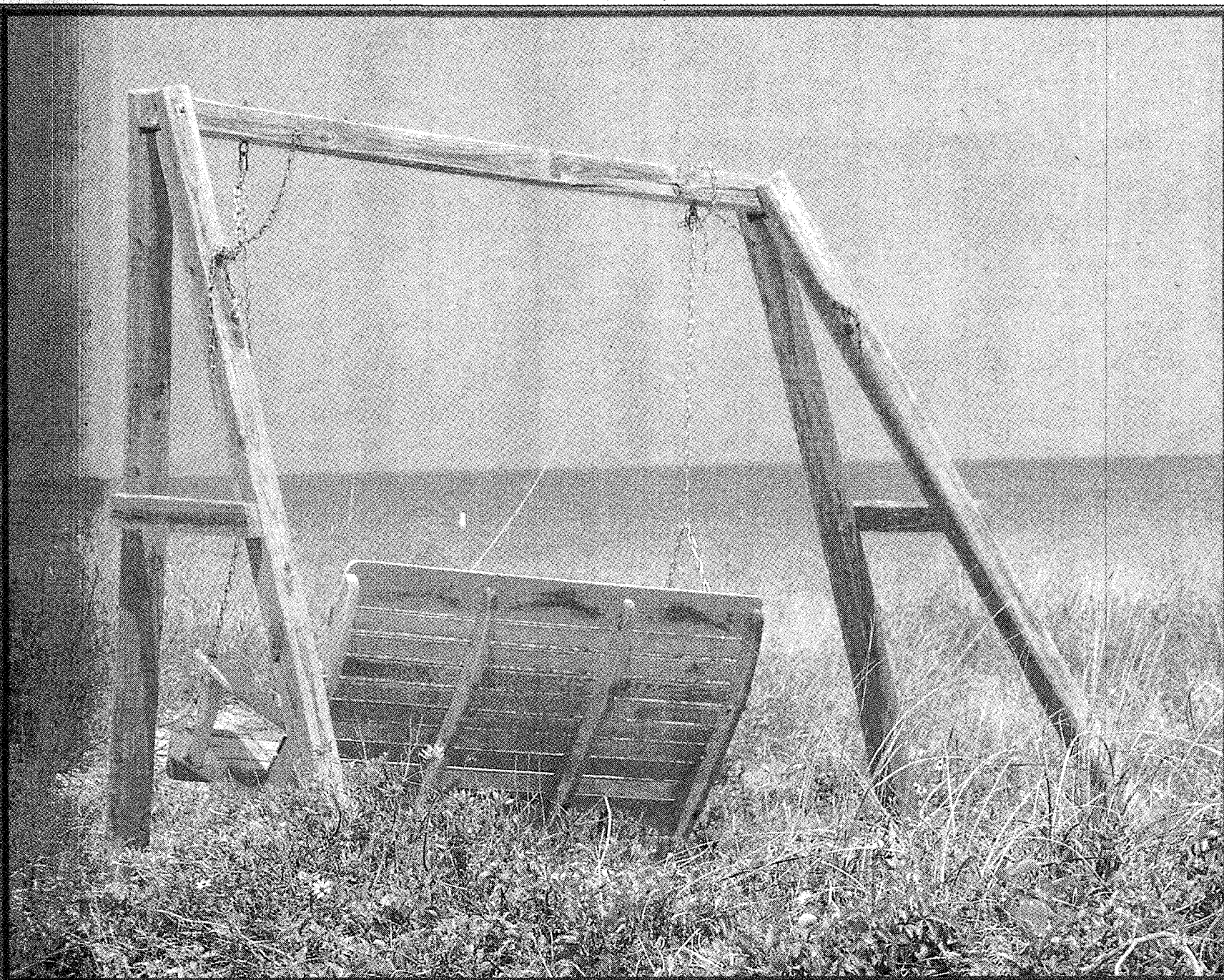


Photo by Michael Pistella

Another winter season has ended, leaving most of us a bit frayed around the edges and looking forward to a laid-back summer.

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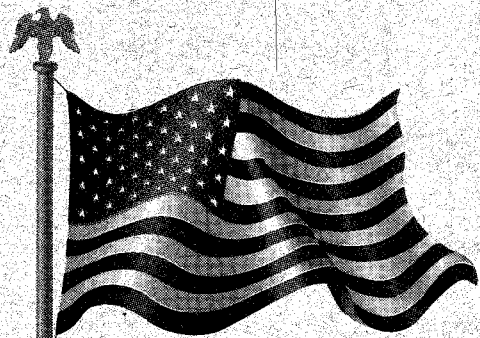
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Flag Day at the Legion

On Monday, June 14, the Sanibel-Captiva American Legion Post 123 will hold its annual observance of Flag Day. Legionnaires, Sons of the American Legion and Auxiliary members will assemble outdoors for the somber ceremony which begins with readings by officers of the Post and a prayer from the Post Chaplain and ends with the respectful burning of flags that have become worn and faded.

After the ceremony, members and guests will gather in the Legion Hall for a late dinner and musical entertainment provided by local musicians. Any entertainers who would like to take part are welcomed to call 472-9979 for more information.

The post continues to accept flags for disposal on an ongoing basis. Businesses and individuals may leave them at the Post each day, from 11 a.m. through 6 p.m. The Legion Hall is located at 4249 Sanibel Captiva Road (mile marker #3), Sanibel. Any flags brought to the Post after June 14 will be held until next year's ceremony.

Breeze Corp. announces expansion

Site for 10th location purchased; will house production facility

By David Fischer
Daily Breeze Staff Writer

The Breeze Corporation, parent company of the Islander, is expanding with a new production facility to provide better service to its nine existing regional locations and, ultimately, to better serve its readers and advertisers.

The corporation finalized the purchase of a 30,000-square-foot building, located near the Southwest Florida International Airport, Friday. The new building is more than twice the size of the Breeze offices located on Del Prado Boulevard in Cape Coral, where its various publications are now printed.

Jack Glarrow, publisher of the Sanibel-Captiva Islander, said the expansion has been a long time coming. "We're doing this in order to expand," Glarrow said. "We outgrew our current facility 20 years ago. The new building will allow us to improve our service. It will allow us to improve our products. And it will allow us to improve our production capacity."

Glarrow said the corporation has been working on the expansion project for more than two years. Although other options were considered, Glarrow said the site near the airport made the most sense in the end.

With eight offices in Lee County and one office in Charlotte County, Glarrow said the facility's close proximity to Interstate 75 will provide excellent access to the corporation's network of regional offices.

"This is an indication of how much we want to invest in the market in Lee County," Glarrow said. "We believe in Lee County, and our investment is proof of that belief."

While production will move to the new location, the Cape Coral Daily Breeze will remain in Cape Coral.

"We're not leaving Cape Coral," Glarrow said. "We're simply growing. Our corporate offices, news room, classified ads department, circulation department and business offices will all stay at 2510 Del Prado." Construction

for the new production facility, located at 14051 Jetport Loop, was actually finished in September 2003. Glarrow said the structure was built as an empty shell with little more than four walls and a roof. Now that the Breeze Corporation has closed on the property, it can begin to fill in the empty space.

"We'll start to customize the building for our use as soon as the permitting process is complete," Glarrow said. "We hope to occupy the building as soon as possible."

In addition to the Breeze Corporation's office in Cape Coral, the newspaper corporation currently has offices in Boca Grande, Sanibel, Captiva, Fort Myers Beach, Lehigh Acres, North Fort Myers, Pine Island and Punta Gorda. Breeze Corporation publications include the Cape Coral Daily Breeze, Captiva Chronicle, Captiva Current, Charlotte Shopping Guide, Charlotte Woman, Coastal Homes, Fort Myers Beach Bulletin, Fort Myers Beach Observer, Fort Myers Beach Shopping Guide, Gasparilla Gazette, Gasparilla Magazine, Gulf Coast Homes, Home Shopper, Island Reporter, Lee County Shopper, Lehigh Acres Citizen, North Fort Myers Neighbor, Pine Island Eagle, Real Estate Marketer, Sanibel-Captiva Shopper's Guide and Sanibel-Captiva Islander.



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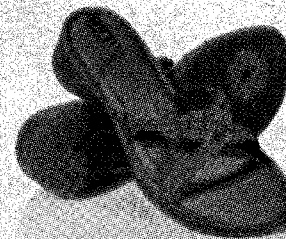
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UP PERISCOPE

By Renny Severance
Executive Editor

The war on terror has taken a new twist. Laughing natives assure me that it's not some new suicide group — merely pool contractors. But my backyard now looks just the shots of Afghanistan on the nightly news. It's just as barren, hilly and forbidding, and the destruction only mounts.

A couple of months ago my wife and I got the crazy notion that we should join the battalions of Floridians who have their very own backyard pools. A real one too: in the ground, a deep end, steps, maybe even long enough to swim laps and get some exercise instead just of a place to drink beer while vegetating waist-deep in water.

So we started exploring and found a terrorist — no — a contractor who was willing to spend hours with our family instead of his own pouring over plans and ideas at our dining table. He made sense and understood our tastes and desires — no mean feat considering what he was dealing with: one-and-a-half graphic designers and an editor.

He came up with a plan that saved the trees in the backyard, incorporating them into a pleasing overall design. He even accommodated our special needs revolving around our three dogs and the need to keep access to the pool by invitation only, yet still handy for humans.

It all made so much sense — how refreshing in today's world of

chaos and confusion. We even discussed where the dirt would go when the pool was dug and how some of it would be returned for backfill and landscaping. Okay, so that other corner of the backyard couldn't be used for dogs because that's where a lot of the dirt would go temporarily — well, yeah, and over there too — un huh, there too.

Enthusiasm undiminished, we pressed on, forked over the initial deposit and soon the real terrorists, uh, sub-contractors showed up to dig for weapons of mass destruction in our backyard.

Imagine my surprise when they found some! They turned out to be VW Beetle-sized rocks, just right for a very large catapult. In fact, the catapult they brought with them was too small to handle the largest one, so it now just sits next to the cabbage palms.

Fortunately, my spouse is no one to be trifled with. She insisted that they remove the one large piece of ammo that bore a striking resemblance to a potato. We were neither hasty nor rash. We actually discussed topping it with some plastic foam that looks just like sour cream, and maybe some bits of Astroturf clippings for chives, but reason prevailed and they took it away with one of their tanks.

Even when you expect it — hey, even order it — a large hole in the yard accompanied by shoulder-high piles of dirt almost everywhere there isn't a hole, and

some catapult ammo, is daunting. We left for our respective employments in the morning entertaining visions of a screened pool, hanging orchids and soft underwater night-lighting. We came home to Kabul.

At this point they have "shot the pool" as they say in their secret training camps. It's some advanced process involving aerosol concrete and "re-bars." Soon they will return to install plumbing and spray the finished surface on top of the raw concrete.

In the meantime, suicide teams have returned in the cutest little bulldozers I have ever seen. Clearly, these guys get paid by the pound, not the hour. Racing around the cramped space left in our war zone, this mini-dozer looked like some computer game character attempting to move as much real estate from one pile to another in the shortest time.

I left for work. I returned at the end of

the day, which coincidentally was the beginning of a long weekend, Memorial Day, only to find that terrorists had severed the telephone line coming into our house. The good news was that it would probably be fixed sometime before the following Tuesday.

It was — Monday afternoon. But the disconcerting part was that the replacement line was an anemic-looking bit of thin orange wire lying right across the only war-zone access where the tanks that must inevitably return.

The smart money was on the tanks, so I braved the attacking mockingbirds (it's nesting season and they're extremely protective), put a ladder into a tree and raised that poor, vulnerable, orange wire into the air. I made sure it was above the more substantial and visible one belonging to the power company.

So far the score is terrorists: one outdoor lamppost, one phone wire and one gate for a total score of three — homeowners: nil.

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ISLAND SCENE

For items to be included on these pages, they must be submitted by Friday, a week before publication date.

— FRIDAY, JUNE 4 —

Digital Imagination at Alliance

See story on Page 4.

— SATURDAY, JUNE 5 —

Kayak the Great Calusa Blueway

As part of Lee County Parks and Recreation's celebration of National Trail Day, GAEA Guides will be giving guided kayak tours of our Great Calusa Blueway on Saturday, June 5 at 10 a.m.

Tours leave from Bowditch Point Park at the northern end of Fort Myers Beach. All equipment is provided and a naturalist/guide is on every tour. These tours will last 2 hours and cost \$25 per person. To make sure that you will get a seat it is advisable to make a reservation; call 239 694-5513; www.gaeaguides.com.

Life saving classes

Life-saving classes are offered on a regular basis to residents of Lee County by certified instructors for the Lee County Chapter of the American Red Cross. All classes are taught at the Red Cross office, 2516 Colonial Blvd. (in the AAA Building), Fort Myers. Each class is for one session only and participants receive a certificate of completion.

- Adult CPR teaches participants to call and work with EMS, care for con-

scious and unconscious victims, perform CPR and care for breathing and cardiac emergencies in adults, and know the role of automated external defibrillation. The class will be taught from 6 - 10:30 p.m. on Monday, June 21. The cost is \$40.

- First Aid and Adult/Infant/Child CPR is designed for anyone who cares for children. In addition to the Adult CPR training, it helps individuals develop emergency action plans and learn how to prevent and reduce hazards in the home and play areas. The course will be taught from 8:30 - 4:30 p.m. on Saturday, June 5. The cost is \$57.

- First Aid and Adult CPR/AED classes are currently full. Recertification classes are also offered for Adult CPR/AED and Adult Infant Child CPR; participants must have taken the basic class within the last 12 months to be eligible. In addition, Babysitter Training and Pet First Aid classes are available.

Preregistration for all classes is required at least 48 hours in advance and may be completed by paying the fee and filling out the class application form at the Red Cross office. Classes are subject to cancellation because of insufficient participants, holidays, or in times of emergencies and/or disasters.

For additional information about the Red Cross and the assistance it provides,

enrolling in classes, making donations, or volunteering, call 278-3401, or log on to arclcc.org.

— SUNDAY, JUNE 6 —

Bluegrass bash in June

Finger-pickin' good music is in store for folks who attend the next Basically Bluegrass Concert & Pick-In on Sunday, June 6 at the Lee Civic Center. This event will begin at 2 p.m. and will feature four local Bluegrass bands. Admission to the June 6. Basically Bluegrass Concert & Pick-in is \$5. per person. Admission is free for students under 16.

— MONDAY, JUNE 7 —

Cut Out Domestic Violence

"Cut Out Domestic Violence Training will be held on Monday, June 7 at Southwest Regional Hospital Auditorium at 3945 Fowler St., from 11 to 1:30 p.m. for Hair Care and Nail Care Professionals.

The training is being conducted by Abuse Counseling and Treatment, Inc. in conjunction with the Attorney General, Charlie Crist's initiative to provide salon professionals with training on the prevalence of domestic violence, signs of domestic violence, how to discuss domestic violence with their clients and how to be of help to victims.

The training is free and lunch will be provided. Please call ACT at 939-2553 to make your reservations.

— TUESDAY, JUNE 8 —

Renaissance Academy summer courses

Along with less traffic and time to relax, summer brings some new opportunities to learn and discuss important issues through the Renaissance Academy of Florida Gulf Coast University on Sanibel (and just over the bridge.) After a successful Winter Session, the University is following up with three courses offered in the months of June and July.


- *Campaign 2004 and the Media* will be taught by Carla Brooks Johnston, noted professor and author in the area of the impact of modern media on culture and politics. This is a non-partisan look at the ongoing Presidential media campaigns, the anatomy of a campaign, what candidates need to do to win, and the public as voters. This course will be offered at the Bank of America conference room on Tuesdays, 7 to 8:30 p.m., June 8, 15 and 22. The cost is \$30.

- *Global Warming and Sea Level Rise: A Local Perspective* - Florida's shoreline has changed dramatically over the past 1500 years and may be doing so again. Dan Trescott of the SWFL Regional Planning Council will discuss the current mapping programs in this region and the efforts to understand and anticipate the effect of sea level rise on SW Florida. Find out what can be done to mitigate or respond to changes in our shoreline. This class will be taught at the "Ding" Darling Refuge on Wednesdays, June 16, 23, 30, from 7 to 8:30 p.m. The cost is \$30.

- *Ecotourism: Successful Businesses and Community Vision* - this course is aimed at both business and residents who, as citizens of Sanibel, are also residents of a Gateway Community at the entrance to a National Wildlife Refuge. Members of the ecotourism business community, officials who have participated in national training for cities and park services, residents who serve as volunteer docents and the department head of FGCU's Department of Resorts and Hospitality will speak. The course will conclude with a panel representing all interested and involved parties, including Dr. Bill Hammond, nationally recognized Environmental Educator from FGCU. This course will be taught at the Sanibel Harbour Resort and Spa on Wednesday evenings, June 28, July 12, 19, and 26, from 7:30 to 9 p.m.

Register for the classes by phone at 590-1095, by internet at www.fgcu.edu/racademy. You may also request a brochure. Those who have participated in the past should have received

Course, see page 7



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THE METASTATIC LIFE

[Ed: In order to bring readers up-to-date, Lisa has started with late January 2004]

"Hurry up and wait..."

It started with an e-mail from Dr. Harwin saying that my tumor marker had gone up. He wasn't terribly concerned but wanted to have CT scans and a Bone Scan. That signaled great concern to me. Originally we set them up for the following week but then I woke up one morning with something similar to the feeling of a knife in my shoulder and when it didn't go away after two days, I was convinced something was wrong. So I saw Harwin in his office where he poked and prodded and announced yet again that he could feel my liver and this time when he pushed on it, I said ouch! This seemed only to concern him more and so the scans were moved up to that day which was a Friday, but naturally, as my luck would have it, they could only manage the bone scan. The CT scan which would show any abnormalities in my liver would have to wait until Monday.

This is what I refer to as the weekend from hell. Over the years I have had so many. For some reason when something is wrong, it always seems like I have to live the tortured existence of a person whose life is hanging by a thread for at least a weekend before I know anything.

And this wasn't just any weekend. It was my mother's birthday on Sunday and, lo and behold, my house sold! The only catch was an early closing date of February 26th. So now in addition to being sure that I was doomed, I had to contemplate spending my final days moving to a new home. By Sunday, I was truly a woman on the verge of a nervous breakdown. I was lying around on a heating pad for my back and crying while simultaneously praying and raging at God or whoever would listen. This wound up being my family. Anna had already accompanied me to the bone scan, which showed nothing new and she spent the



Lisa Pierot

majority of her weekend assuring me that the CT scans would be fine, too. I spent the majority of my weekend assuring her that something was definitely wrong this time. I knew it. I could feel it. This was it.

What has happened to me over the years? The result of so many tests and time spent waiting for the results have rendered me helpless and afraid. Gone is the person who once faced down the worst diagnosis you could imagine and then proceeded to beat it back with everything the doctors had in their medical arsenal. Now I found myself telling Anna that I could not do chemo again. And I thought I meant it. I really just couldn't go back there. I was not strong. I was not brave. I couldn't even find the tiniest trace of my former self. And the weekend continued to crumble around my feet.

By Monday morning, I was so worked up that I had to take something to calm me down so I could bring myself to go and get the tests done. Once again, Anna came with me. Our roles were completely reversed. She was the reassuring mother. I was the terrified child who wanted to go home. Still I managed to lie down and get the injection and hold my breath while the scanner took its pictures of my insides. And I told them I wasn't leaving without the results. When the nurse came in to say that the doctor wouldn't see me but he would allow me to take a copy of the transcript if I didn't mind waiting for it to be typed up, I felt my stomach surge with dread.

'And then she was back and Anna took the report from her and read it first to herself and then she smiled at me and I broke down and cried those tears of relief that I finally recognized as part of who I am. I am the girl who worries and then rejoices. I do both very well. There is, yet again, a reprieve from the thing that I fear most. Nothing is wrong with me that a good psychiatrist couldn't fix. And so it goes.

Until next week...

\$28,000 gift to hire CROW assistant veterinarian

The number of wildlife patients at the Clinic for the Rehabilitation of Wildlife (CROW) on Sanibel has increased by approximately 65% during the last five years, yet the staff has remained the same.

Ann Moran, part-time Sanibel resident and current president of the CROW board of directors, offered to pay the salary of an assistant vet for one year, and another couple pledged to pay the second year salary.

"Visiting CROW almost daily, I am amazed at the dedication and loyalty our staff have to our innocent wildlife," said Moran. "It was clear to me that if we were to keep Dr. PJ from working 14-hour-plus days, she needed some help. I can't go in and perform surgery or give patients the care they need, so this is my small way of making a difference in the lives of our wildlife that can't help themselves."

John Schubert, the Board's finance chair of the Board, notes that, although CROW's budget is in excellent shape, additions to overhead are always handled with caution and having donors willing to

CROW, see page 27



CROW's new Assistant Vet, Dr. Amber McNamara

Thanks from CROW to all Taste-goers and helpers

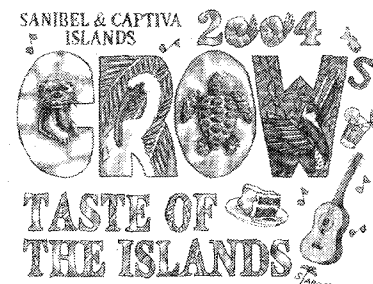
Thank You to all who enthusiastically and wholeheartedly participated in CROW's 24th Annual Taste of the Islands! Nineteen restaurants provided 2500 happy, hungry attendees with many delicious choices. Every single word of feedback received by CROW to date has praised the food and presentation by the restaurants as even better than last year! Music from the Blind Pass Steel Drum Band, The John Gaar Band from Austin Texas and Marty Stokes' Blues Water Band made for dynamite fun all afternoon.

Thanks to our judges for their perseverance in tasting every last bite and choosing winners in ten categories, including Taste of the Taste and Best Booth. Heartfelt thanks to the following judges for the hardest job at the Taste: Dario Zuljani of Ariani; Jimmy El Sayed of Mille Sapore; Chef Martin Murphy, the Blue Pepper; Chef of Restaurants, Vincent Savignano of Sanibel Harbour Resort and Spa; Tim Gilbert, The Channel Mark.

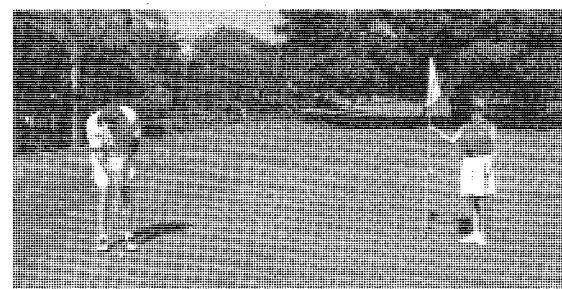
To our corporate and individual sponsors, our sincerest thanks - your sponsorship dollars helped us raise nearly \$25,000 for CROW. Corporate Sponsors include: Michelob Ultra; Bank of the

Islands; Barrier Island Title Co.; Coral Veterinary Clinic; The Islander Newspaper; Lifeline Designs; Molnar Electric; NBC-2 TV; On The Marc Entertainment; Don Peters, Realtor; Sanibel Harbour Resort & Spa. Individual sponsors are: Barefoot Charley's; Bill Vernay Moving & Storage; Cool Breezes of Key West; Dan Hahn Custom Builders; Greenwood Consulting Group; Linda Gornick; Jim and Eileen Courtney; Jensen's On the Gulf; Rotary Club of Sanibel-Captiva; Sanibel-Captiva Association of Realtors; South Seas Sanibel-Captiva Properties; 'Tween Waters Inn; Robert & Rita Southern; Dr. and Mrs. Irving Johnson; Mary Jane Briney; Clem & Jane Werner; John & Donna Schubert; Anonymous Friend.

All of us at CROW appreciate the magnanimous efforts put forth by the Taste Committee, restaurants, sponsors, judges, volunteers and vendors. We congratulate everyone on a "job well done" for CROW and for our wildlife neighbors. Please accept heartfelt thanks from all of us for your participation in CROW's very successful 24th Annual Taste of the Islands. Watch for an announcement soon on the date for our 25th Anniversary Taste of the Islands!



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OBITUARIES

Ann Tavano Cataldo

Ann Cataldo made her transition into Light in her home in Franklin, North Carolina, May 15, 2004. She and her husband, the late Col. Americo Cataldo, USAF, Ret., made their home in Sanibel, Florida until his passing in 1994. From that point, she lived at the Grand Court Retirement Community in Fort Myers, Florida until increased debilitation led to her return to Sanibel to live with her son and daughter-in-law, Arthur and Jadwiga Cataldo, in January 2003. She moved with her son and daughter-in-law in January 2004 to Franklin, North Carolina, where she continued to live with them until her transition.

She is survived by her son and daughter, Anne Cataldo Cerbone, of La Jolla, CA; two grandsons, Jonathan Cerbone of Belcamp, MD and Dr. David Cerbone of Albright, WV; and four great-grandchildren.

She loved her family, music, reading, good food, antiques, needlework, walks on the beach and sunsets. She was a gen-

erous, loving, gentle soul who will be missed by all who knew her.

According to her wishes, her ashes will be interred with her husband's remains at Memorial Gardens in Fort Myers, Fla.

Marshall J. Seidaman

Marshall J. Seidaman passed away peacefully on May 18. He had family members at his side. At the age of 17, in early 1943, with his father's permission, he enlisted in the Naval Reserves and was put on active duty. While serving on the U. S. S. Adirondack, Marshall created a new signal flag that was a response to a signal from another vessel that was not understood. His fleet was to lead the attack on Japan, but the war ended before they received orders. He was discharged as an Ensign in 1946.

While serving his country, Marshall attended the Pennsylvania Midshipman's School, Cornell Midshipman's School and Harvard Communications School and received three years of college credit. He then enrolled at the Wharton School of

Finance & Commerce at the University of Pennsylvania and received a B.S. in Economics in 1947. That same year he married June Korson of Philadelphia, and they had three children during the 1950s.

He continued his education at Harvard Law School graduating in 1950 with a J. D., thus starting his distinguished career in the legal field. From 1950 - 1960 he served as a Law Clerk for Judge William Hastie of the U. S. Third Circuit as well as a Teaching Fellow at Columbia Law School; Assistant District Attorney in Philadelphia, Deputy Attorney General, Pennsylvania; and a Trial and Appellate Attorney, National Labor Relations Board.

From 1960 - 1969, he struck out on his own. He established a law firm emphasizing private labor law and trial practice in downtown Philadelphia. One year, he was talked into running for the state legislature as a Democrat in a heavily Republican district, almost defeating the incumbent and receiving more votes than any other prior Democratic candidate.

Becoming restless in 1969, he applied for a fellowship offered by the Ford Foundation for Clinical Legal Education at Harvard and earned an LL.M., was recruited by Indiana University School of Law (Indianapolis) to head the Clinical Legal Education Program and promptly moved there. He met Cecelia Fox, who became his second wife in 1970. Recognized for his academic as well as financial acumen, he became the Associate Dean in 1976. In addition to his new administrative duties, he continued to teach and even wrote a book entitled "Indiana Law of Evidence" that is still in use.

Still wanting to keep his hand in the practice of law, Marshall was a part-time arbitrator of law disputes in his last few years at the law school. He ended his deanship in 1984 to pursue a full-time career as a Labor and Securities Arbitrator. The year the Indianapolis 500 ended with a disputed finish, he was the first one asked to be mediator. He was a primary arbitrator for the U. S. Postal Service and the Coal industry.

After many years of vacationing in Sanibel, he decided to move to the warmer climate. Not wanting to commute across the

causeway, Marshall settled in Fort Myers and continued to maintain his office in Indianapolis. Marshall was also the chair for Expedited Grievance Procedure for Florida Power and Light.

In 1990, after 40 years in the legal profession he retired and started volunteering for various activities and boards in the Fort Myers area. He served as an officer or member of the following boards: Russian Resettlement Program, Jewish Federation of Lee and Charlotte Counties; Lee County Alliance of the Arts (and their attorney), Lee County Red Cross; Lee County Human Relations Review Board; Tanglewood Residents Association; and the Harvard Alumni Society of Lee County. As an officer, member, president of Temple Beth El, he helped raise the funds for the Temple's new building in Fort Myers. One of his proudest achievements was the founding of the Marshall J. Seidaman Teaching and Research Fund in Health Care Policy and the Marshall J. Seidaman Program for Medical Economics in Health Care Policy at Harvard Medical School in recognition of the 50th anniversary of his graduation from Harvard Law. He also sponsored the Marshall J. Seidaman Lecture in Health Care Policy.

He is survived by his loving wife of 33 years, Cecelia F. Seidaman of Fort Myers, a son and daughter-in-law, Mark A. Seidaman and Vicki L. Jenkins of Philadelphia, daughter and partner, Barbara J. Seidaman and Kimberly S. Fuson of Indianapolis, son and daughter-in-law, Daniel J. and Bethany L. H. Seidaman of Vineyard Haven and his grandchildren, Jessica R. and David J. Seidaman, his stepson, Michael Zachar of Los Angeles, CA and his step-granddaughter, Jana Zachar, step-daughter, Cecelia P. Zachar of San Antonio and his step-daughter and step son-in-law, Mary Zachar and Jeffrey Davidson of Los Angeles, and his step-grandchildren, Nicole Z. and Justine Z. Davidson.

A memorial service will be held at Temple Beth-El in Fort Myers on June 5 at 1 p.m. In lieu of flowers, donations may be made to Temple Beth El in his honor, the American Stroke Association or a charity of one's choice.

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Course, from page 4

a brochure by mail and brochures are available at the Sanibel Civic Center on Library Way, SCCF, Ding Darling, Bank of America and the Community Center soon. You may also contact Nola Theiss, Planning Coordinator, at nolasanibel@yahoo.com or 395-1737 for more information.

Chamber Box Lunch

The Sanibel-Captiva Islands Chamber of Commerce will hold its monthly Box Lunch on Tuesday, June 8 from 11:30 a.m. until 1 p.m. at the Sanibel Community Center, 2173 Periwinkle Way. The Dunes Golf and Tennis Club will provide the lunch.

Mark Mathosian, Director of the Southwest Florida Region of the State

Comptrollers Office will be speaking; the Comptrollers Office regulates the banking, finance and securities industries in Florida and Mathosian will be speaking on identity theft.

Tickets for the lunch are \$10 and you must register by 5 p.m. on Friday, June 4. After that date and at the door, the cost is \$14. Call 472-1966 for reservations or email your reservation to: office@sanibel-captiva.org.

The Chamber hosts the monthly Box Lunch on the second Tuesday of every month. If you would like to help cater the luncheon at future dates, please call Ava at 472-1080, ext. 225.

...also coming up at the Chamber

Colonial Bank, the new branch at the Sanibel Beach Center, will host the next Chamber AfterHours on Monday, June 21, from 5:30 to 7 p.m. It is located on Summerlin Road across from Tanger Factory Stores.

Reservations must be made by Friday, June 18, before 5 p.m. for all attending. There is a \$5 charge with advanced reservations; without advanced reservations, the charge is \$8. Please call 472-1966 or email your reservations to: office@sanibel-captiva.org.

Chamber AfterHours is held on the third Monday at 5:30 p.m. Chamber members, prospective members and guests are invited to attend.

—THURSDAY, JUNE 10—

Summer programs at the Captiva Memorial Library

The Captiva Memorial Library offers a terrific variety of programs this summer for teens and children as part of the Summer Reading Team and Teens Read and Win!

Children's Programs

These events are free, but tickets are required. Please pick up free tickets at the library before each event. These events are for children ages 6 and older.

Magic & Balloons
by Fruit Loop the Clown
Thursday, June 10 at 2 p.m.
(tickets available June 3)

Crocodilians: Cold-blooded critters
by Toni Westland

Thursday, June 17 at 2 p.m.
(tickets available June 10)

The Frog Prince
by Rags to Riches
Thursday, June 24 at 2:00 p.m.
(tickets available June 17)

Teen Programs
Papier-Maché
by DiVitto Kelly

(Registration for all three programs is required: Saturday, July 10 at 2 p.m., Tuesday, July 13 at 2 p.m., Thursday, July 15 at 2 p.m.)

Reading programs (from May 26 - July 24)

The Summer Reading Team is for children grades K-5. Participants get a packet of helpful information, a reading log and other fun items just for signing up. All participants are entered into random drawings for prizes throughout the summer.

Teens Read and Win is for readers in middle and high school. Teens log their reading and can draw for prizes for each completed reading log they turn in throughout the summer.

There's even a Summer Reading Program for children 3 and under called "Read to Me" which encourages parents to read to their babies and toddlers.

The Captiva Memorial Library is located at 11560 Chapin Lane in Captiva. For more information, please call the library at (239) 472-2133. All programs are free and open to the public. A sign language interpreter is available with 48-hour notice. Call the Deaf Service Center at 461-0334 (voice) or 461-0438 (TTY). Assistive listening devices are available upon request.

U.S. House candidates at Lee Republican Women

The June meeting of Lee Republican Women Federated will be held Monday, June 21 at the Hilton Garden Inn. The Republican candidates running for the U. S. House of Representatives, District 14, are the invited speakers. A question and answer period will follow the presentations.

The public is invited to attend. The meeting will be held at the Hilton Garden Inn, 12601 University Drive (corner of Summerlin Road and College Parkway). Reservations for the LRWF luncheon are required by Wednesday, June 16 and include an 11:15 a.m. social hour and 11:45 a.m. lunch, business meeting and program. Cost is \$16. Call Carolyn at 849-0966 or Patricia at 489-4418 to make reservations.

Five-Day Photographic workshop

There will be a five-day summer photographic workshop with Jeff Ripple. Clyde Butcher will be a guest photographer. The workshop will be held on July 23 - 27, from 6:15 a.m. - 5 p.m. at the Big Cypress National Preserve and Ten Thousand Islands. The cost is \$995 per person and there is limited space. Call (888) 999-9113 for more information or to make your reservation.



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More Island Scene on page 8

ISLAND SCENE

For items to be included on these pages, they must be submitted by Friday, a week before publication date.

Noah's Ark Thrift Shop reopens

Noah's Ark Thrift Shop, the award-winning shop run by volunteers at Saint Michael and All Angels Episcopal Church on Sanibel, reopens for the summer at 9:30 on Tuesday morning, June 8.

The shop is open Tuesdays and Fridays from 9:30 till 12:30 in June, July and August. It is fully stocked with "new" merchandise — some of which will be on special sale opening day. Proceeds support a wide variety of ministries of the church, including, this year, a Habitat for Humanity house and several ministries for women and children.

Contributions of clothing and household goods and furniture are welcome any day and may be left on the

loading dock located at the side of the building. Noah's Ark is located in the last building behind St. Michael and All Angels Episcopal Church at 2304 Periwinkle Way in the middle of Sanibel Island. Phone 472-3356.

At Sanibel Community Church
Vacation Bible School

"This year our church is overflowing with excitement as we explore Lava Lava Island," says Dee Donalson, director. "Our Lava Lava Island program will provide fun, memorable Bible-learning activities for kids of all ages. Plus, kids will join Project Mercy and make contributions to help provide scholarships for children living in Ytebon, Ethiopia to attend school. They will also learn about the typical daily life of a child living in the village of Ytebon, where I will be going to live and teach in August. We'll conclude each day with a festive Lava Lava Luau that gets everyone involved in celebrating what they've learned."

Lava Lava Island begins on June 14 and continues through June 18. Meet at the church located at 1740 Periwinkle Way each day from 8:30 a.m. until 11:30 a.m. For a registration form come by or call the church at 472-2684 ext. 18. There is no charge.

Seminar on homosexuality

Dr. Daryl G. Donovan, senior pastor of Sanibel Community Church will be leading a two-part seminar on June 9 and June 16 at 7 p.m. addressing the issue of homosexuality. With main-line denominations wrestling over the issue of gay ordinations, and the Church, Federal and State governments faced with same-sex marriages, what light does the Bible bring to this debate? A primary focus of the seminar will include how to relate to homosexual family members, friends and acquaintances.

The seminar will take place on the church campus in the main sanctuary at 1740 Periwinkle Way. The program will be two consecutive Wednesday evenings from 7 - 9:00 p.m. The seminar is free and open to the public.

Reading at the Refuge

Need something to do this summer? Want to discover a new animal found on the refuge? Come to story time at the J.N. "Ding" Darling National Wildlife Refuge and keep learning all summer long!

Starting June 2, bring your children to the Education Center EVERY Wednesday at 10 a.m. to hear an exciting story and program highlighting an animal in our estuarine ecosystem. Pre-school and elementary school aged children are targeted but everyone is welcome to attend.

We hope to see you there! If you have any questions or are interested in the topics we will cover, please contact Refuge Ranger Toni Westland at 239-472-1100 x236.

Labor Day Muck-Abouts

Visit Clyde Butcher's Big Cypress Gallery in Ochopee on Labor Day Weekend and take a guided swamp walk into the Everglades. This year, the gallery will also be selling swamp walk T-shirts, walking sticks and medallions.

Muck-Abouts (swamp walks) will be offered on three days, September 4 - 6 at \$20 per person, non-refundable. All of the proceeds will be donated to Friends of the Big Cypress.

Your guides will be leading you into the wilds of Florida located behind the Big Cypress Gallery. The walks will last about one hour; however, plan on two hours from start to clean up. This year there will be three different moderately wet walks: the deepest you will get is high high. These walks are nice and moderate so that everybody can learn and enjoy their surroundings.

There will be three different paths and each walk will be as tranquil and beautiful as the others. Volunteers will be clearing the paths this summer.

Clyde Butcher's Big Cypress Gallery is located in Ochopee. To sign up for the swamp walks or for more information, call 888/999-9113, 239/695-2428 or visit on-line at www.clydebutcher.com

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MAKING A SMOOTH TRANSITION

There are many details to handle when you move out of one house and into another one. Since it is easy to forget important details in the rush of moving, making a written checklist of everything that needs to be done is an invaluable aid.

Be sure to include standard moving procedures such as providing your new address to the Post Office, your bank, credit card companies, and any magazines to which you subscribe. Let your insurance agent know about the move to ensure that your personal property will be covered at both houses. Call the utility companies ahead of time to arrange for the cut-off and turn-on dates for gas, electricity, water and telephone service. Put important documents, such as birth or marriage certificates, tax returns and home ownership documents together in a safe place as you pack, so that you can locate them easily. It will give you great satisfaction and peace of mind to check each item on your list off as it is handled.

Margie specializes in Sanibel, Captiva and Ft. Myers real estate. She was named Realtor of the Year by Sanibel and Captiva Assn. of Realtors in 2000 and 2002. Her new book, "How To Make Your Realtor Get You The Best Deal-South Florida Edition" is must reading if you are thinking of buying or selling. Call Margie at PMR 472-1511, or e-mail her at Margie@MargieDavison.com.



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FISHING & SHELLING

Shelling

Not one, but three very colorful cones showed up for a visiting sheller early in May and we are still trying to identify the shells. Nancy Levin has been out on my trips many times over the years, but recently she pulled out three specimen shells just before another ride and this time we were both stumped.

The cones are dark colored, with bands going around. They were slightly taller than our standard alphabet cones found occasionally around the islands. Nancy has shelled over some of the best islands in the world and knows her shells.

We have the alphabet, which is usually a yellow/gold color for background and a series of dots running in lines around the whole cone. The top is flattened and it does look like a cone form. The Florida cone is smaller, running about an inch and a half for a large one. The top is more pointed and the color patterns are varied.



Capt. Mike Fuery

The cones came from near the Island Inn, located on Gulf Drive, on Sanibel Island. It is a busy resort and there are lots of people working the same beach from adjoining condos so this was not exactly a secret spot. Nancy was there at a full moon. She says that those who study living shells will tell you that's a time when live cones become very active. She was working a shallow tidal pool before sunset on a full-moon evening and came upon two of the dark-colored cones. One had the remains of a recently dead animal inside. As a lawyer, Mrs. Levin knows well the Sanibel laws against taking any living shells. Another sheller noticed the unusual shell and came over for a look. Nancy went on and found a second one, slightly smaller with the same color and design.

This net washed up on the beach on Sanibel. A net like this may have killed a loggerhead turtle that washed up dead at Shell Island Beach Club two weeks ago. Its neck had been broken, probably from being caught in a net that didn't have a turtle excluder device.

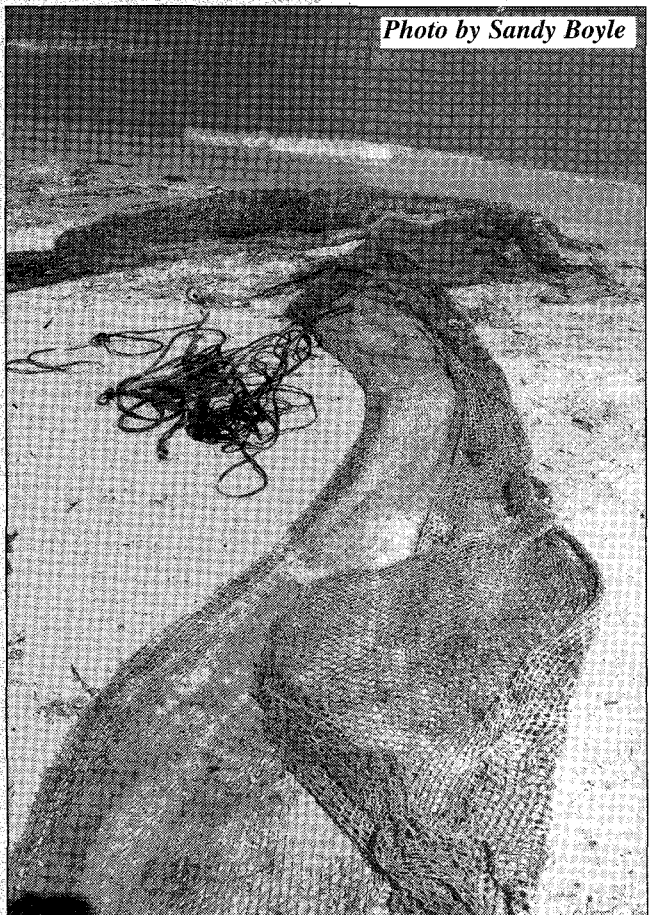


Photo by Sandy Boyle

When a third one came out of the surf a little further down, she was curious.

I visited the Sanibel Public Library, which has a great display of categorized shells and found two which were close, but none which would be a complete match. The shells could be a Yucatan cone or a crown cone. The crown variety is said to live from south Florida to Brazil. The Yucatan is found off the Florida Keys and in the Yucatan. Finding one cone is great luck. Finding three in the same outing which are rare is still another. She has them framed and packed safely away for the trip home.

Nancy was wondering about a sub-species and perhaps it was some small pocket of common alphabet cones with an unusual color running in the family. Since neither of us could come up with a close match, we are still doing our research on this find. One of my thoughts was that they had been planted, but one had just recently died, so that was doubtful. There was a resort on the island which at one time was salting the beaches with the rare junonia shell.

I believe Nancy called the appearance of cones in the spring at low tide the "cone dance" which apparently happens anywhere cones live and are exposed at low tide. Perhaps they are out looking for a special food which also only emerges under the same conditions. Fighting conchs do a similar thing a few times a year. This shell uses a curved, pointed claw to dig out from the sand and move about. So the case of the unidentified cone continues. There is a wide range of color combinations and it could be a regular cone turned into a new color.

Fishing News:

Tarpon were late showing up this year, but just today I am casting to them in schools not 60 feet off the beach. They should have been doing this three weeks ago, but each year it's a little different. We had a lot of windy days in early May and by the third week, it is getting normal.

There was some worry in the angler ranks that something had gone horribly wrong and the big silvery fish wouldn't be showing up. There have been a couple of tar-

pon tournaments where no fish were caught. Recently a couple of Captiva Island guides and their charters won a tournament because they were the only ones to hook a tarpon and get it close to the boat.

I was fly fishing from the beach for snook when the two schools showed up. These fish are so concentrated that they appear to be a dark ball in the water. Occasionally, a fish will surface and you clearly see the big black back and silver sides. I had a small deceiver fly on and cast in a couple of times without a take.

Then it occurred to me, "What the hell am I going to do if one of them takes the fly?" There is no way I could stand on the beach and have enough line to pull in a six foot long, 100 pound fish. I would have six seconds of spectacular fight, then the fish would get my \$50 fly line. However, I would have a great fishing story. I went back to the snook as the big tarpon rolled right along the beach!

Good fishing and shelling this week.

(Have a question or comment? You can reach Capt. Mike Fuery at 466-3649 or by email at junonia4@aol.com)

Turtle Tracks at SCCF

Come join us for Turtle Tracks at the Sanibel-Captiva Conservation Foundation's Nature Center at 9 a.m. on Thursdays. This interpretive program will delve into the life cycle of the sea turtles that nest on our beaches. We will start at the turtle exhibit and marine touch tank in the nature center and then go to a beach site to hopefully view a sea turtle nest and other fascinating marine life.

The Sanibel-Captiva Conservation Foundation monitors the Sea Turtle nests on Sanibel and Captiva. The cost is \$3/adults, free for children and there is a beach parking fee of \$2/car. Reservations are not necessary. If you have any questions about the Turtle Tracks program or our Sea Turtle Research Program, call the Conservation Foundation's Nature Center at 472-2329.

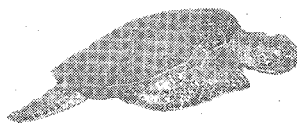
Kayaking with the Conservation Foundation

The Sanibel-Captiva Conservation Foundation, in cooperation with Captiva Kayak Company, will be offering naturalist-led kayaking outings in our local estuarine waters. We will discuss the importance of our Back Bay estuary as we paddle in and around Buck Key, a unique island within the Pine Island Sound Aquatic Preserve.

The next kayaking adventures will be on Friday, June 11 and Friday, June 25 at 9:30 a.m. These tours will help fund the Conservation Foundation's environmental education programs, while educating participants about the natural and cultural history of Pine Island Sound.

No kayaking experience is necessary for these excursions, just a sense of adventure and a willing spirit. We will be using very stable kayaks and paddling instruction will be provided.

The cost for this outing is \$35 per person. Space will be limited so reservations are required. Reservations and additional information can be obtained by calling the Conservation Foundation at 472-2329.



Sea Turtle Nesting Totals		
May 31, 2004		
	Nests	False Crawls
2004		
Captiva	10	7
Sanibel East End	3	6
Sanibel West End	33	31
Totals	46	44
2003		
Captiva	34	18
Sanibel East End	4	22
Sanibel West End	39	62
Totals	77	102

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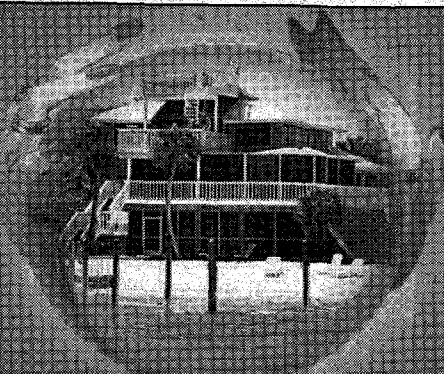


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Remodeling Safely for Safety

June is National Safety Month, and the National Association of the Remodeling Industry reminds homeowners to play it safe during the renovation process.

Stay out of "LARM's" Way (Lead, Asbestos, Radon and Mold)

"Lead, asbestos, radon and mold are all potentially harmful substances that should be discussed with your

remodeling professional before you begin a project," said Joan Stephens, CR, president of NARI. Both asbestos and radon are carcinogenic and can be detected by a professional; lead and mold should also be detected by a professional. All remodelers are required to provide you with a brochure entitled "Protect Your Family From Lead in the Home" which NARI provides to its members.

While recent studies have shown that mold might not cause more serious ailments previously attributed to the fungus, such as memory loss and seizures, the National Academies of Science does support the claim that asthmatics may suffer more, and that healthy people may experience upper respiratory symptoms, from mold. Remember that knowledge is the best preventative measure.

Safety Tips to Follow During a Remodel:

Try to stay out of the work area. This is important for safety and for maintaining work schedules. Keep pets, toys, and children out of the contractor's way.

Block doors where remodeling is occurring, especially if small children are present. If you're adding a deck attached to the second story of a house, or over a walk-out basement, remember to keep access doorways blocked. "It is easy to forget that the old deck has been torn down and there is nothing but empty space outside of the patio door," said Scott Balentine, CR, owner of Lifestyles Custom Homes & Remodeling in Overland Park, Kansas, and Kansas City NARI member. "Even doors on lower levels should be blocked to prevent being struck by falling items as someone exits the house."

Always communicate with your professional remodeler. Discuss where tools and materials will be stored, who will be responsible for cleaning the area, and what sections of wall or floor can be covered at the end of the day.

Remember the "Three L's": Locks, Lighting and Landscaping

According to the U.S. Department of Justice's National Crime Victimization Survey, more than two million homes are burglarized annually. Safety is exceedingly important. As a preventative measure, thinking like a criminal may not be such a bad idea when planning your remodeling project. Don't make it easy for a burglar to attack your home, and consider these elements of renovation:

Landscaping:

Everyone wants an attractive home exterior, but safety should never be compromised for beauty. The way plants, shrubs and trees are arranged around your home may be

Remodel, see page 12

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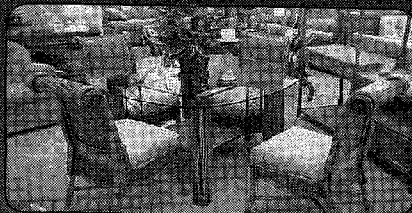
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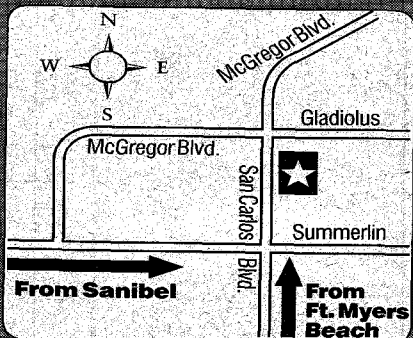
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by Nancy Santeusano
Special to The Islander

"There are a number of mortgage companies on the island. They all have the same loan rates, access to the same lenders and the only way for a mortgage company to be different is to provide highly personalized service," points out John Friedlund, an experienced license broker who joined C.A.C. Mortgage, Inc. five years ago and enjoys an outstanding reputation in the brokerage business. Recently a new realtor on the island called and asked him, "I have seen your rate sheets and note that you are active with the Board of Realtors. Why should I send my clients to you?"

Friedlund explains that personalized service means keeping the realtor, as well as the client, informed. The goal is a smooth closing, where the client and realtor both feel successful. Each client's file is almost like a puzzle. The broker has to fit all the parts together and coordinate the timeline to match the closing date. Here both coordination and communication are key.

During the past year a slight increase in interest rates has impacted refinancing but, from the historical standpoint, they are still generally low and sales remain strong. Many people are choosing fixed rather than adjustable; with the fixed rate just about at its historical low, they want to lock in this best rate. Greenspan has hinted that rates are going to have to go up because the economy is improving. This trend causes pressure on interest rates to increase, but as Friedlund points out, "This has already been factored into the current rates. Banks are quick to raise the interest rates in anticipation of rising rates and are very cautious about lowering them. Rates come in on a daily basis and on some days there are midday price changes. All brokers have to use the most recent rate sheets when negotiating a

loan." Again it's the mortgage company's ability to excel in personalized service that makes the difference to the client and the realtor.

With the fluctuations and unpredictability of the stock market, many people who are looking for an alternative investment are turning to real estate.

"I believe that there is no better place than Sanibel and Captiva for this kind of investment. Both islands are becoming well known on a national basis and this puts them in the spotlight as a vacation destination. The properties hold their value so well they become a strong investment," comments Friedlund, himself an island resident for the past twenty-five years.

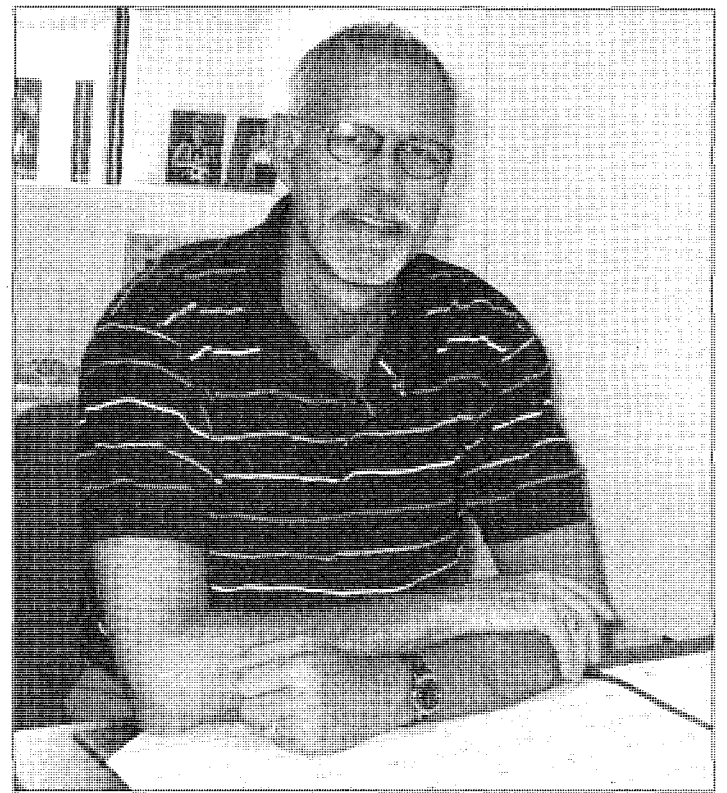
Friedlund compares the mortgage brokerage business to that of a travel agency and the airlines, only now the broker is dealing with several different choices as possible lenders. The mortgage broker's job — like the travel agent's — is to shop around and find the best possible deal for the client. That's where Charles A. Chegut, sole owner of C.A.C. Mortgage Inc. since 1991, has earned his reputation by demonstrating his ability to find optimum mortgage placements for his clients. In turn this has resulted in a number of referrals from realtors and attorneys to whom Chegut has proven his record of quality mortgage placements at the lowest possible rates.

The spectrum of fluctuating mortgage rates had a high of 18% in the 1980's to a low of 4.8% in 2003. This lasted only a few days, rising again to 5.8% and as of the end of May 2004, the rate is up to 6.25%.

Refinancing is a personal decision based on your own long and short range plans. When interest rates are low and you plan to stay in your house for a number of years, then refinancing is an option to consider. As Friedlund points out, "It costs money to refinance and there are

expenses connected with it. If you're planning to move in a year or two, it is unlikely that you will have time to recoup any saving. However, it makes good sense to set up a conference with a mortgage broker you trust and check out your options. The pros and cons of refinancing are best made after consultation and deliberation. Remember you're in the driver's seat. The broker's job is to explain your options but the final decision is yours."

Some people think that if they go to a broker and receive personalized service, the costs will be higher. In reality, this is not true. The bank will pay the mortgage broker a fee to place quality loans because they are not paying for overhead, salaries and employee benefits. Therefore, the costs are lower to the mortgage broker. Friedlund emphasizes that he always encourages people to check around. "I want them to get the best deal they can but they usually find that they make out better with a broker and have the advantage of shopping 10-15 lenders,



John Friedlund of CAC Mortgage

all at the same time. Many people find a certain comfort level dealing with a broker face to face and knowing there's always a telephone number and a person with whom they can speak."

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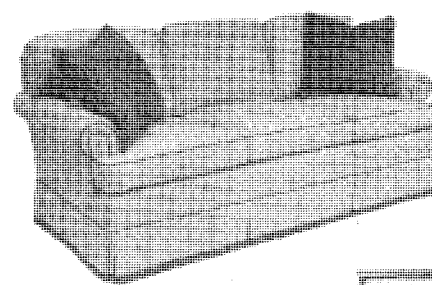
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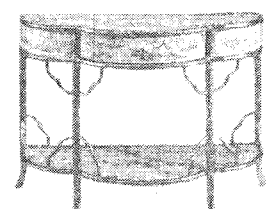
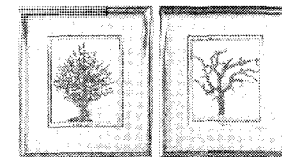
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Remodel, from page 10

the reason why a burglar chooses it. The fewer places there are to hide, the less chance of crime.

Less shrubbery also greatly decreases the risk of fire. According to the U.S. Fire Administration, creating a "defensible space" by lessening the amount of trees and shrubbery within 30 ft. of your home greatly decreases fire risk. Fire-safe areas may be created during a remodel by considering stone as an option for walls, patios, swimming pools, decks and roadways.

Consider what windows and rooms overlook the different parts of

your lawn and landscape for better views from inside, which will allow you to be aware of suspicious behavior.

If you're building a deck, it's important to follow code requirements that dictate proper space between handrails, proper railing configurations, etc. "Be sure to use only a licensed contractor for any deck and porch construction project," Balentine said. "Licensed contractors carry the proper insurance and will put the proper permits required by local municipalities, insuring the project is built in accordance with local and national building codes."

Lighting:

Exterior lights with timers and sensors will increase the safety factor of your landscape design. Consider a few types of outdoor lighting that will enhance the security of your homestead.

Screw-in photoelectric sensors turn lights on at dusk and off at dawn automatically, motion-sensor floodlights are activated when something comes within range of the sensor, wall-switch timers allow you to time when the lights are on, and grounded timers for exterior lighting can be mounted outdoors on the side

of your house.

Locks: Deadbolts Stop Burglars Dead in Their Tracks

Ensure that all exterior doors will be equipped with deadbolts in addition to standard locksets. Don't settle for the cheapest lock, go with a hardened-steel bolt that extends at least an inch into the doorjamb. For even greater safety consider a vertical deadbolt, which prevents an intruder from opening the door by forcing a pry bar between the door and the frame. When replacing doors, talk to your remodeling professional about lock options.

The remodeling market, a \$214 billion industry in the U.S. in 2003, is projected to grow to \$224 billion or more in 2004. It is estimated that more than a million homes per year undergo major renovation or remodeling.

NARI is a professional association whose members voluntarily subscribe to a strict code of ethics. Consumers may wish to search www.RemodelToday.com to find a qualified professional who is a member of NARI.

Consumers can also call the NARI National hotline at 800-611-NARI and request a free copy of NARI's brochure, "How to Select a Remodeling Professional."

A pinch of salt around the house

(NAPS) - One common household ingredient can help you in so many ways you may consider it a wonder ingredient.

That ingredient is salt. Long used in the kitchen, salt has many surprising uses around the rest of the house.

Here are some suggestions from Morton Salt:

- To remove coffee stains from the inside of a glass coffee pot, add four teaspoon of Morton salt, one cup crushed ice and one tablespoon water. Gently swirl until clean, then rinse. The coffee pot should be at room temperature before cleaning.
- Restore the bloom to your favorite glass vase. Clean the vase by mixing 1/3 cups of Morton salt and two tablespoons vinegar to form a paste. Coast the inside of the vase. Let stand 20 minutes and scrub. Rinse and dry.
- Need a breath of fresh air? A homemade air freshener can be made but cutting an orange in half, removing the pulp and filling the peel with Morton salt. This will provide a pleasant aromatic scent anywhere in your home.
- Cleaning up doesn't require chemicals. Cut odors off your wooden cutting board by pouring a generous amount of Morton salt directly on the board. Rub lightly with a damp cloth. Wash in warm, sudsy water.
- At your disposal is a new way to remove odors from garbage disposals. Pour half a cup of Morton salt directly into the garbage disposal. Then, by running the disposal following manufacturers' directions, you'll send those odors down the drain.
- Morton salt can also be tough on rust. Just make a paste using two tablespoons salt and one tablespoon lemon juice. Apply paste to rusted area and rub. Rinse thoroughly and dry.

For a free booklet of tips on handy ways to use salt around the house, write to Morton Salt Tips, Dept. PR96, 100 N. Riverside Plaza, Chicago, IL 60606-1597.

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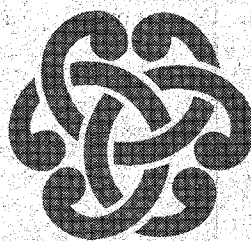
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WHO'S WHO ON THE ISLANDS

Craig Albert: President of the Sanibel Captiva Community Bank

by Nancy Santeusano
Special to The Islander

Whether you meet Craig Albert in the island's newest bank or on the tennis court coaching the Sanibel Middle School Tennis Team or as a Little League umpire or as a member of the Board of Directors of the "Ding" Darling Wildlife Society or the Sanibel Captiva Conservation Foundation, the Police Pension Board of Directors or as a Kiwanian in the role of past president and treasurer, he's always the same kind of caring person who is helping to continue Sanibel's finest traditions and build for the future.

His island involvement goes all the way back to his grandfather, who in the late thirties and forties owned a cabin next to Mr. Gestewitz in Sturgeon Bay, Wisconsin. Each summer, Craig Albert's father played with Hans Gestewitz, their son. In the fifties, the Gestewitz family moved from Wisconsin to the east coast of Florida and the families lost contact. Craig grew up in Pittsburgh and his family visited Del Ray Beach on the east coast of Florida on school vacations. In 1978, while Craig was still in high school, his father decided to buy a condo in Del Ray Beach.

First, Tom Albert, Craig's father wanted to speak with his old friend Hans Gestewitz, who had moved to Fort Lauderdale. Luckily, his father located Gestewitz in the telephone book, called him and explained what he wanted to do. Gestewitz advised him not to buy the Del Ray condo and promised, "Next year, I'm going to take you to Sanibel Island, the place where you should buy your Florida home." Tom Albert followed his friend's advice, bought a lot in Gulf Pines and built a home. "That's how we found Sanibel. First, my grandfa-

ther and Mr. Gestewitz were good friends, then Hans and my father and now Ron Gestewitz and I. This has been a three-generation friendship," boasts Craig.

When Albert graduated from the University of Pittsburgh in 1982, the steel industry in Western Pennsylvania had basically crashed and the economy was flat. Fortunately, his parents owned the house in Gulf Pines and Albert used that location as a base for his job search in Lee County. First Federal Savings and Loan of Fort Myers offered him a job as a management trainee and, after three years, Craig Albert became a branch manager. Three years later, in 1985, he went to work for Bank of the Islands. For the last nineteen years, he has stayed on Sanibel,

working in the banking business. "In the last nineteen years, I've been through six different bank mergers." When the Sanibel Captiva Community Bank received its charter in January 2003, Albert was appointed president and senior loan officer, the same position he serves so capably today.

A number of his former employees have joined Albert at the Sanibel Captiva Community Bank. Among them are Mary Griswold, the wonderful receptionist who has been in banking on Sanibel for the past twenty-five years, the competent Nora Mohr and Sharon Baker, head teller. Add to these names Tony Gropp, working on staff and processing mortgage loans and Carmen Lombardo, another experienced professional banker.

Reflecting upon his career in banking for the past 22 years, Albert still remembers the day at Gulf Pines when an elderly, retired executive said to him, "Just be careful on the first job you take because all of a sudden twenty years will go by and you're going to wonder what you are doing in this certain profession that you chose." Albert acknowledges that the man was right and also admits that he took his first job based on the best salary offer but still kept his night job as a "pizza delivery guy. I learned every street and condo on the islands." Today, as he reflects on his years in the banking business, he calls Lyman Frank, chairman of the Board of the Sanibel Captiva Community Bank, his true mentor.



Nancy Santeusano



Above: Umpires Beary May and Albert in 1998; Below: A snook caught in Lady Finger Lakes (the only place he's ever fished); Below left: The graduate from Upper St. Clair High School in Pennsylvania in 1978.

With his invaluable knowledge of the banking business, Albert does not predict a whole lot of change on the islands. "I think the growth is pretty much done but the property values will continue to stay strong with a limited supply and a high demand. That's always been the trend since 1982. When I look at some of the prices that people are paying for property in Cape Coral or Bonita, Sanibel is not overpriced. The future is good. The development is over - no more big subdivisions. What you see on Periwinkle today is what you will see twenty years from now. With all the land the City of Sanibel, Ding Darling, the SCCF and other donors have given and the high priority placed on preservation, the availability of tracts of land is not here."

With his enthusiasm for youth sports and Dick Muench as one of his role models, Albert became involved in umpiring Little League twenty years ago. For the last four years, he's been the successful coach of the Sanibel Middle School Tennis Team. "That's what I enjoy doing." With his popularity as a coach, he ended



up not with the predicted nineteen or twenty players but thirty-two kids jumping off the bus to join the team this spring. "We're going to keep them all, whether they're experienced or beginners. The goal is to keep their interest in the sport." He adds, "This tennis team is so talented I predict it can go undefeated this year." That's the spirit Albert demonstrates whether he's coaching, umpiring, handling a complicated bank merger or serving as president of the island's most recently established bank.

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Digital Imagination opens

Digital videos, websites, CAD-routed cubes, and celebrity photographs incorporating 1200 to 1900 separate images each are among the 100-plus digital artworks by Florida artists in the historic June 4 - 26 Alliance for the Arts "Digital Imagination" Exhibition.

All 100-plus still, kinetic and interactive digital artworks in the exhibit will be displayed and viewable on laptop computers and monitor screens. The technical equipment is being provided and installed by the show's high-tech sponsor, FindWhat.com, under the direction of Brian Chaikin, Creative Designer with FindWhat.com and "Digital Imagination" curator and co-juror. Dr. Mel Strawn, University of Denver Professor Emeritus

is the other co-juror, with both responsible for deciding the allocation of \$1,500.00 in prizes to be announced at the Exhibition's Opening Reception from 5 to 7 p.m., tonight, June 4 in the Alliance's Frizzell Gallery at 10091 McGregor Blvd. in Fort Myers.

The exhibition represents a first-of-its-kind partnership venture between the Alliance, Lee County's designated Local Arts Agency, and FindWhat.com, a leading developer and provider of performance-based marketing and commerce services for online businesses headquartered at Summerlin and Boy Scout Roads in Fort Myers. The purpose of "Digital Imagination" is to offer the public a comprehensive understanding of the current

state and future directions of digital art.

"As part of our mission 'to facilitate and nurture the creation, development, promotion and education of arts and culture' in our area," Louise Senneff, Alliance Executive Director, is pleased that, "Digital Imagination" surveys a recent direction in modern art. Because it utilizes new kinds of 'electronic tools' such as computers, digital cameras, and related software, rather than more traditional art implements such as pens and inks or brushes and paints, some members of the public (as well as some artists and critics) consider 'computer art' not real art. We know we're not likely to settle that discussion, one way or the other with this first Florida digital art exhibition shown on monitor screens, but we will be giving local residents and visi-



Above: Jim Morrison by Lehigh Acres artist Scott Feldkamp, composed of 1891 images from Hollywood; Below: Tropical Reflection by Fort Myers artist by Linda Griffin

tors an excellent sense of what's happening - a digital snapshot of the various kinds of digital art being created nowadays. It'll give the public something new, different and important: a visual 'heads up' on what they'll be seeing a lot more and more of in the years ahead."

Members of the public are invited to attend "Digital Imagination" (and a con-

current Alliance Member Gallery exhibition of "hand taken, processed and printed" Photographs by Bruce Gora) without charge during its 5 to 7 p.m. Opening Reception on June 4 or anytime during its run through June 26, from 9 to 5 Monday to Friday and 10 to 3 Saturday. Call 239-939-2787 or visit www.artinlee.org for additional details.



Tracey Ullman guest auctioneer for Arts for ACT

Join Abuse Counseling and Treatment, Inc. at Harborside Convention Center on Saturday, August 21 from 5:30 to 11 p.m. for the Arts for ACT 2004 Fine Art Auction, the biggest social event of the summer.

The guest auctioneer will be the versatile actress, singer and comedienne, Tracey Ullman. This versatile comedienne and actress happily buries her own personality - and features - to create diverse characters in films and television.

After receiving a scholarship to theatrical school at the age of twelve, she toured as a dancer and singer, eventually making a name for herself on stage and especially on television. Her TV popularity led to her film debut, opposite Paul McCartney in Give My Regards to Broad Street. Meanwhile, she scored four top-ten hits on the British pop charts, leading to the American hit single "They Don't Know." Fans who thought of her mostly as a singer and comedienne were then dazzled by her performance as Meryl Streep's eccentric friend in Plenty (1985).

She moved to America and starred in "The Tracey Ullman Show" (1987-90), playing a multitude of characters every

week (and winning an Emmy in the process). She also appeared in Jumping Jack Flash (1986), had the lead - with a flawless American accent - in I Love You to Death (1990), and has costarred in Robin Hood: Men in Tights (1993, as a haggish witch), Woody Allen's Bullets Over Broadway and Robert Altman's Ready to Wear/Prêt-à-Porter (all 1994). She continues to star in cable TV specials that feature her talents as a chameleonlike comedienne.

There will be an array of fine art and hors d'oeuvres to entice the palate will be served and a cash bar will be available. This year, local artist Judy Smith is the featured artist for 2004. Tickets are \$75. each and reserved tables of eight and ten available, beginning June 1.

Proceeds help benefit Abuse Counseling and Treatment, Inc., a non-profit agency established to provide shelter, 24 hour hotline, counseling and education to victims of domestic violence and their families and survivors of sexual assault, serving Lee, Hendry and Glades Counties. For additional information call 939-2553.

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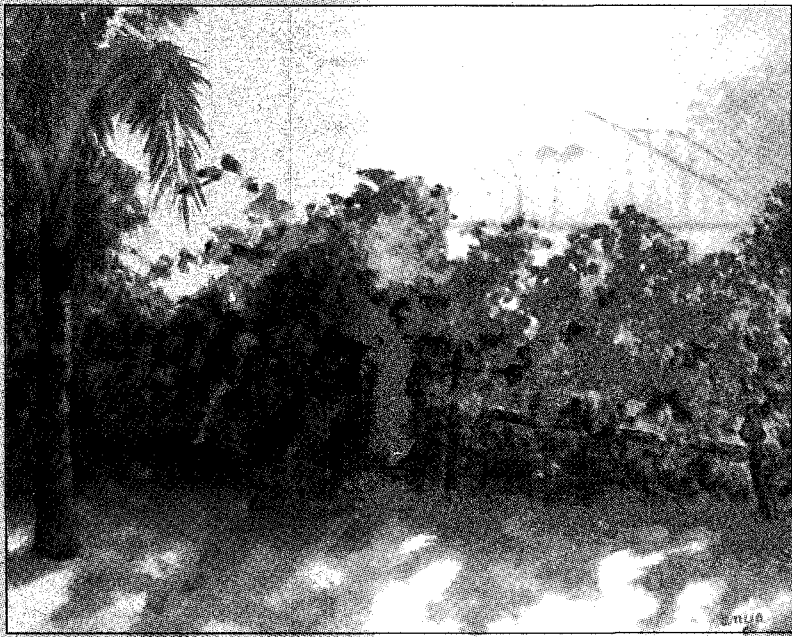
695 Tarpon Bay Road (#13), Promenade Center

San-Cap Art League at Phillips

The members of Sanibel-Captiva Art League welcome you to their Annual Summer-Art Exhibit in BIG ARTS Phillips Gallery which will be on view until the end of September.

There are fifty watercolor, acrylic, oil, collage and mixed media paintings in a variety of subjects that include still life, local scenes, life drawings and abstract work.

BIG ARTS is located at Dunlop Rd., next to City Hall, and the gallery is open weekday afternoons from 1 to 4 pm. Call 395-0900 for more information.



The Art League has over 150 members of varied art experience and backgrounds who visit or reside in the area. They meet weekly for paintouts and during the season they have monthly programs, sponsor portrait classes, workshops, juries and non-juried exhibits and have an annual



Above left: Sanibel resident Sheila Tardosky; Above right: Sanibel resident Anne Walter. Left: Painting by Ann Bischoff

Clothesline Art Sale. As members of the Art Council of Southwest Florida they promote the appreciation of art and encourage the exchange of ideas among artists in Lee, Collier, and Charlotte counties.

For more information, call 472-2726, 472-4258 or write to Sanibel-Captiva Art League, P. O. Box 1192, Sanibel, FL 33957.

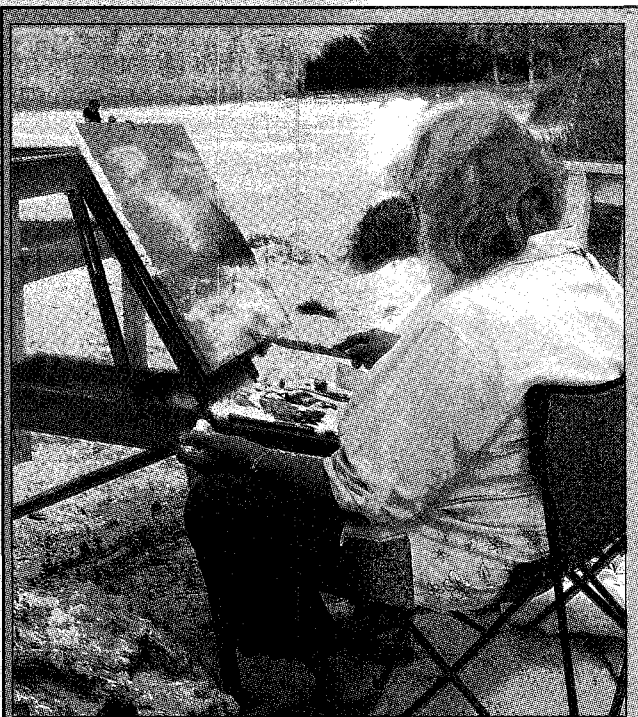
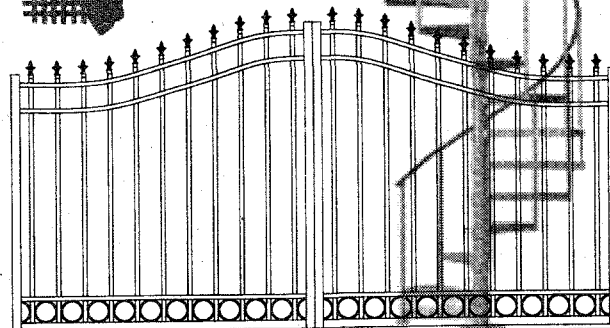


Photo by Michael Pistella
Fort Myers artist Linda Euken paints a scene at Blind Pass, Monday.

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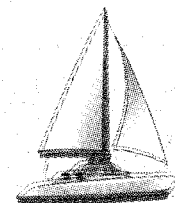
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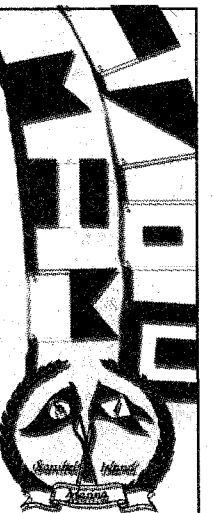
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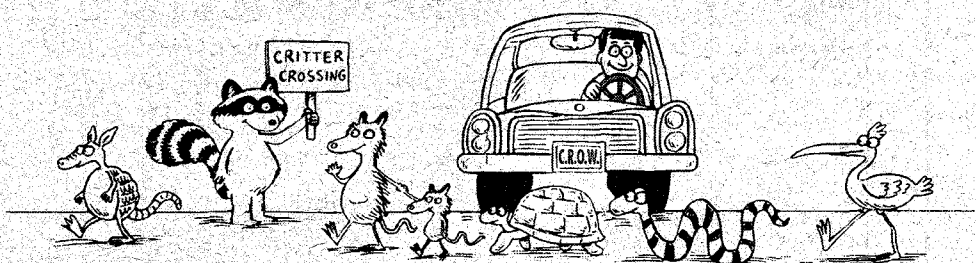


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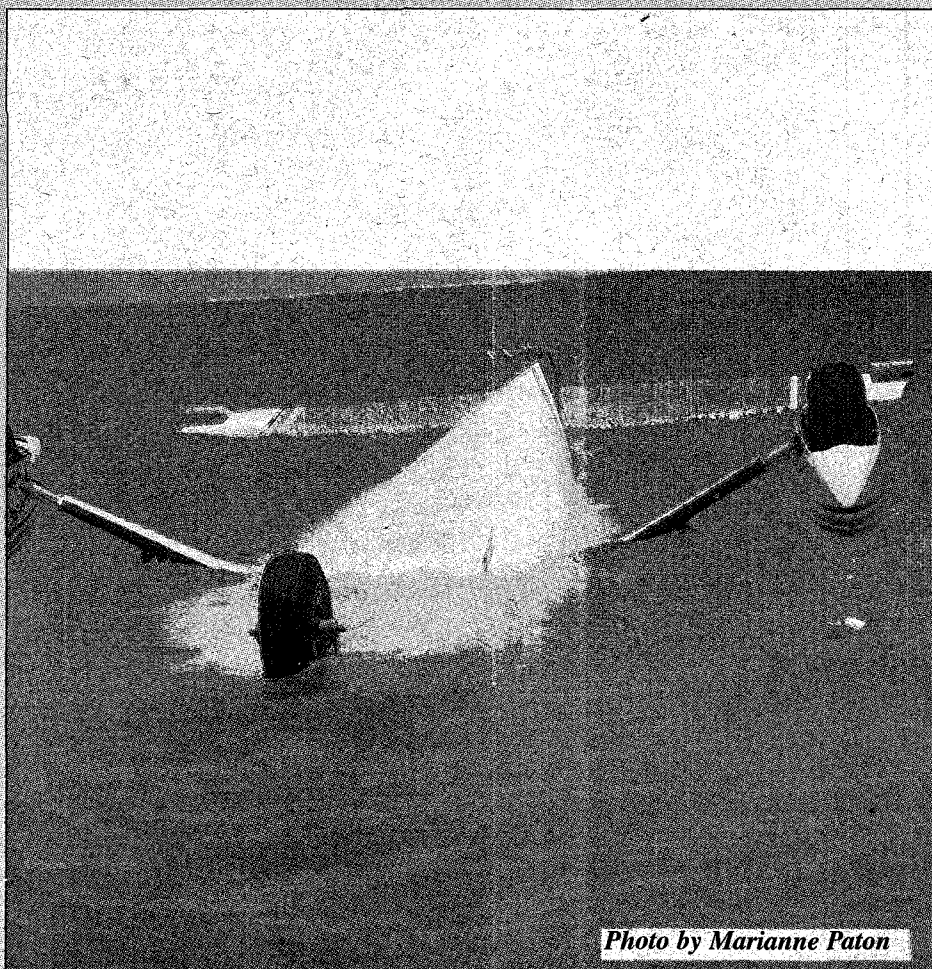
Give wildlife a brake.

Plane crashes off North Cap

A Cessna 172 crashed off the beach on North Captiva on Monday, May 31.

Both passengers, Nicholas Carlucci of Venice and James Slobodnik of Sarasota, escaped injury.

The men had been flying over Sanibel and were headed back north to Venice when they began to have engine trouble and attempted a beach landing.



Sanibel Island Marina named 'Clean Marina'

On Thursday, May 20, representatives from the Florida Department of Environment came to Sanibel to recognize the Sanibel Island Marina as a Clean Marina. This is the first time a Sanibel business has earned this designation and the fourth in Lee County.

The CLEAN MARINA PROGRAM is a voluntary, proactive partnership-driven approach designed to benefit marinas, boatyards and boaters to help keep Florida's coast and waterway resources clean. This program consists of awards and recognition, education and awareness, and designation as a 'Clean Marina.'

The program is administered by the Florida Department of Environmental Protection's (FDEP) Division of Law Enforcement (DLE) and funded through grants from the Environmental Protection Agency (EPA) and the National Oceanographic and Atmospheric Administration (NOAA). A local program coordinator is located in each of the six FDEP District offices and one in the Florida Keys. District Coordinators work with local partners including Florida Sea Grant and US Coast Auxiliary to provide technical assistance and on-site support

to program participants pursuing the designation.

The Clean Boating Partnership was formed in 2000 to involve the Marine Industry, Sea Grant, and the United States Coast Guard as working partners with the Florida Department of Environmental Protection. The Partnership's goal is to promote awareness and use 'pier' pressure to encourage marine related industries to protect Florida's water resources by voluntarily instituting best management practices based on industry expertise and sound environmental principles. This public/private board of volunteers also includes marina and boatyard owners, members of the Marine Industries Association of Florida, Florida Inland Navigation District, National Oceanographic and Atmospheric Administration and the Environmental Protection Agency.

In order to earn the Clean Marina designation, the facility must complete a questionnaire containing 168 questions spread over 20 categories covering subjects from hull cleaning operations to fueling procedures to waste disposal and even landscaping.

Realtors® student essay winners

President David Schuldenfrei was pleased to announce the winners of the Sanibel & Captiva Islands Association of Realtors® First Annual, Essay Contest for Eighth Grade Students of the Sanibel School. This year's selected topic was "Discuss the life and/or achievement(s) of any Sanibel/Captiva resident that demonstrates honor."

Over 30 students entered the contest, the essays - with students' names removed - were sent on to the panel of judges: Bob Wigley, Dr. Randall Niehoff and Dr. Sue Carter.

Essays were judged on a point system that encompassed

- understanding the topic
- clarity and effectiveness of style and organization of essay
- originality of approach and treatment of the topic
- ability to establish a convincing response to the essay topic
- adherence to format and length of essay rules.

Each winner received a \$500 Savings Bond.

The three winners (and their featured residents) are:

- Brenna Williams wrote of Ernie Gunther and the "Kitchen Inspiration"
- Chizette Kremer wrote about J.N. "Ding" Darling
- Blake Sobczak wrote up an in-depth interview with Francis Bailey

Schuldenfrei stated: "We hope that by encouraging these young students to learn from past and present residents, whose honorable impact on this Island will be felt for many years to come, that these students will become the honorable residents of the future!"



President David Schuldenfrei stands at the podium to announce winners, Brenna Williams, Chizette Kremer, Blake Sobczak. Sanibel School Assistant Principal Nancy McDole stands behind the students.

MOVIE REVIEW

Shrek 2

By Kate Thompson
Breeze Corp. Writer

Shrek 2 is definitely a must-see sequel and it's almost as good as the original. While the plot may not be wildly original, it certainly holds up for the 93 minutes of the film. And there are some great reasons to see this movie more than once.

The basic story involves an invitation from Princess Fiona's parents, the King and Queen of the Kingdom of Far Far Away. They want to invite the newlyweds for a visit and a ball. Of course, they don't know that their beautiful only daughter is actually an ogre. And there is the small problem that the King and the Fairy



Godmother had conspired to have Fiona awoken by Prince Charming, who's the Fairy Godmother's son.

Mike Myers and Cameron Diaz reprise their roles as Shrek and Princess Fiona; Eddie Murphy is back as Donkey. (I do wonder if the poor beast has noticed he doesn't have a name of his own.) All three are, predictably, brilliant.

The plot lends itself to several great

bits such as when Jennifer Saunders as the Fairy Godmother screams "I don't care whose fault this was, just get it sorted! And could someone please bring me something deep fat fried and smothered in chocolate." While that might be chick humor, there's plenty of guy humor as well — such as when Shrek and Fiona are in a mudbath.

Several new characters join the wild tale. Antonio Banderas plays Puss in Boots, a hired hit-cat, who's totally over the top. If you've seen the trailers, you've probably seen his first meeting with Shrek: intending to inspire fear and terror in his intended victim, Puss is temporarily sidelined by a hairball. It's hilarious! A later scene where we find the cat licking himself also cracked me up.

John Cleese plays the King of Far Far Away and Julie Andrews is the Queen. Both are terrific in the roles.

The movie sends up Hollywood and scores of other films starting with "From Here to Eternity" (the famous Deborah Kerr/Kirk Douglas beach love scene), but always with a twist. I caught a number of references but I bet I missed at least as much as I caught — hence, a great reason to see the film again.

When the credits start to roll and you know the movie's ended, do NOT leave your seat. The most hilarious scene of all is halfway through the credits. I don't want to spoil it for you but it involves the Donkey and his love, the moody dragon who isn't seen at all during the rest of the movie. I'd cheerfully pay the full evening ticket price to see that scene alone

Shrek 2 is playing at Island Cinema in Bailey's Center; phone 472-1701.

POETIC LICENSE

Where were you on May 8, 1945?

By Joseph Pacheco

Playing hooky at the New Amsterdam movie theatre on 42nd Street and coming out after sitting through "Behind the Rising Sun" and "Commandos Strike At Dawn," blinded for about ten seconds by sunlight then saw that Times Square was filling up quickly with people, lots of them women and servicemen and the newsstand guy shouting, "Hitler Caput, Germans Quit! Read all about it!" — the cops directing cars away from Times Square and all the people into it, the women grabbing every soldier and sailor and kissing and even French kissing the living daylights out of them, the men looking for women to kiss and finding them and before I knew it the women kissing me, one after the other, I had never kissed strange women before, grownup or young, I became excited but you really couldn't do anything because it was too crowded with more and more people shoving into the square, holding their fingers high in V for Victory signs — by the Red Cross War Fund booth in the middle of the square, the loudspeakers began playing "There'll Be A Hot Time

In The Town Of Berlin"

by Frank Sinatra, a girl in a drum majorette outfit was lifted on top of a Red Cross truck and led the crowd around her in cheering: "two down, one To-jo, next stop — Tok-y-o!" reminding us that only half the war was over and reminding me that it had already been over for my brother who was killed in '44;

pushing my way out of the square I walked the two miles downtown against a tide of wild cheering girls and beer-guzzling teen-age boys rushing to the square to get drunk for victory, found no one at home, looked in the mirror, saw my face and mouth covered with the lipstick prints of the strangers with whom I had shared a moment of public intimacy, wiped them all off with my mother's cold cream just in time — my mother came in and I could see she had been crying, "Did you hear the news?" she asked me, "Yes," I answered, "they let us out of school early."



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SERVICE CLUBS

ABWA awards and installation

The Awards and Installation evening of the American Businesswomen's Association (ABWA) Sanibel-Captiva chapter will be held on June 15, announced outgoing president Faye Carney.

For the past two years, Carney's dynamic leadership style breathed new life into the organization, actively involving the membership. Her vision and enthusiasm helped ABWA to double its membership and she was also the force behind revitalizing the working committees, developing an awards program, creating a workable budget, and helping establish the successful new fundraiser, Poker Pedal.

Proceeds from Poker Pedal and other fundraisers during the year provide scholarships for young women through the southwest Florida region.

The new officers also bring considerable talents to ABWA. Lisa Cochran will take over the reins as president, Sara Ashton as vice president, Vicki Dove as secretary, and Vanessa Flynt as treasurer.

Lisa Cochran served as membership chairwoman for the past two years and her involvement on that committee was pivotal in expanding the membership. Lisa was raised on an island in Puerto Rico, and has lived on Sanibel with her husband, Bruce, since the late 1970s. She looks forward to another term as president, having already served in that capacity. Her passion is to "give back to community" and she plans to further increase the vibrant, active membership and to "take care of the scholarship girls." She is already working on new ideas for expanding the services of ABWA in the local community.

Earning a BA and an MBA, Sarah Ashton has worn a variety of hats during her career. She and husband, Jim, relocated to Sanibel in 2001 and started On-Site Assurances. She is a licensed realtor with John Gee & Company.

Vicki Dove has lived on Fort Myers Beach for forty years and has owned a variety of businesses in the Fort Myers Beach area. She recently opened Curves of Sanibel.

Vanessa Flynt has lived on Sanibel for fourteen years. She has had six years of banking experience, works for Billy's Beach Service at the Casa Ybel Resort, and has been married to Doug for nine months.

In addition to installing the new officers, awards will be presented to members who have made a significant contribution to the club over the past years. Members are asked to wear black and gold, and are encouraged to bring spouses and/or associates to help celebrate the achievements of the past year.

The meeting will be held on June 15 at the Sundial. Social hour begins at 5:30 in the lounge; dinner is served at 6:30 pm.

If you are interested in membership and would like to attend the June meeting, please call Lisa Cochran (246-8876). Members of ABWA should call Trudie Kohlbrenner (466-3892) to make their reservations. Reservations are required.

Kiwanis: BGC a positive place for kids

Submitted by Bob Wimbush

The hours between 3 p.m. and 7 p.m. are the most dangerous for juveniles, according to Michelle Butler, Kiwanis speaker and director of development for the Boys and Girls Clubs of America. That's when they get into trouble. Unless, of course, they spend them at a Boys and Girls Club (BGC). That's where the odds for good stuff happening improve, and that - keeping them positively occupied, supervised and off the street - makes communities safer.

Michelle talked of a BGC in Alva that had redirected kids' energies and actually quelled regular, ongoing community disturbance. She told of one Lee Club's flag football team winning the national championship, and its team members being recruited by colleges. As if the kids hadn't enough adversity, that team was feted by - and met - both Jeb and George Bush... but just in case it worries you, there were no apparent ill effects.

Michelle was out when I called to verify facts for this story, and, instead, I reached club official and Cape Coral Kiwanian Joe Gunnin.

Joe had spent the week dealing with a situation where three kids in a family had been severely beaten with a fan belt at home, and BGC had found them safe haven. One, a junior in high school and a

five-year BGC member, is a straight-A student, part of a Gospel choir, the band, and will be competing next week at a fitness and conditioning conference in Chicago. This outstanding young lady faces a lot of challenges. She is in a safe place, at least temporarily. I had called to confirm numbers and learned quickly that, in Joe's world, every number has a face.

The Boys Club Organization dates back to Civil War times. It was begun in Hartford, Connecticut and became national in 1906. Girls were added later. Today, there are approximately 4,000 clubs nationwide and 250 in Florida. Lee County has had BGC for 30 years. Today, five clubs serve approximately 2,100 youths between the ages of 6 and 18.

And, while they definitely are fun, clubs are about more than that. Each club has a quiet area, and kids using clubs understand that homework comes first. The clubs, in fact, work closely with the Lee County School District, and all are authorized drop off sites for school busses. And it doesn't stop with the school year. Clubs will be open from 7 a.m. to 9 p.m. all summer. And that's where you come in.

In a valiant attempt to improve on their "Bush" league speakers (I never could resist a bad pun - it's mine, not hers) and operating on the somewhat exaggerated idea that people on Sanibel work, Michelle asked for speakers who could come out to the clubs and describe career paths and other opportunities that might be open to these kids.

She also asked for money. The BGC annual budget is \$919,000. That pays rent on five locations and salaries for nine full-time and 22 part-time employees. Most funding is governmental - federal, school

Kiwanis, see page 20




Can you steer kids down the right track? Michelle needs speakers.



Dick Muench provides washing instructions for your brand new Kiwanis Book: Don't. And don't whine if you do. There are still a few books available. Check at the banks.

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TO YOUR HEALTH

Holistic Health Notebook: Unexpected symptoms of a heart condition

By Carol Simontacchi
Special to the Islander

We all know what a classic heart attack looks like. Sweating profusely, the man clutches his chest and collapses to the ground. The pain in his chest is intense, and he finds it difficult to catch his breath. Pain may be radiating down his arm or through his back. That is what a heart attack is like, isn't it?

We now know that that classic picture may or may not represent the symptoms of a cardiovascular event. Other, more obtuse, symptoms may signify an impending or active heart attack, and if we know what the other symptoms may include, we may be more easily able to get help before it is too late.

First, the heart victim may not be a man. It may be a woman. Only recently have women been alerted that the number one cause of death in women is cardiovascular disease, including stroke. In the past, women have been more likely to fear breast or other forms of cancer but heart disease kills far more women than any other cause.

Second, both men and women may experience other, lesser known, symptoms of heart problems such as:

- Unexplained dizziness or fainting spells
- Light-headedness
- Nausea, vomiting, or lasting discomfort after meals, similar to heartburn symptoms
- Toothache
- Pain in the armpits
- A sudden, severe headache
- Fatigue with no known cause
- Heart palpitations
- A sudden change in vision, particularly if in only one eye
- Swelling of the feet, ankles, legs or abdomen
- Persistent coughing
- Breaking out into a cold sweat
- Pressure or discomfort in the chest

- Numbness or weakness in the legs, arms, or face, especially on one side
- Back, neck, abdomen or jaw pain
- A sudden change in the ability to speak or understand speech

Some heart attacks present with no symptoms at all, or worst of all, the first symptom may be sudden death.

If you have any of these unexplained symptoms, see your doctor immediately. Let him/her provide you with an accurate diagnosis.

Meanwhile, however, there are some wonderful things you can do to help prevent a heart condition. One of the best supplements you can take is

COQ10, or ubiquinone, a coenzyme used in the production of cellular energy.

This important nutrient may be one of the most widely studied - and acclaimed - nutrients for the heart, second only (perhaps) to vitamin E. Discovered by accident in 1957 and studied in Japan throughout the '60s, COQ10 rapidly became known as a "heart nutrient." The Japanese were the first to use COQ10 to treat congestive heart failure. Because of the work of Dr. Karl Folkers in the U.S. and the Japanese research community, scientists around the world began studying the benefits of this vitamin-like substance, primarily for many types of heart disease but also for cancer, periodontal disease, obesity, and other conditions.

Next week we will explore the role of COQ10 in preventing or treating cardiovascular disease. The science is good! I started writing about this nutrient several years ago, and focused on the science in my book, *A Woman's Guide to a Healthy Heart*. COQ10 isn't a woman's supplement, however. It is just as important for men.

For more information, contact Carol Simontacchi at Island Nutrition Center (472-4499).



Carol Simontacchi

Study finds exercise enhances neuron growth

Findings could aid research into helping brain heal from within

According to a study published in the June issue of the *Proceedings of the National Academy of Sciences*, exercise can stimulate injured neurons to regenerate their axons, which are the primary transmission lines of the nervous system.

"Our experiments show that the nervous system responds to injury in the same way that it responds to activity that creates or eliminates connections needed for brain cells to communicate with one another," said Jeffery L. Twiss, MD, PhD, Head of the Nemours Neuroscience Research Lab and corresponding author of the study entitled, *Voluntary Exercise Increases Axonal Regeneration From Sensory Neurons*.

"In time, our further understanding of the mechanisms behind this process could aid research into new treatments for brain diseases that affect the lives of millions of Americans," said Dr. Twiss.

Neuronal activity enhances synaptic plasticity, with new connections forming between frequently used neural pathways. The term synaptic plasticity refers to the ability to maintain or improve synapse function. Dr. Twiss' team and a second group of researchers from UCLA under the leadership of Fernando Gómez-Pinilla, PhD, found that this plasticity can affect the ability of nerves to regenerate.

Previous research from the UCLA laboratory of Gómez-Pinilla, Professor of Neurosurgery and Physiological Science, has shown that following exercise, neurotrophin levels increase in the brain and spinal cord. Neurotrophins, growth factors that promote neuron survival, positively regulate synaptic plasticity underlying high order neural processes such as learning and memory, and walking. This research clearly demonstrates that managed physical activity can be a realistic therapy to promote functional recovery after brain and spinal cord injury.

To investigate how exercise-induced changes in neurotrophins affect synaptic plasticity, both Drs. Twiss and Gómez-Pinilla's groups examined the growth of sensory neurons from rats that had access to running wheels for 0, 3, or 7 days.

The researchers observed that sensory neurons grew longer neurites, a type of extension, when cultured from animals that had exercised compared to sedentary animals. Neurite length correlated directly with the distance that animals ran.

To determine whether exercise could also enhance axon regeneration within a living organism, the researchers crushed the sciatic nerve of animals that had exercised for 7 days prior to the injury. Significantly more sciatic nerve axons regenerated in the exercised animals than the sedentary animals. Injecting an inhibitor of neurotrophin receptor activity into neurons prior to exercise blocked the activity-induced axon growth.

According to researchers, these results indicate that physical activity may alter synaptic plasticity and regenerative capacity through neurotrophin signaling mechanisms.

"There is much work to be done, but we hope to take advantage of the molecular changes seen after exercise to optimize repair or regeneration of the nervous system in the future," said Dr. Twiss.

About Nemours Biomedical Research

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Kiwanis, from page 18

district, Lee County, City of Fort Myers - supplemented by in-kind donations, national sponsorships, and the United Way (25%), but they can still use help from people like you. It costs \$500 per year to accommodate a child. Add \$100 for extended summer and holiday hours. But each kid is asked to pay just \$10 - a lot of money when one's parents are on drugs or in prison - but over 75% are on scholarship and pay nothing. None are turned away.

And, no, it's not likely we will get a BGC that will quell the disturbances on Sanibel. First, it takes 100 members, and secondly, most of the Kiwanians, the real

troublemakers on the Island - intellectually inferior to our students and far from harmless - are too old.

So pony up. You can contact Michelle Butler at 334-1886 about speaking (or volunteering) and send large checks to Suite 402, 8359 Beacon Boulevard, Fort Myers 33907.

And you can visit Kiwanis at the Dunes at 7:30 every Tuesday morning. Call 454-8090 to have the FMB Kiwanis Thrift Store pick up donated resaleable furniture, clothing, household goods and small appliances.

THEATRE NOTES

by Sidney B. Simon

Over 1,000 miles from Sanibel, I find that theater curtains go up to begin and curtains come back down to end theater evenings up here just as they always have down there.

I am a sunbird once again, living in a wonderful valley in Western Massachusetts surrounded by five colleges. (The South Hadley, Northampton and Amherst area.) In the three weekends since I've been back I've been to eight performances. And still there were more things on the boards than I could fit in. Best of all, everything I saw was within 20-30 minutes from my home, and oh so inexpensive.

Don't you wish you were here?

It intrigued me to think that I would have had to leave the island to travel to Sarasota, Naples, Cape Coral, Ft. Myers Beach and certainly Fort Myers, to take in eight plays of this range and quality.

So what did I see? Four of the eight productions were under college or university auspices. Two were from the local High School of Performance and Art. Two were put on by very competent amateur groups in the valley.

One amateur group brought us a well-directed production of Lillian Hellman's **THE CHILDREN'S HOUR**. This dark play seemed so contemporary. I stood for a standing ovation for the cast.

The other group put on a dazzling **THE SECRET GARDEN**. Where they found all those good singing voices I'll never know, but it was top flight. Interesting side issue — the group was invited to take the whole play to Ireland to be part of The 2004 International Community Theater Festival in Dundalk, Ireland, for 40 years the most important musical festival in Ireland.

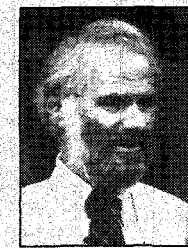
The Pioneer Valley High School of Performing Arts produced Elizabeth Swados' moving play, **THE HATING POT**. It's a harsh look at racism, bigotry and the paucity of diversity in our culture. The kids wrote a whole second play as part of

their own personal search for ways to fight bigotry, and it was damn near as exciting as Swados' play. What a double feature that night was!

The same high school's Dance Department put on a thoroughly creative and inspiring evening of unique choreography danced by talented, energetic, enthusiastic young dancers. I hope I am around to see their productions every year. They were that good!

The fifth performance was a play written by a graduate student at Smith College, Henry David Clarke. Pretty raunchy, shocking and yet real. It was called **RELAXATION ORGASM**. Not

Theatre, see page 26



Sid Simon

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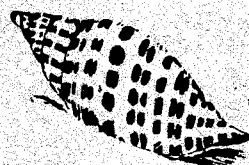
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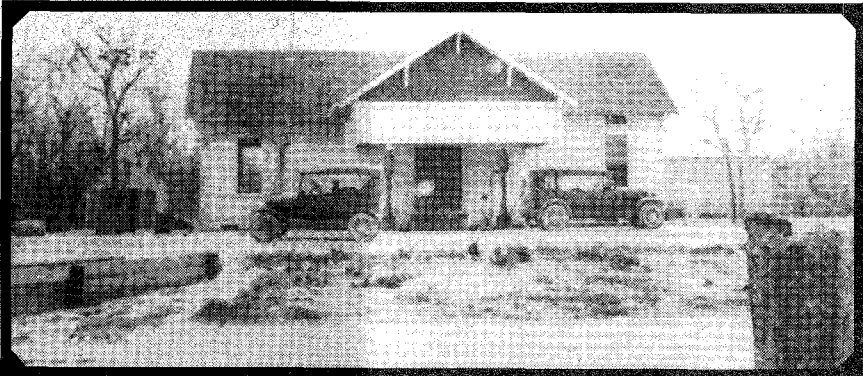
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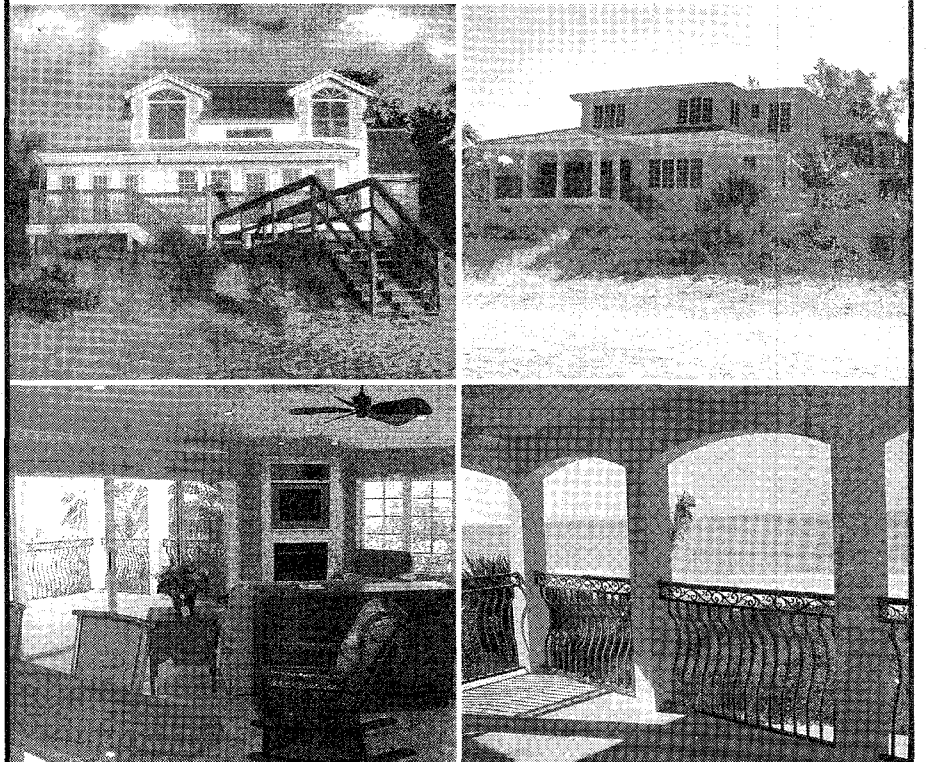
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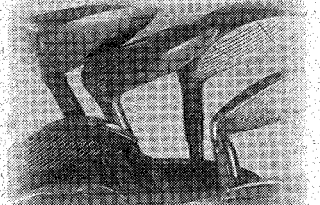
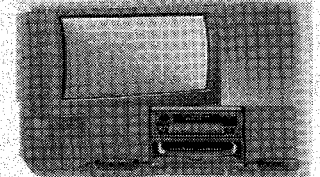
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Sanibel's official city newspaper with a paid distribution of 4,500+



Captiva Current
Delivered to consumers in the Captiva area every Friday



Sanibel Captiva Shopper's Guide
Reaching over 7,500 every Thursday



Beach Bulletin
The area's visitor and entertainment newspaper delivered every Friday



Fort Myers Beach Observer
A circulation of over 14,000 in the San Carlos Island and Estero Island area every Wednesday



Cape Coral Daily Breeze
Reaching homes in the Cape Coral Community daily



The Saturday Breeze
Is delivered to 38,000 homes in Cape Coral every Saturday morning



The Lee County Shopper
Home delivered every Wednesday with a circulation of 105,000



North Fort Myers Neighbor
Home delivered to 9,500+ every Wednesday



The Lehigh Acres Citizen
Reaching 7,000 every Wednesday



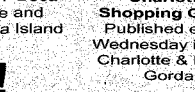
Gasparilla Gazette
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Pine Island Eagle
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The Pine Island Eagle
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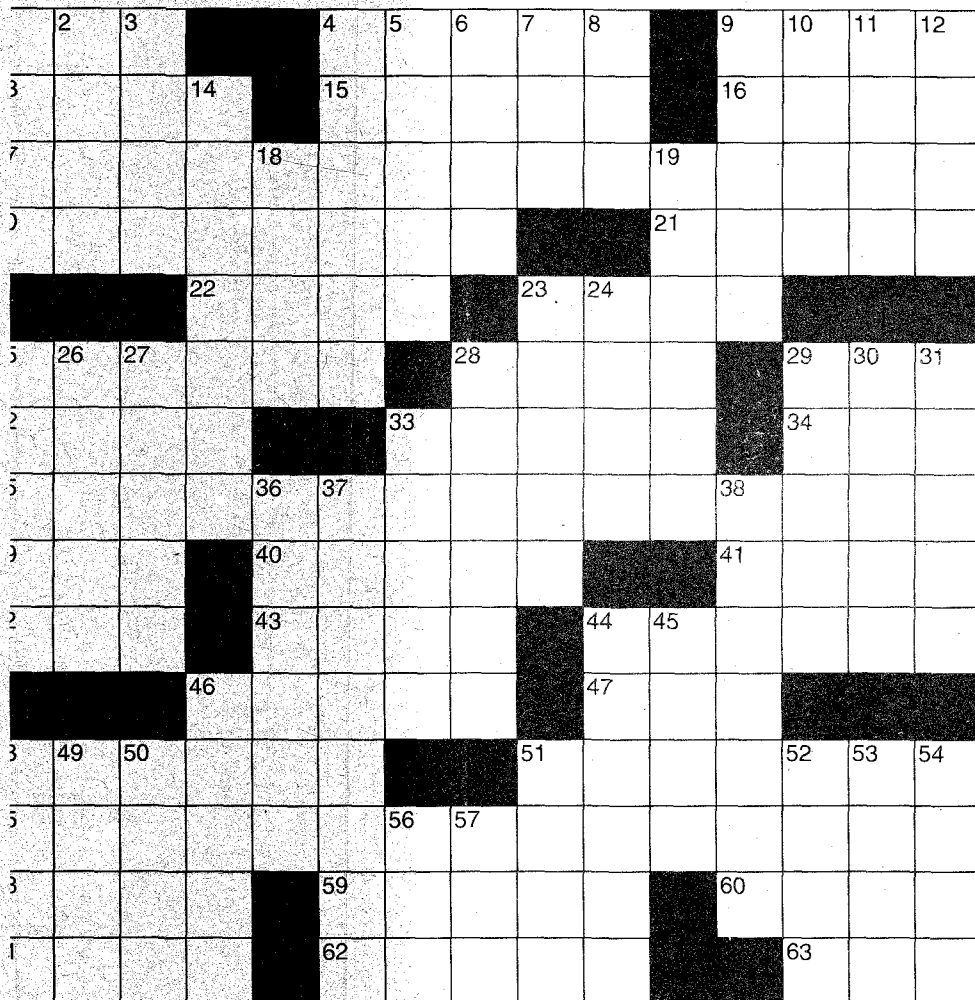
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Clues DOWN

1. German town
2. Buffalo
3. British school
4. Ideas
5. Mountain chain
6. Deterioration
7. Type of runner
8. Wood duck
9. Rise
10. Private school in New York
11. Body cavities
12. Ancient Greek city
14. Opposite
18. Direction (Scottish)
19. Rice dish
23. French river
24. Bloodsucking fly
25. Lines
26. Place that treats addiction
27. Bird genus
- daughter
30. White aspen
31. National capital
33. Inure
36. Brass that looks like gold
37. Started up again
38. Rabid
44. Stitches
45. European river
46. Magnoliopsid genus
48. Battle fatigue, for example
49. Hail (nautical)
50. Give advice, explain
51. Text
52. Continent
53. Form a form
54. Stock purchase plan
56. Turns into noun
57. Maya _____ of Vietnam Veterans Memorial

Clues ACROSS

- | | |
|--|-------------------------------------|
| 1. Own (Scottish) | (Scandinavian) |
| 4. Mexican condiment | 42. Helps little firms |
| 9. Half a dozen | 43. Greater number |
| 13. Pier, side of porch | 44. Jiggers |
| 15. Japanese mushroom | 46. Binds |
| 16. Fossil fuel | 47. She was sweet as
apple cider |
| 17. George Sanders film
of '42 with "The" | 48. Free |
| 20. Dictyopterous insects | 51. Rayon |
| 21. Arthropod genus | 55. Tyrone Power film of
'57 |
| 22. Minerals | 58. Soft drink |
| 23. Served | 59. Decree |
| 25. Fabrics | 60. Acknowledgment |
| 28. European herb | 61. Changes color |
| 29. Drivel | 62. Patron saint of France |
| 32. Any habitation at a
high altitude | 63. Current unit |
| 33. Tripod | |
| 34. Cloth | |
| 35. Jane Fonda film of '86 | |
| 39. Principal ethnic group
of China | |

SOLUTION

1	H	2	A	3	E			4	S	5	A	6	L	7	S	8	A		9	S	10	I	11	S	12	E
13	A	N	T	14	A			15	E	N	O	K	I					16	C	O	A	L				
17	M	O	O	N	18	A	N	D	S	I	X			19	P	E	N	C	E							
20	M	A	N	T	I	S	E	S						21	A	N	A	S	A							
				22	O	R	E	S			23	A	C	E	D											
25	P	26	R	27	I	N	T	S			28	D	I	L	L			29	P	30	A	31	P			
32	A	E	R	Y				33	E	A	S	E	L					34	A	B	A					
35	T	H	E	M	36	O	37	R	N	I	N	G	A	38	F	T	E	R								
39	H	A	N		40	R	E	U	S	E				41	A	T	L	I								
42	S	B	A		43	M	O	R	E			44	P	45	O	N	I	E	S							
				46	R	O	P	E	S			47	I	D	A											
48	P	49	A	50	R	O	L	E				51	A	C	E	T	52	A	53	T	54	E				
55	T	H	E	S	U	N	56	A	57	L	S	O	R	I	S	E	S									
58	S	O	D	A			59	E	D	I	C	T					60	C	I	A	O					
61	D	Y	E	S			62	D	E	N	I	S						63	A	M	P					

Theatre, from page 20

sure the President of Smith ever saw it.

Number six was again at Smith. They did a well acted, tight and insightful production of Caryl Churchill's TOP GIRLS. Not an easy night in the theater, but well worth attending.

The University of Massachusetts drama department put on a full-scale production of Euripides' THE TROJAN WOMEN. It was an enthralling evening and, even if some of the students didn't quite project their lines, it still worked.

And, finally, back to the University of Massachusetts where the Department of Theater did

one of those extraordinary Play In A Day adventures. Six playwrights wrote all of one night to create six short plays. The next morning the scripts were given to a group of directors and actors and, script in hand, the plays were performed 24 hours after the playwrights sat down to write.

They were full of variety and there was not a lemon in the bunch. I would drive more than 30 minutes any day to see each of those 24-hour wonders again. I'd say the same for all of the other seven performances I was lucky enough to witness in these three weeks in Paradise Valley since I've been home.

I miss Sanibel, of course, and I'm sorry you missed these shows. But the whole Summer Theater season is ahead of us. What riches are so close to me... The Williamstown Theater, Miniature Theater of Chester, Pioneer Valley Summer Theater, The New World Theater, New Century Theater, Jacobs Pillow for dance, Tanglewood for music, and all the scattered Barns and Tents in the Berkshires with theater galore, all summer long. Get ye to Western Massachusetts and come see for yourself.

Maybe I'll see you in the audience!



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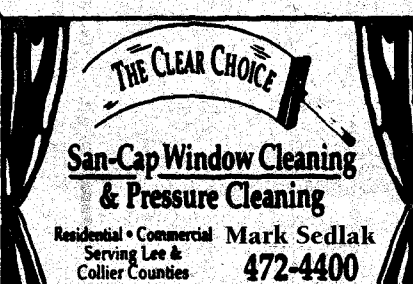
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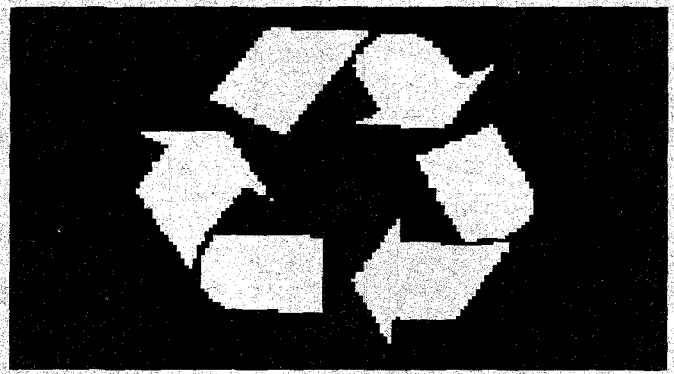


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ARTS CALENDAR

On Exhibit

- **ROBERT RAUSCHENBERG** at Edison Community College Gallery of Fine Art. Opening reception and official name change of gallery to the Bob Rauschenberg Gallery, June 4 6:30- 9 p.m.
- **DIGITAL IMAGINATION** all Florida juried show at the Alliance for the Arts, Fort Myers. Sponsored by FindWhat.com, opening reception June 4. 939-2787.
- Recent work by **BRUCE GORA** at the Members Gallery at the Alliance for the Arts. Through June 26.
- **LIQUID CAFE**, May 26, Group Art Attack presents "May Flowers." 461-0444
- **DUO SHOWS AT ARTS FOR ACT**. Christina Wyatt's "Mermaids" and Roy Benton's "Elements." Opening reception June 4, 7-10 p.m. 2265 First Street, at the historic Arcade in Fort Myers.

- **GUEST ARTISTS INVITATIONAL** at the Cape Coral Arts Studio. Showcases works of Cape Coral Arts Studio instructors. 4533 Coronado Pkwy. June 4-25. Opening reception June 4, 5-7 p.m. 574-0802
- **SUMMER MEMBERS' SHOW** at the Fort Myers Beach Art Assoc. corner of Donora and Shell Mound Blvd., FMB. Open Weds and Thurs 9-1.

On Stage

- **SCOTLAND ROAD** at the Periwinkle Playhouse. Begins June 16, \$20. Performances 8 p.m., 2 p.m. matinees.
- **THE MUSIC MAN** at the Broadway Palm April 15 - June 5. 1380 Colonial Blvd, Fort Myers. 278-4422.
- **LOST IN YONKERS** kicks off a summer of Neil Simon at the Florida Rep, in the historic Arcade Theatre downtown Fort Myers. Directed by Bob Cacioppo June 4 - 27. 332-4665

- **DICK PISTON, HOTEL DETECTIVE IN "PRAGUE-NOSIS"** at Theatre Conspiracy. May 20 - June 5 Thurs- Sat., 8 p.m. First 2 Sundays, 2 p.m.

At the Movies

- **HARRY POTTER & THE PRISONER OF ASKBAN** (Rated PG, show times 3, 6 and 9 p.m.) & **SHREK 2** (Rated PG, show times 4, 6 and 8 p.m.) are playing at Island Cinema in Bailey's Center. 472-1701.

CROW, from page 5

help cover these expenses gives more budget flexibility. "CROW has always had only one Staff Veterinarian, and with 3,500 patients in 2003 and more anticipated for this year, I am thrilled we had a generous donor provide the salary for an assistant, and the board agreeing to ultimately hire an assistant vet," said staff veterinarian, PJ Deitschel. "With the numbers of patients CROW has been receiving the last five years, something had to change, and this is a great change."

CROW's current intern, Dr. Amber McNamara was offered - and has accepted - the position and is excited to begin her professional career as a wildlife veterinarian. "Dr. PJ is a great wildlife rehabilitation veterinarian and I was blessed to have the opportunity to train with her for one year as the CROW intern. To be offered the position of assistant veterinarian of CROW is a thrill," said Amber.

28 year-old McNamara is a native of Mt. Vernon, Indiana and a 2004 graduate of Purdue University's School of Veterinary Medicine. While many graduate veterinarians begin practice upon graduation, it is not

Now playing at Holmes House

The Orpheus Players present "The Art of Survival", an original play by Donna Prima and Mark List. Native tribes compete to survive on Fort Myers Beach after a hurricane wipes out most of the inhabitants on the Key of Mound. Who will be the surviving tribe? You, the audience will be the judge.

Performances are through June on Friday and Saturday nights at 8 p.m. in the Holmes House Theater, 2500 Estero Blvd, Fort Myers Beach. Tickets \$15. Please call 463-5519 for reservations.

uncommon to take a year of intense study in an area of interest, similar to a physician and a residency program. "My one year is about to end as the intern, and it has been a real learning environment, as Dr. PJ is not only an excellent veterinarian, but also a great teacher and resource. I am confident I will serve CROW well as the new assistant veterinarian and am honored to be a part of the team," said McNamara.



.... Instead, Place a Personal Greeting to Your Dad, Grandfather or Special Man in Your Life This Year in The Island Reporter and Captiva Current!

Let Him Know How Special He is!!

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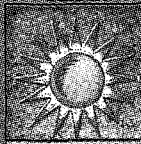
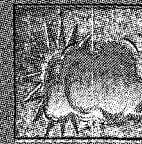
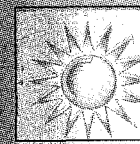
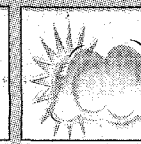
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Greetings Will Appear June 17th & 18th In The

ISLAND REPORTER & THE CAPTIVA CURRENT

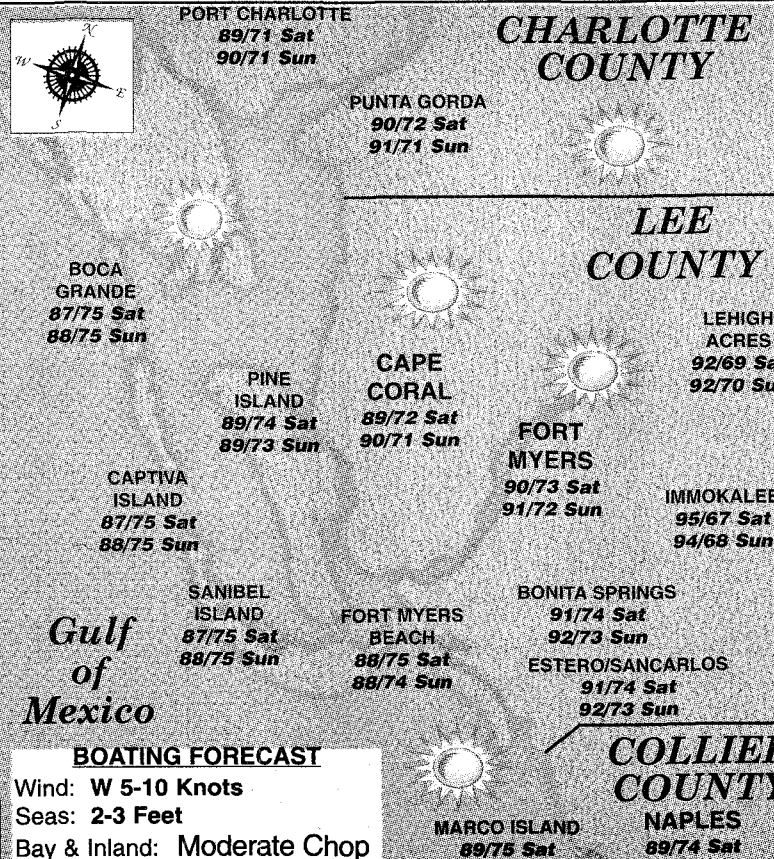



FORECAST FOR JUNE 5 & 6

SATURDAY		SUNDAY	
A.M.	P.M.	A.M.	P.M.
			
Warm and mostly sunny throughout the day.		More mostly sunny skies and warm temps.	

WEEKDAY TIDES

City	Sat. High	Sat. Low	Sun. High	Sun. Low
Cape Coral	-	1:03 a.m.	-	2:00 a.m.
Bridge	4:31 p.m.	-	5:29 p.m.	-
Captiva at Redfish Pass	2:21 p.m.	10:44 p.m.	3:19 p.m.	11:40 p.m.
Fort Myers	-	1:45 a.m.	-	2:42 a.m.
	5:24 p.m.	-	6:22 p.m.	-
Mattacha Pass	-	12:29 a.m.	-	1:26 a.m.
	3:59 p.m.	-	4:57 p.m.	-
Pineland	-	-	-	12:24 a.m.
	2:57 p.m.	-	3:55 p.m.	-
Point Ybel	-	-	-	-
	1:26 p.m.	10:46 p.m.	2:24 p.m.	11:42 p.m.
Punta Rassa	-	-	-	-
	2:15 p.m.	10:39 p.m.	3:13 p.m.	11:35 p.m.
St. James City	-	-	-	-
	2:46 p.m.	11:14 p.m.	3:44 p.m.	-



PORT CHARLOTTE
89/71 Sat
90/71 Sun

CHARLOTTE COUNTY

PUNTA GORDA
90/72 Sat
91/71 Sun

LEE COUNTY

BOCA GRANDE
87/75 Sat
88/75 Sun

CAPE CORAL
89/74 Sat
89/73 Sun

FORT MYERS
90/73 Sat
91/72 Sun

LEHIGH ACRES
92/69 Sat
92/70 Sun

PINE ISLAND
89/74 Sat
89/73 Sun

CAPTIVA ISLAND
87/75 Sat
88/75 Sun

SANIBEL ISLAND
87/75 Sat
88/75 Sun

FORT MYERS BEACH
88/75 Sat
88/74 Sun

BONITA SPRINGS
91/74 Sat
92/73 Sun

ESTERO/SANCARLOS
91/74 Sat
92/73 Sun

COLLIER COUNTY

MARCO ISLAND
89/75 Sat
90/75 Sun

NAPLES
89/74 Sat
90/74 Sun

Gulf of Mexico

BOATING FORECAST

Wind: W 5-10 Knots
Seas: 2-3 Feet
Bay & Inland: Moderate Chop

FOX 4 CAST

WFTX - CAPE CORAL - FT. MYERS - NAPLES



GET YOUR FORECAST FIRST ON FOX. WATCH FOX 4 NEWS at 10:00

STATE FORECAST-SATURDAY	
CITY	HIGH/LOW
CAPE CORAL	89/72
DAYTONA BEACH	87/72
FT. LAUDERDALE	90/75
FT. MYERS BEACH	88/75
GAINESVILLE	89/68
JACKSONVILLE	88/70
KEY WEST	88/80
KISSIMMEE	89/70
MIAMI	90/75
ORLANDO	89/72
PANAMA CITY	88/74
PENSACOLA	88/72
SARASOTA	88/72
ST. PETERSBURG	88/74
TALLAHASSEE	90/69
TAMPA	88/73
VERO BEACH	87/73
WEST PALM BEACH	90/74

SATURDAY SUNRISE
6:35 AM

SUNDAY SUNSET
8:19 PM

What?? Another Meeting!!?

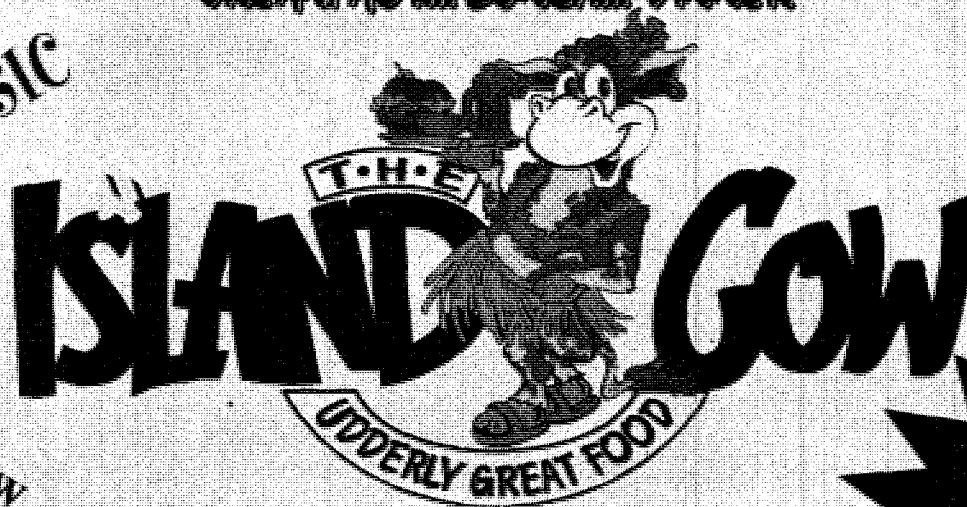


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