



THE CITIZEN

KEY WEST

The Florida Keys • Only Daily Newspaper, Est. 1876

McIlroy cruising at US Open — Page 1B

Sunday

June 19, 2011 ♦ Vol. 135 ♦ No. 170 ♦ 46 pages

One Dollar

WEATHER



Bethn Shield, seventh grade; Mary Immaculate

Sunrise: 6:39 a.m.
Sunset: 8:18 p.m.
Today: Partly sunny with shower
High 87
Tonight: Partly cloudy with t-storm
Low 80

Complete forecast on Page 2A

EDITORIAL

Board should not be held to first choice

When someone from afar is an applicant for a high-profile position, he or she usually does the due diligence. They know what to expect — both in duties and compensation. Page 4A

FLORIDA

Defense expert: Autopsy was 'shoddy'

ORLANDO: A renowned forensic expert testified Saturday that the autopsy done on 2-year-old Caylee Anthony was "shoddy" and that the duct tape Florida prosecutors contend suffocated the child was not applied until after her body had decomposed. Page 5A

NATION

United recovering from canceled flights

CHICAGO: A five-hour computer outage that virtually shut down United Airlines Friday night and early Saturday is a stark reminder of how dependent airlines have become on technology. Page 6A

WORLD



Syrian refugee crisis mushrooms in attacks

BOYNUYOGUN REFUGEE CAMP, Turkey: Syrian troops backed by tanks and firing heavy machine guns swept into a village near the Turkish border Saturday, forcing more people to flee. Page 9A

Keys risk losing flood coverage

County refuses to oversee FEMA property assessment program

BY TIMOTHY O'HARA
Citizen Staff

The county is refusing to oversee a federal program to assess 49,000 properties for

endangered-species habitat to determine their development potential, saying it is too expensive and puts Monroe at risk for property rights lawsuits.

This is the second time in a month the County Commission has said no to the Federal Emergency Management Agency (FEMA).

The commission will meet Monday to approve a rejection letter to FEMA, which it plans to send this week. At its regular monthly meeting on Wednesday, the commission

asked the legal and planning staff to draft the letter, and ordered planners to cancel a June 17 meeting with FEMA representatives.

"We can't do what they are asking for," County Commissioner George Neugebauer told The Citizen on Thursday. "They have done it in an unfair way and didn't include us."

See FEMA, Page 5A

'The best air-to-air warriors on the planet'



Photo by AME HENIG The Citizen

Lt. Cmdr. Marcus Stockwell and Executive Officer Cmdr. Joe McMonigle walk away from their jets at Navy Air Station Key West on Thursday. Below, McMonigle climbs into a fighter jet's cockpit.

BOCA CHICA KEY

Jet fighter pilot instructor squadron is 1 of 4 in nation

BY ADAM LINHARDT
Citizen Staff

The halls of training squadron headquarters at Naval Air Station Key West are painted with the kind of macho phrases one might expect from a cadre tasked with teaching the nation's newest

hotshot fighter pilots how to fly faster, smarter and better than anyone else.

"There are two types of aircraft, fighters and targets," reads one wall.

"Do unto the other feller the

See PILOTS, Page 10A



Father knows best

BY MANDY MILES
Citizen Staff

When did our parents become so smart?

Mark Twain penned a theory about the intelligence of our fathers. He wrote that when he was 14, his father was so ignorant he could hardly stand to be around him. But by the time Twain was 21, he was astonished at how smart his father had become, and how much he apparently had learned in seven years.

I've reached the point in my life when all the things my parents told me are proving correct, despite my best efforts to prove them wrong.

So on Father's Day, I've

See TAN LINES, Page 3A



TAN LINES

BIG PINE KEY

Teen airlifted after stabbing

CITIZEN STAFF

A Big Pine Key teen stabbed by another teen was airlifted to Miami with a punctured lung Friday, according to the Monroe County Sheriff's Office.

Craig Veitinger, 17, was taken to Fisher's Hospital before being airlifted to the Ryder Trauma Center.

Shane Richard, 19, was charged with felony aggravated battery.

Veitinger was in a drug-store parking lot about 4:40

See STABBING, Page 5A



Richard

BIG COPPITT KEY

Son wonders whether stepmom killed his dad

BY ADAM LINHARDT
Citizen Staff

Maine resident Michael Sills was 8 years old and living in a mobile home on Big Coppitt Key when his father, just as

The sailor's death was ruled a suicide and Sills grew up thinking his father,

Richard Sills, had taken his own life with one or two shots from a .22-caliber handgun, just as Monroe County Sheriff's Office investigators concluded.

See BLACKWIDOW, Page 5A



Neumar

SWIMMING AROUND



Photo by AME HENIG The Citizen

Tom Kraser prepares at Smathers Beach for the 35th Annual Swim Around Key West. He also swam in the last two such events. More than 140 swimmers participated in this year's swim, in which they spanned the island's 12-mile circumference. For more, see Page 1B.

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DEALING WITH BURNOUT, PART IV:

Stop stress before it starts

BY ELISA LEVY
Special to The Citizen

By the time we're ready to begin alleviating stress, we are usually too exhausted to take action.

The key, as with most things health-related, is prevention. The past three columns in this series have provided tools to use when you and your colleagues are suffering from burnout. The series wouldn't be complete without including some techniques for preventing that burnout in the first place.



PEOPLE SMARTS

The answer to stress prevention is simple. The challenge lies in actually doing it.

Stress management is all about self-care, and it must be consistent. Taking care of yourself once a week does nothing to prevent stress. You have to make it a priority and part of your everyday routine, and you have to do it for both body and mind.

The following four techniques will help stop stress before it starts:

1. Replacement Thoughts: This tool comes from well-known author Esther Hicks, who was the inspiration for the film and book, "The Secret." Hicks maintains that we get stuck in repetitive thoughts that produce negative emotions. For example, we might walk around all day saying to ourselves, "I never have enough money, no matter how hard I work." That thought produces a negative emotion such as frustration, depression or anxiety. All of these lead to stress.

The idea is to choose a realistic thought that replaces the negative one. You might say something like, "I am resourceful and hard-working, and can find a way to make the money I need."

Repetition is the key to making a replacement thought work. Try saying it to yourself 21 times during a day, or write it on a note and either tape it to your mirror or put it in your pocket, where you can read it often.

2. Gratitude Journal: We stress because we focus on what's missing from our lives, be it money, time, a relation-

See LEVY, Page 2C

Perfect fit

Farrier enjoys job putting horses in the right shoes

BY ROBERT SILK
Citizen Staff

Stephen Ferrara grabs the right foreleg of Lacy, a beautiful brown thoroughbred, and gets to work. He pries free the six nails that hold Lacy's horseshoe in place. Next, he scrapes out the dirt and mud that has built up on her hoof.

As Lacy stands calmly, Ferrara begins what is roughly the equivalent of an equine pedicure. He deftly pares out unnecessary bits of sole. The task leaves Lacy unperturbed, but it's important because it levels the sole and makes way for a better fitting.

Next, Ferrara trims Lacy's hoof wall, the human equivalent of clipping nails. Like toenails, the wall has no nerve endings. Its texture is similar to cork.

After a bit more leveling with a large file, called a rasp, Ferrara grabs Lacy's replacement shoe and fine tunes its shape over an anvil. Since Lacy is a show horse that competes in equestrian competitions in Palm Beach County, it's important that the fit is perfect.

The prep work finished, Ferrara places the shoe on the outer edge of Lacy's hoof wall and sets the nails. He pounds them in at an angle, starting at the inner layer of the wall, distinctive for its white line, and hammers them through to the outer hoof wall. A bit more work to level off the exposed nail tips, and the shoe is affixed.

The 50-year-old Key Largo craftsman is surely the only professional farrier working in the Upper Keys.



Stephen Ferrara, 50, of Key Largo, is a professional farrier, providing horseshoeing services in the Florida Keys and on the mainland. Below, Ferrara fits shoes for Reef Side Ranch in Islamorada.

On this morning, his client was Lynn Eklund, owner of the small Reef Side Ranch on Upper Matecumbe Key. While Reef Side is a novelty in the land-poor Keys, ranches are common throughout the South Florida mainland. Ferrara says the first question he usually gets from people is whether horseshoeing is a part-time hobby or a profession. The answer, most decidedly, is a profession.

Though many don't realize it, he estimates there are some 25,000 horses between Fort Lauderdale and Homestead. People keep their horses for trail rides. They care for them as companions. But mainly they ride them in the show circuits in Plantation and Wellington.

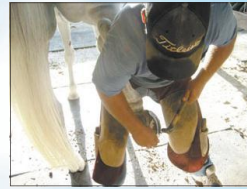
Ferrara gets between \$90 and \$175 for every horse he shoes. He says he has 200 to 250 clients, including one who flies him to Nassau every five weeks to change the shoes of 15 horses.

"I've made a comfortable living the whole time I've been doing it," Ferrara said outside his canal-front home. "I can go anywhere I want because of horseshoeing."

A native of Davie, which still tries to maintain its aura as a "Western" town, Ferrara grew up around horses. He attended horseshoeing school in Kentucky and launched his business in 1984 while living in Miami-Dade.

He and wife Karen moved to Key Largo a bit less than a decade ago, right before son Justin was born. A horsewoman, Karen still commutes to her farm near the Florida's Turnpike in Miami-Dade.

Though he knows it sounds unusual — a horse guy living in the Keys — Ferrara



doesn't think of it that way. This is where he lives. Horseshoeing is what he does. He's a commuter. And when he has free time, it is golf, not horses, that occupies his time and thoughts.

"I love what I do. I love being outside. But to me this is a job," Ferrara said.

For those who still think of farriers in the same vein as blacksmiths, time with Ferrara would yield a surprise. He does keep a small forge inside his truck, which he sometimes uses to mold shoes onto horses that need an especially secure fit. But generally speaking, he simply fits horses to shoes out of the variety of sizes and types he keeps on racks in the truck. In that way, shoeing a horse is not so different than a person picking a proper fitting shoe at a shoe store.

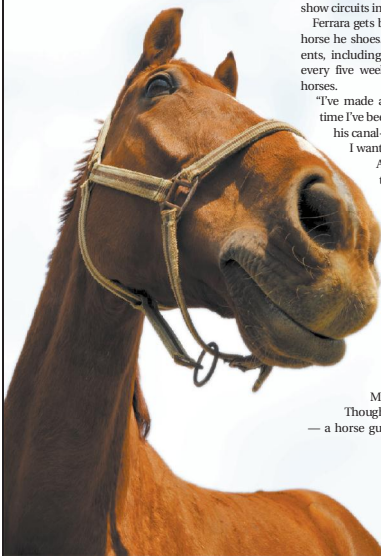
And like humans, especially athletes, getting it right is key to equine performance.

"It's extremely important to the way they move, to the way the ligaments handle everything," Eklund said as Ferrara worked on Lacy. "If you don't have the right angles and the right shape of their foot, it means everything."

She said she and her horses are lucky to have Ferrara nearby.

"If your horse is not sound he's not going to work for you," Eklund said.

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BOTTOM LINE

Luxury Realtors now operating in the Keys

Local realtors Bob Cardenas and Ralph Spano have opened the newest franchise of Engel & Völkers Florida, a global real estate firm headquartered in Naples, Fla.

With plans to expand across Monroe County, Cardenas and Spano will focus on the luxury real estate market throughout the Florida Keys.



Spano

Cardenas

These dedicated individuals are continually recognized by our patients and associates, always exceed expectations, and model the G2G guiding principles — servant leadership, never settling and always doing the right thing.

Cigar aficionado recognized

Marc Miclette, a professional tobacconist with Southernmost Cigar Club, 306 Front St., Key West, has qualified for membership in the International Premium Cigar & Pipe Retailers Association.

The organization is the leading nonprofit industry group representing retailers, manufacturers and distributors of handmade cigars, pipes and accessories. Stores displaying the association's logo are recognized as premier purveyors of premium



Lock



May

tobacco products.

As a member of the association, Miclette has access to its resources for market research, trade shows, products, services, publications, and participation in community, constitutional and legislative action programs.

Naval Air Station Key West receives award

Naval Air Station Key West was the Best in Show recipient of the 2010 Thompson-Ravitz Award for Excellence in Navy Public Affairs.

The base's submission was about informing the boating public of enforcement of restricted waters near Navy properties, for their own safety.

"This award is a testament to the dedication we have as an installation to continue communication with our partners and neighbors in the local community to ensure compatible use of the land and resources we share," said base commander Capt. Patrick Lefere.