
MICA WAVE

A Periodic Publication of the Marco Island Civic Association.
News and Reviews of What's Really Happening on Marco Island.
Visit our web site: www.marcocivic.com

Read by Over 20,000 Members.
January, 2009
2009 Issue 1

MICA's 2009 Humanitarian Award

by Ruth McCann

The MICA Humanitarian of the Year Award has become one of the most prestigious awards on Marco Island. This esteemed award was developed in 1998 to honor the unsung heroes of Marco Island, the people who do so much for so many. The wonderful, positive people you do not hear much about.

Our 2009 honorees join a very prestigious group of citizens: Mimi Torbush, Shirlee and Brian Barcic, Ward Bradeen, D'Ann and David Brandt, Dr. Sam and Mary Ann Durso, Judy Perez, Arturo Perez, Maury Dailey, Art Segal, Stevi Vann-Walthour, Luise Romano, Jane Williams and Karen Saeks.

MICA's 2009 Humanitarian of the Year is an extraordinary person with a big heart and a long-standing enthusiasm for helping the children of our community. Our honoree's activities culminate on Christmas morning but it is a year-long effort that is always on her mind.

Our humanitarian's efforts began 20 years ago when she asked her co-workers to buy toys



MICA President Howard Jordan with the 2009 MICA Humanitarian of the Year Nicki Davis

for a family in need instead of gifts for each other.

MICA's Humanitarian is the amazing force behind a touching holiday campaign: 'The Joy of Giving. Yes, 20 years ago Nicki Davis asked her co-workers to help one family with three children and this past Christmas over \$80,000 was raised and about 1,000 underprivileged children received presents! What an accomplishment!

Nicki has recruited many helpers over the years and has gained the financial support of the Island Country Club's Charitable Foundation and the assistance of bike-ride organizer Ernie Bordon.

Nicki and her dedicated group of helpers move into high gear every Thanksgiving. The children are nominated by a panel of teachers from local schools

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President's Letter

by Howard Jordan

2008 was a busy year for MICA.

In an effort to keep the voters informed during the recent City Council election, MICA sponsored a City Council Candidates Forum and a special edition of the MICAWAVE. We received many positive comments from our members thanking us for these educational forums.

Following the election, MICA representatives held meetings with all seven elected City Council members and discussed issues that are important and a focus to our membership.

The MICA Board meets with the city manager, Steve Thompson, on an as needed basis. Our goal is to take the results from our annual member survey and to work with city staff on addressing the most

important issues from the survey's respondents.

MICA participated in the Marco Island Foundation for the Arts' ArtQuest. Two sculptures were placed at the entrance to Residents' Beach and at the request of the artists will continue to adorn the entrance for many years to come.

MICA participated with the city the last two years in the Healthy Life Lecture Series and will again this season. The first event in the series will be held on January 27 at 7 p.m. at Mackle Park. The topic is one that will interest many as you try to fulfill your New Year's resolutions: The Ups & Downs of Weight Management.

Concerts held at Residents' Beach included: Little Eddie and the Fat Fingers; the Music of Marco Big Band; Magic Moments; JRobert and Friends; Jim Long and Jay Siegel and the Tokens. Upcoming events at Residents' Beach include return performances by Little Eddie and the Fat Fingers on February 8 and JRobert and Friends on March 8 and Lely High School Jazz Band.

Tract K, the school site in

the Tigertail area, is back on the front burner again with a proposal to construct a solar farm. MICA is asking that the School Board and City Council consider all factors before making any decisions. This land was donated by Deltona for educational purposes, and it is the last remaining parcel of land set aside for this purpose. Solar farming may have a "bright" future, but I cannot imagine anything more valuable than the continued dedication to providing the children of Marco Island the very best in educational or recreational facilities.

During these difficult economic times our goal was to decrease debt. In October we paid off the Residents' Beach pavilion loan. Funds were taken from the reserve fund and will be replenished next year. By decreasing our debt we will continue to streamline expenses.

As we enter the new year MICA will continue to strive for financial and regulatory oversight per our charter and hopefully in between, have a little fun for all to enjoy.

Happy New Year.

Marco Island Civic Association

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Dates for Your Diary...

Sunday, February 8th, Residents' Beach, 5-7pm
The Return of Little Eddie & the Fat Fingers

Sunday, March 8th, Residents' Beach, 5pm
Island Celebration
featuring JRoberts, Frank Carroll, Janet Poole and Friends

Saturday, April 4, Residents' Beach, 4pm
Lely High School Jazz Band, Directed by John Stein

What's New On and Near Marco Island

by Donna Fiala, Collier County Commissioner

The Marco Island Recycling Center opened on Marco Island on April 8, 2008. From that day until today we have had 5243 customers, taken 137.96 tons of construction and demolition material and 74.06 tons of Biomass to the landfill from the Marco Recycling Center. 955 customers brought in scrap metal and 625 customers brought in cardboard. The recycling center has received 2607 mercury containing devices, including fluorescent bulbs and 26 Freon-containing items, and 2020 gallons of universal waste such as motor oil, antifreeze, etc. 271

customers have brought in lead acid batteries and 535 customers brought in household hazardous waste and sharps. The Recycling Center is open Tuesday through Saturday from 8:30 AM to 11:30 AM and 12:30 PM to 4:30 PM.

Kite Development is planning to start construction in February 2009 of the much awaited new Lowe's Home Improvement Store at the Shoppes of Eagle Creek, located at the intersection of US 41 and Collier Blvd.

Collier County will begin landscaping the median on Collier Blvd. from the Marco Jolley Bridge to MacIlvaine

Bridge sometime after April 2009, using the grant they received from FDOT. The County will apply for another grant to continue the project, and will continue to apply until the entire section of Collier Blvd./951 from the Jolley Bridge to US 41 is landscaped.

The County finally received the permit to expand the boat launch trailer parking on Collier Blvd. near the entrance to Isles of Capri. It took six long years to get this approval to expand the 19 spaces presently in place to 86 boat/trailer parking spaces.

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Marco Island Princess



Marco's Most Unique Waterfront Dining Experience

NEW Nature & History Cruise
...see & learn about local wildlife

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Climate controlled salons for your comfort and open air upper deck

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MICA Business

by Ruth McCann

More than 150 people attended MICA's Annual Meeting on January 13. Nominations for the Board of Directors were accepted and running for four seats on the MICA Board are the following members: Allan Bristow, Dave Caram, Frank LaCava, Bill Patterson, and Beverly Trotter.

Terms that are expiring are presently filled by Lynne Minozzi, Kathy Sullivan, Beverly Trotter, and JoAnne Youman. Lynne, Kathy and JoAnne are not running for re-election.

Election to the MICA Board represents at least a three year commitment to the residents of Marco Island. We thank our four outgoing board members

for their time and expertise over the past several years. They have served our members exceptionally.

Humanitarian Awards were presented to Callie Bennett as Junior Humanitarian and Nicki Davis as our 2009 Humanitarian of the Year. Please see article beginning on page 1.

Bob Turley then took center stage and delighted all 150 people assembled! What a story teller he is. "Bob the Bullet," 1958 winner of the Cy Young Award and MVP of the World Series, relayed stories of his baseball days, including those with his friends and teammates Mickey Mantle, Whitey Ford, and Yogi Berra. When asked how he discovered Marco, Mr. Turley replied that



Bob Turley

Bill "Moose" Skowron, former first baseman for the Yankees and realtor for Deltona, introduced him to beautiful Marco Island. He said he always "bought high and sold low!" Bob also reminded all of us how lucky we are to live on Marco Island!



***Humanitarian Award
Continued from page 1***

that include Tommie Barfield Elementary, Manatee Elementary and Middle, Lely Elementary and Middle, Shadowlawn and Avalon Elementary.

Then in mid-December Nicki and her helpers and the parents of the children assemble at Kmart and the parents are given a \$75 voucher per child. The parents personally choose the gifts for their children, ensuring that each child receives exactly what is on his or her list.

Nicki Davis is a true inspiration to everyone around her. She is hard working and takes her task to heart. She gets things done. Nicki moved to the United States from overseas with nothing more than the money from a car that she had sold. She slept on a mattress on the floor and worked two jobs. Everything that she has done in life has been through hard work and determination.

Her friends have said that she has the heart of an angel. She has never turned away a child or family - even when Joy of Giving is over budget and they don't know how they are going to take care of the families already on their list. That is why Nicki Davis is MICA's 2009 Humanitarian of the Year.

Also this year when reviewing the names of outstanding citizens on Marco Island, the MICA Board was presented with the name of a very special young lady. Despite her young age of just 16 years, this resident of Marco Island has been volunteering her time for more than 10 years to assist children who have physical and mental disabilities. Since she was just a toddler, she began attending a special needs camp with her parents - first as an observer, then as a helper and finally as a counselor.

Callie Bennett is in the 11th grade at Lely High School. Since



***MICA's first Junior Humanitarian of the Year Callie Bennett
with Art Segal, MICA's 2004 Humanitarian of the Year***

she moved to Marco Island with her parents, Father Kyle of St. Mark's Episcopal Church and Dody Bennett, she has volunteered each summer at Camp Able in Bradenton and a similar camp in Mississippi.

The counselors work 17 hours per day, 7 days in a row, with no compensation, caring for individuals who need continuous special supervision and care. Those who attend the camp are children with disabilities such as autism, multiple sclerosis, cerebral palsy, Downs Syndrome, and blindness. The children perform

activities they'd never imagine doing, such as scuba diving, horseback riding, and canoeing.

Callie saw a great need for counselors and this past year she recruited eight fellow high school students to become counselors - not an easy task. The overall success of Camp Able is due in great part to Callie's dedication, perseverance and desire to provide the camping experience to others who normally would never have the opportunity. We salute Callie Bennett as MICA's first Junior Humanitarian of the Year.

Healthy Life Lecture Series

**7 p.m. – Mackle Park (Free/Open to Public)
Time for Questions & Answers**

January 27 – Weight Management

February 24 – Back Problems

March 31 - Eyesight & Cataracts

April 14 - Hearing Problems



Sponsored by: MICA, City of Marco Island, Physicians Regional Healthcare System, Medical Surgical Specialists, Orion Bank, YMCA

Sad News

A friendly, familiar face is gone from the Marco Island Residents' Beach. Members who walk or visit the Residents' Beach in the mornings know the welcoming greeting of Charlie Morris. Charlie passed away early in the morning on Christmas Eve, December 24.

He had worked for the Marco Island Civic Association for almost 15 years. In 1994 when MICA opened Sarazen Park on the south end of the island, Charlie was hired as a gate attendant. He later relocated to the main Residents' Beach where he eventually took over the morning shift.

Charlie touched so many of us with his kindness and sense of humor. He'll be missed by his family, friends, coworkers, and acquaintances. He was what one would call "a trooper."



*Charlie Morris, Residents' Beach manager
Dennis McCann and friend, Dolores Riordan*

He loved working at Residents' Beach and helped all of us by doing extra little tasks. Charlie was very proficient on the computer and was always anxious to learn more.

As Charlie wasn't feeling well, he did not work at the Residents'

Beach gate house the week before his passing. The concern expressed by our members was touching. An amazing number of people asked, "Where's Charlie?" and "Hope Charlie's okay." We'll all treasure our memories of Charlie and his friendship.

THE MARCO REVIEW

Complete Restaurant Guide
Restaurant Reviews
Tides and Sunsets
Real Estate
Shopping
Activities
Services
Maps

Even if you've lived here all your life, The Marco Review can keep you up to date with all that's new and exciting on Marco Island. Featuring over 150 local businesses, it's the only publication privately owned by Marco Islanders. Read our well respected Realty Review, stay informed with our calendar of events and enjoy our articles - they're fresh each issue and all about Marco.

And when you have visitors The Marco Review is an invaluable resource... the perfect place to find activities to entertain the whole family. Beautifully presented, with evocative photography, The Marco Review is a mirror of everything we love about Marco.

Pick up your free copy at the Residents' Beach Gatehouse or read us on-line at www.marcoreview.com

So much more than a visitor magazine!



The first annual Marco Island Seafood Festival will be held at Veteran's Community Park, March 28 and 29, 2009, 11 a.m. to 7 p.m.

The event is the brain-child of Stan Niemczyk, President of the Sunrise Rotary Club. Support for Marco Island's own seafood festival was unanimous and grew to include co-chairs from two other service clubs, Marco Island Noontime Rotary and Kiwanis. "The seafood festival has the potential to become a signature event for Marco Island", stated Niemczyk.

Support has been overwhelming from many organizations and businesses on the island, including the Marco Island Chamber of Commerce, Marco Island Civic Association, Marco Island Police Department and the Marco Island Fire and Rescue Department, among others.

The City Council has added their stamp-of-approval, granting a street closure along a portion of Elkcarn Circle by the park to accommodate the festivities. Off-site parking and transportation will be available from Marco Healthcare Center.

With so much enthusiasm generated for the two day event, it is hoped and anticipated that 10,000 visitors a day will attend. Food vendors will be serving seafood favorites as well as a few popular "non-seafood" selections. Seafood vendors will offer fresh fish, stone crab, shrimp, blue crab, fish chowder and more.

Live entertainment is scheduled for listening and dancing pleasure with an Arts and Crafts show rounding out the event for those who love to shop!

Admission is \$5.00 per person per day. Entertainment will include Renda Broadcasting, BOB FM 102.9, Gator Country 101.9, Mix 104.7; JRobert & the Raiford Starke Band, country

classics and fiddle; IKO-IKO, Little Silver Records, Blues Critics Choice Awards "Song of the Year" for 2007; Gary & Kerri, acoustic party duo; Fakahatchee/2B Productions; the most dynamic country western rockabilly show group, Albert Castiglia, singer and guitarist. Albert Castiglia's 2008 CD "These Are The Days" was nominated for song of the year by the Blues Foundation.

There are still openings to become an event sponsor, and we encourage anyone wishing to volunteer their time and talents to this exciting event! An event of this magnitude requires both.

Please contact Stan Niemczyk at (239) 404-6055 or Bryan Hauser at (239) 389-1313. All proceeds from the Marco Island Seafood Festival will benefit the many philanthropic humanitarian projects of Rotary and Kiwanis.

Join us for a wonderful season!

by Sandi Johnson, MIFA President

Just because the economy is struggling and personal finances are crumbling doesn't mean we can't have lots of inexpensive fun this winter. The Board of Directors of The Marco Island Foundation for the Arts (MIFA) hopes you are enjoying our wonderful Residents' Beach and all it has to offer. We'd also like to invite you to participate in MIFA events taking place "beyond the beach!"

In 2009 MIFA is offering fun activities to share with you. On Saturday, January 17th, we brought back an event that was hugely popular last spring: the "Left Bank Art Fest" at the Esplanade. Local artists exhibited, painted and sold their work along the waterfront (hence the Left Bank theme) from 10am to 4pm. There was no charge for this fun, casual event.

Many of the Left Bank artists will also be participating in the Chamber's Leadership Marco project "Wet Paint Live" on January 29th around the island. There will be a live auction with masterpiece hors d'oeuvres, carving station and cash bar that evening at Hideway Beach Club. Proceeds will benefit scholarship programs of Leadership Marco, the Art League MI Center for the Arts, and MIFA. Tickets for the evening event are \$50, and are available from the three organizations.

For the third year, MIFA is presenting our Winter Film Series of movies about the arts and artists on Wednesdays at Marco Movies. Our sincere thanks go out to Nick Campo, who has been a wonderful and generous host in providing the venue, staff and great food for this event. This year's offerings include "The Pianist" with Adrien Brody on Feb 4th, on Feb 18th we're screening "Mary Cassatt" with Amy Brenneman, on March 4th will be "Modigliani" with Andy Garcia, and finally on March 18th we'll be showing Scarlett Johansson in "Girl with a Pearl Earring." All films will take place at 11:30am, except "The Pianist," which will be screened at 11:15am. For tickets (\$7 per film, or \$25 for the series) call Mary Ann Carroll: 642-3525 or myself: 642-0015. Proceeds benefit MIFA programs.

February will be a busy month for MIFA. In addition to the film series, MIFA will be holding a fashion show/luncheon featuring

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The Marco Island Foundation for the Arts

PRESENTS

2009 Winter Film Series

Films about the arts and artists

February 4 **The Pianist**
11:15am
Winner of 3 Academy Awards, this riveting drama stars Adrien Brody.

February 18 **Mary Cassatt**
11:30am
Starring Amy Brenneman as the American Impressionist artist in Paris.

March 4 **Modigliani**
11:30am
Andy Garcia stars as artist Amedeo Modigliani in post-WWII Paris.

March 18 **Girl with a Pearl Earring**
11:30am
With 3 Oscar nominations, this story of the making of Johannes Vermeer's famous painting, stars Scarlett Johansson as the model.

Tickets: **\$7** Per film

Tickets: **\$25** Series of 4

Screenings on Wednesdays

Marco Movies

For tickets or info call Mary Ann 642-3525, or Sandi 642-0015

The Marco Island Foundation for the Arts, Inc. thanks Nick Campo and Marco Movies for their generosity in providing the theater venue and assistance with this project. All proceeds benefit MIFA and its programs.

Insuring Your Deposits . . . New Higher FDIC Limits

by Don Hans, General Manager, Marco Community Bank

As a follow-up to our last article in the October 2008 issue on FDIC limits, read below to find out more.

Keeping our clients abreast of changes within the banking industry is another reason it pays to be a part of our banking family at Marco Community Bank; as a member of the FDIC and Marco Island's only hometown bank, we wanted to go over the new guidelines/higher limits.

Let me first go over the basics of the FDIC:

- What is the FDIC? – an independent agency of the United States Government known as the Federal Deposit Insurance Corporation
- What does the FDIC insure? – all deposits at insured banks, including checking, NOW and

savings accounts, money market deposit accounts, and certificate of deposits (CD's) up to the insured limit

Good News! The basic insurance amount is now \$250,000 per depositor per insured bank. Additionally, you may even qualify for more than \$250,000 coverage at one bank if you own deposit accounts in different ownership categories (i.e. single accounts, certain retirement accounts, joint accounts and revocable trust accounts).

Great News! MARCO COMMUNITY BANK is participating in the FDIC's Transaction Account Guarantee Program. Under that program, through December 31, 2009, all non interest-bearing accounts are fully guaranteed by the FDIC for

the entire amount in the account. Coverage under the Transaction Account Guarantee Program is in addition to and separate from the coverage available under the FDIC's general deposit insurance rules. These new higher limits will remain in effect until December 31, 2009.

To learn more on how we can insure your deposits up to the higher limits, stop by Marco Community Bank and visit with one of our personal bankers.

In my new capacity as the overseer for the retail end of our bank's business, as well as all marketing activities, I'd like to say thanks for the continuing support of all our clients over the past months and years, and I look forward to seeing you again on your next visit.

Recycling Reincarnation

You toss all the household recycling into your handy yellow-topped recycling container and wheel it to the curb. The truck comes by and whisks away all the plastics, glass, cans, and papers. You clean out the garage and take a trunk load of old paint, fluorescent bulbs, the dead car battery, and that stack of flattened cardboard boxes over to the recycling center on East Elkcam Circle. Good for you. Good for the planet. But, why? Have you ever wondered what happens to all those milk jugs,

soda cans, and left over paint?

In Collier County, recyclable materials collected curbside are sent to a materials recovery facility where the materials are sorted and separated by type, then sold and shipped to industries that reuse the materials in various manufacturing processes.

Plastics - Since the early days of plastics recycling in the 1970s, the nation's recycling infrastructure has grown significantly. The pounds of post-consumer plastic packaging collected and recycled have grown every year since

1990. Over 80 percent of U.S. households have access to plastic recycling programs, and in 2005, more than 2.1 billion pounds of plastic bottles were collected for recycling. Although bottles remain one of the most readily recycled plastics, other rigid plastic containers, such as tubs, trays, and lids are being collected and recycled. Recycled plastics are used to create second-generation products ranging from fleece jackets and carpeting, to park benches, patio furniture, and

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The History of the Marco Island Woman's Club

In 1966, the Marco Island Woman's Club was chartered by a group of 16 friends who wanted to help support the Island's people and various non-profit groups. Today the Club is proud to be both an active social network for the women of Marco Island as well as a civic-minded organization with a long, proud history of serving the community. The Club's accomplishments include:

The Library... One of the Club's earliest and proudest accomplishments is the founding of the Marco Island Public Library, which began as a volunteer effort in early 1967. The need for a library was indeed very great, as the original library was housed in a room in the volunteer fire station. Our members worked

diligently to find a bigger, permanent home, eventually approaching Deltona, which graciously donated their old "Welcome to Marco" Polynesian-style shack, located at the corner of Bald Eagle Drive and San Marco Road. With the tireless combined efforts of many, the shack was remodeled, carpeted and opened for business with 110 books in 1968. Books were then donated both by individuals and the Collier County Free Library, so that by 1972, just 4 years later, there were 18,127 volumes crammed into the tiny building. Later, with the Club's continued financial and volunteer support, the library was moved to Winterberry Drive, (now a branch office of motor vehicles). Again, the library building became too small

for the Island's growing population. Finally, in 1988, the present library was constructed at twice the size under a \$1.6 million county project. (The Library is once again expanding).

The Gazebo... As a new addition to the renovated library, the Club funded a lovely gazebo which bears the plaque, "Donated in 1998 by the Marco Island Woman's Club". In cooperation with the Marco Island Historical Society, the gazebo will be given a new look and stand with the new Historical Museum now being built.

The Hospital... Club members had become increasingly aware of the urgent need for hospital care on the Island. The MIWC spent many of its early years

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Public Service Award

The MICA Board of Directors extends its congratulations to board member Shirlee Barcic for her service in the Kiwanis Club of Marco Island.

She was presented the Jefferson Award for Public Service in Volunteering by Bob Sandy, representing the Naples Daily News, Scripps South Florida Group.

The award was established in 1972 by Jacqueline Kennedy Onassis, US Senator Robert Taft, Jr., and Sam Beard to create a Nobel Prize for public service and community service.

Congrats Shirlee!

Join the Citizens' Police Academy!

The goal of the Citizen Academy is to maintain open lines of communication between the community and its Police Department. Graduates will understand the detailed and complex mission elements within a modern law enforcement agency.

January 21 – March 14, 2009

40 hour course to be held twice a week on:

Wednesdays – 6:30 to 9:30 p.m.,

Saturdays – 12:30 to 5:30 p.m.

There is limited availability. To apply, please complete the Application and Liability Waiver by downloading them from the city's website at

www.cityofmarcoisland.com

Woman's Club
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gathering donations for equipment for Naples Community Hospital. In 1977 the Club purchased a defibrillator for Marco's ambulance service. Then in 1979, all hospital donations were dedicated to a building fund for a hospital of our own on Marco Island. The Marco Urgent Care was built and the Club's name is on a plaque, which lists donors of \$25,000 or more. Club members continue to participate as volunteer auxiliary members of what is now known as Marco Island Healthcare Center and Naples Community Hospital.

Island Beautification and Youth Center... The Club initiated the movement for beautification of the Island and for the original youth center, which grew into the present YMCA.

The Historical Cemetery... Our members have been instrumental in clearing and restoring the Marco Island Historical Cemetery and have planned and cared for the MI Woman's Club garden therein. The fountain, which has a statue of the woman at the Well, as well as the flag pole in the cemetery, were donated by the Woman's Club.

Education... One of the most

important projects to date stems from the Club's strong interest in the education of Marco Island children. In 1988, with a generous donation from Club member, Signe Gleich, the MIWC Education Foundation was formed. The Foundation provides educational scholarships, projects, and benefits for Marco residents. Many college scholarships are awarded each year from fund-raisers and the interest income from the invested endowment funds.

Donations... It is important to recognize that each year the Club raises and donates funds to student college scholarships as well as assisting many other civic and health organizations. Following is a list of recent donations which totaled \$21,000 for 2007-08: Marco Island WC Foundation, Youth Haven, Shelter for Abused Women and Children, Marco Island Historical Society, Angel Flight and the Civil Air Patrol.

The MIWC has been and continues to be an important source of community support since those early years of 1966. For more information on becoming a member or tickets for upcoming events contact Priscilla Penn at 642-3046 or Club President Arleen Soldano 394-3916.

Recycling Reincarnation
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composite lumber for outdoor decking –similar to the boardwalks over the beach dunes.

Aluminum - Aluminum cans are the real success story of the recycling movement. By far, the most valuable component in the consumer waste stream, aluminum cans enjoy the greatest public recognition as a recycled household item. In 2007, Americans and the aluminum industry recycled nearly 54 billion recyclable aluminum cans, nearly two billion more than in 2006. At a recycling rate of 53.8 percent, the aluminum can is by far the most recycled beverage container in the United States. The aluminum beverage can is 100 percent, indefinitely recyclable into new beverage cans – a demonstration of recycling at its finest. The aluminum can is the only beverage container that more than covers the cost of collection and re-processing for itself, and helps subsidize the collection of other recyclable materials. Recycled aluminum is made into many other products, like car parts, house siding, small appliances, and lawn furniture. Interestingly, in as little as 60 days, recycled aluminum cans can be back on the shelf as brand new cans.

Paint - Ever wonder what happens to the gallons of “that’s not quite the right shade,” or “ew, what color is that” paint? Latex paint brought to local household hazardous waste collection facilities (e.g., the

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Upcoming Fundraising Events:

January 31st	Trash to Treasure Sale, 109 Saxon St, 8am-2pm
February 12th	9-11am Shop till you drop at Chico's (10% donated to MIWC)
February 20th	Cards and Games Luncheon with Chinese Auction, MI Yacht Club

*What's New On and Near
Marco Island*

Continued from page 3

Construction should begin this summer with completion expected by late Fall.

The Hilton Hotel of Marco Island recently opened their beautiful new spa featuring a luxuriously appointed and elegant sanctuary encompassing 10,000 square feet to create a more personalized, intimate environment with ten treatment rooms featuring full spa services including signature facials, therapeutic massages, restoring body treatments, nail care, hair care and relaxation lounges. The Spa also features a retail boutique as well as a state of the art fitness complex featuring PRECOR fitness equipment. The Spa is open to the public as well as to guests of the Hilton.

The Marco Island Historical Society is well underway with the construction of their new museum.

The site work for the 8,100 sq ft museum building and 3,100 sq ft administration building has been completed, the foundation has been started and all the building permits have been obtained. Construction is scheduled for completion in the Fall of 2009. The project was revised and expanded in 2008 from a 4,300 sq ft single building to the present configuration as a result of a major donation to their fund raising effort. I am proud to tell you that the County donated the land on which the museum is being built, and will provide the display cases once the building is completed. The county will then take over the operation and expenses of the museum, including it in the inventory of the entire museum family. This museum will be the Jewel in the Crown of the Museum System! I'm so impressed with these dedicated volunteers who are so focused

on doing something spectacular for their community!

The Marco Island Library has been so pleased to see their use increase by 4% in FY 08 over FY 07, and the Children's library program attendance has increased by 20% over that same time period! The use of the public computers has increased by 10% as well. The Friends of the Library of Marco Island are raffling a "Smart Car" soon as a fund raiser. Tickets are available at the Marco Island Library for those wishing to support the Friends.



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USCG Auxiliary Flotilla 95 Marco Island 2009 Boating Programs

Boating Skills and Seamanship Course

Covers Florida boating laws; required equipment for your boat; handling a boat; navigation aids; navigation rules; introduction to navigation; how to tie knots, bends and hitches; weather; marine radios; boating safety. January 12th – February 5th, Mondays and Thursdays 7:00 PM- 9:30 PM

Boaters' Local Knowledge Class

Learn more about shelling, fishing and navigating the waterways around Marco Island, Isles of Capri, Goodland, and how to navigate to Everglades City, Keewaydin Island and Naples.

January 27th, 9:00 AM-12 noon

*All classes are held at the United States Coast Guard Auxiliary Flotilla 95 Station located in
Caxambas Park, 905 Collier Ct. Marco Island*

To register for any or all the classes and for further information, please call Al Schettino 239-970-2391

Habitat for Humanity

As the New Year begins, I am so grateful for the incredible support that our faithful donors and volunteers have demonstrated in this past year. While we faced a number of challenges, we were able to end the year by providing affordable housing for 131 new families. These families join more than 1,100 Habitat families whose lives have been changed. As evidence of some of these changes, a recent zoning change left Manatee Elementary School with a student body of more than 90% Habitat children. In that same year, the school moved from a "C" school to an "A" school.

In our effort to adjust to the economic climate, we have made several decisions that I want you to know about. We have carefully reviewed our organization's practices to tighten the reins on spending at every level. We have downsized our administrative staff to the very minimal team. As a side note, I must tell you that our staff is among the most dedicated and completely committed to our mission.

In the broader picture, we have made a critical shift away from new construction and toward rehab work. By accessing a variety of grants and in taking advantage of the current real estate market, we have purchased 24 foreclosed homes in the Naples Manor neighborhood. These homes are generally in good condition when we purchase

them, allowing us to bring them up to our like-new standard with minimal additional dollars. New roofs, air conditioning and water heaters, cabinets, appliances and flooring are averaging an investment of \$20,000. The final fiscal factor is the absence of the county's \$27,000 impact fee which is required on all new construction. Our construction plans for 2009 include 50 rehabs in Naples, 40 new homes in Naples and 35 new in Immokalee.

The need for affordable homes in Collier County has certainly not changed. In 2008, 1,082 families participated in a pre-qualifying interview with our organization.

I am proud to tell you that once again our delinquency rate remains enviably low, less than 2%. We have worked diligently with homeowners to ensure that they are able to make their payments, and used every tool in our toolbox to assist those who have been affected by the downturn with job loss or cutbacks. In the last year, only one home was

foreclosed, and that because of abandonment rather than eviction.

I remain cautiously optimistic about the year ahead. Certainly, it will continue to be a challenge to raise money in this environment. We need the continued support of all of our generous donors and volunteers. We also need others in Collier County to learn more about how Habitat for Humanity builds a stronger, better community for everyone and to lend their support for our mission. On a personal note, I remain committed to not rest until every child in Collier County can live in a simple, decent home where they can grow into all that God intends.

I would be delighted to meet with you, show you our construction sites, have you present for a home dedication or simply share the news of our affiliate anytime. Together, we can make standard housing socially, politically and religiously unacceptable.

Sam Durso

Habitat for Humanity

MICA 2002 Humanitarian of the Year

Beach Volleyball

Looking for Marco Island Residents' Beach members to play volleyball - casual game only - soft spikes.



Can meet mornings or afternoons, and on Sundays anytime at Residents' Beach

If you're interested, please contact Paul Carlisle at 239-331-0575 or carlislep@ymail.com

MARCO ISLAND CIVIC ASSOCIATION "MEMBERS ONLY" DISCOUNT PROGRAM

The following businesses would like to say "thank you" and are extending a minimum 10% discount to MICA & Residents' Beach members who present their MICA membership cards AT THE TIME OF PURCHASE. These discounts are not valid with any other offers and are at the discretion of each business. Discounts are for MICA & Residents' Beach members' purchases only.

A. Pinto Self Storage

5% off self storage rental fee for new rentals & document shredding
994 N Barfield Drive, Unit 23, 394-1822

Adam Peters Construction Inc. Fine Finish Carpentry

10% off any crown molding job over \$1,000
www.adampetersconstruction.com
207-7650

Airboat Experience

Base of Goodland Bridge, 642-3141

Always There Home Health Care

Ask about our client Loyalty Program
317 N Collier Blvd #201, 389-0170

Angelica's Boutique

Latest fashion in clothing & accessories including handbags, costume jewelry, shawls, sunglasses, belts, etc.
Your styles at your price!
681 S Collier Blvd. 394-6632

Dr. Constance Aria

Licensed Psychologist
997 N Collier Blvd, Suite D
Royal Palm Mall, 394-5599

Autocraft

5% off non-insurance repairs
Present card prior to estimate being prepared
754 Elkcam Circle, 642-5309

Avon by Lucinda

10% Discount on cosmetics,
642-0297, 821-7976

Beachworks

10% off excluding sale items
Marco Town Center Mall, 642-7777

Beach Unlimited

1001 N Collier Blvd, 642-4888

Blue Marlin Marine Construction

10% off seawall inspections
418 S Barfield Drive, Suite A,
642-4284

The Body Shop at Home

Pamela Broad, Independant Coordinator.
We bring the store to your door! Free make-up lesson when you purchase \$75 or more. 800-472-6082 or 394-7977

Jeffrey M. Bogan Insurance Agency, Inc.

15% off annual premium for long term care
261-6533

Cache Dry Cleaners

666 Bald Eagle Dr, 394-0099

China Rose Florist

10% off fresh flowers,
excluding out-of-town orders
678 Bald Eagle Drive, 642-6663

CJ's on the Bay

(formerly Bayview Restaurant)
Good at CJ's only, not at "The Bar at the Esplanade" - The Esplanade
740 N Collier Blvd, 389-4511

Cold Stone Ice Cream

\$1 off purchase or \$3 off ice cream cake
Esplanade, 111 N Collier Blvd, 393-0046

Critter Cafe

10% off all goods excluding dog & cat food
810 Bald Eagle Drive, 389-8488

Curves

50% off membership fee
1829 San Marco Road, Shops of Marco
389-0016

Dolphin Explorer

10% off all trips.
1081 Bald Eagle Drive, 642-7704

Dry & Clean Carpet Cleaning Inc.

Carpet, Tile & Upholstery Cleaning
642-0092

Dry Clean & More

1763 San Marco Road, 642-7222

Easy Street Moving

10% off total billing. 248-4136

Enterprise Rent-A-Car

10% off daily & weekly rates
Across from Texaco
717 Bald Eagle Drive #1C, 642-4488

Fabulous Faux Finishes

394-5747 or 537-1879

Fussy Fraulein, Inc

Office, construction and window cleaning, property maintenance.
10% off first service for new customers.
394-0562

Georgie's & the Shoe Resort

Town Center Mall, 394-2621

Gino's Olde Marco Trattoria

10% off entr ee items! Now offering dine in, take out & delivery for lunch & dinner
1095 Bald Eagle Dr, 389-4368

Great Garage Doors

10% off torsion spring repairs, 642-9050

Gulf American Marine Inc.

10% off parts
994 N Barfield Drive, Suite 4, 642-9515

Gulf Coast Jewelers

668 Bald Eagle Dr (next to Subway on Collier Blvd), 642-9009

Gulfcoast Painting and Pressure Cleaning

10% off all services. 642-1005

Gulfside Electric

Gulfsideelectric.com
James Shiller - 784-8086

H.I. Studios, Ltd,

Memorable Keepsakes, 239-821-9458

Healthy Body by Nina

10% off initial personal training sessions & group classes
1000 N Collier Blvd #12, 564-6262

Holiday Rentals

10% off all crib rentals
394-6349 or 354-0033

House of Mozart Restaurant

151 S Barfield Dr, 642-5220

Island Pet Sitters

10% discount on overnight jobs,
389-1837, 272-1659

Island Print Shop

10% off all printing-
excludes copies & typesetting
11 Front Street, 642-0077

Islander Pool & Patio, Inc.

559 Bald Eagle Drive, 642-4844
10% off patio accessories & pool toys

JCR Screen Repair & Service of Collier County

10% Discount, 394-9410

JetSet Surf Shop

10% off everything except hardgoods
674 Bald Eagle Drive, 394-5544

Jewelry by Laura

at the Marriott Hotel, 394-2511

Joey's Pizza & Pasta House

10% off entree items. Dine in Only
257 N Collier Boulevard, 389-2433

James Karl & Associates

Free initial consultation
678 Bald Eagle Dr, 642-9988

Keep in Touch

Cards, gifts & more
10% off, except sale items,
post office, copy & internet services
Shops of Marco, 393-6300

Konrad's Restaurant

Marco Walk, 642-3332

La Casita Restaurant

1817 San Marco Road, 642-7600

Little Caesar's Pizza10% discount off regular menu prices
911 N Collier Boulevard, 394-4422**Lotus Blossom Feng Shui Designs**10% discount on first consultation
404-0678**Maintain Domain, etc.**

Joan Jennings, 394-1971

Marco Community Bank

1770 San Marco Road, 389-5200

Marco Dental Care

Fred Eck, DDS - 10% off all non-surgical procedures. Free bleaching with new patient exam, xrays and cleaning at regular price.

950 N. Collier Blvd. 389-9400

Marco Island Floor Covering

Special discounts vary from product to product. 1711 San Marco Road, 394-1171

Marco Island Photography10% off portrait sitting & finished "Portraits on the Beach" by Peter Berec
642-3500**Marco Island Princess**

Rose Marco River Marina, 642-5415

Marco Island Ski & Watersports, Inc

10% off their water sports activities at the Marriott & Hilton Hotels, 394-4344

Marco Pool & Tropical Island Pools\$5 off for 6 months monthly pool service for new accounts
537-3039**Marco Upholstery**10% off cornices & headboards, not to be used with any other offers
919 N Collier Blvd, 394-8338**Mobile Tactics**20% off CCW & other private classes, by appointment
555 E Elkcarn Circle, 866-662-4400**Mengello's Restaurant**(formerly KJ's Restaurant & Lounge)
10% discount on member's meal or free glass of house wine with dinner
4221 E Tamiami Trail, Naples, 793-0913**Naples Wood Floors**10% off hardwood flooring material
2348 J&C Blvd, Naples, 598-0913**Ne Ne's Kitchen**10% off breakfast & lunch, dine-in only
297 North Collier Blvd, 394-3854**Nikken**10% off retail wellness products
651 S Collier Boulevard,
394-1580**Optical Boutique of Marco**

Marco Walk #309, 642-4776

Polished Performance

Property mgmt; residential/commercial cleaning; home/condo monitoring; concierge services, 10% off initial service, 304-6350

Porky's Last Stand

701 Bald Eagle Drive, 394-8727

Prime OutletsDiscount pack at Management Office
1722 Isle of Capri Rd, Naples, 775-8083**Professional Dry Cleaners of Marco**Mon-Fri 7am-6pm, Sat 8am-2pm
571 East Elkcarn Circle, 394-4579**Radio Shack-Island Electronics, LLC**10% off any item in store
1000 N Collier Blvd, 394-5888**Reflections Liquors**10% off bill
1000 N Collier Blvd, 394-1118**Rolsafe Shutters**

10% off upgrades only. 2403 Trade Center way #8, Naples, 597-7717

Rose Marco River Marina10% off retail goods - excluding sale items & fuel
951 Bald Eagle Drive, 394-2502**Royal Palm Hair Studio, Inc.**10% off all hair products by Joico & Paul Mitchell
981 N Collier Blvd, 394-7800**Saboutime Sailing, LLC**10% off on all sailing trips & charters
Rose Marco River Marina,
951 Bald Eagle Drive, 207-475-6248**Sailmaker, Bronwen McKiever**20% off do-it-yourself Sunbrella cloths, vinyls & cleaning products.
"The only sailmaker between Ft. Lauderdale & Sarasota"
350 Royal Palm Drive, 248-3169**The Sand Bar**10% off food. Regular menu items only (please present card before ordering)
826 E Elkcarn Circle 642-3625**Scuba Adventures**

1141 Bald Eagle Drive, 389-7889

Sea Tow Marco Island

10% off Sea Tow membership, 394-1188

Sea Gone Fishing Team10% off all charters except 3 hr charters
www.fishmarcoisland.com 642-0657**Sealco of SW FL, Inc.**

10% on any exterior repaint with premium paint package, 642-0906

Shattuck Lawn & Landscape

New customers take 10% off first 3 months service, 389-6244

Snook Inn Restaurant10% off entire bill
1215 Bald Eagle Drive, 394-3313**Something Olde Something New**10% off any item not currently on sale
207 N Collier Blvd. 389-9700**Southern Comfort Air**10% off any repair or service work
642-6642**Southwest Marine**

960 Chalmer Drive #101, 394-4168

The Spa at Marco Island Marriott Resort10% off Spa & 15% off Salon Services
400 S Collier Blvd, 389-6029**Sparkle Carpet Cleaning**Carpet, tile & group & upholstery cleaning & emergency water damage
www.sparklecleaningllc.com
394-8808**Sparkle and Shine Cleaning**Maintenance, handyman & repair services.
www.sparklenshinecleaning.com
866-476-0575 or 239-919-9137**Summer Day Cafe**10% off vitamins
Town Center Mall, 394-8361**Sunset Grille**(at Apollo Beach Front)
900 S Collier Blvd, 389-0509**Sunshine Books**10% off hardback books
1000 N. Collier Blvd. 394-5343
677 S. Collier Blvd. 393-0353**Surf & Sand/Sweetwaters/Crosswinds**New retail shops at Marco Island Marriott
400 S Collier Blvd, 389-6051**Tiny Tikes Treasures**247 N Collier Blvd 389-1868
4776 Radio Rd, Naples 417-2742**Two By Faux Finishes**10% off master bathroom color wash
272-3090**Vantastic Tours**10% off up to 2 children's fares when each child is accompanied by an adult.
394-7699**Walkers Marine**Parts & service discounted 10% to customers in Walkers Marine computer
785 Bald Eagle Drive, 642-6764**Your Island Home**(formerly Linens Plus)
Town Center, 1089 N Collier Blvd,
394-4422**Discounts are only valid when card is shown at time of purchase.**

Testosterone Replacement or Supplementation Poses High Risk for Prostate Cancer in the Aging Male

A Role for MRI-Spectroscopy to the Anti-Aging Generation

by Dr. Wheeler

The aging process is a reality that all men must face. While we can't alter our chronological age, we can influence our physiologic age through proper diet, appropriate nutrition, adequate exercise, stress reduction and education. Speaking to this point, there isn't a man 50 years old or older who doesn't want to slow the aging process while enhancing quality of life. Who wouldn't want a body mass index (BMI) less than 25, more energy, strength and enduring sexual prowess? The secret to the "fountain of youth" may lie in testosterone supplementation or replacement. The message in the media must be making an impact as there has been a 500% increase in testosterone prescription sales in the United States since 1993.

It is estimated that 1 in 7 men suffer from hypogonadism or decreased testosterone production. Testosterone replacement has been promoted in the literature as the panacea for hypertension, lethargy, depression, obesity, insulin resistance, cognitive function, sexual dysfunction and various other disease states. Paradoxically, the majority of men who would benefit most from testosterone are over 50 years old; an age where the risk of prostate cancer is increasingly significant. Statistics show that

one in six men will get prostate cancer in their lifetime while the most prevalent decade for the diagnosis of prostate cancer is the seventh decade of life or men in their 60s. While testosterone has never been proven to cause prostate cancer, it is well accepted that this prominent male hormone causes prostate cancer to grow, when present. Therefore, with this background information, it would seem to make intuitive sense to consider testosterone usage within the context of an individual's clinical status for having prostate cancer.

According to the American Cancer Society, approximately 230,000 men are diagnosed with prostate cancer yearly. This number is expected to escalate as the "baby boomers" continue to age. According to the Surveillance, Epidemiology and End-Results (SEER) Data more than 500,000 men are projected to be diagnosed with prostate cancer yearly within the next 10-15 years. While low testosterone levels are significant in an aging population, prostate cancer is the number one risk factor that men face from a health standpoint.

PSA (prostate specific antigen), a blood test, has been shown to be the best singular marker to prove the presence of prostate disease, albeit, it is non-specific

for the diagnosis of prostate cancer. Truthfully, the PSA is better utilized as a "barometer of prostate health" than as a prostate cancer marker. According to Johns Hopkins, the healthiest PSA value for a male aged 40-60 is less than 0.70 ng/ml. Conversely, the Baltimore Longitudinal Data notes that a man with a PSA of 0.71 ng/ml or higher has a 3-4 fold increased incidence of prostate cancer when compared to the normal population. Notwithstanding this commentary, men with a PSA value of 1.0 – 10.0 ng/ml have the same approximate risk of prostate cancer at 20-30%. To state more clearly, 70-80% of men with an elevated PSA will have inflammation of the prostate or chronic non-bacterial prostatitis as the number one reason PSA elevates followed by any combination of inflammation, prostate enlargement (benign prostate hyperplasia-BPH) and prostate cancer.

A reasonable PSA level under which men could confidently consider supplementation or replacement with testosterone is a number less than 2.0 ng/ml, provided that stability has been noted over several prior years. Not inconsistent with my beliefs, the Society of Endocrinology recommends avoidance of testosterone usage when the PSA

number is 3.0 ng/ml or higher. Similarly, men should not supplement or replace with testosterone when there is a family history of prostate cancer or if the PSA number has increased by 0.75 ng/ml in consecutive years, consistent with the definition of PSA Velocity change. An exception would be made if a Urologist has ruled out prostate cancer. Unfortunately, the most common method to rule out prostate cancer when the PSA is 2.5 ng/ml or higher involves a biopsy. Historically, biopsy has been thought to be a relatively innocuous procedure associated with acceptable, albeit, temporary side effects like bleeding into the bowel, urinary tract and seminal fluid as well as the possibility of additional clinical conditions like infection, sepsis and sexual dysfunction.

While the public has been led to believe that biopsies are a reasonable solution to a rising PSA, an extensive search of the literature, exposes a more sinister and compelling reason to avoid a biopsy unless certain precautions are met and the procedure is deemed absolutely necessary. Specifically, there is data that proves a phenomenon called, “needle tracking” takes place routinely with prostate biopsy. This is a significant issue, whereby cells escape the prostate during a procedure, when a biopsy needle encounters prostate cancer cells in its path. While approximately 1 million men annually are exposed to the risk of “needle tracking” associated with prostate biopsy, only 20-

30% of men will experience this phenomenon consistent with the percentage number of biopsies that are positive for prostate cancer. In addition to intensifying inflammation as a root cause of prostate cancer, needle tracking or seeding of prostate cancer cells beyond the prostate capsule has been identified in the Perineum (the space between the scrotum and the rectum) as well as in the rectal wall.

Prostate biopsy in the traditional format is a crude diagnostic technique, if not an unacceptable means, to evaluate for prostate cancer based on inherent sampling bias and needle tracking. Sampling bias is associated with the uncertainty for what the biopsy needle will yield as a physician sticks a needle after needle randomly into a prostate (up to 90 times) when a mapping procedure is performed in anticipation of treating prostate cancer definitively. According to Dr. Michael Karin from University of California at San Diego, “needle punctures of the prostate exacerbate inflammation which in turn leads to cellular mutation allowing the evolution of prostate cancer with an increased likelihood for metastasis”.

A much more sophisticated technology is now available with the arrival of the 3.0 Tesla Magnetic Resonance Imaging Spectroscopy (MRI-S) Scan from General Electric in December 2006. This technology represents the most sensitive and specific diagnostic modality for the prostate, replacing substandard scanning

procedures like PET (Positron Emitting Tomography), CAT scan and Prostatecint scans. Peter Scardino, M.D. (Chairman of the Departments of Surgery and Urology at Memorial Sloan-Kettering), called the 3.0 Tesla MRI-Spectroscopy scan, “the next greatest diagnostic test for prostate cancer”. The MRI-Spectroscopy scan creates a virtual road map enabling an evaluation of the entire organ, subsequently allowing for a determination to be made regarding the presence or absence of prostate cancer. In the event, an image indicates the presence of prostate cancer; a targeted biopsy can be performed while using a specific protocol to prevent cells that escape from proliferating. When the MRI-S evaluation identifies a localized area of interest that proves to be consistent with the presence of prostate cancer, a decision can be made to treat the disease conservatively with a Chronic Disease Management Protocol, referencing a peer reviewed study published in the Journal, Clinical Interventions in Aging or provide the road map for a focal therapy using either cryosurgery or high intensity focused ultrasound (HIFU). While a typical biopsy procedure has noted a yield for prostate cancer detection to be only 20-30%, a 3.0 Tesla MRI-S scan has predicted or confirmed the presence of prostate cancer in greater than 80% of patients scanned at the Diagnostic Center for Disease™. Based on our findings, we believe that the future diagnostic

landscape will feature a prostate biopsy, only when preceded by an MRI-S scan to isolate a region of interest. This paradigm shift in how men qualify for a biopsy will become the new standard of care, allowing men with no evidence of prostate cancer to avoid an unnecessary procedure while treating prostatitis only. Even if doctors choose not to embrace or understand the advantage of this exceptional technology, patients will demand a change in the diagnostic model as it is the patient who is asked to bear the scars of professional ignorance.

Presently, physicians from all over the country, who have concern for the patients they treat, have confidently referred patients to the Diagnostic Center for Disease™ for a 3.0 T MRI-Spectroscopy scan when the PSA rises in concert with Testosterone usage. With image guided targeted biopsies, the guessing game is over as no more than 6 selective biopsies validate the presence or absence of cancer. To date, many men have been diagnosed with prostate cancer, stimulated by Testosterone. In the absence of prostate cancer and a subsequent reduction in inflammation (prostatitis resolution) with the patented Peenuts™ prostate nutritional formula, it is not unexpected that Testosterone therapy can be resumed with confidence.

A recent case of a 51 year old male with an interest in testosterone replacement illustrates the benefits of the 3.0 Tesla MRI-S scan. Noting a PSA value of only 2.1 ng/ml; the digital

rectal exam (DRE) identified an area of interest on the left side, albeit, it was not definitive for prostate cancer. Neither the gray scale ultrasound nor Color Flow Doppler ultrasound evaluation suggested any specific abnormality consistent with the area of interest previously identified on DRE. An MRI-S scan using the enhanced 3.0 Tesla magnification was suggested as the next best step in the evaluation. The scan isolated a region of interest on the left side at the Apex to Middle portion of the prostate gland concordant with the findings on the DRE. Based upon the findings of the MRI-S scan, a targeted biopsy with 6 needle cores was recommended and implemented. An Antiandrogen was initiated pre-biopsy to mitigate against “needle tracking”. Specifically, an Antiandrogen selectively blocks the receptor on the prostate cell from attracting testosterone as it exits the capsule, thereby, disabling the cells in preparation for cell death or apoptosis. The Pathology evaluation revealed a grade of cancer that was amenable to being treated conservatively or focally. In this case, the failure to use a 3.0 Tesla MRI-S scan would have exposed this patient to the possibility of missing the cancer altogether; associated with sampling bias, a very real possibility for needle tracking (assuming cancer was found), or worse yet, the go ahead to supplement with testosterone, when in fact, the cancer was missed. Using testosterone in this scenario would have stimulated cancer cells to

grow wildly, while causing the PSA to spike abnormally, thereby, making the diagnosis of prostate cancer – a potentially uncontrollable clinical event, albeit, avoidable. Given the expertise of a Urologic consultation, this case turned out well. The patient is now contemplating a focal treatment with high intensity focused ultrasound with a plan to supplement with testosterone once his cancer has been cured. An inability to document the resolution of prostate cancer by a repeat MRI-S scan and/or a stable PSA post-operatively will preclude this patient from using testosterone replacement therapy.

While studies have shown healthier men require testosterone replacement less frequently than diseased men, there is nonetheless, a generation of men who will want to try to turn back the hands of time. In men with a PSA greater than 2.0 ng/ml and an interest in anti-aging remedies like testosterone, I urge them to continue the educational process while considering a Free Consultation with Ronald Wheeler, M.D., Urologist and Medical Director of the Diagnostic Center for Disease. The toll free number to call to schedule a Free Consultation is 1-877-766-8400. By doing so, an individual may avoid becoming a statistic of ignorance.

Dr. Wheeler will be having a prostate cancer webinar on February 5.

This is another way to get educated about prostate cancer diagnostics and treatments. Sign up on our website www.MrisUSA.com. All that is required is name and email to sign up.

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Remember....

No Glass at the Beach!

**Cafe
de
Marco**

Fresh Seafood since 1983

244 Palm Street, Olde Marco
Reservations please 394-6262

Friends of Tigertail Schedules

Program of Events for 2009



Wednesday, Feb. 18th

Friends of Tigertail proudly announces Bryan Fluech, University of Florida Marine Science Extension Agent for Collier County, who will present “Local Sport Fish” at 7:00 p.m. at the United Church of Marco, 320 North Barfield Drive. Come and learn about the life histories of common-estuarine dependent fish in



our region, with a focus on species commonly found in and around Tigertail Beach. Plus, the importance of protecting coastal habitat associated with early life stages of many of these species. Come and see local sport fish!

Wednesday, March 18th

Friends of Tigertail proudly announces Len Messineo, an award winning nature and wildlife photographer, who will present “The Exotic Everglades” at 7:00 p.m. at the United Church of Marco, 320 North Barfield Drive. Come and explore the unusual factors of a vast complex system of water, climate and geology unique to south Florida. Learn about the mysterious plant life of a cypress swamp and its dramatic effect on the ecology. Plus, a study of the past and present, with expectations for the future will be included. This visual presentation of facts, narrative and dramatic images provide an uncomplicated yet informative overview of the world’s only Everglades.

*The public is invited to the free programs and refreshments will be provided.
For more information call 394-4832 or visit <http://www.friendsoftigertail.com>.*

2009 Beach Cleanup Schedule

Saturday, March 28th - Friends of Tigertail is hosting “Bay Days - Keep Collier Beautiful - Earth Day Event” from 8 a.m. until noon.

Saturday, July 11th - Friends of Tigertail is hosting a Beach Cleanup from 8 a.m. until noon.

Saturday, September 19th - Friends of Tigertail is hosting “The Ocean Conservancy’s International Coastal Cleanup Event” from 8 a.m. until noon. Call to sign up early for a free International Coastal Cleanup T-Shirt.

Saturday, December 5th - Friends of Tigertail is hosting a Beach Cleanup from 8 a.m. until noon.

*Volunteers will meet at the Tigertail Beach kiosk.
Bottled water, garbage bags and work gloves provided.
Wear shoes that may get wet. Contact Susan at 239-394-1470*



MICA's Holiday Celebration

with Jim Long and Jay Siegel & the Tokens
Sunday, December 21st, 2008







Marco Yards Go Green

FREE

Landscape Seminar for All Residents

Wednesday, February 11th
 1:45pm Registration
 2:00 pm to 4:00 pm Speakers
 Community Room, 1st Floor, Police Department

Learn how to avoid creating pollution from your subtropical coastal island landscaping

Sponsored by:



MIFA Continued from page 8

fashions and jewelry by The Island Woman, and jewelry by artist Joyce Kachapis on Feb 3rd at noon at the Marco Island Yacht Club. Tickets are \$35 and reservations can be made with Lynne Minozzi: 642-3836. The purpose of this event is to raise funds for MIFA's scholarship program in fulfillment of our mission to promote the visual, literary and performing arts on Marco Island. In 2007 we gave 3 talented island high school seniors each \$1000 college scholarships to pursue studies in their chosen branch of the arts. With your help we can resurrect this program in 2009.

To close out the season, we hope to present a brand new event: the "Marco Island Festival of the Arts" at Veterans' Park and other island locations on April 4th and 5th. Watch for info about this event as plans unfold.

Finally, we'll repeat the "Left Bank Art Fest" on the Saturday before Easter, April 11th at the Esplanade. Don't forget to visit MIFA's "Local Color Gallery" in our office in the Esplanade, near Lutgert Insurance. We're open Monday-Friday 1-4pm, and staffed by member-volunteers.

MIFA is a 501(c)(3) charitable foundation with an all-volunteer board and staff. We rely on memberships and donations to provide events which fulfill our mission to promote the arts in public places in Marco Island. If you're interested in learning how you can help, please visit our website: www.marcoarts.org. Or give me a call: 642-0015.

Thank you!
Sandi Johnson, MIFA President



SONS & DAUGHTERS OF ERIN

Feb 28th Dinner Dance - San Marco Parish Center with Noel Kingston and the Gaelic Gorman's. Tickets: \$35

March 8th St. Patrick's Day Parade, 1pm
Celebrate MARCO IRELAND for a day!
Looking for participants and spectators.

April 19th Golf Tournament to benefit the Marco Charter School at the Island Country Club

For more information,
please call 394-2442 or 404-6733

Keep in Touch

by Ruth McCann

There's a new post office in town and the island is celebrating! "Keep in Touch" is located in the Shops of Marco, also known as the "big Publix shopping center" at San Marco Road and Barfield Drive. You might just go in to mail a package, but you soon discover all that is offered inside this treasure box that opened in March 2008.

Owners, Mike Held and Jiri Mikulinec, pride themselves on offering a friendly postal card store, servicing locals and friends from up north and from overseas. While they both speak English, Mike speaks German and Jiri speaks Czech, Spanish, and Italian. Lucy, their gentle canine mix they rescued from an animal shelter, is the official greeter. Some people come into the shop just to "talk" to Lucy! She speaks many languages as well!

There are two computer stations that are equipped with internet service, Microsoft Office software, CD burning capabilities for unloading from your digital camera and a printer/copier. Internet access is \$2.25 for up to 15 minutes. They also offer fax services.

What do they sell? you ask.



Mike Held, Jiri Mikulinec and Lucy

They have a wonderful offering of greeting cards, including some by Blue Mountain and Clay Boys as well as humorous cards. Local artist, Betty Kimball's cards welcome you at the front door. For those from Michigan, you will be glad to know that you can purchase Bullfrog candles at Keep in Touch. For those not from Michigan, you'll have to stop by the store to find out what is so special about the Bullfrog!

When you walk into the shop, you will be transported by the pleasant aroma. There is a large collection of candles and lotions, creams and soaps by Crabtree & Evelyn, Goldleaf and Thymes. Another relaxation technique Mike and Jiri offer is a large

selection of relaxing music CDs. Unique wine bottle stoppers, beautiful art glass and accessories, frames and albums all make wonderful gifts for others or yourself! Mussels & More Pottery takes its place on several shelves. While it's quite beautiful and different, it is also oven, microwave and dishwasher safe.

There is an interesting collection of books – something for everyone – kids' books, coffee table books, and books about Florida and our environment. Puzzles galore are ready for your gaming pleasure as are the decks of cards for bridge and pinochle, as well as bridge tally sheets. There are also many boxes of stationery and gift bags in which to place your purchases.

Keep in Touch accepts the MICA Discount Card – be sure to show them your card before they ring up your items. Stop in and say hello to Mike, Jiri, and Lucy, of course!



Enjoy Residents' Beach for Free!

Open a MICA Gold Checking Account or convert your current MICA Checking Account and MCB will pay your annual MICA Membership Dues and Residents' Beach Pass.

A combined value of \$160.00!



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Across from the Hilton,
next to Chico's in Marco Walk

CJ's on the Bay

by Ruth McCann

CJ's on the Bay is open seven days per week for lunch and dinner. There is seating inside and outside along picturesque Smokehouse Bay, and the wonderful outside Gazebo Bar is open from 11 a.m. to 10 p.m.

But what's better about CJ's on the Bay than the location? The food, of course! They offer a varied collection of appetizers, salads and sandwiches. The



entrees are absolutely delectable and affordable.

The décor of the restaurant is rather elegant, with fabric "wave" panels floating above and soft lighting enveloping the dining room. On our trip to CJ's the wait staff was very attentive. We had no less than six individuals stop at our table many times throughout the meal, clearing dishes or just checking to see that all was to our liking.

CJ's on the Bay schedules live entertainment both at the outside



Gazebo Bar and at the inside bar. Situated at the Esplanade along Collier Boulevard, it is easily accessible by both water and land, and CJ's participates in MICA's Discount Program.

CJ's offers a spectacular setting for a casual meal or a special occasion. Add CJ's to your must-do list; you won't be disappointed. As proprietors Curt and Jacquie Koon say, "join us for delightful bites and spectacular sites!" Visit their website at cjsonthebay.com for more details.



Recycling Reincarnation

Continued from page 11

Marco Island Recycling Center) by residents and painting contractors is sent to paint manufacturers for recycling. The unused latex paint is mixed with new materials using standard paint processing equipment to improve the paint's consistency and make standard colors. Recycled paint is run through the same quality tests that are used in the manufacture of new paint. Recycled paint is gaining acceptance among painters, contractors, and building owners. The recycled product performs well and can be used anywhere you would use non-recycled paint, including wallboard, wood, and concrete.

Now that you know how today's milk jugs, soda cans and left over paint are recycled, reused and remanufactured into tomorrow's items, be sure to look for the chasing arrows recycling symbol on the products you buy. Recycling is the first step; buying recycled products closes the loop.

Margie Hapke

Public Information Coordinator
Collier County Public Utilities Division

239-252-2679

margiehapke@colliergov.net



Nancy Dowdall
PHOTOGRAPHY

Call today to schedule your portrait session!
(239) 642-9685

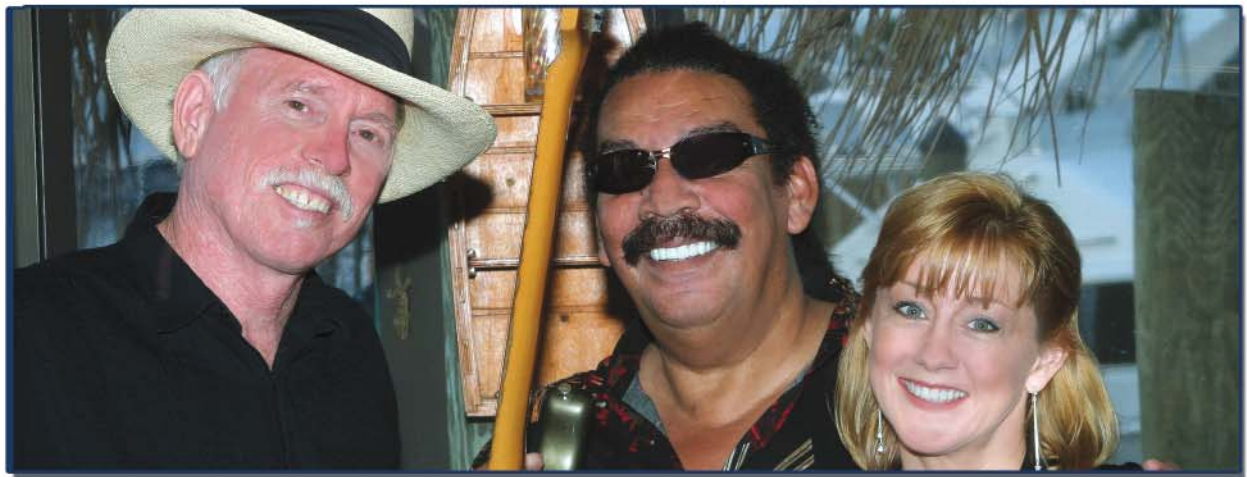
To view portrait gallery visit:
www.MarcoPhotos.com

MICA's Live Entertainment



The Return of Little Eddie & the Fat Fingers

Sunday, February 8th, 2009 - Residents' Beach, 5-7pm



Island Celebration

featuring: JRobert, Frank Carroll, Janet Poole and Friends

Sunday, March 8th, 2009 - Residents' Beach, 5pm

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