

QUARTERLY  
NEWSLETTER

THE WEST  
WIND INN

- Established in 1968
- 500 feet of beach frontage
- 103 units
- On the quiet end of the island
- Guest rooms & kitchenettes
- Meeting space available
- Friendliness & cleanliness

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# West Wind Inn

ISSUE # 31 ..... the best of Sanibel Island

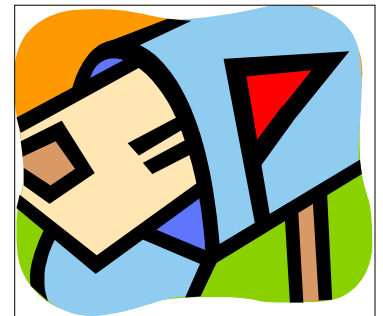
SPRING, 2010

.....*sunshine..... seashells.....and memories*

## Sweepstakes Winner

Each quarter we select one entry from our sweepstakes contest on our web site. The lucky winner receives a free one-week stay (off season) at the West Wind Inn. During the last quarter, over 400 people entered our sweepstakes. The winner was **Judith J. of Glenside PA**. A word to the wise - the GM selects the winners by personally reviewing the submission list. Duplicate entries are *never* selected.

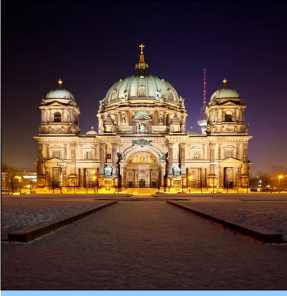
Keep those entries coming and you could be a winner as well. Since we started this program in the winter of 2003, **twenty six** people from the UK, Germany, Canada, Switzerland and all over the US have received a free week at the Inn. Is it your turn to win?



**Bills travel through the mail at twice the speed of checks**

## West Wind Inn Family

This quarter we feature a “not so new” addition to our West Wind Inn family — Debbie Stice. Many of you may remember Debbie at the gift shop (operated by Billy’s Beach Service). When he shut down that operation, Debbie went as well. But luckily, since a front desk position became available, Debbie is back with us. She is a true “semi-native”. While she was born in Illinois, she grew up on Captiva. She has two children — David (24) and Aymee Lyn (21). During the five years she was working here at the Gift Shop for *Billy’s*, she won two Lee County “E” awards. These awards are presented once a year by the Visitors & Convention Bureau for exceptional guest service. Needless to say, we are happy to have her back with us. She still enjoys walking the beach, shelling and shopping (it’s hard to go into Target and not see her). And one never has to worry about having fresh coffee in our lobby when Debbie is on duty — at the rate she drinks it, it is always fresh! Stop by and say hello to her.



"No man is so tall that he need never stretch and none so small that he need never stoop"

*Danish Proverb*

## World's Best & Biggest!

○ **Indoor Swimming Pool**—World Water Park, Edmonton, Canada (5 acres).

○ **Office Complex**—Chicago Merchandise Mart (4.2 million sq ft).

○ **Shopping Mall** — South China Mall, Dongguan, China (6 floors, 9.6 million sq ft).

○ **Widest Bridge** — Sydney Harbor, Australia (16 lanes)

○ **Longest Bridge**—Donghai Bridge, China (20.2

miles)

○ **Passenger ship** — MS Freedom of the Seas (4,300 passengers)

○ **Plane** — Airbus 380 (555 passengers)

○ **Highest Statue** — Christ the Redeemer Statue Rio De Janeiro, Brazil (130 ft)

○ **Tallest Building** — Burj Dubai, UAE (2,953 feet)

○ **Largest Palace** — Palace of Parliament, Bucharest (500

bedrooms, 120 sitting rooms, 55 kitchens)

○ **Biggest Stadium** — Maracana Stadium, Rio De Janeiro (199,000 capacity)

○ **Largest Hotel** — MGM Grand, Las Vegas, NV (6,276 rooms)

○ **Most Expensive Hotel** — Burj Al Arab Hotel, Dubai, UAE (cheapest room = \$1,000 per night; the Royal Suite = \$28,000 per night)

## The Magic of Gatorade

*A balanced diet is a cookie in each hand!*

*Check the mirror — if you look like your passport picture, you probably need the trip.*



There was a time when football coaches did not allow their athletes to drink during games — thinking it would cause muscle cramps and worse. As a result, about 50 school athletes died every year from heat stroke. Along came James Robert Cade, a kidney researcher at the University of Florida. An assis-

tant coach had asked him why do players lose up to 15 lbs every game — where does all that weight go? Why do they never have to pee? And why do they run out of steam in the 4th quarter? Cade found that players in the Florida sun sweated at an amazing rate. They lost weight, sodium and potas-

sium — and their kidneys shut down to conserve liquid. Cade copied those lost minerals, added a lime flavor and Gatorade was born. Today you see a big jug of Gatorade on every sideline — heat stroke deaths have gone to nearly zero — and as for Cade and his researchers, the royalties bring in about \$8 million a year. Go Gators!

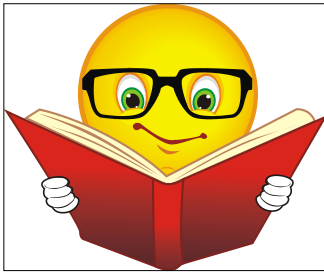
## That's Our Government:

Anybody remember the establishment of the US Department of Energy? It was in 1977 during the Carter Administration. But do you remember the purpose of adding that bureaucracy to our government oversight? No hints — oh, all right, here's a few. Thirty two years have passed; the agency now has 16,000 federal em-

ployees and another 100,000 contract employees; and they have a budget of \$24.2 billion each year.

Oh yes. The stated purpose for the establishment of the Department of Energy was **to lessen our dependence on foreign oil**. Of course. What was I thinking? With successes like this

don't you feel the government should get more involved with the banking system, health care and the auto industry? I can picture a health care plan written by a committee who doesn't understand it, passed by a congress who exempts themselves from it, and paid for by a country that's going broke. Ah, yes —good ole bureaucracy.



# New York Times Best Sellers!

Ever get curious about the number of books you pick up that state "On the NYT Best Seller List"? Each Sunday the Times publishes its best seller list. The list comes from the week's sale of books at 1,400 bookstore locations around the country. The selection of these bookstores goes back to 1977 when the Times did a

survey of all members of the American Booksellers Association with questions about volume, distribution, types of markets, etc. Based on the responses, the Times then came up with a representative sample of big, medium and small stores, equally divided in 7 geographic regions across the nation.

Each month the 1,400 stores receive a pre-printed form listing 30 leading titles (plus some blanks for titles not listed). The bookstores complete the form each week showing sales in actual

numbers of the most popular titles. This is sufficient for hard cover sales but mass market paperbacks are sold in far greater quantities in drug-stores, supermarkets, airports and newsstands than in bookstores. So the Times consults distributors in 25 major markets who report the estimated sales from more than 40,000 outlets. Another factor the Times considers is the sale from the largest chains (referred to as "majors") such as Brentano's, Waldenbooks, Doubleday, B. Dalton, etc. who have stores in all parts of

the country and amass their own sales figures. This data is also reported weekly to the Times. Although the sales from the "majors" alone can get a book on the NYT Best Seller List, their effect is not always so considerable, and it varies from book to book.

So the next time you pick up a "best seller" you will know that other readers from Alaska and Hawaii and from California to Florida have voted for that book with their wallet or purse. Enjoy your book!

## 10 Ways To Stay Young!

- Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That's why you pay them.
- Keep only cheerful friends. The grouches pull you down.
- Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop" and the devil is Alzheimer's.
- Enjoy the simple things.
- Laugh often, long and loud. Laugh until you gasp for breath.
- Tears happen. Endure, grieve and move on. The only person who is with us our entire life is ourselves. Be **alive** while you are alive.
- Surround yourself with what you love — family, pets, keepsakes, music, plants, hobbies. Your home is your refuge.
- Cherish your health. If it's good, preserve it. If it's unstable, improve it.
- Don't take guilt trips. Take a trip to the mall, the next county, even a foreign country but not where guilt is.
- Tell people you love that you love them — at every opportunity.

## Featured Recipe of the Quarter

Here's a great dip you can serve with fritos, crackers or tortilla chips — and it's easy!

- 1-13oz can chicken breast
- 1- 8oz pkg cream cheese (soft)
- 1- 8oz jar mayonnaise
- 1 cup shredded cheddar cheese

- 1/2 cup salsa (your choice)
- 1 dash chili powder

Preheat your oven to 350.

Shred the chicken and place in a bowl. Mix in the cream cheese, mayonnaise, cheddar cheese, salsa and the dash of chili powder. Transfer the mixture to a small greased baking dish.

Bake uncovered 30 minutes or until the edges are golden brown. Serve warm.

(For a little more bite, you can add 1 finely diced jalapeno pepper).

Serve with Fritos, Tortilla chips, or crackers





West Wind Inn

## Quarterly Newsletter

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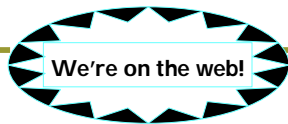
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The West Wind Inn has been serving its guests who have been coming to the island since the doors opened in March of 1969. It is the perfect place to relax, decompress, unwind, chill out or to get reacquainted with your family. Our goal is to make each guest's stay a most pleasant experience.

You are on our mailing list because you requested it at check in or from our web site. If you would like to be removed from the list, please send an email to [wwinnmktg@cyberstreet.com](mailto:wwinnmktg@cyberstreet.com) and in the subject line put the word REMOVE.

*....sunshine....seashells....and memories*



## Age 102!

I read something recently (attributed to George Carlin) that's brilliant. Do you realize that the only time in our lives when we like to get old is when we're kids? At under 10, you're so excited about aging that you think in fractions—"How old are you? I'm four and a half!" You're never thirty six and a half. You get into your teens and they can't hold you back. You jump to the next number (maybe even add a few). "How old are you? I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life...you become 21. Even the words sound like a ceremony.

But then you turn 30. Ooooh,

what happened here? Makes you sound like bad milk. "He turned! We had to throw him out." There's no fun now— you're just a sour dumpling. What's wrong? Then you're pushing 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you reach 50 and your dreams are gone. But wait!! You make it to 60. You didn't think you would.

By now you've built up so much speed that you HIT 70. After that it's a day-by-day thing; you HIT Wednesday! You get into your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there — into the 90's, you start going backwards, "I was JUST 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

