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Vol. 43, No. 18

Week of June 25 - July 1, 2004

32 Pages - 1 Section



On the road
with Nola
and Joanna
Theiss.

See Page 17



July 3
island
activities

See Page 25



Photo by Karen Nelson

A June 21 view of "Ding" Darling from San-Cap Road, to the west of the "s" curve, after a June 11 controlled burn. Burns help maintain the island's fragile ecosystem. Story on Page 16.

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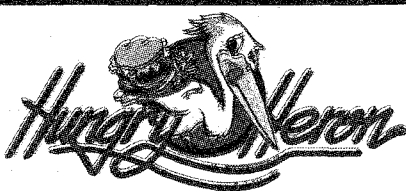
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D-Day commemoration at Normandy

Sanibel's Kennedy family was at the ceremony

The D-Day 60th Anniversary celebration literally started off with a bang. On the night of June 5, our group witnessed the sky light up as fireworks went off from twenty-five locations along the Normandy coast.

We were situated in a little town near Omaha Beach and Point du Hoc, eating crepes and watching the display. Bright and early the next morning, the real show began at the National Cemetery at Omaha Beach. Our group, along with nearly 20,000 other people, was there to pay respects



Above: A retired Army veteran being interviewed. Rick was intrigued by his cavalry hat and, based on his name badge, which was visible in a second photo, Kennedy is trying to find out more about him.



Guns used for the 21-gun salute, overlooking Omaha Beach. French warships were patrolling off the coast.

to those who fought and died on the Normandy shores that same day 60 years ago. Before the sun rose, we were being shuttled on buses to the cemetery for a

Normandy, see page 4



Top right: The color guard marching past the monument after the ceremony. Above left: Sanibel PD Officers Jeff Santella (left) and Rick Kennedy (right) pose with a renowned Normandy chef, who posted a Sanibel Police Department patch on the wall (next to the framed naked lady who, normally, is modestly draped - except on New Year's and other special occasions). Above right: Kyle Moran (left) snagged a photo op with Presidential Advisor Karl Rove.



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TOO MUCH SUN



Dave Horton



Lee Horton



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THE METASTATIC LIFE

Turn and face the changes.
...David Bowie

Now that I am halfway settled into my new home, and I say half with a good deal of positive spin on it, I finally found time to have that nervous breakdown I knew was coming. It's like I instinctively knew I needed to have the privacy of my home, a home where I was residing, before I could just fall apart from all the stress of the move. Okay, maybe not just the move.

So I decided to call my old therapist. I mean old in the sense that time has passed since I last saw her. She, herself, is a very attractive 50-something woman with an amazing knack for getting to the heart of things while managing to somehow leave my heart mostly intact during the process.

Within moments of arriving I was reaching for the Kleenex and by the end of the appointment, I had this little mountain of them wadded up in my lap.

This is pretty good validation for the decision to go in the first place. I have never really thought of therapy as something for crazy people. Not that I wouldn't have qualified at certain points in my life. Rather, I think of it as talking to a person you can say anything to, without risk of judgment or, worse yet, hurting their feelings, as in the case of talking to family or friends.

It was as I suspected. I am still too much of a people pleaser, especially where my daughters and my parents are concerned. This is not their fault. It's mine to own and mine to work on. I am also lonely having spent so much effort moving and not really getting out seeing people like I should. For years I had one best friend and we were inseparable. It has been difficult to make the jump from that to other less intense relationships. But it's not like I can't work on it. It was me that chose to

become something of a hermit and it will be me that decides to come out again to play.

Finally, I learned that I have a problem with pain management. Too much medication and not enough positive results. This, too, was not a surprise. I have known for some time that I take more medication than most people. I figured I was entitled, since the pain was real and the diagnosis even worse. But I didn't realize what a burden all this medication would become. The scheduling and the time needed to recover from the effects have all gotten to be quite

exhausting. Still, I didn't know what else to do. I have tried too many other things to be free from pain, including those ridiculous steroid injections earlier this year. My therapist, as usual, had the answer. There is nothing that will make me pain free. Not exactly what I was hoping for but I appreciated her honesty.

She explained to me that I need to find a way to live with my pain in balance with my life. This means less medication and possibly less relief but she feels there are other ways to find that extra relief I am going to need. One of those ways appears to be just learning to live with some degree of pain. I know many people who do that. But I wasn't anxious to join them. Pain always reminds me of the year of my transplant. It makes me feel like something is wrong with me, which of course, is true.

This life, with all its series of choices and roads to follow, is once again throwing me another curve ball. I need to get strong and figure out new ways to live and grow. If that sounds familiar, that's because it's what I've already been doing for the past nine years. If I'm being completely honest, I've been doing it for the past 47 years. One would think I'd be better at it by now!

Until next week...



Lisa Pierot

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OBITUARIES

Alphonse DiNoto

On Saturday, May 22, at age 85, Alphonse DiNoto died in Fort Myers.

Long a friend of the island, until shortly before he died he would show up at West Wind Inn to do woodworking repairs — just for the love of working with wood. "Al was a master carpenter," said René Affourtit, West Wind manager, and a good friend of DiNoto's, "not to mention a warm-hearted prince of a man to all who knew him."

DiNoto was predeceased by his mother and father, Philapena and Joseph; his brothers, Henry and Fred; and his wife, Mary Elizabeth. He is survived by his three sons — Joseph, and his wife, Gerry, David, and his wife, Joanne, and Alphonse, and his wife, Suzanne; two daughters — Phyllis Thieme, and her husband, William, and Joyce Saporito, and her husband, Sam; a brother, Philip; a sister, Josephine Tumminelli; 13 grandchildren and eight great-grandchildren.

There will be a short memorial service

for Al on the beach at Tween Waters on Captiva on Saturday, June 26th, at 12:30 p.m., immediately followed by a reception in the Crow's Nest from 1 to 2:30. Those wishing to make remarks at the service are welcome. Any memorials in Al's name should be directed to the Salvation Army, 2476 Edison Avenue, Fort Myers 33901.

John H. Frank

John H. Frank, age 90, passed away on June 20, 2004. He was a member of the American Legion and D. A. V., and he was a freight conductor and brakeman for the Pennsylvania Railroad.

He was the beloved husband of Rita (nee Gianangeli), of Medina, OH and the devoted father of Gregory (Barbara), Frank, Medina and Karen Rutter, Carlsbad, CA. He was the grandfather of four and the great-grandfather of one - all of whom survive him. Frank was preceded in death by his brother, Charles.

Private family services will be held.

Ivan Wilfred "Top" Miller, Jr.

Ivan Wilfred "Top" Miller, Jr. died June 13, 2004 following a lengthy illness. Mr. Miller was born in Birmingham, Alabama, to parents Ivan W. and Inez Miller. He grew up in Homewood, Alabama on Bonita Drive and attended Shades Cahaba School. After serving in Europe in World War II in the Corps of Engineers, he graduated from Auburn University, where he was a member of Sigma Nu. His first job after graduation was with Shook & Fletcher in Birmingham. Later, Top held executive positions in several companies, including St. Regis Paper Company, Miehe, Goss, Dexter and Rockwell International, which led to relocations to New York, Providence, San Francisco and Chicago. Retiring from corporate life, he and his wife of 55 years moved to Fort Myers, Florida in 1974. There they ran Curry Printing Center for several years. Top was an avid tennis player, a member of the Captiva Yacht Club, and was an active

member of the Board of Directors of the Sanibel Harbor and Pink Shell Beach Club condominiums.

Top is survived by his wife, Peggy Lowery Miller; a sister, Ruth Miller Metz of Mountainside, NJ; a brother, John T. "Bo" Miller of Nashville, TN; one son, Ivan W. Miller III, of Rehoboth, MA; two daughters, Rebecca Templeton of Cleveland, TN, and Wendy Delcarson of Bedford, TX; and six grandchildren, Kimberly, and Jeffrey Miller, Leslie and John Templeton, Erin Fonner and Amy Delcarson.

A memorial service was held on June 23 in Fort Myers. In lieu of flowers, donations in Top's memory may be made to the Transverse Myelitis Association, 10105 16 Pl NE, Redmond, WA 98052 or Hope Hospice, 9470 Healthpark Circle, Fort Myers, FL 33908.



Normandy, from page 2

ceremony that was to begin at 9:30 a.m. The buses were filled with people of all ages, including military personnel, reporters, and mere spectators like ourselves, but most importantly they were filled with World War II veterans and their family members.

Many emotions filled the air that day, but nothing was more prevalent than the pride

that was displayed by each veteran, wearing his original uniform neatly pressed and decorated with medals.

The official pre-ceremony activities included listening to the American and French Military Bands, as well as a children's choir that sang "This is My Country." Our pre-ceremony activities consisted of getting as close to the VIP

section as possible so we could observe the veterans being escorted to their seats by current officers and eavesdrop on their stories. We even caught glimpses of Tom Hanks, Steven Spielberg, and Les Brownlee, Secretary of the U.S. Army.

At 10 a.m. the excitement started to build as helicopters began to land, filled with dignitaries such as President Bush and France's President Chirac. Cameras were clicking everywhere, yet very few people were actually able to see who descended from each helicopter.

The Color Guard marched in and the actual ceremony began with the laying of the wreaths by the Presidents, a twenty-one gun salute, a military jet fly-over and then remarks by President Chirac and, finally, President Bush.

The Anniversary celebration didn't end with the closing remarks at the American Cemetery. Other celebrations were held that day and the following week by British, French, and American officials, as well as smaller parades and dedications at many villages along the coast.

Also, a strong military presence was felt for the remainder of the week, especially by World War II re-enactors from

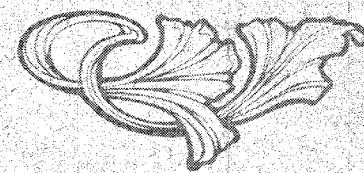
across the globe, setting up camps and filling the normally quiet streets with vintage military vehicles and soldiers in uniform.


We expected the Sixtieth Anniversary celebration to be a large event, but none of us were quite prepared for the magnitude of the week's events. Our whole group has not only witnessed a piece of history in the making, but also returned to the United States with a greater appreciation for what happened 60 years ago.

- Written by The Kennedy Family

Our group consisted of Rick, Elise and Samantha Kennedy of Sanibel, Kyle Moran of Naples, Jeff and Leela Santella of Cape Coral, and Raymond and Amanda Rotella of Orlando.

- More pictures in next week's Islander





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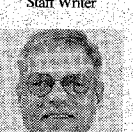
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Sanibel School rated A

The Commissioner of Education released what are now called School Report Cards on June 15 which display the assigned school grades, from the Governor's A+ Plan, as well as the Adequate Yearly Progress designation from the No Child Left Behind federal legislation for each of Florida's schools.

Forty-five out of sixty-two graded schools in Lee County received top grades of A or B (72%) compared to 68%

statewide. Thirty-three schools in Lee County achieved a grade of A this year compared to 28 in 2003 and just nine schools in 1999, the first year of school grading.

Congratulations to the Sanibel School, one of only two schools in Lee County to have scored an A in the State Accountability Report every year since 1999. (Pine Island Elementary School was the other one).



Sanibel Reads committee includes members from organizations island-wide. Pictured here: Front: Chelle Walton (island author) and Lise Bryant ("Ding" Darling Wildlife Society); back: Linda Kramer (Sanibel Public Library Board), Kathleen Teaze (Sanibel Public Library), and Judy Davis ("Ding" Darling). Not pictured: Lee Harder (BIG ARTS), Francesca Joyce (Island Seniors), and Melissa Upton (SCCF).

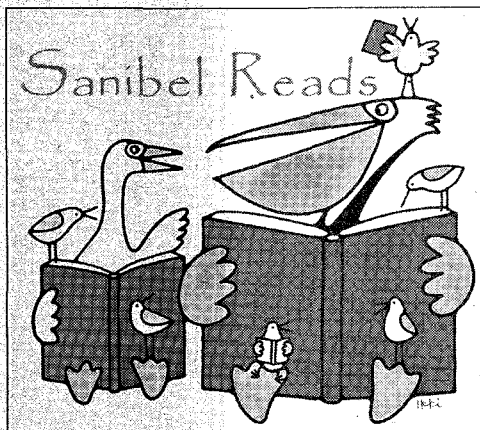
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Help support Sanibel Reads

Let's all get on the same page

Envision an island where everyone talks about books instead of the latest bridge controversy. That's the goal of Sanibel Reads, a committee of island book-huggers who, as their slogan says, strive to get all islanders "on the same page." To do that, committee members are asking the help of



private and business sponsors.

Support opportunities include:

- Purchase designated children's book, Hoot by Carl Hiaasen, for the children of one Sanibel School grade, at the cost of \$350 per grade.
- Purchase 10 copies of the adult pick, Small Wonder by frequent Sanibel visitor Barbara Kingsolver, at a cost of \$150.
- Sponsor an appearance by author Carl Hiaasen or Barbara Kingsolver.
- Underwrite set-up charge (\$500) or monthly fees for a message board on our Web site (donated by Zebis) so that readers can "discuss" the books electronically.
- Provide posters, brochures, flyers, bookmarks, or ads.
- Help with publicity for specially scheduled events at BIG ARTS, "Ding"

Sanibel students at international conference

Recently students from the Sanibel School competed in the Future Problem Solving International Conference hosted by the University of Kentucky. The students, ranging from grades 4 through 6, took their state winning project on skin cancer awareness to the conference at UK from June 2 to June 6. There they competed against 22 other student teams who traveled long distances such as Texas, New Mexico, Australia, and New Zealand. The students of Project SCARE (Skin Cancer Awareness Requires

Education) won third place and earned a place in the record books for being the first Florida team to place while competing for the first time at this conference. The students who competed were Samia Islam, Sameer Islam, Maura Dowling, Jimmy Shannon, Kelsy Gales, and Kaitie Herman. The students were accompanied by their academic coach Dr. Trish Herman, team mascot Kylie Herman, Sanibel resident Ms. Barbara Mulka, and parents Mrs. Alia Islam and Mrs. Toni Shannon.



1st Row: Kylie Herman, 2nd Row: Sameer Islam, Dr. Herman, Kaitie Herman, 3rd Row: Maura Dowling, Jimmy Shannon, Samia Islam. Not pictured: Kelsy Gales

Darling Refuge, SCCF, Sanibel Public Library, and other island venues, which will span October 2004 through April 2005.

- Purchase T-shirts, buttons, or other promotional items bearing the logo designed by Ikki Matsumoto as incentives for book readers and awards for children's writing contests.

Sponsors may designate where their

donations should be applied or have the committee use the funds as needed. Donors will be listed on the Sanibel Reads web site's Sponsors Hall of Fame and in brochures.

For information on supporting Sanibel Reads, contact Kathleen Teaze at 472-2483 or kteaze@sanlib.org. To visit the Sanibel Reads Web site, go to www.zebis.com/sanibelreads.

Captiva volunteers earn certification

It was a day to celebrate when eight Captiva volunteer firefighters— Bob Brace, Jack Cunningham, Alan Falde, Ron Gibson, Dennis Guerin, Sheila McNamee, Vicki Mancha and Mark Wells were recently awarded Certificates of Achievement by Fire Chief John Bates upon successful completion of training to the Firefighter One Certification.

A recent Florida State Fire Marshall administrative ruling prescribes that volunteer firefighters be certified to a minimum level of training. The purpose for certifying volunteer firefighters is to insure that they are trained for those duties and functions that they are expected to perform. To comply with this ruling, the Captiva Fire Control District offered an in-house 160 hour Firefighter One Certification course to its compliment of volunteer firefighters.

The course included 35 training sessions held over a 26 week period. Volunteers studied and practiced various fire-fighting essentials including fire behavior, ladders, ropes and knots, fire control, safety, prevention and education, communications, hose control and advancing, water fire streams,

building search and rescue, forcible entry, salvage, overhaul, building construction, ventilation and apparatus equipment. Additionally, the course introduced volunteer firefighters to incident command basics and hazardous-materials awareness. Volunteers also were trained and certified as Emergency Medical First Responders.

"The volunteer fire fighters save the taxpayers a lot of money, and make our jobs easier because of their numbers. When there's an emergency, we have a lot of people who are trained on the scene very quickly," Bates said.

Training instructor Paul Garvey was pleased to report that all eight volunteer firefighters who took the state exam on May 12 passed with flying colors. Two more volunteers will take the exam in August. On average, 80 percent of the state's volunteers pass the exam.

"The success of this training and certification is especially important to the department as it relies heavily on its volunteer firefighters. Our volunteers really put in a lot of effort considering that for every hour spent in the classroom they invested at least another two or three hours studying at home," Garvey said.

The Captiva Island Fire Control District operates as a combination department with a paid staff of five officers and a compliment of about fourteen volunteers.

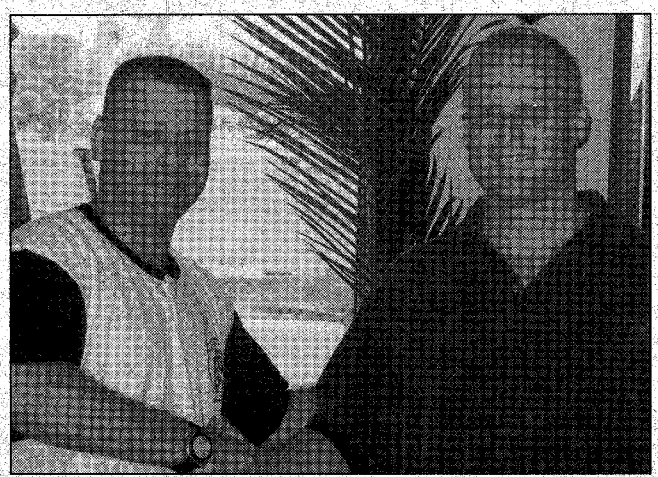


Amy Fleming photos
L to R: Chief John Bates, volunteer firefighters Ron Gibson, Dennis Guerin, Vikki Mancha, Mark Wells, Sheila McNamee, Bob Brace, and Training Instructor Paul Garvey. (not pictured ; Jack Cunningham, Alan Falde)



Chief Bates presents Paul Garvey with a Certificate of Merit for setting up and implementing Captiva's successful training program.

Kiwanis & SWAT



Dave DeFonzo of Parks and Rec, receiving a check from Eric Pfeifer that will fund attendance at Parks and Rec summer programs for 12-15 island kids. DeFonzo noted, "Kiwanis fills in the gaps so much for us... So many things over the years." It costs between \$100 and \$135 per kid per session, and there are four two-week sessions. "Summer Rec can be a big chunk of dough" for a single working mother with three kids. Kiwanis is glad the club can help.



Don Van Alstyne welcomes new member, Allen Myers, into Kiwanis.

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Brian Johnson • 472-5187 x 291

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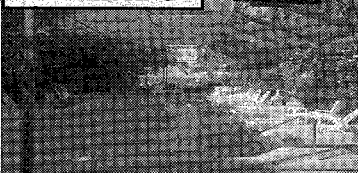
- 5 bedrooms & 5 baths, 2 masters
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- Screen enclosed pool w/spa
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Karen Bell • 472-7800 x 270

Gulf Of Mexico Estate

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Karen Bell • 472-7800 x 270

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Zonta and Making It On Purpose



Over a year ago the Zonta Club of Sanibel-Captiva made a commitment to become one of the supporters of Making It On Purpose, a program sponsored by Big Brothers Big Sisters to work with young women living in the foster system who are aging out of care as they turn 18. In helping the young women attain independent living, Zonta is fulfilling one of its program goals to aid women to become self-sufficient. Throughout this year a number of Zontians and the "M.I.O.P." girls have had both fun and serious work together.

On Saturday, June 5, the club entertained 15 of the young women at a beach party at Algiers Beach, providing not only a great day at the beach but also a chance to learn more about the girls, their goals, difficulties, dreams and plans. There was excitement over high school graduation, new jobs, new apartments and new experiences. Also in attendance were many Zonta members and other mentors from Fort Myers.

The Making it on Purpose program is the

brainchild of Judy Woods of Fort Myers, who organized the group, provides advice and support, and helps raise funds and awareness of the needs of young women leaving foster care. It is a program unique to Southwest Florida. "This vision is enormous... " as stated on their web site "... and enormously important — but it is only attainable if the community at large embraces and supports it." The website at www.makingitonpurpose.org.

The Zonta Club of Sanibel-Captiva, which partners with Making It On Purpose, is an organization of community leaders, professionals and volunteers working together to provide service, advocacy and funds to strengthen women's lives on the islands, in Lee county and through Zonta International around the world. The Sanibel-Captiva chapter of Zonta, meets at the Dunes at 7:30 a.m. on the first and third Wednesdays of each month. Additional information is available at www.zontasancap.com or by calling Ginger Parker (472-6356) or Inge Glissman (472-1862).



Rotary supports Sanibel Rec's SWAT



Chet Sadler, Rotary President Elect, introduces Holly Vetter to the Friday morning Rotary Club members. Head Coach Holly discussed the plans and goals she has for her Sanibel Recreation Department's swim team, SWAT.

Submitted by Chet Sadler

The Sanibel Water Attack Team, being coached by Head Coach Holly Vetter, is planning on getting off the starting blocks for another winning season.

The young team is working hard at the City of Sanibel Recreation Departments swimming pool this summer. The Rotary Club donated \$500 to help offset the many program expenses and financial assistance for swimmers in need.

The Rotary Club of Sanibel Captiva considers the kids on the island a major asset to the vitality and strength of our island community. We want to make every effort to support their efforts and interests.



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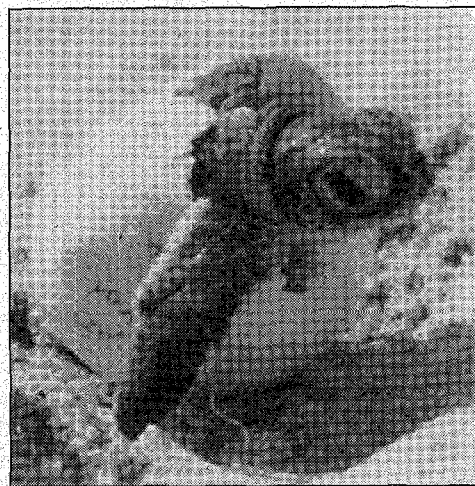
Protecting sea turtles

The beaches of Sanibel and Captiva are checked (beginning at dawn everyday) during the nesting season. In all beach areas, nests are marked to identify their location for monitoring and protection as well as for the collection of data.

In some areas, volunteers walk designated stretches of beach to locate new nests. In other areas, the beach is patrolled by beach vehicles. The statewide collection of data helps promote programs that improve the chances for sea turtles to survive.

Sea turtle nesting season is from May through October, when SCCF staff and more than one hundred volunteers (under a permit from the Florida Fish and Wildlife Conservation Commission) patrol eighteen miles of Gulf beaches, from the bay side of the Sanibel Lighthouse to the tip of Captiva.

Sanibel and Captiva beaches provide a subtropical nesting area for threatened loggerhead and endangered green turtles each summer. Also, pollution, lighted beaches, loss of nesting habitat and drowning in nets and other fishing gear have caused a drastic decline in the population of sea turtles.



What Can You Do?

- Keep lights near the beaches off or shielded during May through October. Artificial lighting confuses nesting females and hatchlings. Disoriented by lights, baby turtles wander away from the water and die.
- Keep the beach and water free of litter. Sea turtle deaths have been due to trash: balloons, plastic bags and styrofoam mistaken for food.
- Stay clear of any marked nest area on the beach. It is a federal offense to disturb or interfere with a nest or to have in your possession eggs or any part of a turtle such as skull, bones or carapace. It is illegal for an individual to retain possession of any threatened or endangered sea turtle hatchlings.
- Give nesting females room, darkness and quiet. It is illegal to disturb a nesting turtle with lights or noise.
- All dogs on the beach must be on a leash and cannot be allowed to disturb nesting turtles or hatchlings.

If you find lost hatchlings, place them in a dry container with a little moist sand in the bottom and hold them in a shaded area. Please call the Sanibel-Captiva Conservation Foundation at 472-2329 and a licensed volunteer will pick up the turtles.

Adopt a turtle nest

You can help defray the costs of SCCF's Sea Turtle Research Program by adopting a nest - and get a sea turtle T-shirt!

The Sanibel-Captiva Conservation Foundation (a 501C3, not-for-profit organization) is committed to the

Sea Turtle Nesting Totals		
June 21, 2004		
	Nests	False Crawls
2004		
Captiva	39	39
Sanibel East End	15	34
Sanibel West End	79	163
Totals	133	236
Percent of 2003	74%	89%
2003		
Captiva	73	59
Sanibel East End	17	55
Sanibel West End	90	150
Totals	180	264

protection of sea turtles which nest on our beaches. By adopting a nest, you make a direct contribution to the survival of these wonderful creatures. Your tax-deductible contribution (less the fair market value of the shirt) will help defray the costs of the Sea Turtle Research Program.

When your request and check are received, you will receive a sea turtle T-shirt (if you wish one), a receipt for your tax-free contribution, and a magnet with the sea turtle program logo. As the nests begin to hatch (usually in early July) and statistics are recorded, you will receive a certificate reporting the results of the nest selected for you.

Information and Photo provided by the Sanibel-Captiva Conservation Foundation

Those pesky lovebugs

Fact or fiction? Sometime in the 1950s an experiment gone horribly wrong at the University of Florida produced a pesky bug with no apparent purpose. The strange-looking insect — commonly known as the lovebug — managed to escape from researchers and began to spread rapidly, wreaking havoc on people and cars.

"Although most people have heard, or told, this story in some form or another, it's just not true," said Tom Fasulo, an extension entomologist with UF's Institute of Food and Agricultural Sciences.

"I started hearing this story in 1979, my first year as an entomologist in Florida, but other entomologists told me they heard the same story long before that," Fasulo said. "How it got started we just don't know."

The lovebug, which is actually a fly whose scientific name is *Plecia nearctica*, migrated naturally along the

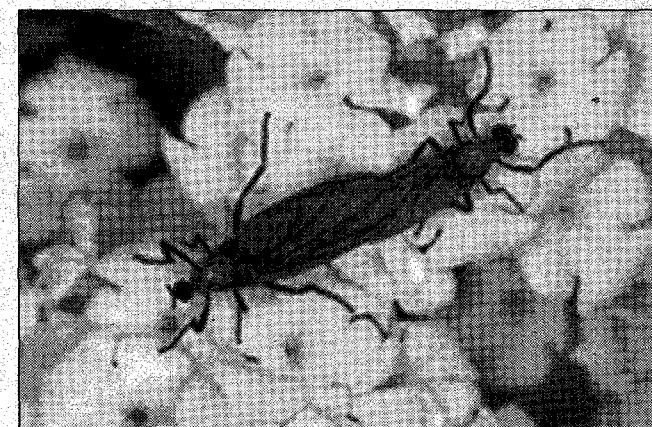
Gulf of Mexico, Fasulo said. It was first identified in southeastern Texas in 1940 and has since spread through the Gulf Coast states of Louisiana, Mississippi, Alabama and Florida, as well as Georgia and South Carolina.

Fasulo said there are two generations of lovebugs each year, and large adult populations are present during May and September. These populations last about four weeks, although researchers have seen them throughout the year. Most people notice lovebugs during these times of the year when they have to wash them off their cars, or slap them aside when sitting outdoors.

"It's only during these two months that people ask where these insects came from," Fasulo said. "The rest of the year they're actually beneficial for the environment."

Lovebugs help the environment when they are in their immature stage, Fasulo said. When grass is cut and the excess falls to the ground, it creates a covering known as thatch, where immature lovebugs live and eat. Through this process they redistribute essential nutrients back into the ground that are beneficial to plants and the environment.

He said researchers have found that automobile exhaust fumes, heat from the engines and the vibra-



UF/IFAS photo by Jim Castner

The lovebug, which is actually a fly whose scientific name is *Plecia nearctica*, migrated naturally along the Gulf of Mexico. It was first identified in southeastern Texas in 1940 and has since spread through the Gulf Coast states of Louisiana, Mississippi, Alabama and Florida, as well as Georgia and South Carolina.

tions of the vehicles themselves all attract lovebugs that splatter against the fronts of cars. The results can be nasty, causing cars to overheat, reducing driver visibility and damaging paint on vehicles. Fasulo recommends washing cars within one day to reduce paint damage, and he suggests using a hood deflector or screen to help protect the paint.

As for lovebugs looking strange when flying together

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Endangered Miami blue butterfly bred and released

The critically endangered Miami Blue butterfly, one of the rarest insects in North America, will return to South Florida when University of Florida researchers release several hundred butterflies that have been bred in captivity.

"Last year, the entire Miami Blue population was down to about 50 adults, and their habitat was restricted to Bahia Honda State Park in the Florida Keys," said Thomas Emmel, director of UF's McGuire Center for Lepidoptera and Environmental Research in Gainesville. "We hope the release will establish a new, self-sustaining colony that will eventually increase in number and repopulate other areas of South Florida."

Emmel said several hundred mature caterpillars or larvae will be released in Everglades National Park, and they will emerge as butterflies in 10 to 15 days. The adult insects, which usually live for about two weeks, will be monitored on a monthly basis to see how well they are reproducing.

He said it is difficult to predict how many will survive in the wild, and the release is the first step in a more extensive reintroduction effort that will take place over the next year.

At one time, the Miami Blue butterfly was common in the coastal areas of South Florida. Beginning the 1970s, coastal development and activities such as mosquito spraying caused the population to drop to critically low levels. After Hurricane Andrew swept through the area in 1992, Emmel and other researchers thought the Miami Blue was extinct.

In 1999, when a butterfly enthusiast photographed the insect in Bahia Honda State Park and sent the photos to Emmel, he was surprised to find a colony of Miami Blue butterflies in the Florida Keys.

"When the numbers of any species are this low, their very existence is at great risk," Emmel said.

John Capinera, chairman of the entomology and nematology department at UF's Institute of Food and Agricultural Sciences, said he hopes the Miami Blue butterfly can be saved because it is part of South Florida's rich and exotic fauna. "Saving the butterfly is a high priority, but there also is a need for mosquito control to prevent transmission of the West Nile virus and other mosquito-borne diseases, and these two priorities may be in conflict."

To raise the butterflies in captivity, Jaret Daniels, director of the project, harvested 100 pinhead-sized butterfly eggs from nickerbean plants in Bahia Honda State Park. The Miami Blues were then reared in UF's new lepidoptera research facility at the Florida Museum of Natural History in Gainesville. The center, which is scheduled to open to the public Aug. 14, is designed for research and conservation work, in addition to housing one of the world's largest butterfly collections and a live butterfly exhibit.

"In the wild, anywhere from one percent to five percent of butterfly eggs result in a reproducing adult," Daniels said. "In our captive propagation program, that number is closer to 70 percent."

He said the butterfly needs three to five weeks to go from egg to adult. Emmel and Daniels have raised 13 generations of

Miami Blues over the past 15 months, resulting in more than 9,000 individuals, and they expect to release several hundred in South Florida this week.

In 2000, when butterfly lovers and researchers learned how few Miami Blues were left, the North American Butterfly Association petitioned for federal endangered status for the butterfly. This level of protection would provide penalties for those caught catching, possessing, harassing or selling the butterfly, a critical step to protect the few that were left.

Newspaper articles and Miami Blue Web sites generated strong public support, especially in South Florida. Citing a backlog of other species needing protection, the U.S. Fish and Wildlife Service, the

agency that grants endangered status, delayed the request.

Undaunted, the hobbyists and researchers pressed on. In December 2002, in an emergency ruling, Ken Haddad, executive director of the Florida Fish and Wildlife Conservation Commission, granted temporary endangered status. The commission's board confirmed the endangered status in November 2003. Haddad's action helped provide the impetus for the repopulation project to begin.

The federal and state fish and wildlife agencies have provided funding for the UF research project. Additional cooperation has come from the Florida Parks Department and the National Park Service.

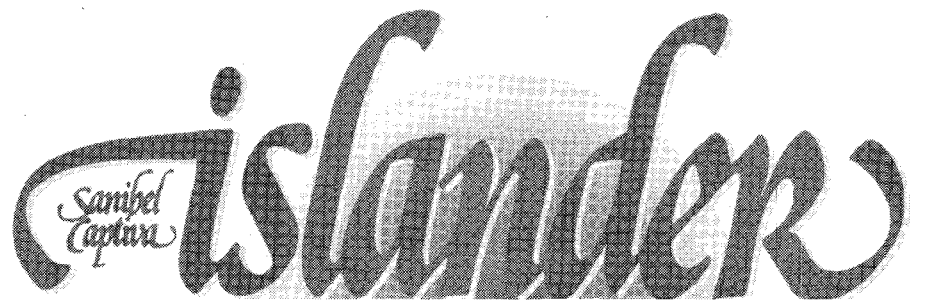


Photo courtesy of Jaret Daniels

Miami Blue butterfly

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Lovebugs, from left

attached, they are actually mating. During the mating process, the male lovebug attaches to the female lovebug and only disengages during the daytime while resting on vegetation, never during flight or at night, Fasulo said. Successful mating takes as much as 12 hours, and the female lovebug dies within 86 hours of laying eggs.

Although there are no chemical controls for lovebug populations, some natural controls do exist. These include natural predators, a low amount of rainfall, as well as several types of fungi that influence mortality rate upon ingestion.

For more information, visit UF's Featured Creatures Web site: creatures.ifas.ufl.edu

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During the lazy and quiet summer months, enjoy summer membership values at The Dunes Golf & Tennis Club.

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Family memberships (members, spouse and all children under 18 years of age) are \$375; Single memberships (18 years of age and older) are \$300 and Junior memberships (17 years of age and under) are \$150.

For more information, contact Membership Coordinator Jeanene Ennis at 472-3355.

Summer Memberships run from June 1 - October 31.

Register to vote @ your library

With free online access at the Lee County Library System, registering to vote this season is easier than ever. The Lee County Library System is offering all eligible voters the opportunity to register or update their voter registration information online directly through the library's computer workstations. By registering online, library users will help raise funds to support library advocacy efforts nationwide. This online voter registration drive is part of the national "Register to Vote @ your library" program sponsored by the American Library Association and Working Assets.

Library users can register online at ALA's Your Vote Matters Web site, www.yourvotematters.org/ala, which was created and customized by Working Assets. Once the registration process is complete, users will need to print out,

sign and mail in their registration form. The deadline to register to vote in the August 31, 2004 primary election is August 2, 2004. The deadline to register to vote in the general election is October 4, 2004.

The library recommends that voters registering on the Your Vote Matters website do so by September 15 in order to mail in the registration form by the deadline. Voters in all states except New Hampshire, North Dakota and Wyoming are eligible to complete registration via the Your Vote Matters Web site.

While the Sanibel Public Library is not a part of the Lee County Library System, Head Librarian Pat Allen, notes that the voter registration program will also be available on-line at the Sanibel Library. Captiva Memorial Library is part of the Lee County Library System.

New electronic voting machines

To ensure that library users are well-informed about the new electronic voting machines, the Lee County Elections Office Community Awareness Program will be conducting demonstrations throughout the Lee County Library System. You can visit the Lee County Elections Office website www.leelections.com to view the entire calendar of events for the Community Awareness Program.

Allen notes that the Sanibel Library had demonstrations of the new electronic voting machines in the spring. It has not yet been determined whether more demonstrations will be scheduled at the Sanibel Library. The Sanibel Library will also have the printed voter registration forms.

- KN

VOLUNTEER OPPORTUNITIES

American Red Cross needs shelter operations volunteers who would be trained and ready to serve in the event of a local disaster. Responsibilities at a shelter would include registering clients, managing dormitory sleeping areas and serving food. Training is free and includes introduction to disaster, shelter operations, and CPR/First Aid/AED. If you would like to help out and be prepared in case of a disaster, please call.

Lee Memorial Health System is in desperate need of volunteers for the Pink Bazaar which is the Auxiliary Thrift Store. Duties would include operating register, stocking shelves, keeping store neat and clean, etc.

If you are interested in either volunteer opportunity, please call the Friendship Volunteer Resource Center at 275-4427 for details.

Literacy Volunteers receives grant

Literacy Volunteers of Lee County, Fort Myers, has received a \$3,305 grant from ProLiteracy Worldwide through its National Book Scholarship Fund (NBSF). Educational materials from the NBSF are specially designed to meet the unique learning needs of adult literacy students, tutors, teachers and trainers.

Literacy Volunteers of Lee County is a nonprofit, volunteer organization providing a variety of services to help adults achieve personal goals and enhance their quality of life through literacy. The program offers free classes in basic literacy, GED preparation, vocational/technical skills, resume writing and computers, in one-to-one matches or in small groups. Literacy Volunteers of Lee County recently started a family literacy program,

FLASH (Family Literacy at Schandler Hall), in the Tice community of Fort Myers, an at-risk neighborhood. FLASH focuses on the entire family, including offering childcare while parents are at classes. NBSF material will primarily be used to help adults in the FLASH program. Currently,

Literacy Volunteers of Lee County has more than 100 students waiting for help. With assistance from the NBSF, the program will have the workbooks and materials to help these waiting students.

Anyone who would like to volunteer or who would like to improve his/her literacy skills is encouraged to call Literacy Volunteers of Lee County at (239) 278-4400.

Handyman Connection in Fort Myers

The nation's leading provider of home improvement and remodeling services is now open for business in Fort Myers. With more than 80 franchises throughout North America, Handyman Connection does business throughout the U.S. and Canada by selling franchises in each market it serves.

Entrepreneur Randy Smith bought a franchise in Tampa in 2001. After experiencing rapid growth in the Tampa area, he eventually expanded operations to serve customers in neighboring Pinellas, Manatee and Sarasota Counties. Smith's latest endeavor, the new Fort Myers franchise, officially opened its doors in late May.

Smith began working in March to assemble the local network of home improvement contractors who would perform work under the Handyman Connection name. The network includes finish carpenters, remodelers, tile workers, drywall contractors and many others, enabling homeowners to access any number of home improvement services with a single call to Handyman Connection.

"It's a proven model that has flourished in communities across the nation - we find the contractor for you, we get you an estimate in only a day or two, we start the work

fast and we guarantee the work," says Smith. "Homeowners in the Fort Myers area will quickly see how easy it is to work with Handyman Connection."

A former business executive in south Florida, Smith always dreamed of being his own boss. When he began having trouble finding trustworthy handymen to perform work on his house at the time, he saw his opportunity.

Once the Fort Myers operation is up and running, Smith plans to further expand operations to Collier County. Founded in 1990, Handyman Connection is the largest organization of its kind and works with more than 4,000 experienced craftsmen who specialize in small- to medium-sized home repair. Each craftsman has a minimum ten years of experience in trades such as carpentry, plumbing, painting and remodeling work. Handyman Connection proudly partners with Habitat for Humanity International to provide training to volunteers at Women Build sites across the United States and Canada. More information can be accessed at www.handymanconnection.com or by calling 816-631-1008.



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Biddle's Restaurant and Piano Bar

By Jenny Burnham
Staff Writer

"Now remember," said the hostess when I was walking out the door of Biddle's Restaurant and Piano Bar, "if you want reservations for Friday or Saturday night you should schedule two weeks in advance."

Two weeks in advance? Yep, you bet. In general, Friday evenings, and sometimes Saturdays, too, are booked by Friday morning.

Since the opening of their Sanibel Beach Place location in November of 2003, business has been good for Andy and Brenda Biddle. This is the Biddle's second restaurant in the Sanibel area: they opened the Seafood Factory eight years ago with a chef who accompanied them to Sanibel from Beaufort, South Carolina.

Andy and Brenda, both from South Carolina, met in the restaurant business. They found themselves working 80 to 90 hours a week for other people, and decided that if they were going to work that hard, they should be doing it for themselves.

They knew they could succeed, as Brenda has a degree in Hotel and

Restaurant Management from the University of South Carolina, and Andy has worked in every restaurant job there is.

They duplicated the popularity and success of their Beaufort restaurant when they moved to Sanibel and opened the Seafood Factory.

Biddle's is a contrast in style to the casual atmosphere of the Seafood Factory. The restaurant interior gleams with etched copper table tops, touches of gilt, and indirect lighting. Plantation-style tropical fabric featuring palm trees and monkeys covers the booths and chairs and swags at the windows.

Piano entertainment starts between 6 and 7 p.m., seven nights a week. Friday and Saturday nights feature late night music and dancing.

An enormous, heavily carved (and well-stocked) solid mahogany bar dominates one wall of the restaurant. Andy purchased the bar in Savannah, Georgia, as a refurbished antique from England.

"You know," says Andy confidently, "you always wonder, I'm buying this from a dealer, did it really come from England?" He found that indeed it did, as the piece was stuck in Customs for two full days before he could pick it up.

Brenda and Chef Bruno, who came to the new location from the Seafood Factory, developed the menu at Biddle's. The offerings are wide-ranging. At lunch, duck salad features tequila lime marinated duck breast, crisp-seared medium rare and served on balsamic-tossed mesculin greens and crisp fried goat cheese. The bacon-wrapped scallops lunch specialty features grilled jumbo sea scallops served over jasmine-scented rice and

topped with lobster cream sauce.

At dinner, the menu choices include prawn and crab diablo, horseradish crusted Chilean sea bass, and grilled New Zealand lamb chops served with wilted spinach and pan-seared polenta with a burgundy mushroom sauce.

The Biddles call their cooking "New American Fusion Cuisine." So what, exactly, is "fusion?" According to Andy, it's a way to take "a whole bunch of dishes that you love and put them together." According to this reporter, it's another word for delicious.

A surprisingly extensive wine list, over 200 bottles, is available at lunch or dinner. Andy and Brenda hand-picked the selections, focusing on small vineyards and little-known labels.

One such label is that of the Meeker Vineyard of Sonoma County, California. The vineyard motto is "From our hands to yours," and they mean this literally, as vineyard owner Charles Meeker uses paint and the palms of his hands to apply touches of color to each bottle.

"Mr. Meeker came here," says Andy, "to Biddles, and he autographed every one of his bottles," including one dedicated personally to Andy and Brenda.

"We wanted to be a little bit different," Andy says about the winelist, "to get some things that not everyone has."

Evidently they did just that, as a wine salesperson who dined at Biddle's on her vacation called Andy over to her table to ask, "How did you come up with your wine list?" After Andy explained that they

picked and chose from various wine merchants, the salesperson shook her head. "It's very interesting," she said.

"I'm not sure what she meant," smiles Andy, "but I'm taking it as a compliment."

Biddle's Restaurant and Piano Bar

Owners: Andy and Brenda Biddle

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New Children's Hospital Counseling Center

James P. Yawkey, vice president of administration and programs for the Yawkey Foundation, was the honored guest at the dedication of the Yawkey Children's Counseling Center. The center, part of The Children's Hospital of Southwest Florida, will provide counseling and support to the hospital's chronically ill pediatric patients and their families.

As part of dedication ceremonies, Healey presented a check for \$1 million to Barbara's Friends - proceeds of the Yawkey Foundation grant made to Barbara's Friends to build, equip, and staff the counseling center. The Yawkey Foundation was established by Jean R. Yawkey to further serve the family's charitable goals. Both Thomas and Jean Yawkey, longtime owners of the Boston

Red Sox, have a distinguished tradition of philanthropy that, since their deaths, continues through activities of the Yawkey Foundation.

The Yawkey Children's Counseling Center is the only center of its type in Southwest Florida and represents The Children's Hospital's commitment to meeting the needs of the patients and families. Only one other children's hospital in the state offers similar services.

Barbara's Friends, named in memory of Barbara Haskell, provides financial support to ensure children from across Southwest Florida have access to the finest possible care for cancer and serious blood disorders. A part of the Barbara's Friends includes the provision of recycling bins for used computer ink cartridges.

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WHO'S WHO ON THE ISLANDS

Tom Comella and the Lure of the Islands

By Nancy Santeusano
Special to the Islander

In 1955 as a teenager Tom Comella, who lived with his family in upstate New York, was invited to Sanibel by his best friend, Jim Steyaart, to visit Jim's grandmother, Mrs. Beal who lived next to The Castaways on Sanibel. Jim's father had delivered Tom at birth and the boys had grown up together. "We were like brothers," adds Tom. He explains that at that time you could only come by

train to Tampa, switch trains for Fort Myers and continue by ferryboat to reach Sanibel. "I fell in love with the palm trees. They just got into my system."

With the cars being brought from the mainland to the islands by ferry, Comella soon learned that the islanders didn't take their cars onto the mainland unless it was absolutely necessary. In those days Mrs. Beal owned a 1955 Dodge painted violet and Tom discovered that she bought all her clothes to match her car. A wooden bridge connected Sanibel with Captiva, and South Seas was very small. In the fifties, the shells on the beaches were tremendous and the whelks were gorgeous and plentiful.

These were the islands that lured Tom Comella to return to Sanibel again in 1960. By that time the winters in Lyons, New York seemed even colder, the snow even higher and the palm trees even more inviting.

In the 1970s, with his hairdressing license in hand and some work experience behind him, Comella arrived in Sanibel and was offered a job by the owner of Sanibel's New Image Beauty Shop/ For a time, he lived above Once Upon a Time, an antique shop on Periwinkle Way.

With the high demand for beauty shops and their popularity among the ladies of Sanibel and Captiva, Jolene Shores and Comella opened up

Comella, see page 13



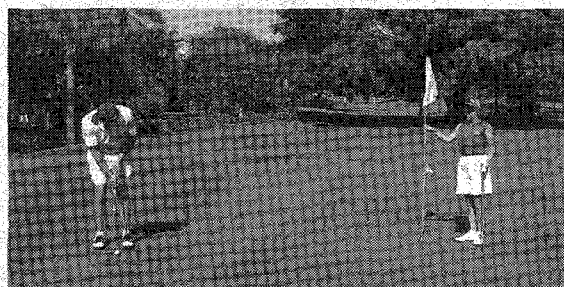
Top: Comella (right) posing with a friend from Indianapolis outside Tom's Fantasy II Beauty Salon in the 1980s.

Above: During his first visit to Sanibel, in 1956, Comella was the guest of Mrs. Beal, who lived next to The Castaways. He is standing in her backyard.



One of his favorite pictures, Comella with his mother, Katherine Comella, now deceased.

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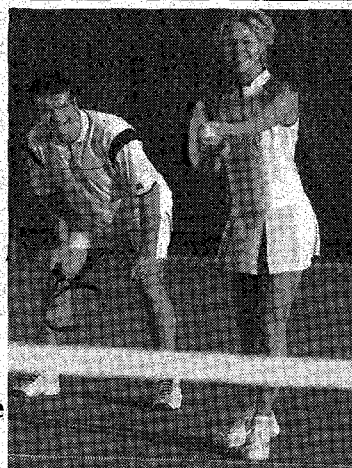


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Island therapist named to 100-member Olympics sports massage therapist team

The Co-Directors of the Athens Health Services Sports Massage Team 2004 are proud to announce that Peter Kiriendall of Fort Myers has been selected as one of the 100 International Sports Massage Therapists who will provide sports massage to the athletes of the Athens 2004 Olympics.

Kirkendall works as a massage therapist at Stevens Family Chiropractic in the Metropolis Plaza on Metro Parkway in Fort Myers and in association with Healing Hands Massage Therapy on Sanibel.

He was selected from over 500 applicants from 12 countries who had to demonstrate a high level of mastery of sports massage techniques and who also had professional experience with elite athletes or at national or international sporting events and championships.

Members of the team will work as part of the Athens Olympic Committee's

Medical and Health Service Team that will administer healthcare services at all training venues, competition venues and in the athlete's residential village. The sports massage team will provide daily service from the opening of the Village on July 30 through the end of the Olympics on August 29.

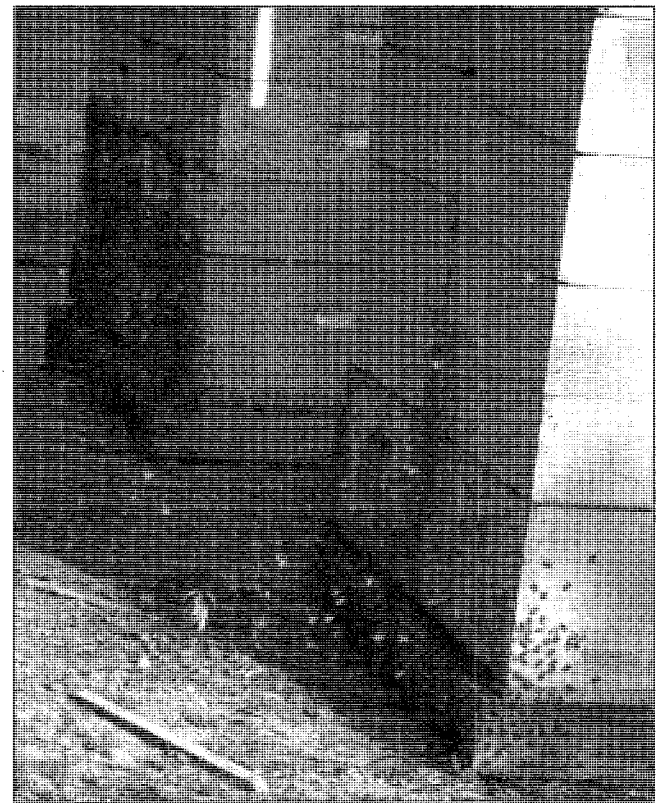
Kirkendall has been a licensed massage therapist since 1995, specializing in sports massage therapy, neuromuscular reeducation, auto accident rehabilitation, reflexology, trigger point therapy, deep tissue therapy and he is a certified lymphedema therapist.

Kirkendall can be reached at 239/980-0847 or 489-4100. Sponsors of \$15 or more will receive an authentic Sports Massage Therapy Olympic Team pin for Athens 2004. More information about the team can be found at 222.athenssports-massageteam2004.com

Photo by Karen Nelson
Bee hives along Sanibel Captiva Road on Sanibel.
The steady hum can be heard from several feet away as the late afternoon sun catches flashes of darting bees.



Discard monofilament properly.



Comella, from left

"Fantasy II" on Palm Ridge Road in close proximity to Phil Johnson's Ile Crocodile. The ladies loved the location, went back and forth between the two shops and considered this a part of their social activity.

Comella's parents shared Tom's love for Sanibel and arrived on the islands to become residents. Phil Comella, Tom's father, found his niche at Bailey's General Store. He worked there for eighteen years and never missed a day. Sam Bailey reiterates, "Your father was an institution with this store." Jokingly Comella confesses, "My mother made us go to work every day so she could have the house to herself, watch golf and keep an eye on the stock market." Tom called her a "sportsaholic" who thoroughly enjoyed island life.

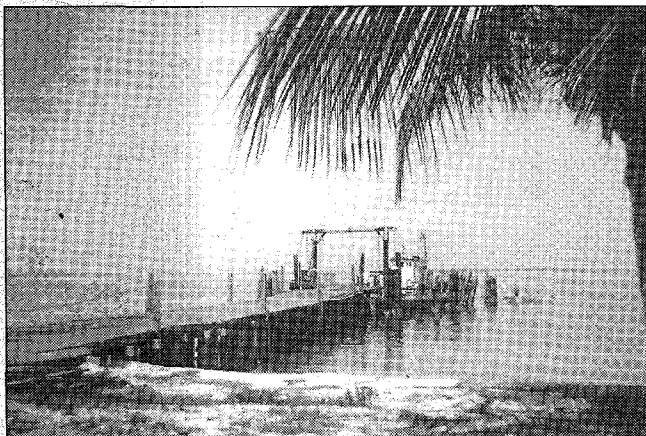
In the '70s and '80s, Comella was a fulltime resident of Sanibel and very busy with his hairdressing salon. However, in 1988 Comella, much to the disappointment of his devoted clientele, closed the salon and - again with the excitement of starting a different kind of business - went to Boston to open up his family's pasta shop called "Comella's." Although he was very familiar with the Italian cuisine, he went to Tiro's, a restaurant in Boston's North End, to learn from the chef. "I didn't tell Chef Genevieve what I already knew and asked her to show me how to cook Sicilian style. She was great."

Comella mastered the art of the Sicilian cuisine and to this day makes superb sauces including marinara, sundried tomato pesto, shrimp scampi sauce, boullabaisse and gorgonzola. Unequivocally he states, "You have to have a Cuisinart." He interjects, "All of my family call me 'T' and the other day my nephew from Boston called and asked, 'Uncle T, how do I make a macaroni salad?'" Today his brother Gene owns "Comella's" and Tom acts as the recipe consultant.

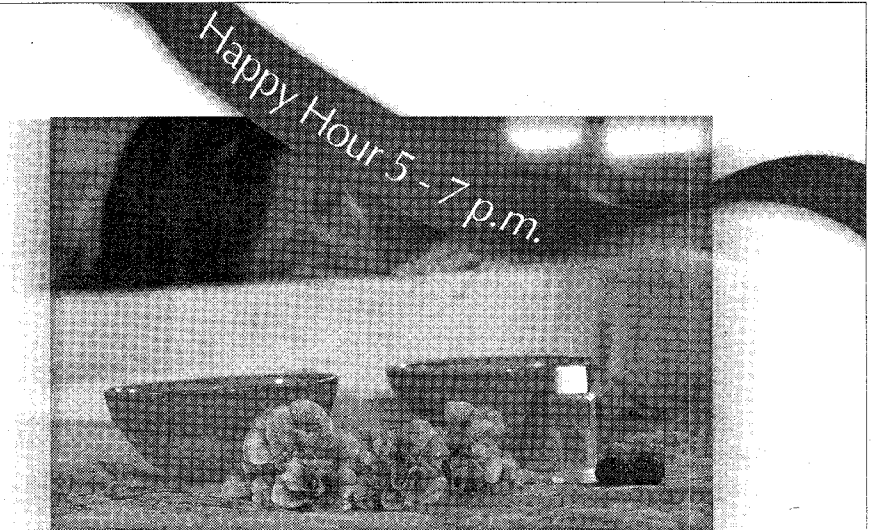
"Back in the '80s," Comella notes, "the winters were cold here and people were wearing jackets at Christmas. That's changed." He describes the winters as very busy but most people left by April 15. In contrast, the summers were hot and "buggy". Over the years the increased congestion especially on Periwinkle Way has become more of a challenge but Comella adds, "We can't survive here without the tourists. They are an important part of our life style and much of the community, especially the businesses, spend many months getting ready for season." However, he quickly acknowledges that there have been many changes with more and more summer-time visitors.

Now Comella spends the winter months in Sanibel working at the Sanibel Beauty Salon, where many of his longtime customers anticipate his annual return. In the summer, he's back in Boston, close to Comella's.

With much anticipation, he plans to visit Italy this October. "My grandparents came from the island of Sicily. I lived right on Lake Ontario in New York State and I settled here on an island. I always think about that. Somehow, I'm an ISLANDER."



Arriving on Sanibel by ferry in 1956.



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Randy Wayne White signs books at new Sanibel Island Bookshop

By Jenny Burnham
Staff Writer

Author Randy Wayne White signed so many copies of his new book, Tampa Burn, at the grand opening of the Sanibel Island Bookshop on Sunday, June 20 that he got blisters on his hand, according to Jinny of the Bookshop. "He stayed two hours longer than he was supposed to," said Jinny, adding that White finally had to leave because he was missing Father's Day with his children.

White signed approximately 100 copies of his book on Sunday. He had previously signed about 90 pre-orders for

the Bookshop. "His hand was cramping," said Jinny.

Over 500 people attended the opening party and book signing, according to Bookshop owner Hollie Smith. Chefs from the Sanibel Restaurant Group served refreshments to the crowd while the musical group Tanya and Dave entertained those waiting in line to get their books signed.

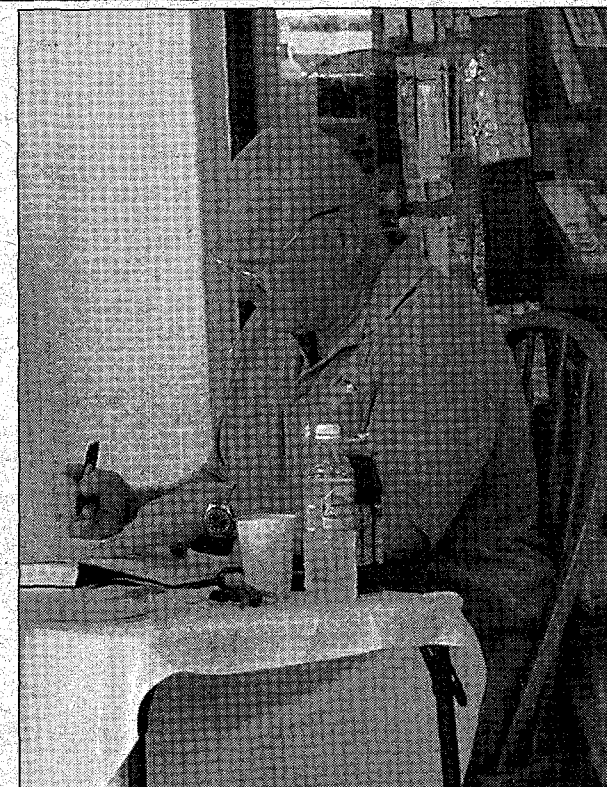
The festivities were in honor of the Bookshop's new location at 1571 Periwinkle, across from Dixie Beach Boulevard and next to the Doctor's Eye Care Center.

The event also raised \$250 for the Sanibel School Landscaping Fund, which

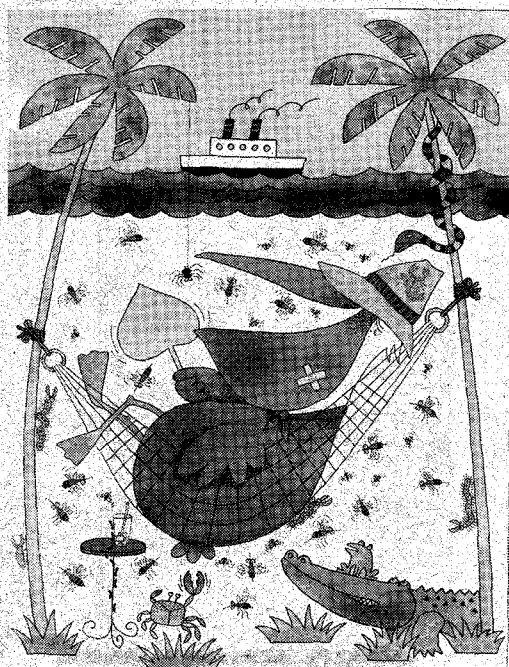
raffled off tickets to a gift basket containing a copy of Tampa Burn, a candle, tee-shirt, hat, and a book on Florida history. Mary M. Thomas of Island Gifts was the lucky winner.

"The atmosphere was wonderful," said Smith, "everyone seemed happy, the flow went really well. The food was incredible and the band was great."

Said Smith, "I couldn't have wanted it to go any better. It was a perfect day."



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Art on the Walk

Join Arts for Act Gallery at 2265 First Street in historic downtown Fort Myers for Art on the Walk on Saturday, June 26 from 11 to 2 p.m.

Watercolor, clay, glass and portraits will be demonstrated by artists David Hammel, Ron Seidler, Lois Johnson, Dixie Kraft, Pat Maloy and Susan Shollee-Martin on the sidewalk in front of Arts for ACT Gallery. Light refreshments will be served.

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 contact Claudia at Abuse Counseling and Treatment Inc. at 939-2553.

Mystical images abound at Arts for ACT

By Amy Fleming
Managing Editor,
Captive Current

Arts for ACT Gallery is hosting a two-person show this month, featuring the work of Sanibel artist Christina Wyatt, and Fort Myers artist Roy Benton. The show is both a study in contrasts, with Wyatt's dreamy, mystical mermaids paired with Benton's modernist metal and found object sculptures, as well as comparisons, as both artists reference mythology in their work.

Wyatt, one of Seaweed Gallery's artists, infuses her undersea visions with tropical elements blended with fantastic creatures, all floating in a universe of greens and blues. Her work, as described in the title of one of her paintings, seeks the nexus between dreams and poetry.

In "Rising Above," a mermaid figure floats in a green gold cloud, hovering over the sea. Weightlessness appears in "Twilight Song" as well, as fish float out of their element in protective bubbles, and sea monsters relax with shorebirds in a fairy tale version of a peaceable kingdom.

Benton's work is comprised primarily of metals; copper, aluminum, and steel, with objects such as gauges, coils, cranks, springs and metal plates welded into place.

Left: Roy Benton's "King of the Forest."

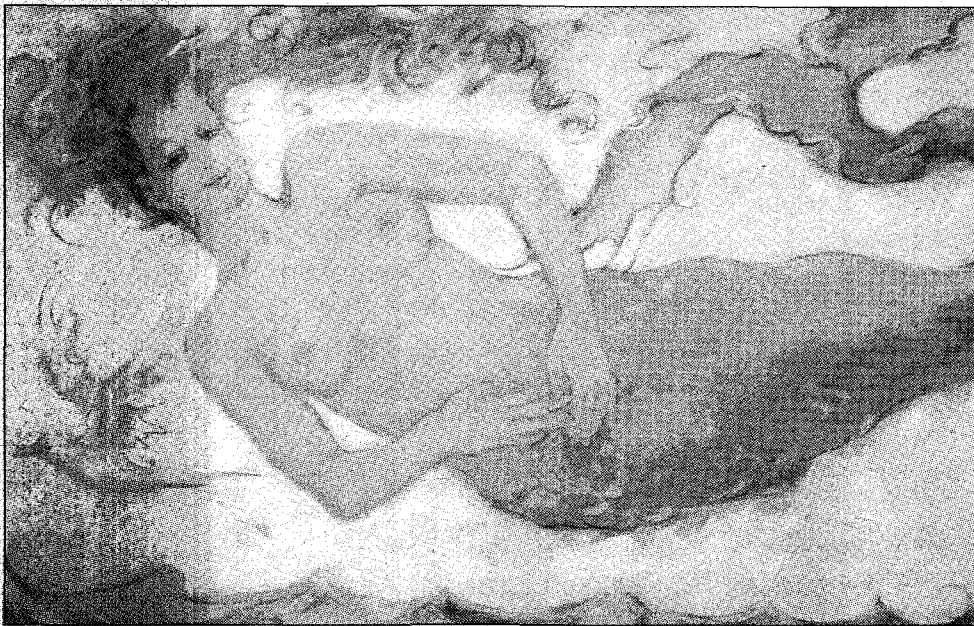


Christina Wyatt's "Twilight Song."

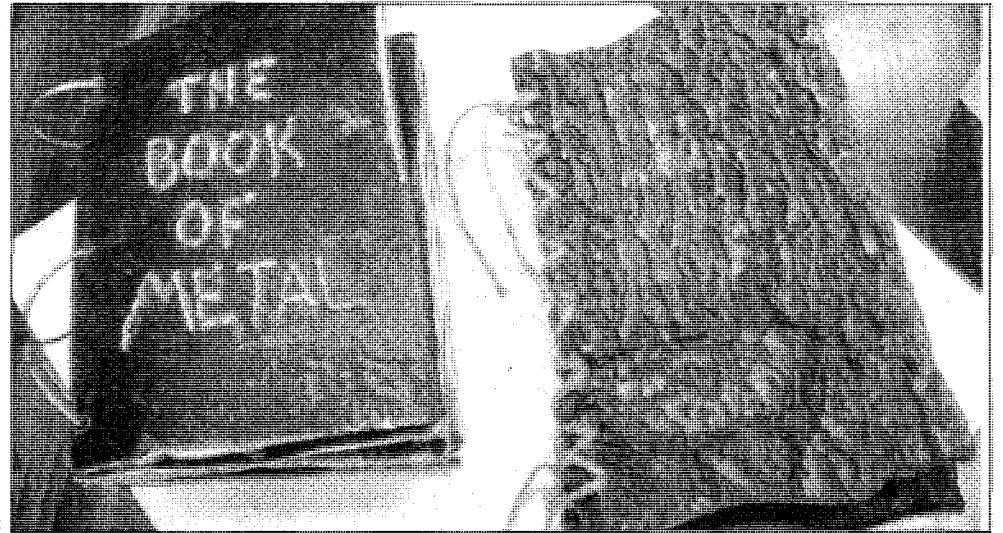
The effect often leaves the mechanical constructs with an organic feel, as gauges bob gently at the end of copper coils, like heavy blossoms on a branch. There are elements of mysticism in his work though, especially when Benton mixes wood with metal. "King of the Forest" has overt references to folklore, with its rough hewn but gracefully twisting posts and brushed metal plates

fashioned into a throne for a woodland deity. The paired sculpture, "Book of Metal" and "Book of Wood," hint at arcane knowledge hidden inside their pages.

Wyatt's "Mermaids and Benton's "Elements" are on display at Arts for ACT through June 30. The gallery is located at 2265 First Street, Fort Myers, hours are Monday through Saturday 11 a.m. - 4 p.m.



Wyatt's "Rising Above."

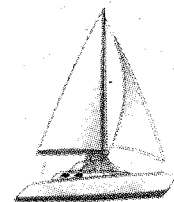


Benton's "Book of Metal" and "Book of Wood."

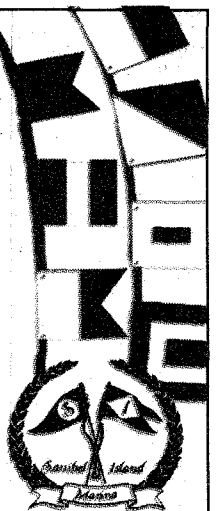
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Controlled burn at the Refuge

Story and photos by Karen Nelson
Managing Editor

On Friday, June 11, 156 acres at the J.N. "Ding" Darling National Wildlife Refuge were control-burned.

Lead Forestry Technician Paul Ryan explained that controlled burning "reduces the fuel loading and vegetation to prevent the risk of wildfire. It enhances the habi-

tat for marsh and wading birds, and reduces invasive exotics and woody plants.

"We have a fire-dependent system here, especially the spartina grass. Six days after the burn, there was already 6" of spartina growth."

Controlled burns do not kill cabbage palms. "The tops can be completely burned off and the trees will send out new fronds, especially at this time of year, once the rain starts."

A burn is planned for the Bailey Tract (near Tarpon Bay Road) and also further east along Sanibel-Captiva Road, between Tarpon Bay Road and the weir (near the Shell Museum), on the Refuge side of the road.

Burns are very carefully monitored, with close attention paid to weather and wind. They are started downwind, and the fire is controlled by the ignition sequence.



For the June 11 burns along San-Cap Road, technicians started from the north and worked their way toward the road.

Ryan noted that it has been several years since there has been any acreage burning at the Refuge. ("Burn" signs that have been seen for the past couple of years along San-Cap Road were for burning piles of exotic vegetation.) This was a very large burn, covering a sizable area, about twice the average acreage in a burn. Ryan is reinstituting a regular three-to-four year rotation sequence; the areas burned this year won't be burned again for the next couple of years.

The spiked tops of the cabbage palms are the most striking evidence of the burn but in the open areas along San-Cap Road, the spartina is making a rapid and vibrant comeback.



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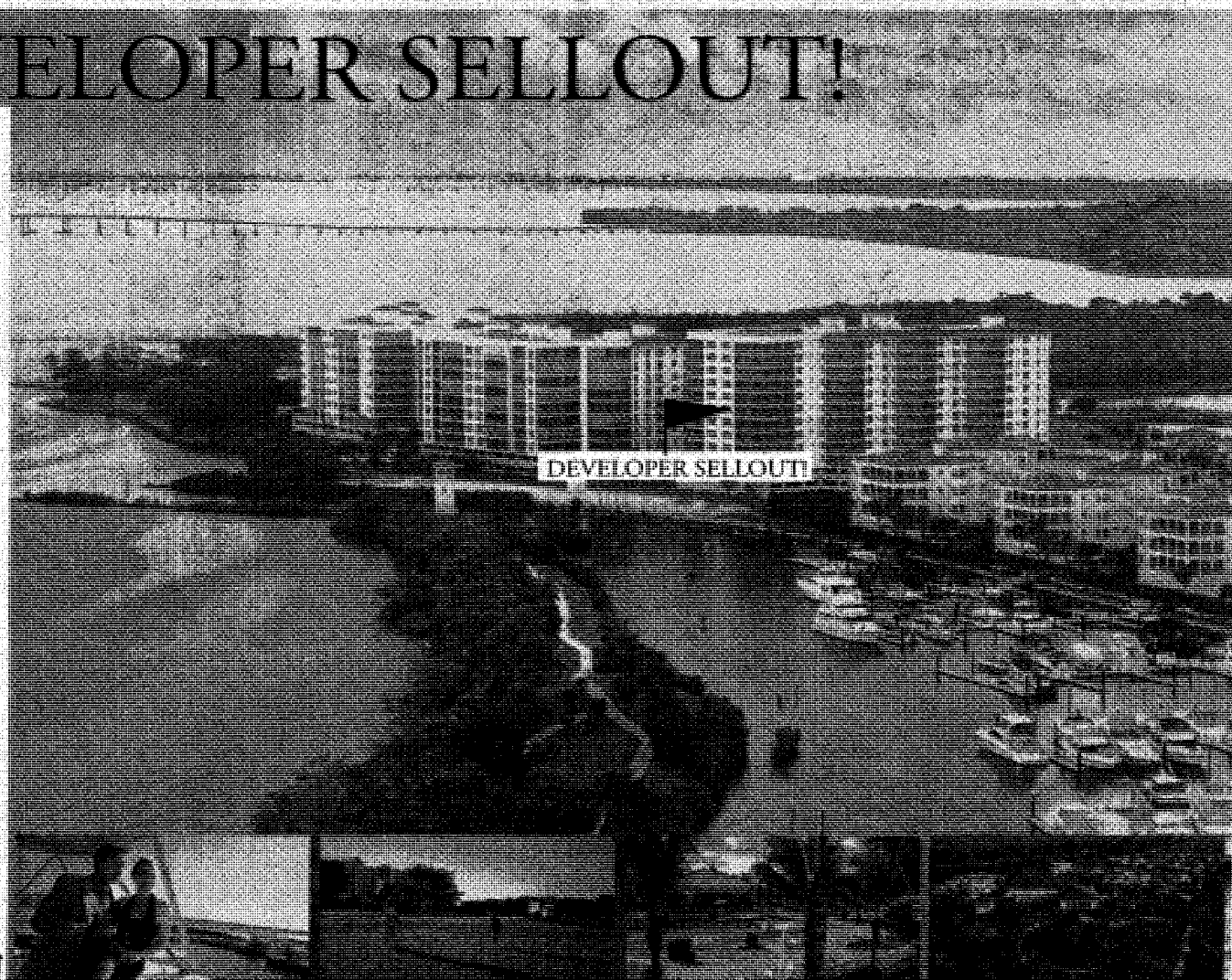
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On the Road: Maine and the Maritimes

By Nola Theiss
Special to the Islander

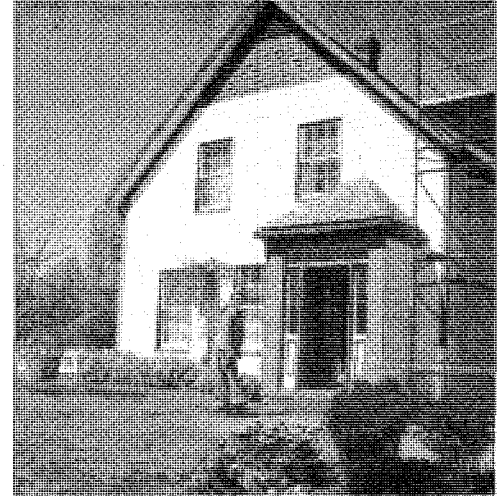
My daughter, Joanna, and I have always planned on a mother-daughter trip after her college graduation. Since the whole family was going to attend her Wellesley graduation in Boston anyway, it seemed like a good time to explore Maine and the Maritime provinces of Canada. I had done a similar trip a few years after college and had fond, but dimming, memories of the trip. Since Joanna and I think getting lost is great fun when traveling, in order to preserve Hal's sanity (and ours), we sent him home. Engineers do not do well on trips with little focus or goals, other than to get a feel for an area, relax, read a lot, and get off the beaten track.

Other than for our first stop, we had no reservations,

16 days to travel and 3 states and 3 provinces to see. Our plan, if it could be called a plan, was to stay a few days in a few spots in bed-and-breakfast inns with people who could tell us about the local sights from a local perspective and not worry much about all the places we were missing in between.

Although we visited towns and parks along the southern coast of Maine and New Hampshire, and sometimes broke up distances between spots with stays in standard motels, our first real stop at a bed-and-breakfast was the Pilgrim's Inn on Deer Isle, Maine, which is owned by Sanibel's own Rob DeGennaro. Near Bar Harbor and Acadia National Park, one could stay here a long time and not see everything. It was the highlight of our trip, mostly because of the hospitality of the DeGennaro's, the quality and history of the inn, and the great food. (See sidebar story below.)

After three days, it was time to move on so we traveled up the coast, stopping to see Campobello, which required a short trip off Route 1 but was definitely worth it. For those of us old fogeys who remember the movie "Sunrise at Campobello" or FDR himself, it felt like very familiar territory. The park is beautiful and free and, surprisingly, in Canada. It was only a short hop back into the States and then across the border to Canada again and we were in New Brunswick. What one must see in New Brunswick is the tidal flow of the Bay of Fundy where huge volumes of water flow in and out twice daily. After driving along the coast, we went to Moncton and found the Saturday morning farmer's market where we bought homemade cheese



and bread for breakfast and wooden planes, trains and automobiles for the grandson.

We were anxious to get to Prince Edward Island (P.E.I.) and so we took the "new" Confederation Bridge, built in 1997, which is nine miles long and costs \$39

Travel, see page 20



Rob DeGennaro's Latest Venture

Rob and Cathy DeGennaro and their two kids, Britt, 13, and Carly, 10, have undertaken their latest project together - the purchase of the Pilgrim's Inn on Deer Isle, Maine. Although known on Sanibel for his restaurants, this is the third inn Rob and his family have owned. The first was on Captiva, the second in Southeast Harbor, Maine and now the historic Pilgrim's Inn, built in the 1700's.

In spite of earning a MA in nuclear engineering at the University of Florida, working in nuclear medicine for 8 years and being involved in the development of the first MRI, Rob has always been interested in restaurants. His grandfather owned a restaurant and Rob worked in restaurants as a teenager. His wife, Cathy, remembers dinner dates which would end with Rob talking to the proprietor of the restaurant about his operations.

He and Cathy, a registered nurse, met in an intensive care unit while they were both tending patients, and intensive care is what they have been giving their projects ever since. While they were both still working in

DeGennaro, see page 20

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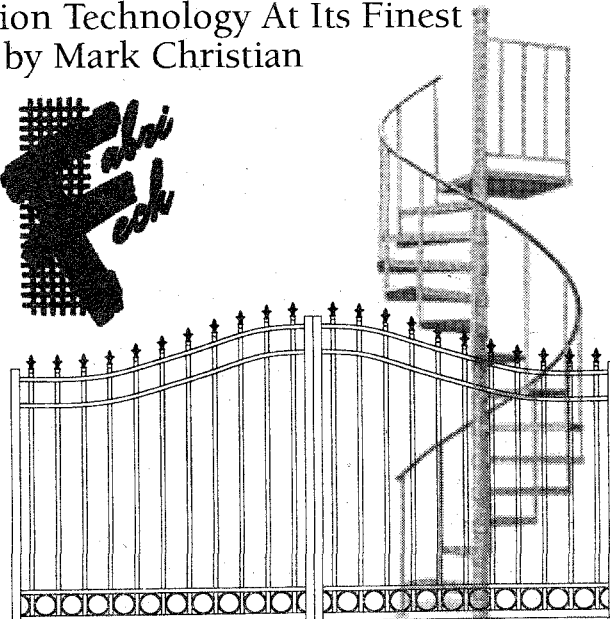
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Books by well known local authors like Randy Wayne White, Charles Sobczak, Charles LeBuff and T.L. Shireman are always in demand and new books include fiction and nonfiction from the New York Times Best Seller Lists. Weekly sales at the Sanibel Island Bookshop are included in the Times national tally.

Owner Hollie Smith has had to become a whiz at space management, with so many books in so many different categories... plus her remarkable and unusual gift items and cards. The very popular "books on tape" are a big hit.

A children's section - from age "0 and up" - offers books you can throw in the tub, board books, pop-up books, classic picture books, block books and delightful books by local authors. Children love to sit on the beanbags and discover a new book or an irresistible Gund classic childsafe plush toy. You're sure to find that perfect gift for those special children in your life.

Hollie Smith's personally chosen greeting cards catch people's fancy, bringing them back again and again. Lightweight, packable gift selections include magnetic bookmarks with local scenes plus windchimes, miniature hand blown glass vases, crystals, stationery, magnetic footnotes, scented candles decorated with shells and palm trees. The newly designed Sanibel Island Bookshop T-shirts - with matching hats - have been a big hit. Smart Readers come in a clear noncrushable case, perfect for the beach and outdoor activities... and they're a great value, too!

Join the "Bookworm Program" for frequent buyers and readers: upon reaching the two hundred dollar mark, the "Bookworm" awards you a ten dollar certificate to spend on store merchandise.

Whether you're in the mood to browse, talk "books" or check out the cards and gifts, you'll feel like one of the family here, especially when you're greeted by four-legged, tail-wagging Nico, a remarkable combination of half Huskie and half Akita with one blue and one brown eye. Hollie says that the most frequently asked question is, "Where's Nico?"

Nico loves his new bookshop home at 1571 Periwinkle Way. Why not drop by and say hi...

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A Little Murder Never Hurt Anybody

A Little Murder Never Hurt Anybody, by Ronald Jay, opens July 1 at the Periwinkle Playhouse. The Off Beach Players - Sanibel's Original Summer Theater Company - are back with another great rollicking farce that the whole family will enjoy.

A Little Murder Never Hurt Anybody features a mom, a dad, a daughter, a boyfriend, a detective and a Butler...and the plot thickens. The actors are Dave Yudowitz, Roy Gibson, Laurie Pickens, Mark Sauer, Cary Gorsline, Patrick O'Connor. Directed by John Thomas. Produced by June Koc.



It will be a great evening of entertainment for the whole family at the Periwinkle Playhouse at 2200 Periwinkle Way on Sanibel. Box office: 472-0324. You can also call or stop by Needful Things for ticket reservations (1995 Periwinkle Way, in Tahitian Gardens; 472-5400). Performances are July 1, 2, 6, 7, 8, 9, 10, 14, 15, 16, 17. This is the final community production at the Periwinkle Playhouse so don't miss out. The tickets are specially priced at adults \$15 and children \$5 (up to 18 years old).

Rick Fichthorn

Champagne & Chocolate Jazz Casino Night

Benefit for Florida Rep

Florida Repertory Theatre announces their exciting first summer gala fundraising event, Champagne and Chocolate Jazz Casino Night. This innovative evening of fun is sponsored by the News-Press, Renaissance Mall, Dream 107.1 and a variety of popular area restaurants.

On Saturday, August 7 from 7:30 until 11:30 p.m., the Renaissance Mall at the corner of College Parkway and Winkler in Fort Myers will take on the atmosphere of an elegantly festive casino. Featuring gourmet chocolates from Norman Love Confections (formally Ganache), an abundance of champagne, and lots of delicious delectables from Cru, Sunshine Café of Captiva, Keylime Bistro, and Ellington's Jazz Bar and Restaurant, Champagne and Chocolate Jazz Casino Night promises to be an evening to remember.

Florida Rep board members Sandra Stilwell and Kathy Galloway dreamed up the idea as a way to raise funds for the non-profit Florida Repertory Theatre. Says Stilwell, "It seems there's always an event going on during season, but during the summer, parties slow down around Southwest Florida. We wanted to spice things up a bit — Champagne and Chocolate Jazz Casino Night will give everyone a chance to come out and have some fun!"

Galloway added, "There's already a good deal of buzz going around about the

event. I suggest guests make their reservations early."

Says Florida Rep Producing Artistic Director, Robert Cacioppo, "It's our intention to continue presenting excellent professional theatre in downtown Fort Myers, along with educational programs for area children, but we can't do it without support. Sandra Stilwell and Kathy Galloway are amazing, hard-working board members. I have no doubt that their involvement will make Champagne and Chocolate Jazz Casino Night a huge success for Florida Rep!"

Guests will enjoy gambling at the Casino for great prizes. The Cigar Bar has donated plenty of cigars to add to the ambience of the evening. Entertainment will be provided by the opening act for Jazz On The Green, "VMP," featuring a guest appearance by national jazz artist Dave Johnson. Stilwell says the attire for the evening is Artistically Casual. "That means be creative and have fun with what you wear, but make sure you're comfortable." Galloway added, "There will also be some exciting surprises that night. We're keeping mum about it for now."

Reservations can be made for Champagne and Chocolate Jazz Casino Night by calling the Florida Rep Box Office at 239/332-4488. Tickets are just \$55 per guest. All proceeds benefit Florida Repertory Theatre. Florida Rep is located in historic downtown Fort Myers on Bay Street between Jackson and Hendry Street.

Call to Photographers

Rookery Bay National Estuarine Research Reserve (RBNERR) and the United Arts Council of Collier County (UAC) announce the first photography exhibit in Rookery Bay's Environmental Learning Center scheduled for fall 2004.

"Shot on Location: Images of Wild Florida," will run from September 15, 2004 - January 9, 2005, with the opening reception on Thursday, September 23 from 5 - 7 p.m.

The exhibit is open to photographers residing in Collier and Lee Counties, both full-time and seasonal residents and the exhibit will be curated by guest curator Tim Stamm.

Photographs should address the show theme in any fashion. The deadline is August 16 for receipt of submission of material (note: this is not a postmark deadline). Photographers will be notified of acceptance by September 1. Other slides will be returned at that time. Artwork must be received at Rookery Bay on Friday, September 10 by 3 p.m.

Submission Procedures

- Limit is 3 submittals per photographer. Digital images may be sent as jpegs to: abrowne@uaccollier.com. Mail or deliver to: Andy Browne, Program Manager, United Arts Council of Collier County, 501 Goodlette Rd. Suite A210, Naples, FL 34102.
- Framed photographs should not exceed 4' in any direction.
- Color and black and white photographs are eligible.
- Please include Name and Title, indicate top. Include Dimensions, Date. Slides should be in plastic mounts. No glass or heavily taped slides will be accepted.
- Corresponding slide sheet with name,

title, date, dimensions should also be included with the application.

- Although not required, it is strongly suggested that photographers include a brief statement about their work and or the specific images they are submitting.
- Although both slides and jpegs are accepted, all entering photographers must send in an application form with their check, release form, and self addressed stamped envelope in order for an application considered to be complete.

A submission fee of \$10 per slide is required for consideration. Checks should be payable to United Arts Council, a 501(c)3 organization, so it may be tax-deductible for you. Fees are waived for members of the United Arts Council or Friends of Rookery Bay (FORB).

Photographers will be notified by phone or email of acceptance into the exhibit by Sept. 1. Photographers whose work has not been chosen for this exhibit, will have their slides returned at that time, if they have provided a self addressed stamped envelope. Those not providing an envelope will have their slides kept as part of a UAC database for future exhibits.

All sales will be handled through the Rookery Bay gift shop. A 25% commission will be taken on all sales. Prices should take into account the 25% commission. Photographers may provide other printed material such as brochures and business cards for display purposes.

For more information and an exhibition application form, contact: Andy Browne, Program Manager, United Arts Council of Collier County, 501 Goodlette Rd., A210, Naples, FL 34102. Phone (239) 263-8242; Fax (239) 263-3830; Cell (239) 248-0756; email: abrowne@uaccollier.com

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Grease

Kids 15 & under just \$15

June 10 - August 14

Grease is the word at Broadway Palm! Travel back to Rydell High in the 50's with a light-hearted look at romance. The hit songs include *Summer Nights*, *We Go Together*, *You're The One That I Want*, *Look at Me I'm Sandra Dee*, *Greased Lightnin'*, *Born to Hand-Jive* and *Beauty School Dropout*.

1380 Colonial Boulevard, Fort Myers
www.BroadwayPalm.com
239-278-4422

PERIWINKLE PLAYHOUSE

2200 Periwinkle Way, Sanibel, FL 33957

A LITTLE MURDER NEVER HURT ANYONE

By Ronald Jay

"A great frolicking farce the whole family will enjoy".

July 1st thru July 17th

The Off Beach Players are back, Sanibel's original Summer Theater Group. A Little Murder Never Hurt Anybody features a mom, a dad, a daughter, a boyfriend, a detective and a Butler...and the plot thickens.

Next this Summer:

The Fourposter - A Romantic Comedy 7/28 - 8/7

BOX OFFICE: 472-0324

Travel, from page 17

Canadian dollars to cross. Fortunately for us, there is no charge going to the island, only on the return. There is no discount for residents, by the way. We decided to take the ferry instead returning. The ferry costs \$50, but saves a little driving if one is going to Nova Scotia and is an experience.

P.E.I. is best known as the home of the Anne of Green Gables story and we stayed in an inn called Kindred Spirits which advertises itself as "just over the fence from Anne's house." While the inn looks old and the rooms are decorated country style, they each have TV's, phones and are literally a short walk around the edge of a golf course to the Green Gables site. Once again, the Canadians have done a marvelous job of preserving a part of their heritage with the minimum of commercialism. And if you ever need a shot of optimism or an attitude adjustment, pick up one of the Anne of Green Gables books. Reading them as an adult is an uplifting and fun experience and much better than my memory of the TV show. Joanna and I agreed that the French toast topped with local cream cheese and blueberry compote was the best breakfast of the trip. They also served tea and cookies at 9 p.m. to all the guests.

Next we took the ferry to Nova Scotia and traveled up to the top of Cape Breton Island because Joanna wanted to see the Louisbourg fortress reconstruction, which started as a French settlement and was taken over the British between 1713-1768. There are over 25 buildings and local people acting the part of residents and soldiers. Plan on spending a day there. "Living History" reconstructions abound in the Maritimes, and one could spend a month seeing them, so we limited ourselves to Louisbourg, one of the largest.

From Cape Breton, we traveled to Halifax and visited Pier 21 which is the Canadian equivalent of Ellis Island, at least from 1928 to 1971. My grandparents immigrated through Halifax in 1899, and I was disappointed to learn that all records before 1928 were lost in a huge explosion that year, but I was not disappointed in our visit. There is a 25-minute movie using very innovative techniques that had most people crying by the end and then short clips made by immigrants about their experiences. We spent a few days in the Halifax area and went to Peggy's Cove which is probably one of the most beautiful spots in North America and is also the site of the Swissair jet crash in 1998 and its memorial.

By this time, we were ready to make our way back to Boston. We drove down the middle of Maine on Rt. 95, stopping in Bangor for a night and spending our last two nights in the Lake District of Maine at another B and B called Noble House in Bridgton, Maine. This one was built in 1903 by a Maine State Senator, has been converted to an inn and has recently been taken over by a young retired couple from Ohio, living their fantasy of running an inn. Unlike the other two inns, this one was much more like living with rich relatives as we had the run of the main floor and were given two rooms with an adjoining bathroom separate from the rest of the guest rooms. Breakfast was included and served in a bright breakfast room. Each morning, we had crepes or French

toast with local apples and an egg dish such as a crustless quiche. The innkeepers were full of ideas of places to go, hikes to take, and lend guests their canoe and bicycles. A little beach on Highland Lake is just down the road and the town is full of cute shops and an authentic fish market where we had our farewell lobster dinner, served on picnic tables with coleslaw and fish stew. We were only two hours from Logan Airport and the next morning, we made the leisurely drive down to catch our inexpensive flight back on Song Airlines.

It seems that more and more Sanibel residents are spending their summers in Maine and now I know why. It may be too late in the season this year to experience the quiet and ease we had in finding accommodations and not fighting crowds, but going at the end of May, beginning of June of next year is worth your consideration.

Noble House
www.noblehousebb.com
888-237-4880

Kindred Spirits
www.kindredspirits.ca
902-963-2434

DeGennaro, from page 17

medicine, they started an ice-cream restaurant in Fort Lauderdale. When they sold it twelve years ago, they decided they would move to either Sanibel-Captiva or St. Augustine, two of their favorite places, wherever they felt they could make a living.

They came to Sanibel-Captiva on vacation and bought the Palm Ridge Cafe on Sanibel, turning it into The Hungry Heron Restaurant. This was at the time of the great McDonald's controversy and his restaurant was written up in the local papers as an acceptable alternative family style restaurant. One night about 10 minutes before closing, a slightly disheveled looking man walked in looking for dinner. Rob happened to be there and made sure he was given a good meal and service. The customer was the head writer for the Frommer's Travel Guide and gave the restaurant a wonderful review. Soon Rob sold the Heron and opened R.C. Otter's on Captiva and bought the Captiva Island Inn. He tried to get Andy Rosse Lane declared a historic district and came "this close." Soon he had an offer he couldn't refuse for these businesses and went to Maine and bought an inn near Acadia National Park. The Inn needed a complete renovation and required that they stay in Maine all year, but the pull back to Sanibel was too strong, and soon they returned so their kids could stay at the Sanibel School.

Once again Rob saw an opportunity when Gilligan's closed. He opened and developed The Island Cow restaurant until he again got another offer he couldn't refuse. He remembered Pilgrim's Inn, which he had looked at when he bought his first inn, called up the

owner and made a deal to buy it over the phone. He's been working on putting his own special mark on it over the winter, but will be

leaving the day-to-day operations to the established staff so he and his family can sail, travel and spend most of their time on Sanibel. And, yes, he does have his eye on another project on Sanibel, but the pieces have not yet fallen into place. Knowing Rob, they will.

Rob is a man who is full of energy and ideas. He describes himself as aggressive and someone who changes direction quickly, but he understands how other people can benefit from what he is doing and how he can benefit from providing a good service which fits into the area without exploiting it. Cathy "keeps the helm steady" and is a "fantastic parent." He credits her with making sure the family is included in work and pleasure, so the kids were carrying up guests' luggage and planting annuals along the pond's edge while we visited, but they also found time for hikes and family sailing trips. He is very involved in the community, having served recently as the President of the Sanibel School P.T.A.

Visiting the Pilgrim's Inn is a sensual treat. The rooms are filled with antique furniture, luxurious linens; fireplaces and bathrooms have Maine marble and granite. There is a game room with internet connections and Chinese checkers, chess sets and a TV, as well as multiple sitting rooms. The restaurant is in a connected old sheep barn. The excellent chef spends his winters teaching cooking in Tuscany. Breakfast is included with a choice of two main courses, using fresh, local produce, eggs and herbs from the garden. There are fresh wildflowers on the table, jams made down the road and other local flavors on the menu. Each female diner is given a rose after dinner and special dishes and crystal wine glasses are used for each course. Guests are treated to complimentary hors d'oeuvres every evening before dinner and a full bar serves excellent wines and other drinks.

People come from all over for dinner and the restaurant has been reviewed in gourmet and food magazines. We had smoked salmon which was served with crème fraiche with dill placed in a hollowed out cucumber and Parmigiano Reggiano flan with tomato basil coulis for appetizers. For the main course, I had filet mignon wrapped in bacon with garganzola-walnut sauce and Joanna had Ouzo Flamed gulf shrimp with linguine, capers, kalamato olives, tomato, feta, red onion and cream sauce. The vegetables were grilled parsnips, leeks and red onion. For dessert, we shared a mocha mousse with fresh whipped cream which was too delicious and rich for even the two of us to eat. If this doesn't sound like Island Cow cuisine, you're right, but like all of Rob's restaurants, the details were just right, from the dishes to the spices.

Pilgrim's Inn is open from Mid-May to October and gets really busy starting in mid-June. We found our timing of early June just right, except for one really rainy day. If you are going to Maine this summer, and it seems so many Sanibel people are, try to stop in for a few nights for a luxurious, yet relaxing stay - but make your reservations now.

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www.pilgrimsinn.com
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TO YOUR HEALTH

Aquatic exercise and resistance training

By Jane Ranieri,
Special to the Islander

You have read in my previous articles that water has 12 times the resistance of air, allowing increased muscle strength and endurance to be accomplished through aquatic resistance training. Because the resistance is three dimensional, any submerged movement has the advantage of the water's resistance in all directions, giving a more balanced musculature.

Increasing intensity

In order to overload and strengthen the working muscles in the water, one must push with effort at all times. There are several ways to help increase intensity and resistance by "working the water." These include:

- 1) Hand Position - Using a cupped, bear claw shaped hand position will increase resistance. To make it easier, slice the water with the hand.
- 2) Lever Length - The longer the lever, the more resistance. A long arm pulling through the water is much harder than arms bent at the elbow. A straight leg kick is much more strenuous than a knee-high jog.
- 3) Direction of Movement - Traveling through the water is more challenging than staying in one place. Reversing the direction also increases intensity.
- 4) Frontal Resistance - In traveling from point A to point B, most people would find the easiest route, but not in the water! For example, instead of jogging or walking from one side of the pool to the other with knees lifting in front, try jogging or walking forward with knees wide to increase the intensity.
- 5) Acceleration - You can apply more force with increased effort to move the body. A good example would be to rebound higher and stronger off the bottom of the pool or to push a forearm lateral raise more quickly and strongly through the water.
- 6) Suspended Movements - A cross-country ski move (scissor legs) will generally be more difficult if performed without the feet touching the pool floor. More muscle strength is

involved in executing suspended exercises.

Increasing resistance

Now that we've learned how to increase intensity by using only the properties of water, let's discuss the use of equipment for increasing resistance. Aquatic equipment falls into five categories: buoyant, drag, weighted, rubberized and flotation.

- Buoyant equipment is specific to the aquatic environment. It is usually made of Styrofoam material that floats. Light in weight to the touch, buoyant hand bells can create a great deal of resistance once submerged in the water. Any movement toward the bottom of the pool is resisted. Any movement toward the water line is buoyancy assisted.
- Drag equipment creates resistance in all directions; it opposes the direction of any movement. Webbed gloves worn on the hands are an excellent example of drag equipment.
- Weighted equipment will sink in the water; however, the weight of the object is lessened due to a reduction in gravity. Movement toward the waterline will be resisted and movement downward will be assisted - opposite of the resisted movement of buoyancy downward.
- Rubberized equipment in the form of bands or tubes creates the same muscle action in water as it does on land. Rubberized equipment must have an anchor point in order to work a certain muscle group. Working away from the anchor is resisted; working toward the anchor is assisted.
- Flotation equipment usually refers to any equipment that suspends the participant off the pool floor to perform exercises. The most popular form of flotation equipment is a belt worn around the waist. It is generally not used for resistance, but to create neutral buoyancy. There are also buoyancy cuffs that can be worn around the ankles or arms to add resistance in performing deep water exercises. Neutral buoyancy holds the head above the water while performing these exercises. It is not recommended to use only hand held buoyancy equipment without the use of a flotation belt or buoyancy cuffs at the same time.

The benefits of resistance training - whether on land or in the water - are to build strong bones, increase muscle mass,

Holistic health notebook: C-Reactive Protein

It is becoming commonly known that one of the most important risk factors for cardiovascular disease is C-Reactive Protein (CRP), an inflammatory marker that shows up in the blood stream as an indication of underlying inflammation. CRP may be just as important a marker for heart disease as is cholesterol, and according to some sources, possibly more so.

But research now seems to indicate that CRP may be related to depression.

Researchers at Johns Hopkins recently analyzed data from one of the most important health surveys ever conducted, the National Health and Nutrition Examination Survey (NHANES). Dietary and health information was collected on more than 6,900 men and women between the ages of 18

and 39. Of these individuals, nearly eight percent of the women and 6 percent of the men were diagnosed with major depression.

Within these two subgroups of depressed individuals, there was a clear association with elevated CRP, especially among the men - and regardless of any other factor including age, race, total cholesterol, and so on.

Researchers do not know why this relationship exists but the depression is apparently associated with inflammation.

Another study found that elevated CRP levels are associated with low dietary fiber intake. While we already know that higher intakes of fiber are associated with a reduced risk of heart disease, now researchers found that a fiber-rich diet lowers the inflammatory protein.

What foods are rich in fiber? Vegetables (especially legumes), fruits,

and whole grains contain a variety of fibers that lower the risk of several diseases, particularly heart disease, cancer, and diabetes. The implication here is that fiber may help reduce depression, as well.

According to one online newsletter (HIS), we do not know if depression somehow triggers inflammation that leads to heart disease or if the inflammatory factors that prompt heart disease contribute to depression. We simply don't have many answers to those questions but the question may be moot, anyway. Eat your vegetables, just like your mother told you.

And while you're at it, take fish oil as well, because fish oil also has a beneficial effect on heart disease, depression, and inflammation, and CRP levels.

Increase your intake of magnesium, a mineral that helps ease mild to moderate depression, and take vitamin C. According to a study published in the Journal of the American College of Nutrition, vitamin C may help reduced C-reactive protein.

Depression alone may be a marker for heart disease, particularly in middle-aged or older men.

I recently had a complete physical examination, and specifically asked to have my C-reactive protein levels checked. My levels were low, for which I was very thankful. Apparently, my "good heart program" is paying off!

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



Carol
Simontacchi

Aquatic, from left

burn calories and elevate metabolism, lessen the risk of injury and improve body composition and quality of life. By increasing the intensity of aquatic exercise, either with the use of equipment or by using only the properties of the water, you can build muscle strength essential for good health, functional ability and enjoy-

ment of life. Let your pool work for you!

Jane Ranieri is an Aquatic Personal Trainer on Sanibel and will work one-on-one or with small groups. Please call her at 395-3574 for more details regarding a program designed specifically for you.

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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.

CHURCH

Sanibel Congregational United Church of Christ

Beginning July 4 there will be one full service on Sundays at 10 a.m. through September. Sunday School and childcare will be available. There is an elevator for easy access to the sanctuary. Dr. Randal H. Niehoff, senior pastor; Dr. Sandra Boler, associate pastor. Located at 2050 Periwinkle Way, across from Periwinkle Place Shopping Center. Phone 472-0497.

Sanibel Community Church

Traditional Sunday services at 8 and 10:45 a.m.; contemporary service at 9 a.m. and Kids' Church at 9 a.m. Dr. Daryl Donovan, pastor; Dr. Ed VanderHey, associate pastor. Located at 1740 Periwinkle Way, next to Jerry's Market; 472-2684. All are welcome; feel free to come dressed casually.

- **The Carpenters Workshop** at the Sanibel Community Church. Bibles, books, music, gifts. Mon-Fri. 9 a.m. - 3 p.m., Sunday 9 - noon.

St. Michael and All Angels Episcopal Church

Services on Sunday at 8 and 10 a.m.; on Saturday at 5 p.m. Donald Fishburne, rector; Suzy Post, associated rector. Located at 2304 Periwinkle Way. Phone 472-2173.

- **Bible Study and Prayer** - Fridays 10 - 11:30 a.m. in the Parish Hall. 472-2173.
- **Noah's Ark Thrift Shop**, the award-winning shop run by volunteers at Saint Michael and All Angels Episcopal Church on Sanibel, is open Tuesdays and Fridays from 9:30 till 12:30 in June, July and August. 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.



Scotland Road at the Periwinkle Playhouse through June 26.

St. Isabel Catholic Church

Mass at 8:30 and 10:30 a.m. on Sunday; 5:30 p.m. on Saturday. Daily mass at 8:30 a.m. on Monday, Wednesday, Thursday and Friday; Communion service at 8:30 a.m. on Tuesday. Father Christopher Senk. Located at 3559 Sanibel Captiva Road. Phone 472-2763.

EVENTS

Saturday, June

- **GULF COAST WRITERS' ASSOC** workshop, "Stand in the Moment" at BIG Arts with Stephen Overbeck. Overbeck has written for Newsweek, The Chicago Tribune, the Washington Post, and other major publications. June 26. 10 a.m. - 1 p.m., bring bag lunch. \$10 members, \$20 non-members. Regular meetings are the last Saturday of the month, Beacon Exec, Suites 8359 Beacon Blvd, FM. (239) 418-0674

Every week: Monday

- **BRIDGE FOR FUN** Senior Center 2401 Library Way. \$2 members, \$4 non-members. No partner needed all levels welcome. 472-5743.
- **SHELLCRAFTERS** - 10 a.m. to 3 p.m. every Monday at the Community House on Periwinkle.
- **GAMES DAY** at the Senior Center, 2401 Library Way. Bridge, Mahjong,

and more. All levels welcome. \$2 members, \$4 non-members. 472-5743

Tuesday

- **TROUBLESTARTERS AT THE AMERICAN LEGION** Every Tuesday evening 7:30 p.m. to closing. San-Cap Rd. at mile marker 3. 472-9979.
- **FORT MYERS SWING DANCE SOCIETY** meets every Tuesday at Ron Dao's Sports Bar in Ft. Myers, 15320 McGregor Blvd. Free lessons 8:30 - 9 p.m. No cover. 239/851-7354

Friday

- **GOURMET SINGLES SUPPER CLUB** meets every Friday in finest restaurants in the area. For more info, call 332-8191

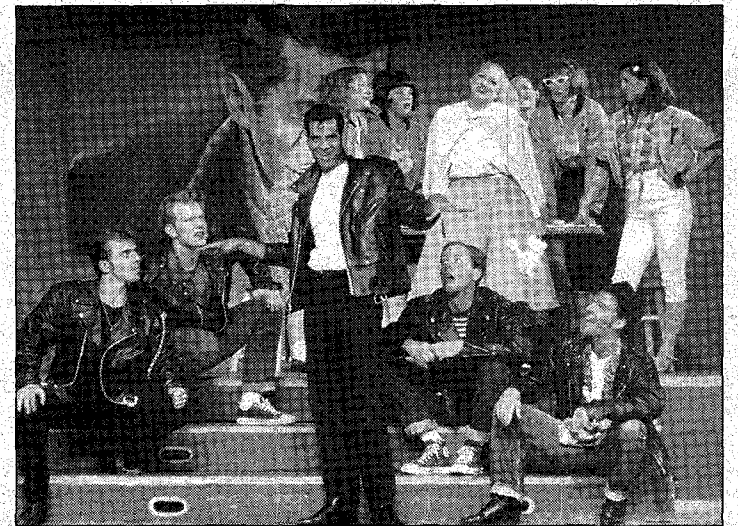
Ongoing

- **SUMMER HOURS AT THE HISTORICAL MUSEUM** Open half days, Wednesday - Saturday 10 a.m. to 1 p.m. 950 Dunlop Rd. 472-4648.

STAGE / MOVIES

Now playing:

- **SCOTLAND ROAD** by Jeffery Hatcher at the Periwinkle Playhouse, through June 26. In this suspense play set in modern times, a young woman who is found in period clothes claims to be a survivor of the Titanic. Starring Lisa Chapman, Tom Marsh, Patricia McHugh and Jo Anna Bowers. Produced and directed by Todd



Grease at the Broadway Palm.

Sherman. Through June 26. \$20. Performances 8 p.m. Box office: 472-0324.

- **GREASE** at the Broadway Palm, through Aug. 14. 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, starring Betty Madonna, Jake Johnson, Daniel Benzing, Stephanie Davis, John Lombardie, Kelly Legaretta and Cliff Morts. Through June 27. 332-4665

THE ART OF SURVIVAL, presented by Orpheus Players, 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. The audience will judge who is the surviving tribe. Performances are through June on Saturday Nights at 8 p.m. at The Orpheus Cafe, 1165 Estero Blvd, Fort Myers Beach. Tickets \$10. Please call 463-1549 for reservations.

- **YOU'RE A GOOD MAN, CHARLIE BROWN**. Naples Dinner Theatre's Ice Cream Theatre, performances at 12:30 for the whole fami-

Charles LeBuff to lead cruise

Local author/historian Charles LeBuff will lead a lecture/cruise on board *M/V Suribachi*, an authentic Navy Liberty launch, on June 26 from 10 a.m. - 12 p.m.

This is also a celebration of the release of his novel *The Calusan*. "Though a work of fiction LeBuff draws upon actual people, places and events for his settings. William Marquardt, Curator of Archaeology at the Florida Museum of Natural History states, "Charles LeBuff writes with great empathy and humanity about both the prehistoric and historic past."

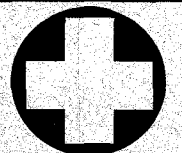
LeBuff has called Sanibel Island his home for more than 45 years. He is the last resident to serve as a light keeper of the still functioning 119 year old Sanibel

lighthouse and writes of those experiences in his autobiography *Sanybel Light*. He is also responsible for forming the loggerhead sea turtle conservation program on Sanibel-Captiva and details those efforts and research in his book titled *The Loggerhead Turtle*.

His lecture will offer a range of subjects and it is presented by Pine Island Cruises and Variety Store at 3187 Stringfellow Rd. in St. James City. They also have his books available for sale and for personal inscription.

For more information about this \$15 + tax cruise call The Variety Store at 239-282-2165. Reservations are required.

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Susan Bluehs, R.N. (239)472-3327

LIC. 30211154

ISLAND SCENE*For items to be included on these pages, they must be submitted by Friday, a week before publication date.***Lost in Yonkers at Florida Rep through June 27.**

ly. Starring Brian Hamilton, Brice Corder, Anthony Palencsar, Steven Arlen, Marissa Joy Ganz and Kate Phillips. Music by Clark Gesner, directed by Michael Wainstein. Lunch includes hamburgers, hot dogs, pizza, fries and Ice Cream Sundae Bar. \$16 Adults; \$13 Children. Performances June 25; July 15, 16, 22, 23, 29, 30; August 5, 6, 12, 13. Box Office 239/514-STAR (7827).

Upcoming:

- **A LITTLE MURDER NEVER HURT ANYBODY**, by Ronald Jay. The Off-Beach Players are back with another rollicking farce for the whole family: with a mom, a dad, a daughter, a boyfriend, a detective and a butler... ah, the plot thickens. Starring

Dave Yudowitz, Roy Gibson, Laurie Pickens, Mark Sauer, Cary Gorsline, Patrick O'Connor. Directed by John Thomas. Produced by June Koc. Starts July 1 at the Periwinkle Playhouse. Box office 472-0324.

phone 472-1701.

ART**At the movies**

- **THE TERMINAL**, starring Tom Hanks and Catherine Zeta Jones, rated PG13, playing at 4:30, 7 and 9:30 p.m.
- **HARRY POTTER & THE PRISONER OF AZKABAN**, rated PG, playing at 3, 6 and 9 p.m.

Coming Wednesday, June 30:

- **SPIDERMAN 2**, rated PG-13, playing at 4, 6:30 and 9 p.m.

All playing at Island Cinema in Bailey's Center,

- **ROBERT RAUSCHENBERG** at the Bob Rauschenberg Gallery (formerly Edison Community College Gallery of Fine Art). "Scenarios," recent work. 8099 College Pkwy. Through July 11.
- **SAN-CAP ART LEAGUE** at BIG ARTS and the Sanibel Library, on view throughout the summer. Large variety of tropical and local scenes: lighthouse, marina, fishing pier, causeway, beach and chapel. Wide variety of media. Sanibel Library: 472-2483; BIG Arts: 395-0900.

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Margie Davison

CREDIT SCORES MORE ACCESSIBLE

Credit scores, the critically important numbers that indicate your personal ability to repay a loan, can play a key role in determining the mortgage loan amount and terms that are available to you. The number is calculated by gleaned pertinent information from a variety of credit-related data bases.

Only too often, incorrect information is used in those calculations. This can potentially lower your score and prevent you from obtaining the most favorable mortgage. It's a good idea to periodically check your score and factors used in its calculation.

A few months ago, it was very difficult for a person to learn their credit score. There seemed to be a veil of secrecy and mystery engulfing the scoring system. Today, an increasing number of home mortgage lenders and other firms are eager to provide personal scores to those who request it as a customer service. And some firms accompany the score with suggestions for improving it.

Some firms allow individuals to sign up for free automatic e-mail alerts any time their scores move by more than 10 points. As an added benefit, that service provides an effective defense against identity-theft credit crimes.

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.

ISLAND SCENE

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

- **BIG ARTS Phillips Gallery** - large mosaic butterfly made by Sanibel Elementary School artists during their annual May Art Exhibit, BUGWORKS. The mosaic butterfly will be permanently displayed at the Sanibel School, along with last year's FISHWORKS mosaic.
- **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.
- **DUO SHOWS AT ARTS FOR ACT.** Christina Wyatt's "Mermaids" and Roy Benton's "Elements," 2265 First Street, at the historic Arcade in Fort Myers.
- **SUMMER MEMBERS' SHOW** at the Fort Myers Beach Art Assoc. corner of Donora and Shell Mound Blvd., FMB. Open Weds and Thurs 9-1.
- **ART ON THE WALK** sidewalk showcase in front of Arts for ACT, 2265 First Street, downtown Fort Myers. June 26, 11 a.m. - 2 p.m.
- **CALL TO ARTISTS:** Exhibition opportunities at the Cape Coral City Hall, through Arts in Public Places. Call Cape Coral Arts Studio, Fine Arts Division at 574-0802
- **CALL TO ARTISTS:** Charlotte Harbor Nat'l Estuary seeking artists for calendar who can capture the beauty of the greater Charlotte Harbor Watershed. Go to www.CharlotteHarborNEP.org, or contact Maran Brainerd Hilgendorf at mhilgendorf@swfrpc.org. Deadline June 30.
- **TICKETS ON SALE FOR ARTS FOR ACT AUCTION,** event to take place August 21, from 5:30 to 11 p.m. at the Harborside Convention Center. Featured artist is Judy Smith. \$75 advance, \$85 at the door. Tables available, call (239) 939-2553.

Thursday

- **PAINT OUT** with the San-Cap Art League, 9 a.m. - noon. Bring lunch and a chair. Lunch is followed by an informal critique for those who wish to participate. July 1: Jensen's Marina. 472-1850
- For more information about the Art League's weekly paintouts, seasonal portrait workshop and educational programs call 472-8834, 472-2726 or write to Sanibel-Captiva Art League, P.O. Box 1192, Sanibel, FL, 33957

OUTDOOR ACTIVITIES

- **SCCF LIFE ALONG OUR TRAILS.** Tues, Wed and Fri at 9 a.m. Guided tour along Center Tract

trails. Learn about the interior wetland habitat, natural and cultural history, land management and preservation. \$3 non-members. At SCCF. 3333-Sanibel-Captiva Road.

- **TARPON BAY EXPLORERS** is offering naturalist led tours on the Tarpon Bay portion of the 'Ding' Darling National Wildlife Refuge for birders, naturalists, and curious people who enjoy being on the water and learning from an experienced naturalist. Call for reservations for all activities. 472-8900

CRUISES:

- **Sealife and Nature** cruise in Tarpon Bay onboard the electric-powered, 26 passenger pontoon boat. Tours depart at 11 a.m., 1 p.m., tour is approx. 90 minutes.
- **Evening** cruise at 6 p.m. These tours also include a visit to the touch tank. Tour is approx. 2 hours.
- **Breakfast** cruise 9 a.m. Tuesday and Thursday. 90 min., includes coffee, juice, and pastry. Also includes visit to the touch tank.
- **EVERGLADES DAY TOUR** all-day Tuesday, Thursday, Saturday, meet at 8 a.m., return around 6:30 p.m. Includes air boat ride, swamp buggy tour, and more. Call for reservations. 472-0101.
- **TOUCH TANK EXPLORATION** at 11 a.m. and 1 p.m. Program approx. 1/2 hour.
- **TRAM TOUR OF WILDLIFE DRIVE** leaves every 1 1/2 hours, Sat. - Thurs., 7:30 a.m. - 8 p.m. Wildlife Drive is now open from 7:30 a.m. to 7:30 p.m. except Fridays. Reservations, 472-1351
- **SITTING ON THE DOCK OF THE BAY:** The naturalists at Tarpon Bay Explorers have started up free lunchtime talks beginning at 12:30 p.m. Mon.- Fri. on the observation deck overlooking the most beautiful setting on Sanibel and last about half an hour. Topics include Calusa Cafe, manatees, dolphins, sharks, turtles, and alligators. Tarpon Bay Explorers is located at the north end of Tarpon Bay Rd. Call for reservations for all activities. 472-8900
- **CAPTIVA CRUISES** offers a variety of cruises and sailing charters, all departing from South Seas Resort. Call 472-5300 for reservations and information:
- **Dolphin & Wildlife Adventure Cruises.** Daily at 4 p.m., Captiva Cruises departing from South Seas. Narrated by SCCF docents. 472-5300 for reservations. \$20/adult; \$10/children 4-12; under 3 free.
- **Dolphin & Wildlife Adventure** - Docents from the SCCF narrate this 1-1/2 hour cruise. Departs at 4 p.m.
- **Island Beach & Shelling Cruise** - 3-hour shelling cruise to Cayo Costa State Park. Two trips: at 9 a.m. and 1 p.m.
- **Cabbage Key or Useppa Island** - Get off at either Cabbage Key or Useppa Island. Enjoy a Cheeseburger in Paradise at Cabbage Key and then follow the nature trail; or enjoy lunch at Useppa and then tour this storybook island and visit the history museum, with exhibits on the

Calusa and on the role of Useppa in the CIA's training program for the Bay of Pigs. Depart at 10:30 a.m. and return at 3:30 p.m.

- **Sunset Serenade**
- **Dolphin Luncheon Cruise** (in conjunction with South Seas Resort) departs at 11:30 a.m., return, at 1:30, with casual lunch buffet served.
- **Sunset Dinner Cruise** call for departure times. Cocktails and dining. \$45 adults, \$20 children aged 12 and under, kids under 3 are free.
- **ONE-HOUR CRUISE** on the Stars & Stripes, departing from Sanibel Marina, 472-2531. Cruise from the Sanibel Lighthouse to the back bay wildlife areas. Tours depart at 10 a.m., 1 p.m. and 3 p.m. Sunset Cruise also available, with complimentary beverages served on board.
- **ADVENTURES IN PARADISE** at Port Sanibel Marina (across the Causeway): Cruises; dolphin watch, sunset cruises and more on board power catamarans. Canoe and kayak tours; guided or self guided. Walk the Boardwalk; free nature tour of mile-long boardwalk at Port Sanibel Marina, Monday, Wednesday, Friday 10 a.m. 472-8443.

By Kayak or Canoe

- **TARPON BAY EXPLORERS** offers two tours. 472-8900
- Guided trail tour by canoe and kayak at 10:30 a.m. daily.
- **Sunset Paddles** tour Monday, Wednesday, Friday, 6 p.m. Tour is about 2 1/2 hours.
- **ADVENTURE SEA KAYAK WILDLIFE TOURS,** the islands' original kayak tours, offers several tours departing from 'Tween Water Inn Marina on Captiva, just across Roosevelt Channel from undeveloped Buck Key. Led by ACA/BCU Instructor Brian Houston and John Houston. 472-5161, ext. 4 or 239/437-0956.
- **CAPTIVA KAYAK CO. & WILDLIFE ADVENTURES** offers rentals, tours, sales and instructions for kayaking and sailing. Departing from McCarthy's Marina on Captiva. 395-2925, toll free 1-877-EZ-KAYAK.

Sailing

- **NEW MOON,** with Capt. Mick Gurley, departing from 'Tween Waters Inn Marina. 395-1782.
- **ADVENTURE and MAGIC DRAGON,** with Captiva Cruises, departing from South Seas Resort. 472-5300.
- **RENTALS.** A variety of trimarans, perfect for shallow bay waters, available for rental from Captiva Kayak at McCarthy's Marina. 395-2925.
- **LEARN TO SAIL** at Offshore Sailing School's location at South Seas Resort. Three and five day courses offered. Learn to Sail and Performance Sailing on a Colgate 26; Bareboat Cruising Certification on a Hunter 356; Junior Captains Course for kids 7-11 in Hunter 90's. 472-5111, ext.



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ISLAND SCENE

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- **HOLIDAY WATER SPORTS** offers para-sailing and waverunners. At the north end of South Seas Resort; available to the public with advance reservations. 472-B WET (2938).

Weekly Eco-events

Saturday

- **VEGETATION WALK** 2 hour tour of Shell Mound trail 9 a.m. every other Sat. 472-1100 x222.

Thursday

- **TURTLE TRACKS** at the Sanibel - Captiva Conservation Foundation's Nature Center at 9 a.m. on Thursdays. Interpretive program on the life cycle of the sea turtles that

make their home on the islands. \$3 adults/ kids free. \$2 for parking at the beach. 472-2329

KIDS

- **DING DARLING READING HOUR** in the Education Center EVERY Wednesday at 10 a.m. 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. 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.

July 3 activities

Colonial Bank sponsors July 4 young contests

Colonial Bank has stepped forward to sponsor the Independence Day Youth Essay and Art Contest. Colonial Bank will purchase fifty dollar U.S. Savings Bonds for each of the first place winners. The winners will be recognized and presented ribbons and savings bonds at the July 3, 2004 Independence Day Community Picnic.

Additionally, the judges for the Essay and Art contest have been announced. The judges will be Sanibel Children's Librarian Barbara Dunkle, Casa Mariposa resident Elizabeth Magnus, Barrier Island Group for the Arts board member Ken Nees, Colonial Bank Vice President of Business Development Ellen Lai, and Councilmember Jim Jennings.

All youngsters of Sanibel age twelve and under are invited to participate in the Independence Day Essay and Art Contests. The theme for the written essay is "Why I am Proud to be an American". Essays are not to exceed one hundred

words. The theme for the Art Contest is "America the Beautiful". The artwork can be in any medium.

One savings bond will be awarded for the winning essay to a youngster age eight or younger and one savings bond will be awarded for a winning essay youngster age nine to twelve. One savings bond will be awarded for the winning art submitted by a youngster age eight or younger and one savings bond will be awarded for the winning artwork youngster age nine to twelve.

The deadline for all submissions is Thursday, July 1, 2004 at noon. Entries may be submitted to Sanibel City Hall, 800 Dunlop Road or the Sanibel Recreation Center, 3840 Sanibel-Captiva Road. Essays may also be submitted by email to admin@mysanibel.com. Entry must include the youngster's name, address, age and phone number. If you have any questions, please feel free to call Sanibel City Hall at 472-3700.

'Tween Waters Inn donated 4,000 dogs

Today, 'Tween Waters Inn announced that they are donating 4,000 hot dogs to this year's Independence Day Community Picnic being held on Saturday, July 3rd, 2004. Due to popularity of the free grilled hot dogs at last year's Community Picnic, 'Tween Waters generous donation doubles the number of hot dogs that will be served. The Community Picnic, held at the Sanibel Community Association and adjacent City parkland, begins immediately following the Independence Day Parade.

Other generous donors who have stepped forward to make this year's Community Picnic a success include the Sanibel-Captiva Islands Chamber of Commerce, Billy's Rentals and Colonial Bank who are contributing 2,000 bottles of

water and Mike McMurray/VIP Realty Group who is contributing 2,000 freezer pops and 1,000 apples. Other contributors include Barb Rich of South Seas Sanibel & Captiva Properties, Gilda Suarez of Executive Title, Vasanta Senerat and Dick Muench of Periwinkle Park and Lazy Flamingo.

The City of Sanibel is prepping the picnic site, doing all the set-up and tear-down; staffing many of the booths, providing games and prizes, tents, tables, stages, chairs, electrical hook-ups, dumpsters, port-o-lets and administrative staff support. The Sanibel Community Center is again donating use of their facilities, tables and chairs.

Other donors who previously stepped forward to donate to the Community

AT THE MOVIES

The Terminal

By Karen Nelson
Managing Editor

When I saw the previews for *The Terminal*, I thought, well, it has promise but I'm not sure I want to run out and see it. Do.

Mining the same quirkily comedic vein as *Catch Me If You Can*, Steven Spielberg delivers another thoroughly engaging jab at convention. In *The Terminal*, Tom Hanks plays a man, temporarily without a country. Finding himself in Immigration limbo, he transforms a JFK airport terminal into a home and a disparate group of airport employees into a family.

Hanks is, by turns, befuddled, accommodating, determined and, ultimately, triumphant. He's that mythical little guy we all love who ignores the rules and triumphs - in part due to a serendipitous innocence and in part due to his own ingenuity. Hanks delivers a wonderful performance. We feel his character's desperation as he tries to learn about the revolution back home from soundless airport cable TV monitors. We share his confusion as he is trapped in a

legal tangle that he respectfully accepts and we marvel at his ingenuity as he cleverly "makes do" with his new reality.

The ensemble cast is superb. Stanley Tucci is a by-the-book security manager who is all-but-set for a big promotion. Along comes a situation that bypasses all the rules and a passenger who refuses to take the "easy out" bait set by Tucci in several efforts to get the problem out of his hands.

Catherine Zeta Jones plays an aging (using the term relatively!) flight attendant with a penchant for getting involved with the wrong men. The scenes between Zeta Jones and Hanks are sweet and without a hint of cloying sentimentality.

Barry Shabaka Henley as Tucci's assistant, Zoe Saldana as an immigration officer and Kumar Pallana, Diego Luna and Chi McBride as the airport employees who befriend Hanks all give defined and empathetic performances.

The *Terminal* is definitely worth the trip.

Road closures for Independence Day parade

On July 3rd, 2004, Sanibel is hosting its annual Independence Day Parade. The parade will begin at 9:30 a.m. at Tarpon Bay Road and Periwinkle.

Periwinkle Way will be closed to vehicular traffic between Tarpon Bay and Donax Street beginning at 9 a.m. Traffic will be detoured at both Donax and Casa

Ybel Road to Middle Gulf Drive, then via Rabbit Road to San-Cap Road.

The Independence Day Community Picnic will begin immediately after the parade and will be held at the Sanibel Community Association and adjacent City land. The public is, of course, invited.

25th Annual Optimist Club Road Rally

Calling all islanders and visitors alike! Rev up your engines, grab your driving gloves and get your best sunglasses. Don't forget your thinking cap, and put your best crew together! It's time for the 25th Annual Road Rally. Grab your friends and tour Sanibel and Captiva Islands on July 3, starting at the Periwinkle Playhouse. Rally registration begins when the July 4 parade ends.

For those of you who don't know about this annual island event, The Sanibel Captiva Optimist Club Road Rally is a scavenger hunt for clues. You don't have to know the island at all, we give you detailed directions and you answer questions along the route. It's that simple! The route will take 2 1/4 hours or less, the first car goes at 12 noon. For an early start time you can pre-register and request the time

you want, we will get as close as we can to your requested time.

If you'd like an early start time, take this form along with the \$35 entry fee to the Bank of America (1037 Periwinkle Way branch, across from Lazy Flamingo, next to The Bait Box) or mail it to: Bank of America, c/o Richard McCurry, 1037 Periwinkle Way, Sanibel, Florida, 33957

All entrants will be able to see the parade and go to the City of Sanibel Picnic and family fun day at The Community Center. There will be a Road Rally Afterglow wrap up party at the Seafood Factory at Tarpon Bay and Periwinkle, with cash bar and hors d'oeuvres. The fee is \$35 per car, which include one free Road Rally T-Shirt. Bring as many people as you can!

Mini Parade Float Contest

The Sanibel Public Library will hold a Mini Parade Float Contest for children in grades K through 8, who are invited to design a "mini" parade float before June 29th with this year's parade theme, Stars and Stripes. Each float should be no larger than a shoe box (13" long x 6.5" wide x 4"

high). Bring your float to the library on June 29 at 3 p.m. for the judging in five categories, including "Best in Parade." All of the floats will be displayed at the Sanibel Community House on July 3 during Sanibel's Independence Day festivities.

Picnic include Sanibel Community Association, Sanibel-Captiva Lion's Club, Rotary Club of Sanibel-Captiva, BIG Arts, Sanibel Community Church, The Dunes Golf & Tennis Club, the Sanibel Shellcrafters and the Sanibel

Historic Village.

Any other business or individuals interested in contributing to the Independence Day Community Picnic should contact Steve Greenstein, Executive Director of the Chamber of Commerce at 472-1080.



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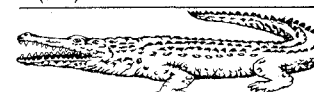
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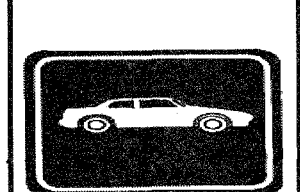
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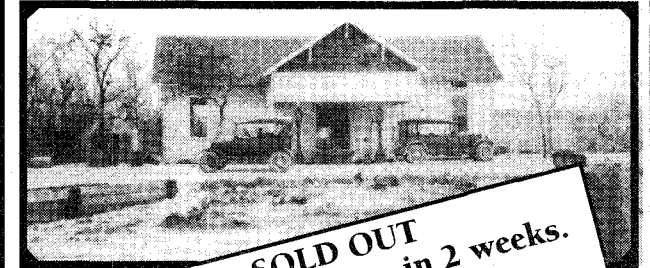
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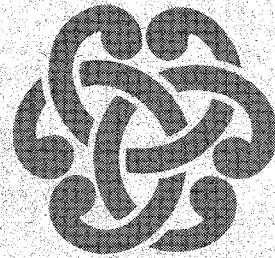
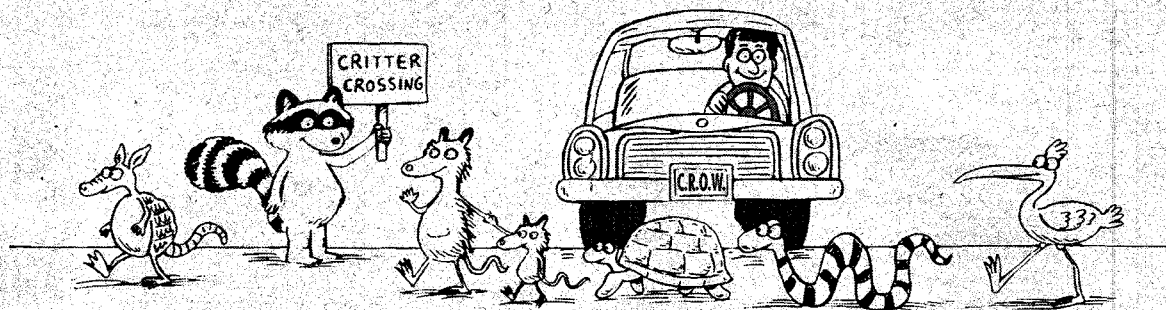
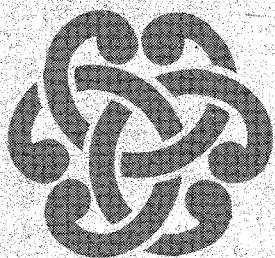
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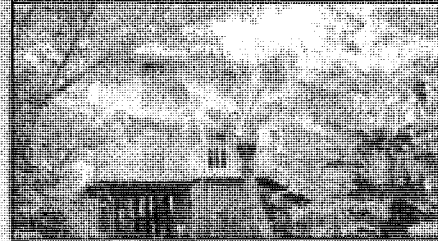
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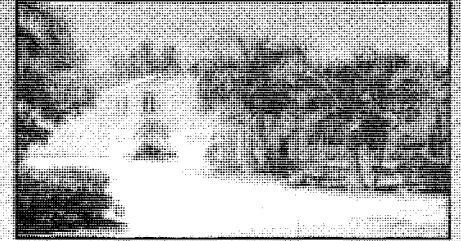
Oversized, spectacular and unique ground level 3 BR/3 BA Blind Pass condominium. This very spacious condo offers white washed cedar plank and coral walls, tile floors, great room with fireplace, living/dining room, office, oversized bedrooms and screened porch. Community amenities include, pool, tennis and deeded beach access.

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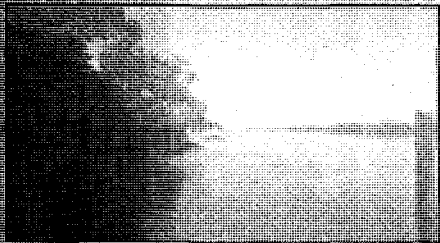
Wonderful Sunset Captiva home with 2 BR/2.5 BA. This home offers a great room with fireplace, sundeck off master suite, screen enclosed porch and plenty of storage. Great community offering deeded beach access, pool, tennis, dock with Gulf access and BBQ grills.

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Spectacular custom-designed 3 BR/3 BA home located on a double canal-front lot. This home is just steps to the beach and offers a dock with Gulf access, soaring ceilings, deep baseboard trim, clay, plantation shutters, screen enclosed heated pool with spa, private elevator, gourmet kitchen, 2 wonderful entertainment areas overlooking the pool, 2 split master suites with sitting areas that open to a screened lanai and there is also a community boat ramp.

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Osprey Bay Estates, situated on Captiva's Roosevelt Channel, offers lush tropical vegetation providing a peaceful and secluded location to have an exclusive (and/or) corporate retreat. This property offers acres of prime waterfront property with Gulf and environmental water access. The property consists of a 6 BR/5.5 BA main house, 2 BR/2 BA guest house and a screen enclosed heated pool.

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**ESTATE ON ROOSEVELT CHANNEL**

This 1.2 acre estate will bring back memories of Old Florida. The 3 BR/3 BA main house and the 1 BR/1 BA guest house are nestled in native vegetation with beautiful views of Roosevelt Channel. The property offers a shared deep water dock with Gulf access and screen enclosed pool. The homes have carpet, tile and wood flooring, French doors, lots of built-ins, newer roof and is fully furnished with a few personal exceptions.

\$1,295,000

**PRIVATE WATERLUDE**

Lush tropical vegetation surrounds this 6 BR/5.5 BA main house and 2 BR/2 BA guest house. Main home has a 2-story atrium foyer entry that leads into great room with beamed ceilings, fireplace, wet bar, short stroll to deeded beach access, shared dockage with direct Gulf access and porch with expansive water views of Roosevelt Channel.

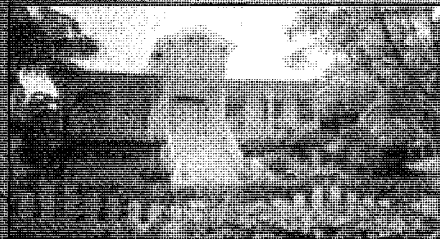
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**BEACHSIDE LIVING**

Beautiful 3 BR/5 BA home in Captiva's Village. Home offers two fireplaces, screen enclosed heated pool with spa, rooftop sun deck, elevators, 9' ceilings, gourmet kitchen with custom cabinetry, two-car garage and fully enclosed lower level. Offered fully furnished with a few personal and office exceptions.

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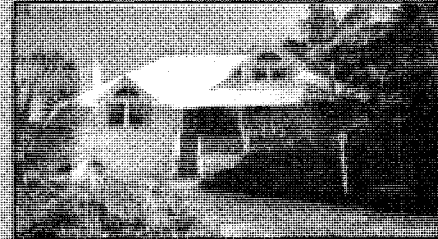
A quality constructed home is 4 BR/4 BA with fine detailed workmanship throughout. Offering a pool with spa, roof top sundeck with views of the Gulf of Mexico, beautifully landscaped yard, brick driveway, elevator, tile floors, fireplace, gourmet kitchen with custom cabinetry, vaulted ceilings and fine detail on exterior of home.

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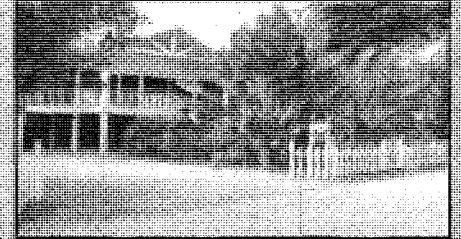
Beautiful completely remodeled Old Florida style home with 5 BR/5 BA. Offering a pool with spa, beach access, shared deep water dockage with Gulf access, hardwood & tile floors, guest cottages with pool bath and sold furnished with a few personal exceptions.

\$2,695,000

**SPECTACULAR NEAR BEACH HOME**

Beautiful near beach 3 BR/2 BA home with heated pool and spa. This home offers Maple hardwood floors, gourmet kitchen with custom cabinetry, large master suite with open step into shower with glass block, 2 screen enclosed porches, vaulted ceilings in the great room with wood burning fireplace and plenty of storage. This house is just steps to the beach and close to everything you want and need.

\$2,349,000

**LANDSCAPED BY SUN AND STARS**

Absolutely gorgeous 3 BR/3 BA near beach home in Captiva's village. This home offers two master suites, spectacular master bath with jacuzzi tubs and designer sinks, unique pool with spa, tiki hut, bar, 2 car garage, 2 sun decks, office with built-ins, outside shower, dog run, wooden window blinds and French doors across the front. Sold furnished with a few exceptions.

\$2,095,000

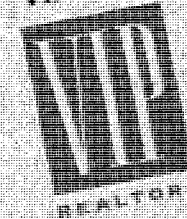
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