

A RESOURCE GUIDE FOR YOUR GENERATION

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LIVING WELL 50 Plus

ENTERTAINMENT • HEALTH • BARGAINS • LIFESTYLE

Person of Interest:

Sam Dick

Local news anchor is a triathlete, cancer survivor

ALSO INSIDE

Late Life Success:
Clara Barton

Grow Yourself a
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Your Key to a
Great Getaway



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TRAVEL

Here's Your Key to a Great Getaway

Florida's Sarasota area has lots to offer



by Jan Ross,
Staff Writer

The Sarasota area of Florida has a lot to offer travelers, including the fact that it is below the frost line, so it has lovely, warm weather in the winter.

But it's the sand that is most appealing. Although every beach in Florida has sand, it's not like the sand here. Formed of crushed quartz, Sarasota sand is always cool even on the hottest days and has a soft, baby-powderlike texture that you won't find on any other beach.

Because a beach house or condo is always a nice option on a trip, the Crescent Royal Condos on Siesta Key make a great choice for your Sarasota getaway. Condo No. 7a is one of the best choices in the entire complex. With more 2,000 square feet, including four bedrooms – two of which are master bedrooms – a

huge, fully equipped kitchen, a large living room and an amazing glassed-in porch with a view of the Gulf of Mexico, it's a perfect location. There are also one-, two-, three- or four-bedroom units in the complex, all with a view of the Gulf and all with a porch, the perfect place to watch the spectacular Florida sunsets.

Cross the bridge from Sarasota to the beach area of Siesta Key and you enter a charming area with local shops, wonderful restaurants and plenty of beach houses, cottages and condos. The public beach has a nice playground, picnic areas and tennis and beach volleyball courts. Watersports abound in this sanctuary from winter with scuba diving, boating, parasailing, jet skiing and sailing all available. However, just relaxing on the beach is always a good choice. Spend a day at the beach, then check out all the little shops in the Village and have a scrumptious

Italian dinner at Café Gabbiano. Be sure to try the lobster ravioli – it is amazing!

On another day during your stay, pack your swim suits and a picnic lunch and spend some time at the beautiful beach on Lido Key. The public beach area is pristine and beautiful with changing rooms and even a small public pool for a dip if you tire of swimming in the ocean. In the late afternoon, head to St. Armands Circle in Sarasota, where there are many upscale shops and restaurants. Plan on having dinner at the Tommy Bahama restaurant for a wonderful dining experience. Try to sit in the second-story dining room, which has a pretty view of the area



through the large windows. The crab bisque, coconut shrimp and Parmesan-crusted Sanibel chicken add up to the perfect meal. You will be too full for dessert, but be sure to order the restaurant's famous Pina Colada cake to go. You won't be sorry!

