



GOING ON A TRIP?

'Touring with the Townies' features reader-submitted photos from travels. Let's see how many places we can go!

TOWNIES 18



WHAT A CATCH!

Have you found great fish in Treasure Coast waters? See one that didn't get away and see how your own prize could be in the paper soon.

CATCH 15



PLANNING AHEAD

Treasure Coast towns setting up many ways to celebrate the Fourth of July, wherever you may be

ENTERTAINMENT 13



KIDS COUNT

See how the Treasure Coast compares in common measures for kids' health, and any room for improvement

COMMUNITY 9

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Testing lifejackets



Photo courtesy of MaryAnn Ketcham

Hosted by Martin County Parks and Recreation and Sailfish Splash Waterpark, the World's Largest Swimming Lesson 2018 drew nearly 100 people. The event is part of a nationwide campaign to bring awareness to and help prevent drowning. Here, Khloe Rodgers of Port St. Lucie and Carlon Crowley of Palm City learn that lifejackets will keep them afloat after a lifeboat is tipped.

Local immigration rallies part of nationwide protests

By Mike Winikoff

mwinikoff@hometownnewsol.com

TREASURE COAST — Two Treasure Coast communities are among 28 in Florida planning Families Belong Together rallies on June 30. The nationwide protests will occur on the same day as a central rally in Washington, DC, all concerning

the separation of immigrant children from their parents.

One rally will be in Sebastian's Riverview Park at 4 p.m.

In Jensen Beach, a rally will take place outside the Treasure Coast Mall entrance at 11 a.m., the same time the Lafayette Square event begins in

See RALLIES, page 8

County agrees on medical marijuana regulation

By Donald Rodrigue

For Hometown News

STUART — The Martin County Commission voted 4-1 June 12 to follow staff recommendation for allowing medical marijuana dispensaries anywhere in the unincorporated county where pharmacies are allowed.

Growth Management Department Director Nicki van Vonno gave commissioners a detailed history of the 2016 constitutional amendment passed by the majority of Florida voters legalizing the cultivation, production and sale of medical cannabis and told them the county needed to align its regulations with those of the state. Even before the amendment passed, the Martin Commission had already decided it would regulate medical marijuana dispensaries under the same restrictions of pain management clinics. State regulations crafted by the Florida Legislature in the year and a half since the amendment passed would automatically trump local rules.

"The Florida Statute actually prohibits local government from regulating the cultivation and processing and dispensing of medical marijuana," she explained. "However, local governments may regulate the dispensing facilities, and the statute lays out two options: one is to regulate them the same way you regulate a pharmacy with a 500-foot dis-

See MEDICAL, page 4

COMMUNITY CALENDAR

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Community calendar

FRIDAY, JUNE 29

• **Senior Day:** 11 a.m. to 2 p.m., Hobe Sound Public Library, presented by In His Love Ministries. Information on forms of transportation, food banks, senior discounts, useful phone numbers, plus games, crafts, exercises for sitting and standing, samples, healthy recipes, speakers, more. *For more information, call (772) 631-7550.*

MONDAY, JULY 2 – FRIDAY, JULY 6

• **Junior Naturalist Camp:** Ever wonder what it is like to be a naturalist at Hobe Sound Nature Center? In this new camp, learn how to care for the resident teaching animals, interact with guests, and learn how to identify local plants and wildlife on the trail. The camp is open to all students ages 10-14, and is a two day program, 9 a.m. to 12 noon. Registration is \$50 per student. No transportation is provided. Space is limited, and you may register for one two-day program: either Monday and Tuesday, July 1 and July 2, or Thursday and Friday, July 5 and July 6; there are no events on Wednesday, July 4. *For more information, call (772) 546-2067 or visit http://hobesoundnaturecenter.com/event_calendar*

TUESDAY, JULY 3

• **Celebrate Recovery:** Each Tuesday at The Grace Place, 1550 S.E. Salerno Road, Stuart. Meant for help in dealing with any type of hurts, hang-ups or habits. Dinner at 6 p.m., large group meeting at 7 p.m., open

share groups at 8 p.m., Cross Talk Cafe at 9 p.m. *For more information, call (772) 288-3593.*

• **Overeaters Anonymous meeting:** Tuesdays, 6 p.m., St. Mary's Episcopal Church, 623 S.E. Ocean Blvd., Stuart, in Smith Hall next to the Cracker Barrel Thrift Shop. No dues, fees or weigh-in. *For more information, call (772) 263-2109 or visit oa.org.*

• **Tuesday Night Car Show:** 6:30-8:30 p.m., each Tuesday, weather permitting, in the Lowe's parking lot, 3620 S.E. Federal Highway, Stuart. Antique, collector and classic cars, plus raffles and 50/50 drawing, and music from the '50s and '60s. Food and drinks also available. Show is free to spectators, \$3 for car owners. *For more information, contact Jim Serra at (772) 285-3320 or jimserra117@gmail.com.*

THURSDAY, JULY 5

• **Jammin' Jensen:** 6-9:30 p.m., every Thursday night in downtown Jensen Beach except for Thanksgiving. *For more information, visit www.jensenbeach.biz.*

SATURDAY, JULY 7

• **C4CW Beach Cleanup:** 10 a.m. to 1 p.m., Stuart Beach, 866 N.E. Ocean Blvd., Stuart. Family-friendly beach cleanup with live music, a free yoga class, free food, kids activities, a raffle, and guest speaker to discuss our current water conditions. Trash bags and gloves will also be provided, no

See CALENDAR, page 8

Community notes

New pet therapy programs bring comfort and joy

Misty's Pals, the pet therapy arm of the Humane Society of the Treasure Coast in Palm City, is bringing joy and comfort to more Martin and St. Lucie County residents with the addition of two new programs. Misty's Pals pet therapy volunteers, along with their trained therapy animals, are now making monthly visits to Tradition Medical Center in Port St. Lucie and the Martin County Court System in Stuart.

At Tradition Medical Center, the volunteers are making regular visits to the third floor, where they'll greet parents, caregivers and children in the pediatrics unit, and the surgical and medical rooms on the fourth and eighth floors. These visits are from 10 to 11:30 a.m. every Wednesday.

At the Court House, Misty's Pals' Paws to Empower program is aimed to comfort parents, guardians and children who are involved in dependency court cases. Pet therapy teams visit on the first and third Thursdays and a set Monday of the month. Those visits are from 8:45 a.m.-10 a.m.

"A trained pet therapy animal can help relax both children and adults who are experiencing stress," said Jessie Clifford, director of humane education of the Humane Society of the Treasure Coast. "Sometimes all it takes is an opportunity to feel the unconditional love of a pet."

A pet therapy dog provides psychological or physiological therapy to individuals other than their handlers. These dogs have stable

temperaments and friendly, easy-going personalities. Typically, they visit hospitals, schools, hospices, nursing homes and more.

For more information, call Jessie Clifford at (772) 486-4168 or visit www.hstc1.org.

Get out and play during Parks and Recreation Month

On Tuesday, June 19, the Martin County Board of Commissioners presented a proclamation recognizing July as Parks and Recreation Month to Mark Lynch, Deputy Director of the Parks and Recreation Department. Martin County will join agencies nationwide in celebrating Parks and Recreation Month, an initiative of the National Recreation and Park Association.

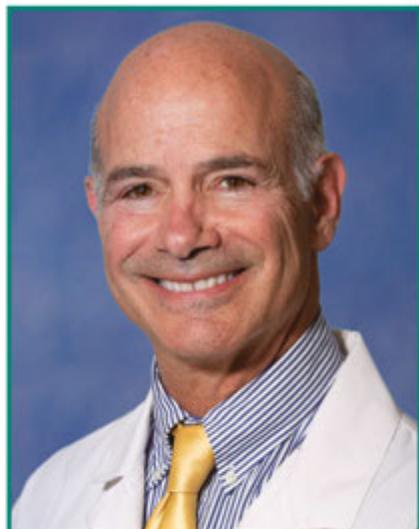
From providing places to play, get fit and stay healthy to recreational programs and special events, the parks and recreation department provides essential services to the community that promote health and wellness, foster new relationships and forge a connection with nature.

Mark Lynch, deputy director of the department, announced that Martin County Parks and Recreation will celebrate Parks and Recreation Month with a free, family fun event on July 14 and a Parks Activity Challenge that will encourage all residents and visitors to get out, explore our parks and stay active.

To learn more about events the department has planned, visit www.LoveMCParks.com or www.facebook.com/MyMCParks.

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Jensen pool store big on service

Owner of Causeway Pool & Patio has long history of servicing pools on the Treasure Coast

By Donald Rodrigue
For Hometown News

JENSEN BEACH — sIf you're having trouble getting your pool or Jacuzzi sparkling clear or fear that something's amiss in your filter system, you'll find your solution at Causeway Pool & Patio at 1114 N.E. Jensen Beach Blvd.

Owner Mark Mazzoli boasts a lengthy history of servicing swimming pools in the area, having previously run St. Lucie County-based Everclear Pools for 14 years prior to launching out into the retail aspect of the business last July. Most days you will find him at the store, testing water for customers and offering advice or tips how they can maintain their own pools for optimum enjoyment.

"Pools need three things to be healthy: adequate filtration, circulation and chemical balance," he said. "Like a three-legged stool will fall over absent one of its legs, so too will the pool be impossible to manage absent one of these three components."

Since many people get more use out of their backyard swimming pools during the hotter summer months, Mr. Mazzoli particular emphasizes the importance of proper chemical balance and pump operation.

"Most pools require eight to 10 hours of operation during summer months," he

explained. "Filters should be cleaned at least monthly and cartridge filters changed annually. We also advise testing your water at least weekly and having it done professionally monthly."

To extend the swimming season into the cooler months, the store also carries eight different models of swimming pool heaters that operate on either gas, electric or propane energy sources. Helio-col solar heating systems can also be purchased through the store.

After customers have their water tested, they'll then find the different chemical products needed to bring their water to perfection and all manor of equipment necessary to do the job. To make cleaning even easier, Causeway Pool & Patio sells Zodiac pool vacuum systems for in-ground pools and the Hayward AquaBug system for above-ground pools. If your pool finish is aging and needs to be re-done, Mr. Mazzoli's business is also an authorized representative for NPT interior pool finishes and boasts an ample selection of colors and textures to view in-store.

"We provide remodeling service for resurfacing, tile repair and replacement and leak service," he added.

The store carries a complete line of pool and accessory lighting available to make your patio experience even more endearing.



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"These are the bomb, the Cadillac of ceramic grills," Mr. Mazzoli said. "They are the only ceramic grills made in America."

Above all, Mr. Mazzoli wants his customers to enjoy a well-rounded patio and pool experience.

"We thoroughly enjoy helping people get the most out of their backyard," he said.

For more information on pool services offered by Causeway Pool & Patio, call 772-444-3213 or visit the company's Facebook page at www.facebook.com/CausewayPool-AndPatio. Better yet visit Mr. Mazzoli in person at 1114 N.E. Jensen Beach Blvd., a couple doors down from Ace Hardware.

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Medical

From page 1

tance requirement. The other option for local government is to prohibit them outright in your jurisdiction.”

While Mr. van Vonno recommended the county take the first option, Commissioner Ed Fielding -- who cast the lone dissenting vote -- attempted to sway his colleagues to ban the dispensaries altogether.

“If we do not make that choice, then we cannot limit [the number of them],” he said. “It seems that just the outright ban would give us the greater protection of this particular problem.”

Ms. Van Vonno reiterated that the Commission had the option of directing staff to prepare a prohibition ordinance instead, admitting that the state changed its own regulations mid-stream, forcing the county to revamp its regulations.

“So that is certainly an option if the Board wishes to prohibit them within unincorporated Martin County,” she said. “If I can clarify, the original statute actually did allow local governments to regulate the number that could be located within a municipality, and then when the legislature changed the statute, they took away that ability. So that’s your decision point: Do you want to regulate this the way we regulate pharmacies, which are allowed in certain zoning districts, or do you want to prohibit it outright?”

Commissioner Fielding then made a motion to ban medical cannabis dispensaries, saying he sympathized with proponents of the treatment because he’d lost a child to cancer but he also felt the county was ceding

local control to the state in the matter.

“The motion is for the county to choose to prohibit any dispensing facilities within the unincorporated Martin County,” he said. “I’m familiar with the potential medicinal aspects of marijuana... but what I’m addressing is the problems that emanate from this particular recommendation of having there be a governmental body that says yeah, it’s okay, let’s have these dispensing facilities.”

For his part, Commissioner Doug Smith said he understood his colleague’s point of view but wanted to ensure the county and city would be on the same page as far as the clinics go.

“I think what would be good -- whatever we choose to do -- is that we’re consistent with the city,” he said. “I think it’d be problematic for us if we don’t. If we voted to deny and we don’t want them, and the city did, then you’ve got the city doing it and us not doing it.”

Both Ms. van Vonno and Commissioner Harold Jenkins said the City of Stuart had yet to take a stance, with the latter saying he had spoken at length with City Commissioner Troy McDonald about the issue.

“I talked to Troy because I’ve lost more sleep over this issue than any other since I was elected,” Commissioner Jenkins said. “This one I’ve really struggled with, so I’ve talked to everybody. I did talk to Troy to find out where the city was in their process, and the answer to that was, it’s not even on the radar because they’ve got bigger fish to fry right at the moment. But he felt whatever we did, they would mirror.”

Commission Chairman Ed Ciampi admitted that the topic was a “challenging conversation and topic” for communities and elected bodies but felt the majority of

citizens had made their wishes known in 2016.

“You know marijuana’s not my thing, but where I stand on this is as you started off Ms. Van Vonno, that 71 percent of Floridians and 69.4 percent of Martin County residents did want medical marijuana,” he said. “I don’t think it’s an issue that’s going away; my personal opinion is that most states -- even the conservative ones -- will eventually find their way to medical marijuana.”

Commissioner Sarah Heard then made a substitute motion, agreeing that the voters had spoken.

“Given the voters’ strong support for medical marijuana -- they made a choice -- I think that our obligation is to implement policy that reflects their strong support for medical marijuana,” she said. “Therefore, I will move staff’s recommendation that we approve the ordinance, which regulates the dispensation of medical marijuana in unincorporated Martin County.”

Commissioner Fielding then made a final plea in an effort to get a second for his earlier motion for denial, worrying that medical marijuana might fall into the wrong hands.

“Whatever our rules are, we can’t limit the number of dispensaries,” he exclaimed. “It’s not just limited to dispensing to a patient; there’s also this group that’s called caregivers... a caregiver really is just a dealer, and there’s no reason that one might envision that to be different. So you then have the right to go and pick up marijuana, and then you can go to your clients and you can sell that to your clients. And so that’s part of what the law is. It’s either no, we’re not going to do it, or it’s yes, then all of this other rolling baggage of requirements comes along with it.”

Chairman Ciampi then began his final comments, holding the gavel in his hand as if ready to pass it in order to second at least one of the motions on the table.

“I think the larger conversation and debate has already been had at the state-wide level and the bar for constitutional amendments at 60 percent is high, and this passed resoundingly above that,” he emphasized. “I agree with what Commissioner Heard said, that it seems to be the will of the vast majority of Martin County residents that we address these issues.”

Commissioner Jenkins then chimed in. “I’ll reluctantly second it and avoid you having to pass the gavel,” he said.

“I appreciate that,” the chairman said. “I don’t think any of us are gleefully dancing -- none of us are the type to be like ‘yeah, this is great.’”

Emphasizing his determination to reject the dispensaries, Commissioner Fielding compared the issue to the state’s tight-fisted control of school district funding and labeled the issue as another of the state’s efforts to diminish home rule.

“It’s a concept that’s oriented towards the legislature wanting to have control and there being a group of lobbyists who are influencing the legislators,” he said. “So to me anything that would be a semblance of responsibility or character, I think we need to stand up for that, regardless of where society might be or not be, or where the legislature might be or not be. It’s incumbent upon use to take decisions that would be the most useful for the constituencies that we have.”

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Editor's note: This is a list of arrests, not convictions, and all arrestees are presumed innocent unless or until proven guilty in a court of law.

Arrests listed were made June 14 through June 21.

Stuart Police Department

- Brenda R. Cantu, 25, of Fort Pierce, was charged with possession of controlled substance, with possession of cannabis - under 20 grams, and with battery - touch or strike.
- Shakira Latoya Davis-Gordon, 26, of Stuart, was charged with tampering with or fabricating physical evidence.
- Giovanny Figueroa Diaz, 34, of Stuart, was charged with grand theft - property valued \$300-\$5,000.
- Gerfronza Lee Harris Jr., 19, of Stuart, was charged with possession of controlled substance with intent to sell or deliver.
- Cody Lane Johns-Grose, 21, of Fort Pierce, was charged with possession of controlled substance and with possession of cannabis - under 20 grams.

Police report

Martin County Sheriff's Office

- Todd Anthony Glover, 48, of Jensen Beach, was charged with grand theft - property valued \$300-\$5,000.
- Albert Lee Riggins, 39, of Indiantown, was charged with aggravated assault with deadly weapon and with criminal mischief.
- Anthony Darrell Rocha, 49, homeless, was charged with aggravated assault with deadly weapon and with possession or use of drug paraphernalia.
- Gino Gerard Taronto, 52, of Stuart, was charged with retail theft.
- Ryan Allan Taylor, 29, of Port St. Lucie, was charged with transmission of electronic information harmful to minors, with owning/operating a computer for pornography, and with unlawful use of two-way communication device to facilitate a felony.
- Christopher John Cuniffe, 20, of Jensen Beach, was charged with lewd or lascivious act in presence of a child under age 16 without sexual battery.
- Amanda Elisabeth Herneryd, 28, of Stuart, was charged with two counts of sale of controlled substance within 1,000 feet of specified area, with two counts of possession of controlled substance, and with unlawful use of two-way communication device.
- Alexandra Irene Maiolini, 27, of Bradenton, was charged with grand theft - property valued \$300-\$5,000, and with possession or use of drug paraphernalia.

- Evan Scott Pilson, 22, of Arcadia, was charged with two counts of possession of marijuana - more than 20 grams, and with possession or use of drug paraphernalia.
- Ciera Octavia Scott, 30, of Fort Lauderdale, was charged with two counts of grand theft - property valued \$300-\$5,000, and with two counts of possession of an anti-shoplifting device.
- Johnathon Robert Sherwin, 36, of Jensen Beach, was charged with aggravated battery with deadly weapon.
- Mehdi Mahraoui, 27, of Far Rockaway, N.Y., was charged with burglary of structure or conveyance with assault/battery.
- Charles Pratt, 39, of Stuart, was charged with possession of controlled substance and with driving under the influence.
- Matthew Alexander Thompson, 26, of Stuart, was charged with possession of controlled substance, with possession of cannabis - under 20 grams, and with driving while license suspended/revoked.
- Michael Thompson, 24, of Jensen Beach, was charged with attempt to flee or elude a police officer, with loitering or prowling, with resisting arrest without violence, and with driving while license suspended/revoked.
- Lesly Junior Ajuste, 22, of Port St. Lucie, was charged with possession of controlled substance, with possession of marijuana - more than 20 grams, and with resisting arrest without violence.
- Maxwell Dylan Tatum, 26, of Okeechobee, was charged with possession of controlled substance, with possession of

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- marijuana - more than 20 grams, and with possession or use of drug paraphernalia.
- Andres Sebastian Felix, 25, of Indiantown, was charged with unlawful sexual activity with certain minors - victim age 16 or 17.
- Steven Robert Martin, 59, of Port St. Lucie, was charged with possession, manufacture, sale or delivery of controlled substance, with possession of controlled substance, and with introduction of contraband into detention facility.
- Basilio Morales-Jimenez, 35, of Stuart, was charged with false imprisonment of an adult.
- Michelle Elizabeth Pace, 43, of Stuart, was charged with possession of marijuana - more than 20 grams, and with possession or use of drug paraphernalia.



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VIEWPOINT

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Rants & Raves

Got something to say?

Email the Hometown Rants & Raves at

newsfp@hometownnewsol.com

The Rants and Raves section provides a chance for readers to share their thoughts with other readers. The opinions included are not those of Hometown News or its employees.

Please limit your submissions to 250 words, so that we can include more entries.

Readers are asked to refrain from making slanderous or libelous statements.

Leaving window slightly open not enough for parked pets

Had to call police today about a small white dog left inside a red Chevy Colorado pickup truck with many Air Force stickers on it, in a Publix parking lot. What part of "it is just too hot to leave anyone, a child or a dog, in a parked vehicle" do people not understand? Leaving a window slightly open while you are inside an air conditioned store doesn't cut it. Tried to get help from Publix to no avail.

We vote for others appointed by that person we are voting for

This country seems to have a penchant for putting itself in harm's way. Another pipeline has exploded in West Virginia.

While the Pipeline and Hazardous Materials Safety Administration's Eastern Regional Office identified the line as TransCanada's (the same company behind Keystone pipeline) Leach XPress Pipeline, placed into service this past February, the cause of the explosion is still unknown. We've also had another leak in the Keystone Pipeline (November 2017) where thousands of gallons of oil were lost.

I bring these two situations up to remind everyone that Florida does have natural gas pipelines. The Sabal Trail Pipeline, owned and operated by Sabal Transmission LLC and NextEra Energy, Inc. (FPL) run from Alabama into Florida.

Scott Pruitt, the Environmental Protection Administration administrator, having been appointed by our President and the Florida Department of Environmental Protection's Secretary, Noah Valenstein, appointed by our Governor, are the people in charge of protecting residents from any unforeseen accidents that may occur here.

We need to think very carefully of the importance of these types of appointments by those who we vote for. Not only are we voting in the person, but we're implicitly voting for others appointed by that person.

Come election day we need to carefully consider our votes before casting our ballots.

Gone are days when foods were real, not genetically enhanced

What a shame that these late generations can never savor, taste and smell the essences of real non-hybrid strawberries, black berries, raspberries or smell the sweet smell of roses.

Ever since the corporation have captured control of our foods, we have been short changed. Now we have artificial flavors, high fructose corn syrup and artificial colors. Cattle are fed growth hormones.

There are no natural grown foods anymore, but those of us have lived before Monsanto and other food modifiers can remember when the blossoms and foods were real and delicious and not artificially flavored and colored.

Governments control people; money controls governments

Most of earth's inhabitants have no idea of what cataclysms has occurred in our past nor what may be in store for the future. In addition to the natural disasters and changing climate, we live as if everything is forever until we become old senior citizens and realize there are consequences to our ignorance of the truth and facts of reality.

Just watch the news and see millions of automobiles smoking and polluting the air we breathe.

It is believed that dinosaurs and animals

Future swimmer



Photo courtesy of MaryAnn Ketcham

Dulce Juan helps teach her 22 month-old daughter Noelle the back float

and creatures from our past grew to such enormous sizes because our atmosphere contained a greater percentage of oxygen than we breath in today.

There are thousands of airplanes in the air all day long and seven days a week, also active volcanos are spewing noxious gases, All of these toxic fumes cause acid rains which in time will destroy all life just as one big asteroid destroyed the dinosaurs.

There may not be a chance for Earth to recover. Governments do not care as long as they can bluff the people.

There is one thing to remember: governments control the people and not the reverse and money controls the governments and the politicians.

Smoking in public

Smoking in public doesn't have to be seen in a negative light. I agree, the filters from cigarettes are a world wide issue, I personally pick them up if in the right time and space. I've also heard of people using them as fiber for arts and crafts. As far as the act of smoking whether it be tobacco, mullein, lavender, marijuana, or whatever plant one chooses to smoke, I can only offer a suggestion- natural rolling papers that will break down faster than filters.

Why do people smoke? Why do people

eat chocolate? Tomatoes, tomato's?

The middle class

I read an article this morning Why the Middle Class Can't Afford Life in America Anymore (NY Post) and it got me thinking.....it's really true!

My children will never have the same level of comfort that my husband and I have had. I can't even imagine what the future holds for my grandchildren. Climate change may very well change life on earth. Add to that the fact that our retirement years are more uncertain today than ever before. Not only have we let the economy implode, we've made sure that the next generation's life expectancy is years less than ours.

How did we let this happen? I think it's apathy. We saw things that were happening but thought that someone else would do something about it. I remember the saying "We are the ones we've been waiting for" and we didn't even realize it.

We can't continue to pile up all these problems for future generations to solve. Do something - do anything - but get up and make a difference in your community.

"Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects." (Dalai Lama)

Hometown News

Published weekly by Hometown News, L.C.,
5059 Turnpike Feeder Road, Ft. Pierce, FL 34951
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Classified (800) 823-0466 Rants & Raves (866) 465-5504
Circulation Inquiries 1-866-913-6397
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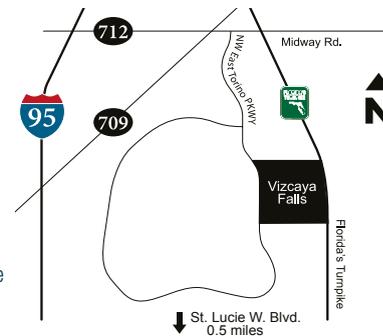


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Are you tired of 'automatic updates'?

If there is one computer issue I can name that annoys both Windows users and Mac users alike it would have to be automatic updates.

If you've used a computer for any length of time you've experienced annoying messages that pop up telling you that one program or another needs to update and usually the message is worded in such a way as to make you believe that if you ignore the message horrible things will happen. One of the worst offenders has got to be Adobe with their "Flash" and "Adobe Reader" update messages popping up on an almost daily basis.

What gives? Why is it that you can hardly make it through a day without some program interrupting your workflow nagging you about an update and insisting that you need it? Does ignoring update messages lead down the path of doom or are these constant messages just noise that can safely be ignored?

Well, I have some theories that should answer these questions.

First, I like to categorize updates into two slots – the first being "important updates that are dangerous to ignore" and the second slot for "updates that are trivial and safe to ignore (until actually needed)."



COMPUTE THIS
SEAN MCCARTHY

Let's talk about the first category; why ignoring them can lead down the road to peril and what you should do about them. I categorize things like operating system updates and antivirus updates as important – don't ignore. When you see a message telling you that Windows has "x amount of updates available" or (if you are running a Mac) "important operating system updates are available," set aside some time to apply these updates because the operating system is the one central part of the computer that governs everything.

Quite often these updates are patches that correct known bugs and often plug security holes that viruses and malware can take advantage of to infect your system. Ignoring these operating system updates can leave you vulnerable to malware or other problems that the updates just may fix. And the fact of the matter is, if your computer is up and running, you are using

the operating system so it's not like it's an update for a program you never use.

Antivirus updates are in the same category – they are important and ignoring them can leave your system open to attack from viruses that you may encounter as you surf the Internet. Think of it this way – every day new viruses are released into the wild and it takes the antivirus companies a while to come up with a definition for these new threats. It's these definitions that are included in the antivirus updates and applying these updates is the only way your antivirus program can recognize (and block!) new threats as you encounter them online. Sure, we're all vulnerable to the new threats that haven't been defined yet but ignoring the antivirus updates leaves you vulnerable to threats that have already been discovered. If your antivirus software doesn't update itself automatically, ignoring the update messages is just asking for an infection.

OK, so we've covered the first category, let's talk about the second; updates that are safe to ignore.

As I mentioned, I have a theory about this. On every computer there are hundreds of programs installed. Some programs are used daily and some hardly ever get used at

all but all programs have one thing in common – they are all written by people and most of them are working 9 to 5 at their programming job. When they write a program and then distribute their program to the masses it's not over for them. If it were, they would have to look for a new job every time they finished a program. No, what happens is after they release a program when they show up for work the next day they have to do something to justify their salaries so what do they do? They keep working on the program that they've already released and push these "adjustments" out as updates.

Now again, this is just a theory but it's served me well over the years. Keeping that in mind I adopt the attitude of "if it's not broke, don't fix it" and ignore the cacophony of update messages that all the "other" programs on my machine make and only apply "non operating system" or "non antivirus" updates when I'm having problems with that particular program. It's a philosophy that has yet to let me down.

Sean McCarthy fixes computers. He can be reached at 888-752-9049 or help@ComputeThisOnline.com (no hyphens).

Rallies

From page 1

Washington, DC.

Other Florida rallies scheduled for the same day will occur in Boca Raton, Clermont, Crawfordville, Dade City, Daytona Beach, Deland, Fort Myers, Gainesville, Gulfport, Hollywood, Inverness, Jacksonville, Melbourne, Miami, Naples, Orlando, Palmetto Bay, Panama City, Pensacola, Saint Augustine, Sarasota, Sebring, Tallahassee, Tampa, The Villages, and Spring Hill.

Rally organizers decided to proceed with their plans despite President Donald Trump's June 20 statement that his administration would stop its policy of separating families.

"The executive order that Donald Trump signed today is not a solution to the crisis created by his administration," read a June 20 statement from Families Belong Together Sebastian, a coalition of many Indian River County and national organizations including Indivisible, MoveOn, and Sebastian Action. "It keeps kids imprisoned indefinitely, and doesn't reunite thousands of separated families. But it does show the admin-

istration is reacting to public pressure, so we will continue to increase our pressure for justice at hundreds of events on Saturday, June 30, to say that families belong together and free."

Nationally, the Families Belong Together umbrella group claimed it had received over 400,000 RSVPs to attend more than 600 events.

Other organizations that have endorsed the day of action and urged their members to participate include the ACLU, Amnesty International, Alliance for Justice, American Constitution Society, Center for Biological Diversity, Families USA, Feminist Majority Foundation, Greenpeace, Human Rights Campaign, Japanese American Citizens League, Jewish Voice for Peace, LGBTQ Task Force, NARAL, Partnership for Women & Families, National Women's Law Center, People For the American Way, Planned Parenthood Federation of America, Presbyterian Church (USA), Public Citizen, SEIU, Sierra Club, Southern Poverty Law Center, Unitarian Universalist Association, Unitarian Universalist Service Committee, and the YWCA USA.

For more information, visit www.familiesbelongtogether.org.

Calendar

From page 2

need to bring your own. If you would like to get involved and/or sponsor this event, email info@citizensforcleanwater.org.

MONDAY, JULY 9 – SUNDAY, AUG. 5

• Summer Camp at the Barn Theatre:

Camp Barn Theatre will run for four weeks from Monday, July 9 through Sunday, Aug. 5 from 9 a.m. to 4 p.m., Monday through Friday. The camp is open to kids entering the fourth through the tenth grades. Only 32 campers will be accommodated so classes are small and personal. Campers will learn about the basics of theater – acting, directing, set design, stage crafts, stage management, and even about the business of theater – all while rehearsing for a main stage grand production the weekend of Aug. 4. The camp classes will be taught by professional theater educators as well as by some industry guest speakers, at the theatre, located at 2400 S.E. Ocean Blvd., Stuart. For information about the Summer Camp, call the box office at (772) 287-4884 or visit the Barn's website

at www.barn-theatre.com.

MONDAY, JULY 9 – FRIDAY, JULY 13

• 'Expedition: Florida' immersion camp:

Summer camp for ages 12-14. 8 a.m. to 2 p.m., Florida Oceanographic Coastal Center, 890 N.E. Ocean Blvd., Stuart. Explore the wilds of Florida and the fascinating ecosystems that make our state unique. Students will tromp through the Center's mangrove swamp, snorkel Bathtub Reef Beach, and more as they learn about the plants and animals that call these places home. Specialty immersion camps are \$200 for members, \$240 for non-members. For more information, visit www.floridaocean.org.

TUESDAY, JULY 10

• **Celebrate Recovery:** Each Tuesday at The Grace Place, 1550 S.E. Salerno Road, Stuart. Meant for help in dealing with any type of hurts, hang-ups or habits. Dinner at 6 p.m., large group meeting at 7 p.m., open share groups at 8 p.m., Cross Talk Cafe at 9 p.m. For more information, call (772) 288-3593.

See CALENDAR, page 10

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Treasure Coast disappoints in child well-being study

By Mike Winikoff

mwinikoff@hometownnewsol.com

TREASURE COAST — The Treasure Coast received mixed scores in the 2018 Kids Count Data Book, released this week by the Annie E. Casey Foundation. The annual nationwide study uses 16 indicators to rank each county across four domains - health, education, economic well-being and family and community - as an assessment of child well-being.

None of the three Treasure Coast counties scored as high as would be expected from per capita income. Martin County, with the third highest per capita income in the state of \$35,772, ranked eighth out of 67 counties statewide in 2018.

Indian River County, with the seventh highest per capita income of \$31,918, ranked 26th out of the 67 counties.

St. Lucie County, with the 32nd highest per capita income of \$23,296, ranked 40th of the 67 counties.

"Regardless of ranking, improvements were noted in all three counties in economic well-being," Florida Kids Count Director Dr. Norin Dollard told Hometown News. "The picture in education was more mixed across the three counties with Indian River showing consistent improvement, but mixed results in Martin and St. Lucie Counties."

The four education indicators examined were percentage of young children not in school (ages 3-4), percentage of fourth-graders not proficient in reading, percentage of eighth-graders not proficient in math, and percentage of high school students not graduating on time.

Education was the domain that Indian River ranked the best in at 19. Three of the four educational measures improved in the time the report covered. 4th graders proficiency in reading was unchanged from the last study.

Education was the domain in which Martin County had the highest ranking, with a ranking of 7. Martin improved in the number of 3 and 4 year olds in preschool and in the number of students graduating on time. There was decline in both 4th grade reading proficiency and 8th grade math.

St. Lucie was ranked 33 of 67 in the education domain. The only measure that improved was the graduation rate.

The four health indicators studied were percentage of low birth-weight babies, percentage of children without health insurance, rate of child and teen deaths per 100,000 children ages 1-19, and percentage of teens who abuse alcohol or drugs (ages 12-17).

"Health was similarly mixed although all counties improved in health insurance coverage for children and fewer teens using drugs and alcohol," said Dr. Dollard.

St. Lucie scored best of the three Treasure Coast counties in this domain with a ranking of 26. Improvements were observed in the number of children with health insurance coverage and the decrease in the number of youth who reported using drugs and alcohol in the preceding 30 days. There was no change in the number of low birth weight babies and an increase in overweight and obese 1st, 3rd, and 6th grade students.

Indian River County ranked 39 out of 67 counties in the health domain. There was progress in that the county had more chil-

dren with health insurance coverage and fewer teens who reported using alcohol or drugs in the past 30 days over the five year period of the report. "As far as areas to focus on for improvement, there were more children identified as obese or overweight," said Dr. Dollard. There was no change in the number of low birth weight babies in the report period.

Health is the area in which Martin County had the least success and had a ranking of 45 statewide. Although gains were observed in health insurance coverage and in reducing the number of teens who reported using drugs or alcohol, no change was observed in low birth weight babies or in the number of overweight or obese students.

The four economic well-being indicators studied were percentage of children in poverty (income of \$24,339 for a family of two adults and two children), percentage of children whose parents lack secure employment (no full-time, year-round work), percentage of children living in households with a high housing cost burden (spend more than 30 percent of pretax income on housing), and percentage of teens not in school and not working (ages 16-19).

Martin County was the best in the region in the economic domain, with a score of 12. Martin County had fewer children living in poverty, a low unemployment rate, and fewer households where 30 percent or more of income was spent on rent or mortgage.



No change was observed in the number of teens who were neither in school nor working.

Indian River County ranked 32 in economic well-being. The county had fewer children living in poverty, more people employed and there were fewer households who expended 30 percent or more on housing. There was no change in teens not in school and not working.

St. Lucie County showed improvements in all four indicators in the economic well-being domain. However, it only achieved a ranking of 49 because greater gains were observed in other counties.

The four family and community indicators were percentage of children living in single-parent families, percentage of children in families where the household head lacks a high school diploma, percentage of children living in high-poverty areas, and rate of teen births per 1,000 females ages 15-19.

"Family and community indicators did not show a consistent picture, though, across the board, improvements were seen in juvenile justice contacts," said Dr. Dollard.

Martin County was 29th out of the 67 counties in family and community. Martin

See CHILD, page 10



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PARADISE

Water safety saves lives



Left: Jensen Beach's Marijo Alsip shares a laugh with 3 year-old Asher Sale after he emerges from a head dip
Right: Lyric Persons of Port St. Lucie helps teach daughter Lakkari how to float on her back
Photos courtesy of MaryAnn Ketcham



Above: Dan Lund, Martin County Ocean Rescue lifeguard, makes sure that 7 year-old Oliver McPherson is safe in the water. **Left:** Patrick George holds onto one-year old son Princeton as he shares high-5s
Hosted by Martin County Parks and Recreation and Sailfish Splash Waterpark, the World's Largest Swimming Lesson 2018 drew nearly 100 people. The event is part of a nationwide campaign to help prevent drowning. Each participant received a certificate of completion. For information about swimming lessons, visit SailfishSplash.com

Three year-old Amore George practices blowing kisses and bubbles underwater

Calendar

From page 8

- **Overeaters Anonymous meeting:** Tuesdays, 6 p.m., St. Mary's Episcopal Church, 623 S.E. Ocean Blvd., Stuart, in Smith Hall next to the Cracker Barrel Thrift Shop. No dues, fees or weigh-in. For more information, call (772) 263-2109 or visit oa.org.
- **Tuesday Night Car Show:** 6:30-8:30 p.m., each Tuesday, weather permitting, in the Lowe's parking lot, 3620 S.E. Federal Highway, Stuart. Antique, collector and classic cars, plus raffles and 50/50 drawing, and music from the '50s and '60s. Food and drinks also available. Show is free to spectators, \$3 for car owners. Contact Jim Serra at (772) 285-3320 or jimserra117@gmail.com.

WEDNESDAY, JULY 11

- **Seagrass Fragment Collection Walk:** 9-10:30 a.m., Florida Oceanographic Coastal Center, 890 N.E. Ocean Blvd., Stuart. Join Dr. Katie Tiling at 9 a.m. for this small-group event as she explains seagrass importance and how to find and identify seagrass fragments on our local shorelines. You will visit local shorelines around the Stuart area. Wear closed-toe shoes and bring water. Participants under 15 years of age must be accompanied by an adult. Participants 15-18 years old must be signed in by a parent/guardian. RSVP

online at floridaocean.org or call Dr. Tiling at (772) 225-0505 ext. 120 for more information.

- **Faith and Book Discussion Group:** 10 a.m. every Wednesday, Unitarian Universalists of the Treasure Coast, 21 S.E. Central Parkway, Stuart. Non-denominational group. Books are available at a discount through the group. Free, public is welcome. For more information, visit www.tcuuc.com.

THURSDAY, JULY 12

- **The Sound of Soul event:** 11 a.m. to 12 p.m., Spiritual chant and discussion, Eckankar Center of the Treasure Coast, 541 S.E. Central Parkway, Stuart. The public is invited. For more information, call (772) 223-1188 or visit www.Eck-Florida.org.

THURSDAY, JULY 12 – FRIDAY, JULY 13

- **Canines, Cats & Critters Camp:** Offered by the Humane Society of the Treasure Coast. Campers will have an opportunity to get hands-on experience with animals, learn about some of today's animal issues, pet responsibility and safety, and more. Camp is from 9 a.m. to 3 p.m. each day and is \$80 per camper. Meant for ages 8 to 11. This camp is limited to 20 spots for each session and reservations must be made online. Visit www.hstc1.org for registration packet and information.

Child

From page 9

County had more children living in households with a single head of household, and more children with verified maltreatment than it had five years earlier. It improved in reducing the number of children living in areas of concentrated poverty and in reducing the number of children who had contacts with the juvenile justice system.

In Indian River County, family and community was the lowest of the domain ranks with a ranking of 40 out of 67. There were fewer children living in single parent households, fewer children with verified maltreatment and fewer children who had contacts with juvenile justice. There were, however, more children living in areas of concentrated poverty (census tracts where 30 percent or more of residents live below the federal poverty level).

St. Lucie was ranked 41 in the family and community domain. There were improvements noted in the number of children with verified reports of child abuse and neglect, as well as decreases in the number of youth who came into contact with the juvenile justice system. There was no change in the number of children living in single parent households. The number of children living in areas of concentrated poverty increased.

"Findings suggest continuing efforts are needed to prevent child abuse and neglect,

prevent youth from coming into contact with the juvenile justice system and continuing to expand health insurance coverage," Dr. Dollard said. "While there is always room for improvement, the increases in overweight and obese students is a concern."

"Following statewide expansions of health insurance programs, more kids than ever have access to the health care they need to thrive," Dr. Dollard said. "But further investments are needed to reach the Florida children who lack coverage."

Nationwide, the top five states overall were New Hampshire, Massachusetts, New Jersey, Minnesota, and Iowa. The bottom five states were Alaska, Nevada, Mississippi, Louisiana, and New Mexico.

The study authors warned that a potential undercount in the 2020 Census could put children at risk.

"If we don't count children, we render their needs invisible and their futures uncertain," said Casey Foundation President and CEO Patrick McCarthy. "A major census undercount will result in overcrowded classrooms, shuttered Head Start programs, understaffed hospital emergency rooms and more kids without health care."

Florida Kids Count is part of a nationwide Kids Count network, a project of the Annie E. Casey Foundation. For more information, visit floridakidscount.org. For more info about the Casey Foundation, visit www.aecf.org.

Help the lagoon by taking photos

By Mike Winikoff

mwinikoff@hometownnewsol.com

TREASURE COAST — sOf all the attractions that bring tourists to the Treasure Coast and make residents want to live here, the crown jewel is the Indian River Lagoon. The lagoon is the one constant that offers unique recreation and relaxation opportunities throughout our varied communities. Our beach experience is relatively similar to that found throughout the Florida coast, but our lagoon is special.

Through July 31, everyone can help the lagoon by taking photos and submitting them to the 2018 Indian River Lagoon Photo Contest conducted by the Indian River Lagoon National Estuary Program.

The lagoon provides an enormous economic benefit for the five counties it borders. A 2016 study by the East Central Florida and Treasure Coast Regional Planning Councils showed the annual economic output from the lagoon was about \$7.6 billion, not counting the \$934 million in real estate value of properties located on or near the IRL.

According to the IRLNEP, more than 2,000 species of plants, 600 species of fish, 300 species of birds, and 53 threatened or endangered species inhabit our lagoon. Scientists say the Indian River Lagoon is one of the most biologically diverse estuaries in North America.

All of these plants and animals provide perfect opportunities for photo contest submissions. The five categories of photos for the contest are "Working and Playing on the Lagoon," "Lagoon Plants and Animals,"

"Scenic," "Living Lagoon-Friendly," and "Volunteering to Help the Lagoon."

Winning photos and some others will be published in the 2019 Indian River Lagoon Calendar to benefit the IRLNEP. The overall winning image will be featured on the calendar cover.

All images must be taken within the Indian River Lagoon watershed, including its tributaries. Coastal beach photos like surfing photos are not eligible.

The IRL spans 156 miles of Florida's east coast, from Ponce de Leon Inlet near New Smyrna Beach in Volusia County to Jupiter Inlet on the southern border of Martin County.

Treasure Coast residents have representation on the IRL Council Board of Directors, which includes Chairperson Chris Dzadosky of the St. Lucie County Commission, Secretary Susan Adams from the Indian River County Commission, Brevard County Commissioner Curt Smith, and Martin County Commissioner Ed Fielding.

The IRL includes three main water bodies, Mosquito Lagoon, Banana River and the Indian River Lagoon, none of which are actually rivers. They have no headwaters and no mouths. Rather, the Indian River Lagoon is an estuary, a transitional environment between land and ocean. What makes it a specific kind of estuary called a lagoon is that it is shallow and separated from the ocean by barrier islands.

For the photo contest, three entries may be submitted per photographer. All must be in landscape format and should use the highest resolution your camera allows. More specifics about format requirements can be

found at www.irlcouncil.com.

Contestants retain all rights to their images, but must grant permission for unrestricted use by the Indian River Lagoon National Estuary Program and IRL Council to use in publications, educational exhibits, and online. Release signatures of any recognizable persons in a photograph are also required.

It is strongly recommended that photographers read the full contest rules before setting out to take photos. If you like to alter images, be sure to read the rule regarding which kinds of alterations are allowed.

The deadline for entry is July 31, 2018. For contest rules, entry forms, and a sample model release, visit www.irlcouncil.com, where you can also learn more about the lagoon. Another great website for lagoon info is www.onelagoon.org.

For more information about the contest or the lagoon, contact Kathy Hill, Indian River

15th Annual IRL Photo Contest

Your best photos of the Indian River Lagoon could be featured in our 2019 IRL Calendar!



Contest rules and entry forms are available online at onelagoon.org.

Got a question? Email or call:
Indian River Lagoon National Estuary Program
Kathy Hill
hill@irlcouncil.org
(321)536-6039



Lagoon National Estuary Program, hill@irlcouncil.org, (321) 536-6039.

Submit digital entries to info@irlcouncil.org. Submit entries by mail to IRL Council, 1235 Main St., Sebastian, FL 32958.

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Treated badly by a car dealer? Here's advice

Earl Stewart is the owner and general manager of Earl Stewart Toyota in North Palm Beach. The dealership is located at 1215 N. Federal Highway in Lake Park. Contact him at www.earlstewarttoyota.com, call 561-358-1474, fax 561-658-0746 or email earl@estoyota.com.



ON CARS
EARL STEWART

Hopefully the sales or service experience with your car dealer went well but, all too often, they don't.

Now what? The advice I give you applies to all business transactions, not just car dealerships.

Your first step should be to communicate your complaint ASAP to the General Manager or, preferably, the owner. Be sure that you are talking to the REAL owner or the general manager. A General Manager is over all employees in the entire company. A general "sales" manager is not a General Manager. If you can't reach the owner (Many car dealerships are either publicly owned or owned by absentee owners), ask to see the General Manager. Often the owner or General Manager is not aware of everything that goes on with all of their customers and employees. They might have a new employee that should not have been hired or received inadequate training. Or, they may simply have a "rotten apple" that should not be working there. The ease and speed with which you can meet and speak to a General Manager or an owner is a pretty good measure of the integrity of the company as whole. If the owner or General Manager cares enough about her customers

to allow total access, it is probably a very good place to do business. In fact, it is a good idea to find this out before you do business.

Second, if you cannot reach the owner or General Manager, contact the manufacturer who franchises the dealership. Car dealers have a contract with the manufacturer called a franchise agreement and this contractual agreement requires that they treat their customers with courtesy, efficiency and integrity. Most manufacturers have a customer hotline, 800 number, that allows you to call and register a complaint directly. The owner or General Manager of the dealership will be made aware of your complaint. As you might guess, the manufacturer has quite a bit of clout with their dealer. If a dealer does not live up to his side of the contract, his franchise could be canceled or not renewed.

The third step I recommend, if numbers one and two don't work, is to contact a consumer agency like The Better Business Bureau or the County Office of Consumer Affairs. These agencies will send your complaint to the dealership and request a written reply. No car dealership or business wants an unanswered complaint in the file of a governmental or private consumer

agency.

The fourth step is to call the Florida Department of Motor Vehicles, DMV, and/or the Florida Attorney General's office. These are extreme steps to be used for serious, even illegal, activities. The DMV has the power to suspend or cancel a dealer's motor vehicle retail license, putting him out of business. The Attorney General's Office can file criminal charges and assess

large fines, even jail terms. The DMV phone number is (850) 617-2000 and the Attorney General's phone number is 866-966-7226. You can access complaint forms at this website, www.FloridaCarDealerComplaints.com.

Your last resort is to contact an attorney. I list this last because hiring an attorney just about eliminates the possibility that you can quickly, amicably and inexpensively resolve your differences with the car dealer. Be very careful which attorney you choose. Try to choose one that is primarily interested in helping you and not in generating large fees for himself. Under the Florida Unfair and Deceptive Trade Practices Act, an attorney is entitled to his fees and costs from the defendant in a lawsuit if he wins. These fees can be much larger than the amount of your claim, motivating an unethical attorney to



spend more time than is needed and dragging out a case to generate more fees than are necessary. This can be very dangerous for you because the car dealer's attorney's fees run roughly parallel to your lawyer's and you can be held liable for those if you lose the case.

Hopefully you never have to resort to the final step of hiring a lawyer. In trying steps one, two, three and four try to present your complaint as concisely and politely as possible. You have every right to be angry when you are taken advantage of, but try to let your anger subside before you speak to or write to someone about your problem. We all react negatively to someone who is profane, raises his voice, or is sarcastic. Your goal of communicating and resolving your complaint is best reached by communicating clearly, politely and concisely.

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Dining & Entertainment

FRIDAY, JUNE 29, 2018 • MARTIN COUNTY • WWW.HOMETOWNNEWSMC.COM • PAGE 13

Fourth of July events from Stuart to Sebastian

By Mike Winikoff

mwinikoff@hometownnewsol.com

TREASURE COAST — The Treasure Coast will be one big party on the Fourth of July.

Stuart offers a 4th of July Picnic with food, music, and games from 11 a.m.-4 p.m. at Shepard Park, 600 SW Ocean Blvd, Stuart.

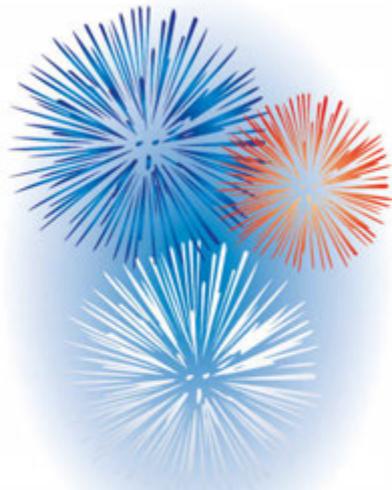
Then, from 5:30-11 p.m., the city celebration continues in Flagler Park and Flagler Place, 201 SW Flagler Ave, Stuart. Fireworks start at 9 p.m. on a barge on the St Lucie River.

During the day The Road to Victory Museum will display military vehicles, historical artifacts and provide traditional holiday food and non-alcoholic drinks.

Rock'n Riverwalk, 1-4 pm at the Riverwalk Stage behind 121 SW Flagler Ave, Stuart will feature live music from Quick Fix.

Stuart Main Street will provide music on the Riverwalk Stage from 5:30-11 p.m. Choreographed display of fireworks from 9-9:30 p.m. For more information, call (772) 286-2844.

Looking north into St. Lucie County, in Port St. Lucie, the big bash is the Freedom-



fest, Fireworks and VIP Party at Port St. Lucie Civic Center Village Square, 9221 S.E. Civic Center Place (southeast corner of U.S. Highway 1 and Walton Rd.)

Freedomfest runs 2-10 p.m., with a VIP party 6:30-8:30 p.m. and fireworks at 9 p.m.

Freedomfest features food, crafts, games, inflatable activities and live music. Free

admission and parking.

Escape the heat and join the VIP party in the Civic Center's Emerald Ballroom. Experience fantastic food and front row seats on the Civic Center terrace to watch the fireworks. The buffet is available from 7-8:30 p.m. Full service cash bar. Tickets to the VIP party are \$30/adult; \$10/children (4-12); free (ages 3 and under) Tickets can be purchased at the Civic Center box office or by calling (772) 807-4488, or online at www.cityofpsl.com/civic.

Fort Pierce also promises a full day of fun.

Start the day there with the Fourth of July Boat Parade from noon-1:30 p.m., by the Fort Pierce Yacht Club, 700 N. Indian River Dr., Fort Pierce. The parade is open to the public, and all boats (large and small) are welcome to participate. There is no fee to enter your boat. To participate, decorate your boat in patriotic red, white and blue then meet up with other boats in the Fort Pierce turning basin at 11:30 a.m. Boaters will line up behind the Fort Pierce Yacht Club lead boat. The parade starts at noon. The parade of patriotic boats will head East

See **FOURTH**, page 19

Horoscopes



ARIES - March 21/April 20

A motivated mind could be the inspiration you need to progress with your tasks this week, Aries. Take short breaks to maintain your stamina and make it through.

TAURUS - April 21/May 21

Taurus, you may be curious to explore new places this week. New experiences can provide excitement and stimulation. Book your plans now.

GEMINI - May 22/June 21

Gemini, seeking out new ideas and opportunities may boost your self-confidence and contribute to personal growth. Don't shy away from new experiences.

CANCER - June 22/July 22

Cancer, your confidence may have been waning for some time, but this is the week to once again grab the reins and realize that you are more than capable.

LEO - July 23/Aug. 23

Leo, a hectic personal and professional life may be causing feelings of exhaustion. Take some time for yourself to restore your energy and put you in good health.

VIRGO - Aug. 24/Sept. 22

Virgo, others may notice your good mood this week. This may be a result of a deep sense of purpose and satisfaction with where your life is at this point in time.

LIBRA - Sept. 23/Oct. 23

Your emotional responses to relationships this week may make you appear more sensitive, Libra. Don't worry about others' perceptions of you in the days ahead.

See **SCOPES**, page 15

Out & about

FRIDAY, JUNE 29

• **Bugs Rock @ Your Library: Exploring Insects and Spiders:** 11 a.m. to noon, Donahue Community Room, Cummings Library, 2551 S.W. Matheson Ave., Palm City. The Hobe Sound Nature Center will share the incredible world of insects and spiders and their roles in the environment. This presentation utilizes hands-on activities as well as live specimens & replicas. For more information, contact library staff at (772) 288-2551 or email palm@martin.fl.us

• **Splash & Movie Night:** Showing 'Peter Rabbit.' 5:45-9:45 p.m., Sailfish Splash Water Park, 931 S.E. Ruhnke Street, Stuart. For all ages. With every admission ticket,

participants enjoy exclusive waterpark access followed by a movie in hi-definition while floating on an inner tube. Movie starts after sunset. Tickets are \$10.95 and available online only. There are a limited number of tickets for each movie due to the maximum capacity in the pool. For more information, visit www.sailfishsplash.com.

SATURDAY, JUNE 30

• **St. Lucie Inlet Preserve Guided Kayak Tour:** 9 a.m. departure. St. Lucie Inlet Preserve State Park is a classic Florida barrier island is accessible only by boat. A boardwalk takes visitors across mangrove forests and hammocks of live oaks, cabbage

palms, paradise trees, and wild limes to a neatly preserved Atlantic beach. How to get there: meet at Cove Road Park (east end of Cove Road where it meets Intracoastal Waterway). State parks offers a tour with kayaks available for rent; bringing your own kayak is welcome. The tour itself is free, but there is a \$2 park entrance fee for everyone. For more information, call (772) 219-1880 or visit www.floridastateparks.org/park/st-lucie-inlet

• **Cat Yoga:** 11 a.m. to noon, Humane Society of the Treasure Coast's Towl Building, 4100 S.W. Leighton Farm Ave., Palm City. Join a certified yoga instructor for a one-hour, beginner-level "Yoga with Cats" class — cats

See **OUT**, page 15

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I love salads, do you?

Salads have been with us from the times of the Babylonians when they would use oil and vinegar to season greens. Hippocrates, the ancient Greek physician, believed salads were healthy to eat and should be served first as they would slip through the system easily and make room for other foods. By the way, the Greek salads we all enjoy today are not what the ancient Greek or modern Greeks eat for salad. A true Greek salad, or what is called a peasant salad, is made with tomatoes, green peppers, onions, cucumbers, feta cheese, seasoning, olive oil and vinegar. There were no greens used at all. It has been Americanized throughout the years.



CHEF COSTA'S COOKING CORNER
COSTA MAGOULAS

Salad comes from the Latin word “herba salta” or salted herbs. The Romans would eat greens with a dressing containing a lot of salt. Salads have a rich history. Each generation of civilizations have left their mark on this corner of the culinary world, however, through the ages, the salad remained greens or cooked vegetables with

large amounts of oil, a little vinegar, and seasoning. They were served wet. It wasn't until the early part of the 20th century that Americans brought the lowly salad to great heights with the development of salad dressings. Commercial dressing and sauces were not available until Joe Marzetti, a restaurant owner in 1896, began serving a variety of dressings to his customers. He eventually went on to bottle these dressings and sell them to the public. Richard Hellmann, a deli owner in New York, began selling his blue ribbon mayonnaise to the public after a strong consumer demand.

The American public took it from there. Ambrosia, carrot, chicken, shrimp, Cobb, cole slaw, potato salad, Waldorf and, of course, a great milestone in salad history: Jell-O salads! In 1930, lime Jell-O was introduced, which triggered decades of molded salads.

Salads are popular because they are healthy and easy to prepare. They have evolved into an appetizer, entrée or dessert. The ingredients can be anything you want to mix together with the appropriate dressing. I love to take leftovers and make salads. With that in mind, I have included some simple dressing recipes you can make at home to add to anything you want to mix together, well almost anything. Meatballs and spaghetti I think should just be reheated.

- 1/3-cup buttermilk
- 2 teaspoons garlic salt
- 1/2-teaspoon ground peppers
- 2 tablespoons dried parsley
- 1 teaspoon vinegar
- 1 scallion, cut small

Place all ingredients in a bowl and mix well. Refrigerate.

BLUE CHEESE DRESSING

2-4 servings

- 1/2-pound blue cheese
- 1 cup mayonnaise
- 3/4-cup sour cream
- 1/2 lemon, juiced
- splash of hot sauce

Place all ingredients in a bowl and mix well. Refrigerate.

HONEY MUSTARD DRESSING

12 servings

- 3/4-cup mayonnaise
- 2 tablespoons mustard
- 3 tablespoons honey
- 1 tablespoon lemon juice

Place all ingredients in a bowl and mix well. Refrigerate.

RASPBERRY VINAIGRETTE

12 servings

See COOKING, page 16

RANCH DRESSING

1-1/3 cups

- 1 cup mayonnaise

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Nice Catch!

Brody Smith, 9, and Lee Moss, from Jensen Beach, caught this speckled perch "Crap-pie" in Lake Placid.



Help us celebrate one of the Treasure Coast's most popular pastimes by submitting a photo of your most recent catch - straight from local waters.

Email a photo of you with your fish that is at least 1 MB or 300 dpi in size to news@hometownnewsol.com.

Write "CATCH OF THE WEEK" in the subject line, and in the body of the email, please include the following information:

- Your name
- City you live in
- Age (if 18 or younger)
- Type of fish
- Approximate size of fish
- Area you caught the fish
- Phone number in case we have questions (will not be printed)

Out

From page 13

will roam freely among class participants and probably curl up for a nap on the yoga mats. Classes are limited to 25 students. Minimum age is 16. Your \$20 class fee will go directly to the care of the cats and kittens in the shelter. For more information, call (772) 600-3211 or email czanetti@hstc1.org.

THROUGH SUNDAY, JULY 1

- **The Producers:** Enjoy the Mel Brooks musical presented by StarStruck Academy & Theatre, 2101 S. Kanner Highway, Stuart. Shows are 7 p.m. Thursday through Saturday, 2 p.m. Saturday, and 3 p.m. Sunday. Tickets are \$19.99-\$39.99. For tickets, call (772) 283-7787 or visit <https://starstruckfl.com/>

- **Exhibition:** "Kites: Art on a String" will be on display from March 8 through July 1 in

the Changing Gallery, Elliott Museum, 825 N.E. Ocean Blvd., Stuart. See colorful kites from all parts of the world, from vintage to contemporary to miniature, in an exhibition to make your imagination soar. Regular hours are 10 a.m. to 5 p.m. daily. Regular admission is \$14 for adults, \$12 for seniors over age 65, \$6 for children ages 6-12, and free for members and younger children. To RSVP (for groups of ten or more), email asimbritz@elliottmuseum.org.

WEDNESDAY, JULY 4

- **City of Stuart's Fourth of July events:** Picnic/barbecue in Shepard Park from 12-3 p.m. with games and music, all under the pavilion, 600 S.W. Ocean Blvd., Stuart. Then, from 5:30-11 p.m., the city celebration continues in Flagler Park and Flagler Place. During the day The Road to Victory Museum will display military vehicles, historical artifacts and provide traditional holiday food and non-alcoholic drinks. Stuart Main Street See OUT, page 18

Scopes

From page 13

SCORPIO - Oct. 24/Nov. 22

Scorpio, this week you may be inclined to engage in something that expresses your creative spirit. Immerse yourself in nature and beautiful things for inspiration.

SAGITTARIUS - Nov. 23/Dec. 21

Sagittarius, you may be tempted to make hasty decisions as your patience begins to wane. Resist this temptation, as it may only complicate matters.

CAPRICORN - Dec. 22/Jan. 20

Capricorn, devote some time this week to creating more balance in your life. Balance can contribute to greater quality of life and overall happiness.

AQUARIUS - Jan. 21/Feb. 18

Aquarius, a desire to be with others this week can lead to new relationships. Embrace any opportunities to connect with someone new, going outside your comfort zone if need be.

PISCES - Feb. 19/March 20

Deadlines regarding work projects have you feeling apprehensive, Pisces. Do not be held hostage to your worries. Divert your thoughts elsewhere.

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Are you tired of ‘automatic updates’?

If there is one computer issue I can name that annoys both Windows users and Mac users alike it would have to be automatic updates.

If you’ve used a computer for any length of time you’ve experienced annoying messages that pop up telling you that one program or another needs to update and usually the message is worded in such a way as to make you believe that if you ignore the message horrible things will happen. One of the worst offenders has got to be Adobe with their “Flash” and “Adobe Reader” update messages popping up on an almost daily basis.

What gives? Why is it that you can hardly make it through a day without some program interrupting your workflow nagging you about an update and insisting that you need it? Does ignoring update messages lead down the path of doom or are these constant messages just noise that can safely be ignored?

Well, I have some theories that should answer these questions.

First, I like to categorize updates into two slots – the first being “important updates that are dangerous to ignore” and the second slot for “updates that are trivial and



COMPUTE THIS
SEAN MCCARTHY

safe to ignore (until actually needed).”

Let’s talk about the first category; why ignoring them can lead down the road to peril and what you should do about them. I categorize things like operating system updates and antivirus updates as important – don’t ignore. When you see a message telling you that Windows has “x amount of updates available” or (if you are running a Mac) “important operating system updates are available,” set aside some time to apply these updates because the operating system is the one central part of the computer that governs everything.

Quite often these updates are patches that correct known bugs and often plug security holes that viruses and malware can take advantage of to infect your system. Ignoring these operating system updates can leave you vulnerable to malware or other problems that the updates just may

fix. And the fact of the matter is, if your computer is up and running, you are using the operating system so it’s not like it’s an update for a program you never use.

Antivirus updates are in the same category – they are important and ignoring them can leave your system open to attack from viruses that you may encounter as you surf the Internet. Think of it this way – every day new viruses are released into the wild and it takes the antivirus companies a while to come up with a definition for these new threats. It’s these definitions that are included in the antivirus updates and applying these updates is the only way your antivirus program can recognize (and block!) new threats as you encounter them online. Sure, we’re all vulnerable to the new threats that haven’t been defined yet but ignoring the antivirus updates leaves you vulnerable to threats that have already been discovered. If your antivirus software doesn’t update itself automatically, ignoring the update messages is just asking for an infection.

OK, so we’ve covered the first category, let’s talk about the second; updates that are safe to ignore.

On every computer there are hundreds of

programs installed. Some programs are used daily and some hardly ever get used at all but all programs have one thing in common – they are all written by people and most of them are working 9 to 5 at their programming job. When they write a program and then distribute their program to the masses it’s not over for them. If it were, they would have to look for a new job every time they finished a program. No, what happens is after they release a program when they show up for work the next day they have to do something to justify their salaries so what do they do? They keep working on the program that they’ve already released and push these “adjustments” out as updates.

Now again, this is just a theory but it’s served me well over the years. Keeping that in mind I adopt the attitude of “if it’s not broke, don’t fix it” and ignore the cacophony of update messages that all the “other” programs on my machine make and only apply “non operating system” or “non antivirus” updates when I’m having problems with that particular program. It’s a philosophy that has yet to let me down.

Contact Sean McCarthy at 888-752-9049 or help@ComputeThisOnline.com

Cooking

From page 14

- 1 cup balsamic vinegar
- 1 cup olive oil
- 1 teaspoon dried basil
- dash pepper

Cook vinegar over medium heat until it begins to thicken. Add remaining ingredients and mix well. Set aside to cool.

OREGANO SCENTED CREAM

1 cup

- 1 tablespoon dried oregano
- 1 teaspoon salt
- 1 cup heavy cream
- 2 tablespoons lemon juice

Add all the ingredients together in a bowl and mix well. Let rest. The cream will thicken in 5-10 minutes. Spoon over salads

of choice.

Costa Magoulas is dean of the Mori Hosseini College of Hospitality and Culinary Management at Daytona State College. Contact him at (386) 506-3578 or magoulc@daytonastate.edu.

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- Port St. Lucie** – 10929 S US Hwy 1, Port St. Lucie, FL 34952 – (772) 236-0311
- Sebastian** – 13517 US 1, #2F, Sebastian, FL 32958 – (772) 340-6442
- St. Lucie West** – 1680 SW Saint Lucie West Blvd, Ste 105, Port St. Lucie, FL 34986 – (772) 324-9004
- Stuart** – 2418 S E Federal Hwy, Stuart, FL 34994 – (772) 324-9654
- Titusville** – 3055 Columbia Blvd, Ste B106, Titusville, FL 32780 – (321) 222-7032
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Touring with the Townies



Nita Newman and Margaret Bloeser took their copy of Hometown News along to Jamaica. Here they are pictured at the waterfalls on their seven day cruise. The cruise included Haiti, Jamaica and Mexico. Thanks for taking us along!



Are you a fan of the Hometown News? Well, we are inviting you to take us along on your next adventure.

Each week, we will feature a different reader-submitted photo that showcases one (or more) of our Treasure Coast residents reading the Hometown News in a unique or exotic place. Whether you take a trip to the Grand Canyon or a cruise to the Bahamas, bring your Hometown News with you and have someone snap a picture.

Email your photo (at least 1 MB in size) to news@hometownnewsol.com and include your first and last name, the city you live in and the location/date of where the photo was taken. Type 'TOURING WITH THE TOWNIES' in the subject line.

Out

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will provide music on the Riverwalk Stage from 5:30-11 p.m. Choreographed display of fireworks from 9-9:30 p.m. For more information, call (772) 286-2844.

THURSDAY, JULY 5

- **Jammin' Jensen:** 6-9:30 p.m., every Thursday night in downtown Jensen Beach except for Thanksgiving. For more information, visit www.jensenbeach.biz.

FRIDAY, JULY 6

- **Movie Night:** 6-9:30 p.m., Children's Museum of the Treasure Coast, 1707 N.E. Indian River Drive, Jensen Beach. Parents can drop kids off at the museum for a night of dinner, drinks, popcorn, a movie, and time to explore the museum. Meant for ages 4-12. \$15 for members; \$20 for non-members. Space is limited, register early to secure a spot. Call the museum at (772) 225-7575, Ext. 208 to register.

- **USA Dance local chapter:** Ballroom, Latin and Swing dancing at the Jensen Beach Ballroom, 881 N.E. Jensen Beach Blvd., Jensen Beach, from 7-10 p.m., on the first Friday evening every month. Open to the public. Admission is \$11. For more information and updates, visit www.usadancemartin-stlucie.org, search on Facebook for "USA Dance #6047-Martin-St. Lucie," or email usad6047info@gmail.com

THURSDAY, JULY 12

- **Fanfest 2018:** Teens are invited to join the fourth annual Fanfest, featuring a

cosplay contest, ospital, DIY crafts, video games and more. Held from 5:30-7:30 p.m., Armstrong Wing, Blake Library, 2351 S.E. Monterey Road, Stuart. For more information, contact library staff at (772) 288-5702 or blake_pub_serv@martin.fl.us

- **Jammin' Jensen:** 6-9:30 p.m., every Thursday night in downtown Jensen Beach except for Thanksgiving. For more information, visit www.jensenbeach.biz.

FRIDAY, JULY 13

- **Animals Rock @ Your Library: Florida's Vanishing Species:** 11 a.m. to noon, Donahue Community Room, Cummings Library, 2551 S.W. Matheson Ave., Palm City. The Hobe Sound Nature Center will present reasons for the decline of numerous locally threatened & endangered animals. Confiscations are used, including shells, skins & decorative items. Children can meet members of their Teaching Team. For more information, contact library staff at (772) 288-2551 or email palm@martin.fl.us

SATURDAY, JULY 14

- **The Pirates' Treasure Adventure:** A Summer reading show for children of all ages, featuring interactive participation, balloons, magic and comedy. Pirate Pete has lost his precious treasure and he needs you to help him find it! Two shows presented by James Chartier. First is at 10:30-11:30 a.m., Anderson Community Room, Morgade Library, 5851 SE Community Drive, Stuart. Second is at 3-4 p.m., Community Room, Lahti Library, 15200 S.W. Adams Ave., Indiantown. Contact Morgade library staff at (772) 463-3245 or mid_cty@martin.fl.us, and contact Lahti library staff at (772)

See OUT, page 19

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Visit www.HobeSound.org

Out

From page 18

597-4200 or indian@martin.fl.us

SATURDAY, JULY 14 – SUNDAY, JULY 15

• **Free summer movies:** Showing 'My Fair Lady' and 'The Greatest Showman' at The Lyric Theatre, 59 S.W. Flagler Ave., Stuart.

'My Fair Lady' show times are 3 p.m. Saturday and 5 p.m. Sunday. 'The Greatest Showman' show times are 7 p.m. Saturday and 2 p.m. Sunday. Tickets for these movies are available only by visiting the Lyric Theatre box office; seating is on a first-come, first-serve basis. The free tickets are limited to four per person and are subject to availability. Summer box office hours are Monday thru Saturday, 10 a.m. to 3 p.m. and two hours prior to show times. *For more information, call (772) 286-7827 or visit*

www.lyrictheatre.com

SUNDAY, JULY 15

• **Libraries Rock – Paleo Discoveries:** 10:30-11:30 a.m., Armstrong Wing, Blake Library, 2351 S.E. Monterey Road, Stuart. Join Fred Mazza of Paleo Discoveries for a Fossil "Show and Tell" of rare and unusual fossils along with question and answer session, plus a fossil exploration and dig. Participants can find numerous fossils

including shark teeth, bones, fish remains, stingray spines and teeth, shells and many other remains of ancient marine life. Any fossils found are yours to keep and bring home. *For more information, contact library staff at (772) 288-5702 or Library@martin.fl.us*

• **HSTC Sips for Seniors:** 1-3 p.m., The Crafted Keg, 555 S. Colorado Ave., Stuart. Monthly Yappy Hour with craft beers, mobile dog adoptions and furry fun. For every pint **See OUT, page 20**

Fourth

From page 13

up the Inlet to the Square Grouper then turn back, heading back into the basin, then turn North and head out past the City Marina where they will disperse. For more information, contact Diane Korbey at (772) 678-1623 or visit www.fortpiercenyachtclub.com.

The Dyer Chevrolet 4th of July Blow Out on the Water at the new Causeway Cove Marina will be a great spot to watch the downtown Fort Pierce fireworks and enjoy live music by Johnny Debt, Big Pine Band & Man Made Weather.

There will be plenty of vendors, food trucks, and craft beer, wine and spirits. Bring chairs and blankets and come early to get the best spots.

Part of the proceeds will go to Future 6, a local charity helping to provide children with disabilities opportunities to participate in free ocean-centric programs focused on natural confidence building and fun physical exercise. Doors open at 4 pm. \$10 per car load to get in and park.

Also in Fort Pierce is the Stars Over St.

Lucie 4th of July Celebration. Live bands, food, arts & crafts vendors, children's activities, face painting from 6-9:30 p.m. at Marina Square, 1 Avenue A, Fort Pierce.

Common Ground Vineyard Church will present historic military demonstrations with replica Civil War cannon that they will shoot off at 6 p.m., 7 p.m., 8 p.m. and 9 p.m., just in time to begin the fireworks show. For more information, contact Main Street Fort Pierce (772) 466-3880 or visit www.mainstreetfortpierce.org

Food trucks will be at River Walk Center, 600 N Indian River Dr, Fort Pierce, 5-9:30 p.m. Have dinner and dessert with some of the best South Florida food trucks. Bring a lawn chair or blanket. Watch the fireworks over the water from the River Walk Center at 9 p.m.

Other good spots to watch the Fort Pierce fireworks include Cobb's Landing, The Original Tiki Bar & Restaurant, and Jaycee Park.

Heading farther north, Sebastian's Freedom Festival runs 8:30 a.m.-9 p.m. in Riverview Park, 600 U.S. 1.

The 46th Annual 4th of July Parade will begin at the Sebastian Community Center and the Sebastian Masonic Lodge at 1805

Jackson St., proceeding east on Davis St. and south of Indian River Drive to Riverview Park. The parade begins at 8:30 a.m.

Following the parade, there will be festivities in the park including live entertainment, food, craft booths, and vendors, with fireworks at dusk. For more information about the Sebastian parade, email Tonya291@aol.com or nm2101@yahoo.com.

In Vero Beach, the celebration runs 4-10 p.m. in Riverside Park, 3200 Riverside Park Dr. Bring your blankets and chairs and settle in for hours of live music featuring Leslie Cours Mather, Corbette Jackson and JessLee from "The Voice."

The event will include free parking, free admission, food trucks, and lifeguards selling beer and wine. Children will have an area to play complete with a bounce house.

There will be fireworks at 9 p.m. by Mulligan's Beach House. Personal fireworks will not be permitted.

If you want something a bit more energetic, consider a sunset paddle and fireworks with Paddles by the Sea. Try a sunset paddle for an hour or two, then come back to the dock to watch fireworks. There's a great view of Veterans Island, without having to negotiate all the boat traffic.

Riverside Café is at the end of the dock to purchase food and drinks. All levels of paddlers are welcome, from first timers to pros. If you're a first time paddler they'll be giving lessons. Cost is \$50 for a paddle board/kayak and lesson. For more info email paddlesbythesea@gmail.com or call (772) 444-7871. Paddles By The Sea is located at 3321 Bridge Plaza Dr., Vero Beach.



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Hometown News

Don't forget to protect your skin daily

This weekend I stepped outside and came to a quick conclusion. It's getting darn hot out there and the sun can be relentless. Just a few minutes outside was enough to make my cheeks a little red. In just those few moments I realized that I should have protected my skin from the damage that the sun and UV rays cause.

For those of us that work indoors, we really don't consider how much damage the sun can do to us in the short time we spend in our cars, walking in from the parking lot or the like. Yet, regardless of how little time you spend outside, you need to consider applying sunscreen.

As golfers, we spend a lot of time in the elements subjecting our skin to tremendous danger. If you don't already take precautions to prevent skin damage, the time to start is now! It's time to pay attention to

GOLF
JAMES STAMMER



your skin, make an effort to protect it, and allow yourself a healthier future.

For those of us that work outside or play outdoor sports, applying sunscreen to your face, neck, arms and so forth hopefully has become as routine as brushing your teeth or putting on deodorant. With sunscreen now available in convenient sprays and sticks, it's easy to apply quickly and without getting your hands greasy.

One in five Americans will develop skin cancer during his or her lifetime and more than one million Americans are diagnosed

with skin cancer each year. Statistics show that nearly every hour someone in America will die of melanoma. Of all cancers, skin cancer is the most common and nearly half of all Americans who live to age 65 will develop skin cancer. These are scary numbers. Fortunately, skin cancer is the easiest to prevent and cure if detected early.

The key to preventing and curing skin cancer is early detection and use of sunscreens to protect your skin. The most common warning sign of skin cancer is a change in the appearance of the skin, such as a new growth or a sore that will not heal.

Studies show that just one sunburn will double your risk of developing skin cancer. Children are especially at risk. On average, anyone under the age of 18 has three times the sun exposure of an adult.

Melanomas are especially deadly as they tend to spread quickly throughout the

entire body. Basal and Squamous cell cancers are much less deadly, but can leave your skin scarred.

When you know that you are going to be spending time outside, you should apply sunscreen at least 30 minutes prior to your activity. It's also best to reapply every two to three hours or immediately after getting out of the water. While any sunscreen is better than none, experts recommend using at least a 30 SPF rated sunscreen.

Something many people forget to protect is their lips. We now have lip balm with sunscreen available to us. Just as your lips can dry out and chap during the winter, they can also burn from the Sun at any time during the year.

As golfers, we tend to ignore the sun, especially when it isn't too hot outside. We feel that a simple cap or riding in a cart protects us from the worst the sun has to offer. This simply isn't true. In fact, as much as 80 percent of the sun's rays penetrate clouds, mist and even fog.

Sun damage causes premature aging, wrinkles, age spots and dry skin. None of us want to age, much less age faster than nature intended. Look at some of the older guys on Tour and you can tell which ones spent years without protecting themselves.

The most often used excuse for not putting on sunscreen is that it will leave your hands greasy and make gripping the club difficult. Companies have found ways for us sports-happy people to apply sunscreen without dirtying our hands. Sprays are one of the most convenient methods for application. I happen to prefer the stick. It never touches my hands and goes on with just a swipe. I think that I get better coverage with it and it fits neatly into my bag.

For extra protection for your face, neck and ears, wear a hat with a wide brim, not a baseball-style cap. There are even special clothing products available to keep your body cool, while covering your arms and neck.

Our world is changing and whether you believe in global warming or not, you must remember to protect your skin.

We all want to live long, healthy lives. If you suspect that you have already damaged your skin from sun exposure or your skin shows any warning signs, by all means, visit your doctor or dermatologist for a check up.

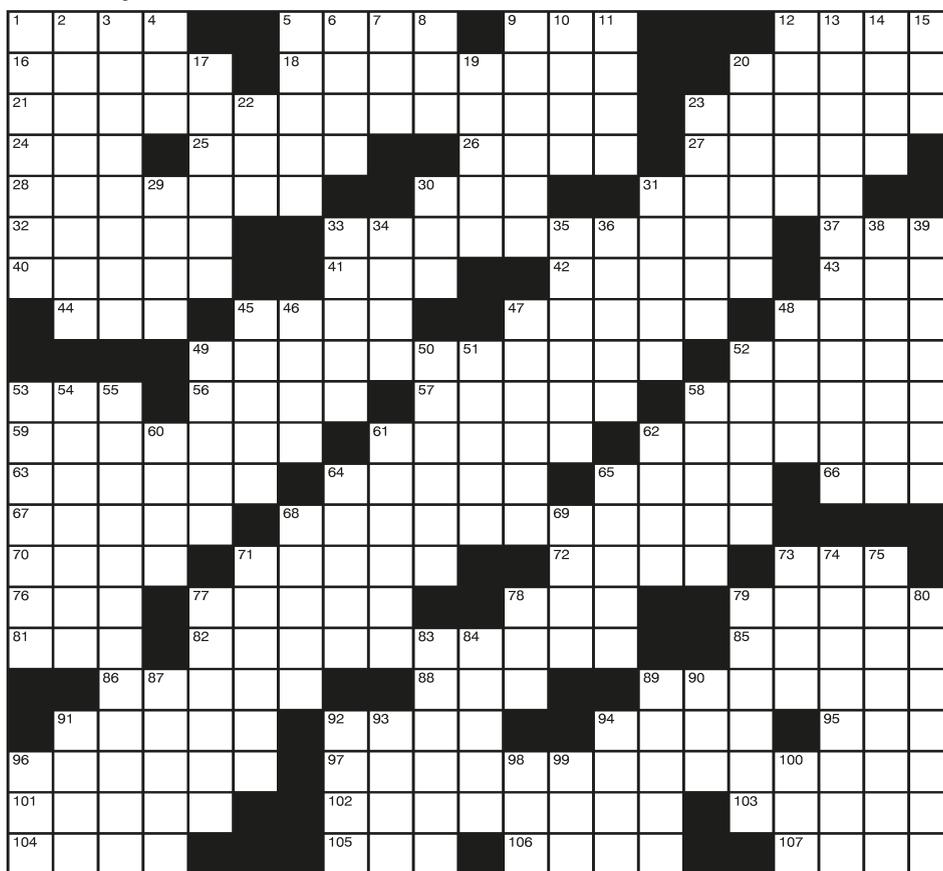
James Stammer has been an avid golfer and golf enthusiast for nearly 40 years. He hosts the Thursday Night Golf Show on WSTU 1450-AM. Contact him at stammer-golf@yahoo.com.

Yeasty

Edited by Linda and Charles Preston

ACROSS

- 1 Goya's duchess
- 5 Often Chinese jewelry
- 9 Show to a seat?
- 12 Israel's Eban
- 16 Doone
- 18 Sp. seaport
- 20 Goddess of vegetation
- 21 Sweet pickle
- 23 The north wind
- 24 Time period
- 25 Eye part
- 26 Ready to eat
- 27 Eskimo craft
- 28 Rouges
- 30 Skedaddle
- 31 System of belief
- 32 Lhasa is its capital
- 33 Polynesian edible
- 37 Drone
- 40 The uppity
- 41 Rhine tributary
- 42 ___ and penates
- 43 According to
- 44 Opposite of int.
- 45 ___ Kong
- 47 Ached
- 48 Despot
- 49 Kind of man
- 52 "Argo" actor Alan
- 53 Fairy queen
- 56 Companion of ends
- 57 On the lookout
- 58 TV's Lorne
- 59 So soon?
- 61 Sweethearts of yore
- 62 More restrained
- 63 Black alloy
- 64 Persian rug
- 65 Largest continent
- 66 Draft inits.
- 67 Trades
- 68 Esteemed animal thymus glands
- 70 Welk's intro
- 71 Annual culinary awards
- 72 Biology or geology prefix
- 73 Cheese's partner?
- 76 Truck variety
- 77 Rich cake
- 78 Here: Fr.
- 79 Chocolate chip alternative
- 81 Silkworm
- 82 Depression sights
- 85 Toil
- 86 City lights
- 88 Sioux
- 89 Not that item there
- 91 Lizard
- 92 "___ homo!"
- 94 Where Anna taught
- 95 Scots. egghead org.
- 96 Magician's word
- 97 San Francisco treat
- 101 "To ___ human"
- 102 Double-fault on the court, e.g.



Answers Located in the Classified Section

- 103 Type of fright
- 104 Pt. of NAACP
- 105 Tolkien creation
- 106 Don
- 107 Luge

DOWN

- 1 Einstein and Prince
- 2 Alsace- ___
- 3 "Larger than a ___?"
- 4 Literary collection
- 5 ___ Fighting Ships
- 6 Hawkeye, of "M*A*S*H"
- 7 Jackstone
- 8 Former Fr. coin
- 9 Loose
- 10 Kind of stone
- 11 Now's companion
- 12 Eagle's pad
- 13 Outsize stomachs
- 14 Nose
- 15 Nincompoop
- 17 Grown-ups
- 19 Roman rooms

- 20 Astronomer's interest
- 22 Hail, to Caesar
- 23 Like certain treasure
- 29 Liability item
- 30 "Death Becomes ___"
- 31 Like bacon or ham
- 33 Coiffure
- 34 What Lear does
- 35 Certain advertisements
- 36 Attacked
- 38 Actress Stritch, et al.
- 39 Word following bread
- 45 Familiar address
- 46 ___ 500
- 47 Kind of home, for short
- 48 A kid's house?
- 49 Objectives' partner
- 50 Precipitated
- 51 Mixed together: poet.
- 52 Opera solos
- 53 Order
- 54 One transferring property
- 55 The bill payers
- 58 Musical scale inventor
- 60 ___ Fitzgerald
- 61 Looked hungrily

- 62 Mathematical relationships
- 64 Too tired to ___ fly
- 65 Auspices
- 68 Withers
- 69 "The Amazing ___"
- 71 Malay Archipelago island
- 73 "Serpico" author
- 74 Like primates
- 75 Long time
- 77 Fastening hardware
- 78 Cadmus's daughter
- 79 Scales
- 80 Like certain cutlets
- 83 Crop destroyer
- 84 Roman highways
- 87 Red dye
- 89 Links legend Woods
- 90 Exclamation of triumph
- 91 Airport abbreviation
- 92 Salinger character
- 93 Two bits, e.g.
- 94 Fiji capital
- 96 Pod resident
- 98 Kind of drop
- 99 Mine find
- 100 Grid linemen: abbr.

Out

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132 Special Notices

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220 Appliances

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LIVE & ONLINE Public Auction, by the order of the bank, 1-Day auction sale! Everything must go! Saturday, July 7th at 10:00 AM. Decor Once More Furniture Store, 6758 N. Military Trail #206, West Palm Beach, FL 33407. Huge selection of modern, vintage and designer high-end pre-owned home furniture, decor and accessories. Store is 15,000 sq. ft. with so many pieces to choose from including living room furniture, bedroom furniture, dining room furniture and artwork, collectibles, sculptures and so much more! Catalog and photos available at www.moeckerauctions.com. Preview: Morning of sale 8:30 AM to 10 AM. 15%-18% BP. To register: \$100 refundable cash deposit and valid driver's license. (800)840-BIDS | info@moeckerauctions.com AB-1098 AU-3219, Eric Rubin

220 Appliances

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205 Antiques/ Collectibles/ Art

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CROSS COUNTRY Moving, Long distance Moving Company, out of state move. \$799 Long Distance Movers. Get Free quote on your Long distance move 1-800-214-4604

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FREE AUTO Insurance Quotes. See how much you can save! High risk SR22 driver policies available! Call 855-970-1224

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NEED TO HIRE?? Call Classified **772-465-5551**

5005 Fictitious Names FICTITIOUS NAME NOTICE

Notice is hereby given that Jim Hataway, owner, desiring to engage in business under the fictitious name of Big Cypress Consulting located in Martin County, Florida, intends to register the said name with the Division of Corporations, Florida Department of State, pursuant to section 865.09 of the Florida Statutes. (ad #935630) (6/29/18)

5020 Notice to Creditors

IN THE CIRCUIT COURT FOR MARTIN COUNTY, FLORIDA PROBATE DIVISION
IN RE: ESTATE OF DORAJEAN WYNBRANDT, Deceased. File No.: 432018CP000378
NOTICE TO CREDITORS

The administration of the estate of Dora Jean Wynbrandt, deceased, whose date of death was March 28, 2018, is pending in the Circuit Court for Martin County, Florida, Probate Division, the address of which is 100 S.E. Ocean Blvd., Stuart, FL 34994. The names and addresses of the personal representatives and the personal representatives' attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claims with this court WITHIN THE LATER OF 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF PUBLICATION OF THIS NOTICE. ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN SECTION 733.702 OF THE FLORIDA PROBATE CODE WILL BE FOREVER BARRED. NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE,

5060 Notice of Sale

NOTICE OF SALE
Notice is hereby given pursuant to Chapter 83 of Florida Self Storage Facility Act, Prime Storage Stuart, located at 6301 SE Federal Hwy, Stuart FL 34997 intends to hold an auction of the goods stored in the following units in default for non-payment of rent. The sale will occur as an online auction via www.StorageStuff.bid ENDING on 7/16/18 at 12pm. Unless otherwise stated the description of the contents are household goods and furnishings, boxes, misc.
#066 - Janet Brown
#3086 Carolyn Lofft
All property is being stored at the above self-storage facility. This sale may be withdrawn at any time without notice. Certain terms and conditions apply; CASH ONLY. Contact manager at 772-287-2313 or www.StorageStuff.bid for details.
Pub Dates: 6/29/18 & 7/6/18

5020 Notice to Creditors

ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED. The date of first publication of this notice is June 22, 2018. Personal Representatives: Harry Wynbrandt, Peter Wynbrandt & James P. Covey Attorney for Personal Representatives: James P. Covey, Esq., Florida Bar No. 846880, 1575 Indian River Boulevard, Suite C-120, Vero Beach, FL 32960, Telephone: 772-770-6160, Fax: 772-770-6074 E-mail: courtremail@jcoveylaw.com Pubs: 6/22/18 & 6/29/18

5020 Notice to Creditors

IN THE CIRCUIT COURT FOR MARTIN COUNTY, FLORIDA PROBATE DIVISION
IN RE: ESTATE OF CAROL A. CARDENAS a/k/a CAROL CARDENAS, Deceased File No. 18-364CP
NOTICE TO CREDITORS (Summary Administration)

TO ALL PERSONS HAVING CLAIMS OR DEMANDS AGAINST THE ABOVE ESTATE: You are hereby notified that an Order of Summary Administration has been entered in the estate of Carol A. Cardenas a/k/a Carol Cardenas, deceased, File Number 18-364CP by the Circuit Court for Martin County, Florida, Probate Division, the address of which is 100 E. Ocean Blvd., Stuart, FL 34994; that the total cash value of the estate is \$24,000.00 and that the names and addresses of those to whom it has been assigned by such order are: Barbara Lucera, 2325 NE Arch Street, Jensen Beach, FL 34957.

ALL INTERESTED PERSONS ARE NOTIFIED THAT: All creditors of the estate of the decedent and persons having claims or demands against decedent's estate, including unmatured, contingent or unliquidated claims, on whom a copy of this notice is served within three months after the date of the first publication of this notice must file their claims with the Court WITHIN THE LATER OF THREE (3) MONTHS AFTER THE DATE OF PUBLICATION OF THIS NOTICE OR THIRTY (30) DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

5060 Notice of Sale

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Please take notice SmartStop Self Storage located at 1105 NE Industrial Blvd, Jensen Bch, FL 34957, intends to hold an auction of the goods stored in the following units to satisfy the lien of the owner. The sale will occur as an online auction via www.selfstorageauctions.com on 07/18/18 at 11:00 a.m. Contents include personal property described below belonging to those individuals listed below.
Name Unit # Contents
John McCampbell - 164 - Misc Household Items, Boxes
Mark Hoilett - 166 - Boxes, Personal Items
Purchases must be paid at the above referenced facility in order to complete the transaction. SmartStop Self Storage may refuse any bid and may rescind any purchase up until the winning bidder takes possession of the personal property. Please contact the property with any questions 772-218-2343. Pubs: 6/29/18 & 7/6/18

5020 Notice to Creditors

OF SERVICE OF A COPY OF THIS NOTICE ON THEM. All other creditors of the decedent and persons having claims or demands against the decedent's estate, including unmatured, contingent and unliquidated claims must file their claims with the court WITHIN THREE MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE. ALL CLAIMS AND OBJECTIONS NOT SO FILED WILL BE FOREVER BARRED. NOTWITHSTANDING THE TIME PERIOD SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED. The date of first publication of this notice is June 22, 2018. Personal Representative: Candace L. Fisher 118 Mountain Road W. Hartford, CT 06107 Attorney for Personal Representative: J. Daniel Brede, Esq. 1900 N.W. Corporate Blvd. Suite 201, East Building Boca Raton, Florida 33431 Florida Bar No.: 356212 Telephone: 561-241-8996 Pubs: 6/22/18 & 6/29/18

5020 Notice to Creditors

IN THE CIRCUIT COURT FOR MARTIN COUNTY, FLORIDA PROBATE DIVISION
IN RE: ESTATE OF CHAMPE A. FISHER, Deceased. File No.: 432018CP000426CPAX-MX
NOTICE TO CREDITORS

The administration of the estate of Champe A. Fisher, deceased, File Number 432018CP000426CPAX-MX, is pending in the Circuit Court for Martin County, Florida, Probate Division, the address of which is 100 SE Ocean Blvd., Stuart, Florida 34994. The names and addresses of the Personal Representative and the Personal Representative's attorney are set forth below.

All creditors of the decedent and other persons who have claims or demands against decedent's estate, on whom a copy of this notice is required to be served, must file their claims with this court WITHIN THE LATER OF THREE (3) MONTHS AFTER THE DATE OF PUBLICATION OF THIS NOTICE OR THIRTY (30) DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

5060 Notice of Sale

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Please take notice SmartStop Self Storage located at 1105 NE Industrial Blvd, Jensen Bch, FL 34957, intends to hold an auction of the goods stored in the following units to satisfy the lien of the owner. The sale will occur as an online auction via www.selfstorageauctions.com on 07/18/18 at 11:00 a.m. Contents include personal property described below belonging to those individuals listed below.
Name Unit # Contents
John McCampbell - 164 - Misc Household Items, Boxes
Mark Hoilett - 166 - Boxes, Personal Items
Purchases must be paid at the above referenced facility in order to complete the transaction. SmartStop Self Storage may refuse any bid and may rescind any purchase up until the winning bidder takes possession of the personal property. Please contact the property with any questions 772-218-2343. Pubs: 6/29/18 & 7/6/18

LEGAL NOTICES

5020 Notice to Creditors

All other creditors of the Decedent and other persons having claims or demands against decedent's estate, must file their claims with this court WITHIN THREE (3) MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE. ALL CLAIMS NOT SO FILED WITHIN THE TIME PERIODS SET FORTH IN SECTION 733.702 OF THE FLORIDA PROBATE CODE WILL BE FOREVER BARRED. NOTWITHSTANDING THE TIME PERIOD SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED. The date of first publication of this notice is June 22, 2018. Personal Representative: Candace L. Fisher 118 Mountain Road W. Hartford, CT 06107 Attorney for Personal Representative: J. Daniel Brede, Esq. 1900 N.W. Corporate Blvd. Suite 201, East Building Boca Raton, Florida 33431 Florida Bar No.: 356212 Telephone: 561-241-8996 Pubs: 6/22/18 & 6/29/18

5060 Notice of Sale

Notice of Sale
The following vehicles will be sold at public auction, free of all prior liens, per Fla. Stat. 713.78 at 9:00a.m. on 7/14/18, at lienor's address. No titles AS IS, Cash Only.
1998 FORD VIN# 1FMZU35P3WZA00187
2005 NISSAN VIN# 1N6AD07U35C452173
2009 MAZDA VIN# JM3TB28A590165871
1991 SPORT CAMPER VIN# 1FDKE30G8MHA03594
2006 CHRYSLER VIN# 1A4GP45R06B561668
2010 JEEP COMPASS VIN# 1J4NT5FB5AD655682
Aron's Towing & Recovery Inc., 12872 SE Suzanne Dr. Hobe Sound, FL 33455 Phone: 772-220-1151 Fax: 772-932-7937 Pub: 6/29/2018

5020 Notice to Creditors

IN THE CIRCUIT COURT FOR MARTIN COUNTY, FLORIDA PROBATE DIVISION
IN RE: ESTATE OF EDWARD ROZANSKI, Deceased. File No.: 2018CP000438
NOTICE TO CREDITORS

The administration of the estate of Edward Rozanski, deceased, whose date of death was April 18, 2018; is pending in the Circuit Court for Martin County, Florida, Probate Division, the address of which is 100 SE Ocean Blvd., Stuart, FL 34994. The names and addresses of the Personal Representative and the Personal Representative's attorney are set forth below. All creditors of the decedent and other persons who have claims or demands against decedent's estate, on whom a copy of this notice is required to be served, must file their claims with this court WITHIN THE LATER OF THREE (3) MONTHS AFTER THE DATE OF PUBLICATION OF THIS NOTICE OR THIRTY (30) DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

5060 Notice of Sale

Public Notice is hereby given that the Tri County Automotive & Towing will sell at Public Auction, pursuant to Florida Statutes section 713.78. Tri County reserves the right to accept or reject any and/or all bids. To be held at Tri County Automotive at 2019 SW Poma Drive, Palm City, FL 34990 at 8:00 A.M. the following:
Auction Date: 7/11/2018
1993 FORD
1FTDF15N4PKA25721
2002 FORD
1FMZU72E62UC35300
Auction Date: 7/13/2018
2017 HYUNDAI
KMHD84LF4HU063393
Auction Date: 7/16/2018
1998 HONDA
1HGC6673WA026595
2003 CADILLAC
1GYEC63T93R260557
Pub: 6/29/2018

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Auction Date: 7/16/2018
1998 HONDA
1HGC6673WA026595
2003 CADILLAC
1GYEC63T93R260557
Pub: 6/29/2018

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TRANSPORTATION

TRANSPORTATION 915 Automobiles

2007 SATURN SKY Roadster 12,600 miles, red ext, black int, camo convertible top, mint cond., \$15K, 810-919-6878

915 Automobiles

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940 RV/Travel Trailers/Campers



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962 Boats/Watercraft

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