

# Hometown News

SEBASTIAN RIVER AREA

LATIN CHICKEN RECIPE

Spicing up your chicken dishes

Page B5



INSIDE

Vol. 6, No. 41

Your Local News and Information Source • www.HometownNewsOL.com

Friday, July 10, 2009



**HOW WEIRD IS THAT?!**  
SEAN MCCARTHY

Spend any time surfing the Web and you are bound to find stories that are just too bizarre to be true.

Here's a sampling, edited for length. And remember, just because it's online doesn't mean it's true!

From www.sfgate.com: **Woman on tracks to 'clear her mind,' hit by train.** Birmingham police said a woman told them police she was lying on the tracks "to clear her mind" when the train approached.

From www.news.yahoo.com: **Man says bear mugged him for his Italian sandwich.** A northwestern New Jersey man said he was mugged in his driveway by a sandwich-craving bear.

From www.msnbc.com: **Cabbie sprays deodorant to repel attacker.** Police in suburban Chicago say a taxi driver who didn't have Mace handy when he was attacked by a knife-wielding passenger instead disarmed the man with a can of aerosol deodorant.

From www.Chron.com: **TV image has viewer calling for help.** Firefighters were called to the house of an elderly woman early Thursday after she reported her television set was burning.

They found, instead, that the TV was tuned into a station that in the early morning hours, aired the constant image of a fireplace. "The fire was extinguished with the press of a button," police said in a statement.

From  
See WEIRD, A2

**DINING B1**

**ROADSIDE DINING**



Try some down-home food at great prices in a family atmosphere

**HEALTH A6**

**SUMMER CHANGES**



How to make small changes to your routine over the summer

**WEEKEND WEATHER**

**Friday:** Scattered thunderstorms; high: 89; low: 75; high tide: 11:02 a.m.; low tide: 4:58 p.m.  
**Saturday:** Isolated thunderstorms; high: 90; low: 75; high tide: 11:42 a.m.; low tide: 5:35 p.m.  
**Sunday:** Scattered thunderstorms; high: 90; low: 75; high tide: 12:24 p.m.; low tide: 6:15 p.m.  
Weather courtesy of www.weather.com

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Obituaries	A7	Travel	B4
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## IRSC offers how-to tips on social media

By Jessica Tuggle  
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — Technological advances have made it possible for even the little guys to market their brands to the masses at little or no cost, business experts say.

With the rise in popularity of social media, such as Facebook and

Twitter, small business owners can adapt and make it work to their advantage in the marketing world, said Jan Pagano, associate dean of the corporate and community training institute at Indian River State College.

"My background is in business and marketing and I know that getting a See SOCIAL, A2

## Residents, officials, brainstorm for town's future

By Jessica Tuggle  
jtuggle@hometownnewsol.com

FELLSMERE — Growth is on the mind of Fellsmere's elected officials and residents, but the key phrase for everyone is: without sprawl.

On June 28-30,

the city hosted a Your Town Design workshop, a brainstorming session to develop ideas for growth.

The workshop, which was See FUTURE, A4

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## Cool ride



Cliff Partlow/staff photographer

C.J. Countryman, 9, of Sebastian, spends part of his summer playing in the kid's pool at waterslide at the North County Aquatics Center. In the morning, daycare centers, such as The Learning Nest, take kids to the pool as part of their summer program.

## Passports pose no problems for congressional staff

By Jessica Tuggle  
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — A 92nd birthday only comes around once, and not everyone gets to celebrate it.

Eva "Ellie" DeStephan wanted to celebrate turning 92 in style on a Caribbean cruise.

There was just one problem: the passport agency wouldn't accept her birth certificate because it was issued when she was 35 years old.

But with the help of Rep. Bill Posey's staff, less than 24 hours before the cruise ship left port, Ms. DeStephan had all of her paperwork in order and was ready to board.

"The federal government is growing larger by the day and sometimes it's hard for folks to work the bureaucracies by themselves," said Rep. Posey, R-Rockledge.

"My office has made it a priority to help folks navigate their way through the different federal agencies and to work with them to resolve the various issues

they are having with a particular government department," he said.

Marilyn Angel, Ms. DeStephan's care provider, said they began applying for passports in late March, but the passport for Ms. DeStephan was rejected, because her birth certificate from New Jersey said it was a delayed certificate of birth.

"We went on a cruise for her 91st birthday and she loved it and she wanted to go back again this year," said Ms. Angel.

"But this year, the passport laws have changed and I knew that, so I applied for her passport but they wouldn't accept it," she said.

"Ellie and her six siblings were born in a Jersey home by a midwife and she never got a birth certificate. The certificate we have was issued when she was 35 and signed by her mother with an 'x,' along with a witness, but Ellie has slight dementia and cannot remember why she got one then, either," Ms. Angel said.

After doing more



Photo courtesy of Ellie DeStephan

Ellie DeStephan, left, celebrated her 92nd birthday on a cruise with her caretaker, Marilyn Angel. Here, they pose on board the ship. Caseworkers from the office of Rep. Bill Posey, R-Rockledge, helped Ms. Angel work through red tape to get a passport for Ms. DeStephan.

research, Ms. Angel said she discovered the type of cruise they had booked would allow her charge to board with the birth certificate only. She tried to get the paperwork back, but found calling the passport agency was very difficult. She ended up leaving several messages with different people.

"Those people there are surrounded by steel walls, you can't get through, so I called the congressman's office," Ms. Angel said.

Stephanie Kotzum, a caseworker, worked diligently with Ms. Angel to figure out the status of her paperwork and request that the papers be shipped

See PASSPORTS, A2

## New law underlines seat belt safety

By Jessica Tuggle  
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — New state legislation passed into law last week, and local law enforcement officials are already on the job enforcing it.

Before June 30, law enforcement officers were only allowed to issue seat belt citations if drivers were pulled over for another moving violation, initially.

With the new law, seat belt violations became a primary charge and the fine is \$93.

The National Highway Traffic and Safety Administration estimated that in 2008, 83 percent of people riding in a vehicle had seatbelts on during the day.

According to a NHTSA release, every 1 percent increase in people using seatbelts saves 270 lives.

See SAFETY, A7

## Plan now for tropical storms

By Jessica Tuggle  
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — The imminent arrival of hurricanes and other natural disasters may not be something humans can control, but they can control how well they prepare for them, said disaster experts at a hurricane preparedness forum on June 30.

Congressman Bill Posey, R-Rockledge, hosted a hurricane preparedness forum in Vero Beach to encourage Indian River County residents to stay ahead of disaster by preparing and planning now.

Speakers included representatives from the American Red Cross, the Small Business Development Center, Florida Division of Emergency Management, Indian River County Emergency Management and the National Oceanic and Atmospheric Administration.

"If you can imagine the pictures of Homestead in 1992, it looked like Hiroshima," said John King, direc-

See PLAN, A2

## WIN A 32" FLAT SCREEN HDTV AND MORE!

At the 2<sup>nd</sup> annual Hometown News Community Yard Sale Raffle\*. All Proceeds Benefit Molly's House

\* Tickets to be purchased at the event. Drawing for Winners will be held Monday, July 13th at 9am. Winners do not need to be present to win & will be notified via phone.

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Courtesy of Walmart DC#7038



739255

# Weird

From page A1

www.WeirdAsiaNews.com: Criminal breaks in by chewing through steel bars. Investigation led police to interview Xiong, who confessed to breaking into more houses and shops than he could remember over the last two years. He was able to chew open steel bars up to 1 cm in thickness.

Sean McCarthy can be reached at (772) 408-0680 or WeirdStories@ComputeThisOnline.com (no hyphens).

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# Social

From page A1

relationship market, building relationships with your customers is very important," said Ms. Pagano.

The CCTI provides training to area businesses and community members through classes and training seminars to help build better businesses.

"In the past, big business was the only one who could afford really good advertising, because it is expensive," said Ms. Pagano.

"Now with Facebook and LinkedIn and blogs, small

and big businesses are on the same level, same playing field, to target group markets and drive people to Web sites," she said.

Facebook and LinkedIn are online social networking sites.

An upcoming class, Facebook and LinkedIn – promote and grow your business for free, will be held at the Schumann Center on the IRSC Mueller campus in Vero Beach on July 13 from 1:30 p.m. to 4:30 p.m. The class will also be held on July 21, at the IRSC Chastain Campus in Stuart.

The cost per class is \$39 and space is limited. Kim Albritton, a small

business owner who leads many of the social media seminars and classes, said many are reluctant to use social media, because they don't think their market uses those services.

"In the studies I've been seeing, the 34 to 55 age group experienced 264 percent growth recently on Facebook and that is the fastest growing population on Facebook," said Ms. Albritton.

"If you're selling hearing aids, and you don't think that age group using them is online, you may be right, but the people that will be buying those hearing aids, probably will be," she explained.

Nonprofits are another group that can benefit from using social media because of its versatility and free access, Ms. Albritton said.

The classes at IRSC include hands-on computer time, which makes applying the instruction learned in class that much easier, Ms. Pagano said.

"It's just another marketing media, and the best part is that small businesses can take advantage of it for free," Ms. Albritton said.

For more information, call CCTI at 1 (888) 283-1177, or visit www.irsc.edu/ccti.

# Passports

From page A1

back as quickly as possible.

Ms. Kotzum has personally worked more than 10 passport cases in the past six months and she believes that because of the new law, passport agencies are struggling to keep up with the demand.

"We are able to contact

the passport agency when there are some hang ups, and the individual has tried but couldn't get through, or there is an emergency situation," said Ms. Kotzum.

"We encourage folks to apply for their passport now, even if they are not considering going anywhere out of the country, because you never know when an emergency will come up," she said.

Some people can work

through their issues directly with the agency, usually when the agency requires additional information, individuals will have the best access, Ms. Kotzum said. But it's cases such as Ms. DeStephan that require additional help, she said.

"Stephanie was absolutely wonderful and without her I don't think we would have been able to go on the cruise for Ellie's birthday," said Ms.

Angel.

Celebrating her birthday on the Freedom of the Seas was definitely worth the wait, both ladies agreed.

"I loved it," said Ms. DeStephan. "A cruise is the best way to travel."

For more information, call (772)778-3534 or visit http://posey.house.gov/constituentservices/passportinformation.htm.

# Plan

From page A1

tor of emergency services for the county, of the devastation left by Hurricane Andrew.

Evacuation plans and plans for food and water are all necessary and good, but he advised that important papers also be included in a disaster plan scenario.

"You're not going to want to leave insurance paperwork at home, you want that on your body and you need someone to contact outside of the storm," he said.

A new feature of the Florida Division of Emergency Management Web site, www.floridadisaster.org, is a special section to get children involved in disaster preparedness.

On the Kid's Get a Plan page, children can virtually build a disaster supply kit with items in a virtual kitchen with pantries and cabinets.

By collecting items in a game, students can become

more familiar with the recommended items, such as flashlight and batteries, water, weather radio and first aid kits, said Ruben Almaguer, interim director for the Florida division of emergency management.

"We want every kid to promote hurricane preparedness," Mr. Almaguer said.

"When they are finished with the game, they can print out their list and a parent can help them collect everything they need," he said.

Vero Beach Mayor Sabe Abell was glad that Rep. Posey brought a high-quality forum to his con-

stituents.

"Florida is recognized as having the best hurricane conferences in the country and it's very good to see it brought to the local level," Mayor Abell said.

One element of the forum he found important was the frequent updates posted during a disaster on the county Web site, www.irc.gov.com.

"If you're out of the area, but still want to know what is going on near your house, you can check for updates from emergency services on the Web site, no matter where you are," he said.

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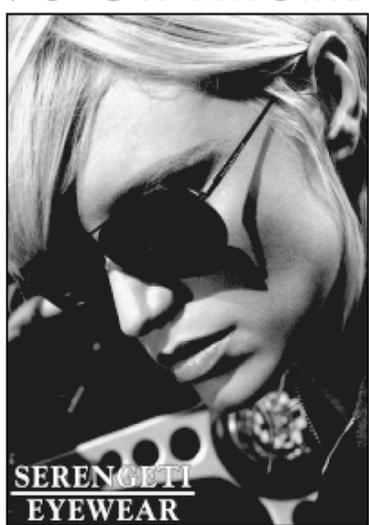
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# Teens on a mission

Dylan Gomez of Sebastian United Methodist Church, takes paint and roller from Abbey Sosnoskie, a member of the youth ministry of Highland Park United Methodist Church of Dallas, while Caroline McDaniel, also of Dallas, looks on. The youth ministry group spent the last week of June in Indian River County painting the Sebastian church and Emmanuel Church in Vero Beach.



Cliff Partlow  
staff photographer



About 50 kids from the youth ministry of Highland Park United Methodist Church in Dallas converged on Indian River County to do work on some area churches. Sebastian United Methodist Church housed the ministry, and in return, the group painted the church and outbuildings. The Rev. Richard A. Jones, left, took a photograph of the group before they left June 26.

Cliff Partlow  
staff photographer

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# HTN garage sale to benefit Molly's House

For Hometown News  
News@hometownnewsol.com

Turn unwanted stuff into cash this weekend while supporting a good cause and interact with a few wild animals, too.

The second annual *Hometown News* community yard sale, benefiting Molly's House, will be held July 11 from 8 a.m.-noon at *Hometown News* headquarters in Fort Pierce.

Jungle Adventures Nature Park and Zoo, based in Christmas, will have staff and animals on hand. Safari Todd, and members of the education department, will provide animal interaction, along with conservation edu-

cation briefs during the event. There will be opportunities for photos.

Molly's House provides temporary housing for patients and families receiving medical care on the Treasure Coast.

For a \$35 tax-deductible fee, individuals, businesses and vendors receive a 10-foot by 10-foot booth to display items at the event.

"If people take a booth for \$35, then anything they take in is theirs to keep," said Louise Murtaugh, executive director of Molly's House.

Ms. Murtaugh encourages the community to take advantage of the yard sale, as

See **GARAGE, A7**

## Future

From page A1

held at Marsh Landings Restaurant in Fellsmere, had a great turnout from the community and officials, said Rochelle Lawandales, Fellsmere's planning consultant.

"The focus really is design, and one of the things the speakers showed us (was) ways of organizing roads and land uses of both private and public spaces in ways that makes a walkable and sustainable community, which is our goal," said Ms. Lawandales.

"We have to know take what we've learned and translate it to our area and how it can work here," she said.

Your Town Design workshops are organized and funded by the National Endowment for the Arts.

Fellsmere was awarded a grant from the NEA to pay for the workshop. It is the first town in Florida to qual-



Cliff Partlow/staff photographer

Jacob Carrol of Palm Bay gathers up his fishing poles and tackle box and heads for his truck as a thunderstorm comes in from the southwest, across Stick Marsh and farm 13, to the Fellsmere Grade Recreation Area. Another long-term project in the works to improve Fellsmere, will be an adding some 10,000 acres of marsh to this already-popular fishing area.

ify for a workshop.

The program is designed specifically to help small rural towns and communities facing change, grow in a way that retains their heritage and history, but helps make them more economically successful and keeps them from falling into a sprawling growth pattern.

The design program has been in place since 1991 and has been applied in more than 50 communities across the United States including cities in Hawaii, Montana, Rhode Island, Georgia and Texas.

In addition to slide lectures and presentations by experienced architects, planners and designers, there were large sheets of tracing paper and brightly-colored markers and pencils to help attendees to visualize their ideas with simple, hand-drawn graphics.

Richard Hawks, one of

the founders of the program and the chairman of landscape architecture at the State University of New York, stressed the importance of using graphics to effectively communicate ideas for community planning and growth.

"A good picture of a project, or a change, is worth 1,000 words, because graphics can contribute to a shared understanding," Mr. Hawks said.

One area workshop participants focused on designing was 157 acres surrounding the Whispering Pines subdivision and Habit for Humanity homes.

Participants outlined places where road access is poor,

"It's fun to do now without worrying about money and ordinances," said Councilwoman Sara Savage.

"We really need more access to (County Road

512. That's a big issue and we'd like a commercial incubator, a place for people to start their own small businesses in an affordable place," she said.

Another goal for the area is to establish a community center and recreation area, Councilman Joel Tyson said.

The ideas that come out of the meeting are definitely for the long-term, Mr. Tyson said.

"For the immediate future, we just had an emergency council meeting to approve a \$2 million grant application to expand our water treatment plant and get a sewer system just east of Broadway, so businesses can hook up on that side of the street," said Mr. Tyson.

"If we could get that, it would just be indescribable what we could do and get those businesses started," he said.

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# Local givers to be honored

For Hometown News  
News@hometownnewsol.com

INDIAN RIVER COUNTY — Nominations are being accepted to recognize philanthropic leaders in the community on National Philanthropy Day, Nov. 18.

The Association of Fundraising Professionals, Indian River Chapter, is hosting its fourth annual awards ceremony honoring individuals and businesses that have made significant contributions to philanthropy in Indian River County.

The event will be held at the Vero Beach Museum of Art.

Award categories include: outstanding individual philanthropist, outstanding corporate philanthropist, volunteer fundraiser of the year and unsung hero.

The nominating process is open to AFP members and nonmembers. All non-profit agencies are encouraged to participate. Organizations have until July 31 to submit their completed application packet.

AFP represents 30,000 development professionals in more than 200 chapters throughout the world, working to advance philanthropy through advocacy, research, education and certification programs.

The AFP Indian River Chapter was formed in March 2006 and currently represents more than 60 members, fosters development and growth of fundraising professionals and promotes high ethical standards in fundraising.

For more information, call (772) 794-0701 or e-mail [ginny@irlt.org](mailto:ginny@irlt.org).

*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.*

## Sebastian Police Department

- Elizabeth Ann Griffin, 36, 531 Wimbrow Drive, Sebastian, was charged with possession of a controlled substance, cocaine, constructive possession of hashish and a misdemeanor charge of possession of drug paraphernalia.
- Daidrein B. Benson, 34, 531 Wimbrow Drive, Sebastian, was charged with being a convicted felon in the custody of a firearm and an electronic weapon, possession of a controlled substance, hashish, and a misdemeanor charge of possession of drug paraphernalia.
- Mary Ellen Kinchen, 32, 11025 Mulberry St., Sebastian, was charged with violation of probation. She was on probation for grand theft.
- Hugh Jay Zaplin, 57, 691 Melrose Lane, Sebastian, was charged with aggravated assault and a misdemeanor charge of improper exhibition of a dangerous weapon or firearm.

## Indian River County Sheriff's Office

- Alexander Antonio Brenes, 26, 1355 West 44th Place, Hialeah, was charged with criminal use of personal identification, grand theft, scheme to defraud and a misdemeanor charge of resisting an officer without violence.
- Daniel E. Cain, 37, homeless, was charged with grand theft auto and

misdemeanor charges of driving while license suspended and refusal to submit to testing.

- Bobby Joe Johnson, 30, 7756 100th Ave., Vero Beach, was charged with possession of a controlled substance.
- Gary Lee Franklin, 50, 5060 Fairways Circle, Vero Beach, was charged with child abuse.
- Tia Denicea Gavin, 29, 4826 33rd Ave., Vero Beach, was charged with violation of probation. She was on probation for making a false statement for public aid.
- Jennifer Marie Reascos, 32, homeless, was charged with failure to appear in court on charges of grand theft.
- Jesse Chip Landers, 19, 1826 Ninth St., Vero Beach, was charged with auto burglary and a misdemeanor charge of resisting arrest without violence.
- Dustin Cody Waters, 19, 8300 67th Court, Vero Beach, was charged with burglary of an occupied dwelling and grand theft.
- William A. McCarthy, 43, 962 Sixth St., Vero Beach, was charged with violation of parole for two counts of robbery with no gun or deadly weapon.
- Clint Robertson Curtiss, aka Clinton Guzman, 38, 34730 Tipton Road, Dade City, was charged with dealing in stolen property and misdemeanor charges of giving a false name while detained and resisting an officer without violence.
- Akeem King, 23, 1360 17th Court Southwest, Vero Beach, was charged with sale or delivery of cannabis.
- Lakenya Nicole Bristol, 27, 4216 20th Ave., Vero Beach, was charged with aggravated battery with a deadly weapon and resisting an officer with violence.
- Eligha Lewis Pryor Jr.,

# Police report

34, 5735 60th Ave., Vero Beach, was charged with third-degree grand theft.

- Albert Perry Young, 20, 801 Roseland Road, Sebastian, was charged with trafficking in cocaine.
- John Byrd, 30, 2539 Spence Drive, Palm Bay, was charged with failure to appear in court on charges of possession of oxycodone and use or possession of drug paraphernalia.
- Ashley Ann McKee, 25, 134 South 19th Circle S.W., Vero Beach, was charged with fraudulent use of credit card and grand theft.
- Christopher Andrew Hill, 28, 4922 Owens Ave., Grant, was charged with violation of probation and a misdemeanor charge of driving under the influence.
- Tyrone Nelson, 27, 401 Monument Road, Apt. 167, Jacksonville, was charged with trafficking in hydrocodone and possession of alprazolam.
- Crystal Michelle Campos, 26, 202 E. 12th St., Millersburg, Ky., was charged with delivery of a controlled substance.
- Eddie D. Wright, 33, 420 Eades Drive, Irvine, Ky., was charged with trafficking in oxycodone.
- James E. Hunt, 29, 5320 Lower Cane Creek Road, Stanton, Ky., was charged with trafficking in oxycodone.
- Rebecca Kay Steele, 37, 140 N. Helme Place, Daytona Beach, was charged with trafficking in oxycodone and a misdemeanor charge in possession of drug paraphernalia.
- Troy E. Hulbert, 40, 5147 Sherman Road, West Palm Beach, was charged with aggravated assault with intent to commit a felony.
- Edward J. Martin, 41, 2620 Larkin Road, Boothwyn, Pa., was charged with aggravated stalking threat and violation of probation.

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He was on probation for battery.

- Jenny Maria Cada, 46, 1581 Balfour Point Drive, Apt. D, West Palm Beach, was charged with conduct in enterprise through pattern of racketeering.
- Tycha Eulette Relford, 29, 4440 29th Ave., Vero Beach, was charged with four counts of lewd or lascivious battery and contributing to the delinquency or dependency of a child.
- Randal Lee Harper, 26, 8871 Burma Road, Lake Park, was charged with fleeing and eluding lights and sirens and misdemeanor charges of possession of marijuana and possession of a drug paraphernalia.
- Russell Lee "Looney Tune" McKinnon Jr., 22, 516 Fifth St. Southwest, Vero Beach, was charged with fleeing and eluding a law enforcement officer and a misdemeanor charge of driving while license suspended with knowledge.
- Dawn Grace Knoblauch, 47, 9935 Nicole Drive, Micco, was charged with battery on a law enforcement officer.
- Candice N. Nesby, 22, 1860 Woodland Circle, Vero Beach, was charged with violation of probation. She was on probation for felony retail theft.

• Onike James, 22, 7041 Northwest 21st St., Sunrise, was charged with burglary of a dwelling.

- Michael Asa Black, 17, 2240 Northwest Sunrise, Fort Lauderdale, was charged with burglary of a dwelling.
- Steven Barry Lachenmyer, 62, 801 Lorca Ave., Sebastian, was charged with violation of probation. He was on probation for carrying a concealed weapon and discharging a firearm in public.
- Juan Carlos Gonzalez, 17, 2865 First St., Vero Beach, was charged with attempted armed robbery while wearing a mask and burglary of a dwelling with an assault or battery while armed and masked.
- Donald James Grimley, 76, 119 Mabry St., Sebastian, was charged with aggravated assault.
- Christopher James Baker, 32, 1925 16th Ave., No. 314, Vero Beach, was charged with felony petit theft.
- Ralph Williamson Jr., 35, 1909 North Ave., E., Fort Pierce, was charged with failure to appear in court on charges of driving while license suspended.
- Aaron David Bronson, 24, 2025 Fifth St., Vero Beach, was charged with violation of probation. He was on probation for two counts of felony petit theft.



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- 2 - Admission tickets to McKee Botanical Gardens
- 10 - \$10 Gift Cards to Wada-Wash Car Wash
- Gift Certificate for a guided tour for family of 2 from Kayaks, Etc.
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- 2 - \$75.00 Day of Delight Gift Certificates
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- Foursome Gift Certificate w/Cart to PGA Golf Club in Port St. Lucie
- Gift Certificate (\$50.00) to Mimmo's Scampi Grill in Vero Beach
- GC for 4 tickets to see the AAA Mets at Tradition Field
- Custom Designed Jewelry courtesy of Julie Cleveland
- GC for a free haircut from Rob's World of Hair
- Family Fun Package GC to Superplay USA (\$40 value)
- 2 Admission Passes to Lion Country Safari
- Admission Passes to 4 Kennedy Space Center
- 2 Admission Passes to the Brevard Zoo
- \$50.00 Gift Certificate to White City Mercantile

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## Got something to say?

Call the Hometown Rants & Raves line at  
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or e-mail [news@hometownnewsol.com](mailto:news@hometownnewsol.com).  
Callers are asked to refrain from making slanderous statements. Statements of fact will be checked for accuracy.

### Code enforcement

What about outside storage in residential areas? There are old cars and boats and furniture all over the place. The people at code enforcement should get out of their office and ride around the county, and not just wait for complaints. Those who complain are threatened, so they don't complain. They could just sit in their air-conditioned cars and pick an area of the county and look at what's going on.

### Revise system

I have a son who's incarcerated in Miami. He was sentenced to 27 years. He had no weapons or drugs. It was a racketeering charge. He has filed motions to have his sentence reduced, but they've done nothing. He doesn't deserve this sentence. But they've done nothing. I'm very disturbed by the system.

### No kids at the bar

What happened to the state laws on alcohol? Aren't they supposed to be watching what goes on at places that serve alcohol?

I was at a restaurant and there was a child at the bar. They serve food to children while others drink. Where are the MADD mothers?

### Too much Michael

Why, when Michael Jackson died, did every news channel have it on all the time? A black entertainer dies and that's all they can cover? What happened to Farrah Fawcett? I didn't care for him, anyway.

### Religious channel

Why have they taken the religious channel EWTN off the TV? It's a shameful that they would take that channel off the TV. There are a lot of seniors who want to watch that channel at home.

Now you have to get a box, and some of us can't afford one. I really like that Catholic channel. My husband wants to watch what he wants to watch, and now I can't see that channel.

### Health care plans

This is a comment on the new health care plan. Are we this stupid that we can't stand up and tell the powers that be what we want?

We'll be the ones paying for their plan. They will get to go to the best doctors while we continue to suffer.

### National health care

If you think it is smart for the government to take over the nation's health care system, consider the care currently being provided to our servicemen and women by the Veterans Administration.

The VA admits the backlog of claims continues to grow and is approaching 1 million. Many of these young people have been severely wounded in Iraq and Afghanistan.

While the bureaucrats struggle to catch up, some injured vets are being forced into paying their medical bills using their own personal credit cards.

### What are kids learning?

One half of public school seniors do not recognize the names of Winston Churchill or Joseph Stalin nor can they locate the half-century in which World War I occurred. What does this tell about the state of the nation's public schools?

### Fly a flag

Our soldiers in Iraq and Afghanistan are risking their lives to protect our freedoms.

Wouldn't it be nice if locally, we were awash in American flags this Independence Day as a demonstration of our appreciation that this nation is both great and free?

See RANTS, A7

## Hometown News

Published weekly by Hometown News, L.C.,  
1102 South U.S. 1, Fort Pierce, FL 34950  
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SEBASTIAN

## Celebrating our independence



An estimated 2,000 people lined Indian River Drive last weekend for Sebastian's July 4th parade. The nearly mile-long cavalcade of veterans groups, floats, politicians and the Sebastian River High School Band, helped kick off a full day of events. **Above:** Brianna Bass, 8, and Ava Dillard, 2, both of Sebastian, watch as the parade passes by. **Right:** Sebastian resident Bill Herndon, a member of the American Legion, salutes the flag, as members of the Marine Corps League pass with colors.

Cliff Partlow  
staff photographer



## Dispelling a few common computer myths

There are a lot of myths surrounding computers out there, some based on reality, some based on "the way technology used to be" and some based on plain old fear and paranoia.

Some computer myths tend to be so prevalent that I often see veteran computer users falling prey to some of them.

This week I thought I would try to dispel some of these myths.

The first myth is, "if you connect to the Internet, you will immediately become a target for some hacker who is out to steal your identity."

This myth is born out of paranoia and misinformation. We have all seen the stories in the news, about some hacker getting caught accessing some big company database or about some poor people getting their identities stolen, but the fact of the matter is, most hackers just aren't interested in you.

Hackers tend to go after "big" targets, such as corporate databases, and don't spend too much time hunting individual end users.

But that's not what the Internet security software companies want you to think. There is a big market for computer security



COMPUTE  
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SEAN MCCARTHY

programs and firewall software, but if it's not configured or installed correctly (which is most of the time) it can bring your machine to a crawl and still leave you vulnerable.

As long as you have an up-to-date anti-virus program installed and running, and have all the current operating system updates installed, you should be safe plugging your machine into the Internet.

If it's identity theft you are worried about, I would be more concerned about all those big corporate entities out there that already have your personal information on file.

It's databases such as those that are the real targets. Why take the time to hack into one user's machine for one identity, when there are so many other systems out there that hold thousands (even millions) of identities in their databases?

Another common myth is, "regularly defragging my hard drive will make it run

faster."

This myth has its origins from the way technology used to be. Sure, if you are running an old 486 machine with Windows 95 and a 1 gig hard drive, defragging it periodically will clean things up a bit and give you a noticeable increase in performance.

If, on the other hand, you are running something a little more modern (any machine built within the last five years) defragging the hard drive all the time to increase performance is often just a waste of time.

Any increase in performance gained by defragging will typically be un-noticeable. Sure, it's nice to see all those red areas turn blue when you do defrag a modern machine, but don't be fooled. You aren't gaining much. I will concede that running defrag periodically to "tidy up" is good practice, but it's not the cure-all that some people still think it is.

The next myth comes from unclear advertisements that some computer manufacturers run.

Many ads today for new computers tout their systems as being "wireless ready" right out of the box. And, to a degree, this may be true, with things such as WiFi chips being built into

motherboards, but the thing the ads tend to leave out (or bury in fine print) is that you need to be in an area of wireless service for it to work.

If you don't have wireless Internet access and are contemplating buying a new computer that's wireless ready, because you are under the impression that it will connect to the Internet right out of the box, you are about to make a mistake.

All this "wireless ready" stuff means is that you won't need any extra hardware to connect to an existing wireless service. It doesn't mean that you can just turn it on and be online as some people have been led to believe.

In order for these systems to work, they need to be in a wireless "cloud;" either your own wireless service, DSL or cable plugged into a wireless router, or a public wireless hotspot, such as those found in many hotels, airports and coffee shops.

I hope this helps and until next week, happy computing.

Sean McCarthy fixes computers. He can be reached at (772) 408-0680 or [help@ComputeThisOnline.com](mailto:help@ComputeThisOnline.com) (no hyphens).

## Summer is a good time for small changes

It's summertime, a good time to think about ways to relax, even for a little while.

While vacations and spa visits may be out of reach for a lot of us, there are things we can do to take mini-breaks to help take some of the pressure of daily life and send it packing for a little while.

I found these tips, which I've adapted, in a pamphlet from the YWCA of Greater Pittsburgh.

Yes, I am still going through boxes and clearing things out; it's a resolution that will probably take all year. Sometimes, though, I come across some useful things.

• Instead of starting a diet, pick one thing that you will not eat for one week and see how it makes you feel. If you're successful, do it for another week and perhaps take away something else, or



ALIVE  
& WELL  
SHELLEY KOPPEL

substitute a fruit or vegetable for the item you've removed.

• Do one thing you're afraid to do. It doesn't have to be sky-diving. Join a group, speak to the person next to you at the gym or try an exercise class. If it doesn't work out, try something else.

• Nurture yourself. Get a massage or a manicure. If it's not in your budget, how about a polish change? Even a nice hand cream can make you feel pampered. Feeling pampered is a state of mind. It doesn't have to cost a lot of money.

• Do a new exercise that seems fun and challenging.

Try yoga or tai chi or take a dancing class.

• Learn something new and exciting about yourself. As I have mentioned before, I really love my yoga classes. What has surprised me is how strong and flexible I am.

• Find new ways to laugh at stress and at yourself.

• Walk in the park with a pet or a child. We have beaches here. If you don't have a pet or a child, reach into your inner child and remember how much fun it used to be to walk in the sand, pick up shells or wade in the water.

• Go on a date with yourself at least once a month. Even if you only go out for coffee, taking time for yourself is important to refresh your mind and spirit.

• Ask for help when you need it and feel strong doing it.

• Do something fun for

someone else or the community. Giving back is a great way to banish the blues. Thinking about bringing a smile to someone else also brings one to you.

Shelley Koppel is unable to endorse specific treatments for disease. Any protocols for treatment or testing she discusses are accepted standards of medical practice as recommended by agencies such as the American Academy of Pediatrics or the American Cancer Society. When she draws from personal experience, those are her experiences and are not medical recommendations.

She is the former editor of "Today's HealthCare" magazine and a member of the National Association of Science Writers. E-mail [questions@skoppel@bell-south.net](mailto:questions@skoppel@bell-south.net).

# Obituaries

## Betty Lee Wilson

Betty Lee Wilson, 66, of Micco, died June 18, 2009. She was born in Ellwood City, Pa., and lived in Micco for 14 years. She was a home health aide. She attended First Baptist Church of Barefoot Bay and the Community Church of Micco.

She is survived by two daughters, Elizabeth and Anita; a son, Peter; two sisters, Margaret and Sharon; three brothers, Alfred, David and Richard; nine grandchildren and five great-grandchildren. She was preceded in death by her husband, Pedro. Memorial contributions may be made to The Gideon Memorial Bible Chairman,

Indian River Camp, P.O. BOX 2161, Vero Beach, FL 32961. Arrangements by Seawinds Funeral Home & Crematory.

## Theadora 'Teddy' Mather

Theadora "Teddy" Mather, 79, of Micco, died June 28, 2009. She was born in Lake

Placid, N.Y., and lived in Micco for 20 years. She was homemaker, a member of the American Legion, and a life member of the VFW and DAV. She is survived by her husband of 27 years, Clifton; two children and one grandchild. Arrangements by Strunk Funeral Home & Crematory, Sebastian.

## Safety

From page A1

"A majority of statistics show that in almost 50 percent of accidents, you wear your seat belt, it can save your life," said Deputy Luther

"This is not about writing tickets," said Sheriff Deryl Loar in a press release. "It's about saving lives."

The revenue collected from the new law will be used for road improvement projects throughout the state.

Deputy Luther also

stressed that using child safety seats is extremely important, as well.

"A big problem all over is that children are not properly buckled in their seats," said Deputy Luther.

"Most children can't fasten themselves, because they are too small, and if they are not securely in their seats, in an accident, they become rockets, missiles, with no chance of surviving a crash," he said.

Florida child restraint laws requires children 3 and younger be secured in a federally-approved, child-restraint seat. Children 4 to 5 must be secured by either

a federally-approved child restraint seat or safety belt.

The driver is responsible for buckling up the child and the fine for violation is \$143, a Sheriff's Office press release stated.

Other new laws that took effect July 1 include:

- Sexual offenders and predators will now be required to register their home and cellular telephone numbers.

Individuals on the sexual offender and predator list will now also include those convicted of traveling to meet a minor to engage in unlawful sexual behavior.

The law also says sex

offenders who transmit harmful material, using a computer or other electronic device, to minors outside of Florida can be prosecuted.

- Law enforcement officials can collect DNA samples from individuals arrested or charged with a felony.

The old law only required certain people convicted of felony or certain misdemeanors to submit a DNA sample.

This will significantly expand the size of the state's current DNA database and is anticipated to assist law enforcement officers fighting crime around the state.

## Garage

From page A4

opposed to holding individual garage sales because, "collectively, it will draw a larger crowd, so there will be more people and more opportunity to sell their items."

Additionally, *Hometown News* is sponsoring a raffle featuring items donated by local businesses and community members.

So far, items have been donated by Wal-Mart, St. Lucie Battery & Tire, Heathcote Botanical Gardens, Savanna Club Golf Course,

Wada Wash car wash, McKee Botanical Gardens, A Day of Delight Spa and a \$50 gift certificate to White City Mercantile.

All money raised from raffle sales will also benefit Molly's House.

"Last year's event raised \$1,000, so we hope we can raise at least that much and more this year," Ms. Murtagh said.

Those who can't participate are encouraged to donate anything from gift cards to store items to support Molly's House.

To reserve a space, make a donation or for more information, call (772) 465-5656

## Rants

From page A6

### Madoff's not to blame

Aren't you amused by all the cry-babies expecting "somebody" to get their money back from Bernie Madoff?

Did he hold them up at gunpoint and take their money? Of course not. Had they ever heard of "caveat emptor?" Of course they had. Had they ever heard "If it sounds too good to be true, it probably is?" Of course they had. Did those warnings apply to them? Of course not. They're different.

If they had been total winners, would they have cheated on their taxes? What do you think? There's a strange attitude in this country today.

Everybody expects to be a winner, no matter how stupid they act. Everybody from GM, AIG and investment idiots expects to do foolish things and when they lose, they expect "somebody" to make up the losses. And who is that "somebody"?

Why, the government, of course, AKA taxpayers.



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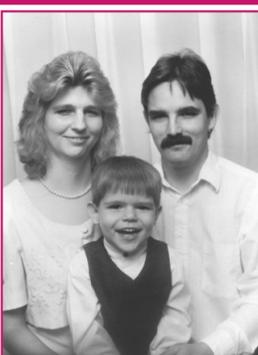
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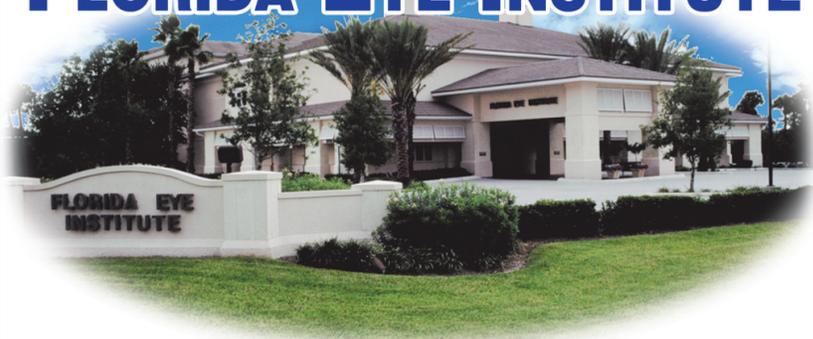
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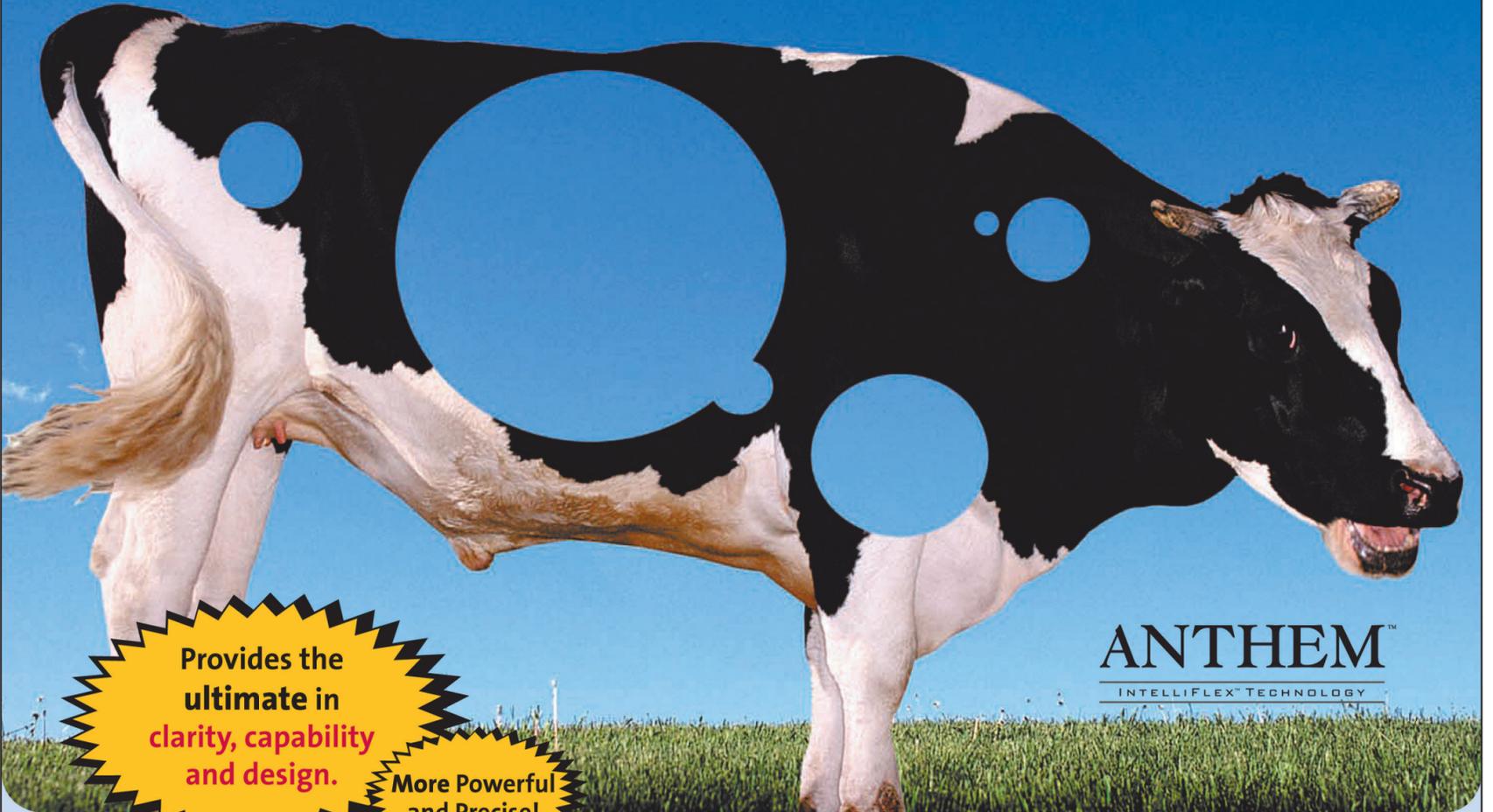
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# Dining & Entertainment

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## Classified INSIDE

SECTION B • WWW.HOMETOWNNEWSOL.COM • FRIDAY, JULY 10, 2009



**VERO VIBE**  
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## Gone, but not forgotten

They say death comes in threes. But in the world of entertainment, it seems to be coming in a torrent these past few weeks, with the deaths of several iconic figures, as well as some lesser-known personalities.

The sudden deaths of Michael Jackson and pitcher Billy Mays were shockingly unexpected for two who were only 50.

David Carradine's hanging death under questionable circumstances that suggested auto-erotic strangulation was more bizarre than the characters he played.

Farrah Fawcett's passing at age 62, after a lengthy battle with cancer, was expected, but no less mourned.

Octogenarian Ed McMahon lived a full life, and his longtime presence, via television and Publisher's Clearinghouse sweepstakes contests, seemed intertwined with our own.

"My Little Margie" actress Gale Storm is best remembered by those older than 55. Her role as the funny, meddlesome daughter of highly-eligible widower still lives on in our memories of early TV.

The trend-setting, ground-breaking music and dance that was Michael Jackson's will probably never be replicated. He broke through racial and musical barriers to become one of the most influential and highly-regarded performers who ever graced a stage.

Many grew up listening to four decades of his music, through his evolution as the young lead man in the Jackson Five to his solo career as the King of Pop.

His influence and fame were global, and if the genius of his ability was often overshadowed by his bizarre lifestyle and even stranger appearance, then perhaps his death will bring things back into balance.

His musical accomplishments are irrefutable.

"Thriller," released in late

See VIBE, B6



Photo by Cathy Guinn

The Roadside Restaurant crew, from left to right: Debbie Folks, Angie Gantz, Larry Peters, Valerie Peterson and Rory Spence.

## Roadside Restaurant really has it all

Good food, good value in family atmosphere

By Cathy Guinn  
For Hometown News

SEBASTIAN — The Roadside Restaurant. I drove by the place many times and saw loads of cars in the parking lot, no matter what time of day. My father and I decided to check it out one early evening.

At 5 pm, with an ample lot already full of cars, we pulled into the unassuming building and saw the specials on the outside board.

With dinner specials such as prime rib and pan-seared sea scallops, both priced at \$9.95, and dark cherry chocolate cake and apple crisp both at \$1.75, we raised our

brows in disbelief: "How good could this be at these prices?"

We were about to find out as owner and chef Larry Peters was happy to wipe his brow and hands long enough to tell us about the food and the history.

A Michigan native, Mr. Peters grew up working in his mom's restaurant and later became a dairy distributor there.

Delivering dairy to local restaurants sometimes entailed waiting for the owners to finish cooking, so Mr. Peters offered a helping hand on the cooking line to expedite his deliveries.

Alas, a chef was born, and locals can rest assured

that Mr. Peters not only makes everything from scratch, from the soup and entrees, down to the cakes, pies, cobblers and his creamy homemade ice creams, but is also the only chef cooking three menus daily.

Chef Peters' manager, "AD" (Aunt Deb) seated us in a comfortable booth and introduced us to our smiling waitress, Angie Gantz.

Ms. Gantz started us off with a cup of crab corn chowder (\$2.25) and a baguette of hot sourdough bread.

The soup hit our tongues with a smoky sweetness from the corn and freshly-roasted red peppers and delivered a kick of heat at

the end. The crab pieces offered a nice oceanic saltiness to this memorable dish.

My father and I looked at each other with raised brows yet again, and said: "Wow, this is a good soup!"

We marveled at the tastiness and value of this delightful opener. The soups change daily, and include creamy spinach Florentine, New England clam chowder and beef barley (\$2.25 cup, \$3.75 bowl).

Next, Angie brought us a plate of the beer-battered onion rings (\$4.95). I'm not usually a fan of anything fried, however the sweet Vidalia onions were thick and nicely browned in a See **ROADSIDE, B2**

## Theatre holds art design competition

By Barbara Yoresh  
Entertainment writer

A landmark entertainment venue is hosting an art design competition that will meld the best in fine and performing arts.

Riverside Theatre invites artists from throughout the Treasure Coast to submit designs for the theatre's 2009-10 art design competition.

The winning entry will be used on Riverside Theatre's promotional and sale items such as T-shirts, coffee mugs, posters and other

merchandise.

A portion of the T-shirt sale proceeds will be earmarked for Riverside Children's Theatre scholarship fund for underprivileged children.

There is no entry fee and the contest is open to any student, hobbyist or professional artist age 15 and older.

According to event organizer Eric Paris, director of guest services and sales at Riverside Theatre, the competition is a good way to broaden the theatre's presence.

"We're trying to get even

more involved in the community, as well as improve the merchandise we sell during the year. We want to get the artists involved," he said.

Mr. Paris noted the competition was the first of its kind for Riverside Theatre.

"We've never done it before and the theater has been using its standard star design on everything. We're hoping to get some good submissions," Mr. Paris said.

Ten finalists will be selected and the winner chosen by a jury of local professionals.

Each of the finalists will

receive two complimentary tickets to the preview performance of the Riverside Theatre 2009-10 first show of the season, "25th Annual Putnam County Spelling Bee."

The winning artist will receive a one-season subscription to the theatre's Mainstage season, a T-shirt and poster of their winning design, a feature article on the competition and artist in the theater's show program and an opportunity to showcase a piece of art in the theatre.

See **DESIGN, B2**



### STAR SCOPES

James Tucker  
Week of 7-10-2009

**Aries-March 21-April 19**  
You represent the highest aspirations in human life. The universe chose you to begin the human parade and journey. You give us strength, endurance, sure-footedness, wisdom, spirit, great heart, generosity, and direction. Wow! You have the supreme blessing of spirit and you give it right back. Are we all blessed or what?

**Taurus-April 20-May 20**  
"Keep on the sunny side," as Mother Maybelle Carter used to say. Make a plan and work your plan. Life always presents challenges. How you react makes all the difference. Make the best of it. This way, you have no regrets. Your life is well lived. Keep a lighter touch and continue to move on and up to your higher dreams.

**Gemini-May 21-June 21**  
Life is filled with opportunities and challenges. The starting point is to live within your means and make the best of what you have right now. Then, locate areas that need to be improved and work on these. Move things forward a little each day until you see change happening. Then go all out and see splendid results.

**Cancer-June 22-July 22**  
Your mind, heart and spirit are working in harmony now. Now is a good time to move your best ideas forward. It is your time at the helm of the zodiac. Listen to your deeper urges, make decisions and take action. Just wait until it feels right. Then go all out, keep your spirit up and winning is assured.

**Leo-July 23-Aug. 22**  
Leos are high spirited. The lion roars where others fear to tread. This unparalleled spirit and great courage moves you toward success in all adventures. You may strike out occasionally but you never give up. The term "lion hearted" is true. It keeps your wit honed to a razor's edge. There is no stopping you now.

**Virgo-Aug. 23-Sept. 22**  
Think before you act. Your kind nature is a wonderful gift, but it will also drag you down and burn you out.  
See **SCOPES, B3**

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DINING & ENTERTAINMENT

Out & about

FRIDAY, JULY 10

• **The Artists Guild Gallery opening reception for "Art Goes Green!"** will be held from 5 to 7 p.m. at the gallery located at 44 Royal Palm Point in Vero Beach. Free and open to the public and will feature unique artworks created with recycled materials. Refreshments will be served. For more information, call (772) 299-1234.

FRIDAY, JULY 10-SUNDAY, JULY 18

• **Riverside Children's Theatre production of "Honk, Jr.,"** an updated ugly duckling story from the Hans Christian Andersen classic tale, will be presented on the Waxlax Stage of Riverside Theatre, 3280 Riverside Park Drive in Vero Beach. Directed by Kevin Quillinan, with music direction by Deborah Quillinan. Performances on July 10, 11 and 17 are at 7:30 p.m. and July 11, 12 and 18 at 1:30 p.m. The show is suitable for family audiences of all ages and the

musical is set in the English countryside and features Ugly, a duckling who discovers his inner beauty when he becomes a swan, and other avian and barnyard creatures. Tickets are \$8.

For more information or to reserve tickets, call the box office at (772) 231-6990 or visit online at [www.riversidetheatre.com](http://www.riversidetheatre.com).

SATURDAY, JULY 11

• **The Vero Beach Museum of Art presents a one-day print workshop with artist Mary Segal** from 10 a.m. to 4 p.m. The workshop entitled "Focus on Flowers" is a monotype print process, in which participants will print directly from fresh flowers and other botanical materials to create original prints. Non-toxic, water-based inks will be used and participants will complete several images or a series of related images. This workshop is suitable for all levels, with no prior printing experience required, although a familiarity with drawing

would be helpful. Most materials will be included and students should bring a lunch and beverage. Cost is \$150 per student and \$140 for museum members.

To register or for more information, call Elyn Giordano at (772) 231-0707, Ext. 116.

WEDNESDAY, JULY 15

• **The Vero Beach Museum of Art's summer art trip reservations are now being taken** for a day of art and theater on Wednesday, July 15. Participants will travel from the museum via motor coach to West Palm Beach to see a one-of-a-kind exhibition entitled "Disney: The Music Behind the Magic" at the Norton Museum of Art. The exhibition explores Disney's innovative use of music. A gourmet lunch will be served at Manalapan's Callaro's restaurant followed by a performance of the musical "Some Kind of Wonderful" playing at Florida Stage. The price for the all-inclusive trip is \$189 per

person and space is limited. For more information, call Dane Roberts at (772) 231-0707, Ext. 209.

THROUGH JULY 15

• **The Cultural Council of Indian River County presents "A Fabulous Foursome"** featuring the art of Judy Burgarella, Sue Gwinn, Barbara Landry and Rita Ziegler on view through July 15 at the Indian River County Courthouse located at 2000 16th Ave., downtown Vero Beach. The exhibit is free and open to the public. For more information, call the Cultural Council at (772) 770-4857.

THROUGH FRIDAY, JULY 24

• **Riverside Children's Theatre summer program for children ages 4-7,** called Beginning Stages, will have an "It's a Small World" theme for the weekend enrichment program held from 9 a.m. to noon. Each week of the five-

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Roadside

From page B1

light batter.

Since my father, Bill, is writing a guitar rock ballad called "Red Meat Rules," and my mother is a huge fan of sea scallops, we decided to try each of the specials.

I'm crazy about rare steaks. Whether it's Pittsburgh rare or black and blue, I want my steak to walk to the table on its own. I decided to break tradition and order my prime rib

medium rare, and waited in trepidation for the steak to be delivered.

Much to my surprise, my meat came with a perfect pinkish red center, little fat to be found, and melted in my mouth. The au jus was so full of flavor that I drank it at the end of my meal.

The pan-seared scallops were caramelized, swam in a sea of butter, garlic and Italian parsley and were tender and sweet.

Chef Peters also brought us a crab cake (\$10.95) and a side of his "bam bam" sauce,

a spicy sweet remoulade. Using lump crab meat and a filler made from crab tidbits, this dish will delight crab cake lovers.

Other popular entrees are filet mignon (\$9.95), parmesan-crusted pork chops (\$9.95), black bean chicken (\$10.95), a colossal column of grilled chicken over black beans and rice, topped with veggies, meatloaf (\$6.95) and grilled ham steak with glazed pineapple (\$7.95).

The early bird menu is \$6.75 (from 3-5:30) and includes baked tilapia, country-fried steak and chicken cordon bleu, and include two sides with bread.

For dessert, Chef Peters brought us his famous homemade maple walnut ice cream for starters.

A dense delight, better than my grandmother's version made from her "old as the hills" rock salt hand grinder, Chef Peters told us the secret is in making it with a gelato machine.

With flavors such as rum raisin and fresh strawberry, the Roadside is a pit stop for many patrons coming in solely for this frozen fix.

We ate our ice cream alongside a warm apple

cobbler (\$1.75), covered with a buttery thick layer of brown sugar topping, and a piece of "taffee apple" pie (\$2.75), which tasted like its namesake: an apple dipped in warm caramel and nuts. The dark cherry chocolate chocolate cake (double chocolate) was doubly dark and topped with a smooth, shiny ganache (melted chocolate and heavy cream), and, at \$1.75, is worth loosening that final belt notch.

The Roadside also serves a \$4.99 blue plate special daily from 11 a.m.-3 p.m. The BPS includes pigs in a blanket, stuffed peppers, lasagna, tenderloin beef stew and crab cakes.

Breakfast is served daily from 7 a.m. Sunday brunch is served from 8 a.m.-1:30 p.m. and costs \$6.79.

After sampling the food, my dad and I came to the conclusion that it's still possible to find good-quality food at good prices and in a family-friendly atmosphere.

The Roadside Restaurant is located at 10795 U.S. 1, Sebastian. Hours are 7 a.m.-8 p.m., Tues.-Sat.; 7 a.m.-2 p.m. Sunday and Monday. Call (772) 581-2623.

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Design

From page B1

Submissions must depict Riverside Theatre in general and feature the 2009-10 Mainstage season of shows. A short description of each show is available for interested artists.

Images must be submitted on a CD in PDF, EPS, JPEG or TIFF format. Images may be in color or black and white and must be 8 inches by 10 inches at 300 dpi.

Interested artists must fill out a registration form and submit their artwork by Friday, Aug. 7.

For more information, call (772) 231-5860, Ext. 226 or e-mail [eparis@riversidetheatre.com](mailto:eparis@riversidetheatre.com).

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# Hometown News **\$UPER BUY\$** of the week

## Couponing's best-kept secrets: two for the price of none

Last week, I shared one of the best-kept secrets of couponing: holding onto coupons for one free item and pairing them with a buy one, get one free sale at the store. Anytime you match a coupon for a free product to a store's sale, in which that same product is on sale BOGO, you take home two free items instead of one. And what's better than getting one product free? Getting two for free, of course.

This brings us to this week's best-kept coupon secret, and if you liked last week's secret, you're going to love this: buy one, get one free coupons. When you use a BOGO coupon during a sale in which the same items are also part of a BOGO sale at the store, you will buy none and get two for free. This one can be a little difficult to understand at first, so I will break it down using an actual example from a recent sale.

My store had a certain brand of shampoo on sale BOGO in their weekly flier. This shampoo is regularly \$4.99 a bottle. During this sale, a shopper will pay \$4.99 for the first bottle and get the second bottle free. If I gave the store \$4.99 in cash, how many bottles of shampoo would I take home? Two. Here's where the fun begins. I've also got a coupon from the newspaper that states buy one (this brand) shampoo, get



one free. In the fine print on the coupon, it states that when my store redeems this coupon for reimbursement, they will receive the price of the shampoo, "up to \$4.99 in value." Did you catch that? Without even paying attention to the BOGO wording on the coupon, instead look at the value. It's worth \$4.99. Giving this coupon to the cashier is just like giving them \$4.99 in cash. And with the shampoo on sale for \$4.99 BOGO, I can take two bottles to the register and "pay" for them with my \$4.99-value coupon. I've "purchased" none and take home two for free.

In my coupon classes, this topic tends to raise a lot of questions. Of course, audiences get very excited when they learn another easy way to get things for free. But some people get tripped up a little bit with over-thinking these coupons. In one class, someone spoke up and felt they should get four bottles for free, because the shampoo is already on sale BOGO at the store, and the coupon states "buy one shampoo, get one free." But it doesn't work that way (and the store cashier will take issue with that incorrect viewpoint, too). Truly, the BOGO wording on the coupon is irrelevant when you are using the coupon during a sale in which those items are already BOGO at the store. What we, as shoppers, are looking at is the actual value of the coupon. Because the coupon has a

value of \$4.99, it's just like handing the store that same amount in cash. I've touched on this in previous columns, and it's important to mention it again. Think of your coupons as cash, because they are. They represent money to you and your store. And when you start thinking of them as cash, it helps you visualize why you can "buy" items that will ultimately be free with a coupon. Next week, I've got yet another coupon secret to share, and it, too, involves BOGO sales. *Jill Cataldo, a coupon workshop instructor, writer and mother of three, never passes up a good deal. Learn more about couponing at her Web site, www.super-couponing.com. E-mail your own couponing victories and questions to jill@ctwfeatures.com.*

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### Scopes

From page B1

unless you take care of your own physical, mental, emotional and spiritual needs as well. Think twice before you jump into things. Get a second opinion. Is this what I really want? Your heart knows. Are you listening?

**Libra-Sept. 23-Oct. 22**  
You were born to be a healer, counselor and teacher, living a serene, compassionate life. Yours is a rich, full life. Your high position and authority comes from your high heart and universal vision. You are always thinking of new ways to serve and help others. Balance, hope and happiness is what your life is all about.

**Scorpio-Oct. 23-Nov. 21**  
The time is coming to carry out new plans. Fine tune your life. When you know what you really want, the doors will open. Take care of details. Your wonderful heart, strong will and determination lead you. You never give up. Stay focused on the top priorities and your visions will bring you safely home to vic-

tory.

**Sagittarius-Nov. 22-Dec. 21**  
You continue to grow. Why? Because you face each life challenge with courage and determination. Your tenacity is great. You are more centered, which is the true nature of a positive Sagittarian. You are happier. You are much more open. When you are happy, you make others happy. Now you are at your best.

**Capricorn-Dec. 22-Jan. 19**  
Compassion, along with a strong sense of humor, best describes your attitude toward life. You have high ideals. You make friends with everyone you meet. You expect the best in yourself and others. You are so much fun to be around. Your light makes everyone want to do their best. How divinely we all are blessed.

**Aquarius-Jan. 20-Feb. 18**  
You have a deep sense of direction and destiny. Your visions are strong and keep coming. More are on the way. The purpose you feel in your spirit that keeps you focused and moving forward says

everything. Keep listening. Stay sharp by honing your tools and then using them to forge and create all good things.

**Pisces-Feb. 19-March 20**  
You always demonstrate a great sense of responsibility. Yours is the truest and deepest heart, along with the greatest conscience. All this majestic heart and spirit will not work well unless you set your own limits and needs, as well. How long has it been since you did something fun for yourself? Are you overdue?

**Star visions**

*I have recently created a water-ionizing machine called "The Fountain of Youth." It creates ionized, alkaline water that helps bring pH into balance. It is now available by calling (772) 334-9487, e-mailing jtuckxyz@aol.com or writing to me at James Tucker, 4550 N.E. Indian River Drive, Jensen Beach, FL 34957 for details. Also, if you want an astrology chart, contact me in the same way. Have a starry week, everyone.*

### Out

From page B2

week program will salute a different part of the world through literature and music. Beginning Stages is an introduction to the performing arts program, which uses age-appropriate literature and music with a showcase performance for parents each Friday. The fee is \$85 per session and the theatre has scholarships available. For more information, call the Riverside Children's Theatre office at (772) 234-8052.

Royal Palm Point in Vero Beach. Summer hours are Wednesday, Thursday and Friday from 11 a.m. to 3 p.m. and on Saturday from 11 a.m. to 2 p.m. For more information, call (772) 299-1234.

Aug. 1. Appropriate for ages 7 and up. For more information call (772) 231-6990 or (772) 234-8052.

**THROUGH JULY 2009**

- Riverside Children's Theatre**, 3280 Riverside Park Drive in Vero Beach. "Big River" will be performed at Anne Morton Theatre at 7:30 p.m., July 24, 25 and 31; also at 1:30 p.m. July 25, 26 and

**SATURDAY, AUG. 1**

- The Vero Beach Art Club** has issued a call to artists for the successful "Art Trail Tour" set for Dec. 5 from 10 a.m. to 4 p.m. This tour visits 10 artist's studios and gives artists an opportunity to meet directly with art

See **OUT, B6**

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# Staycation



## Ormond Beach offers nature, culture and fun

By Suzanne Grill  
For Hometown News

At the turn of the 20th century, Ormond Beach was known as a warm weather playground for the rich and famous, but you don't need to be a Rockefeller to enjoy fun summer days in their old stomping grounds.

With a diverse mix of natural beauty and historic charm, Ormond Beach, just north of Daytona Beach in Volusia County, is the perfect spot for a one- or two-day respite.

The famous Ormond Loop is a designated Florida Scenic Highway — 33 miles of protected riverside and interior landscapes with many points of access and scenic pull-out spots. Along the Loop are plenty of free or inexpensive parks, outdoor activities, cultural and historical sites, shops, and restaurants to satisfy everyone in the family.

Begin at the corner of Granada Boulevard (State Road 40) and Beach Street, traveling north.

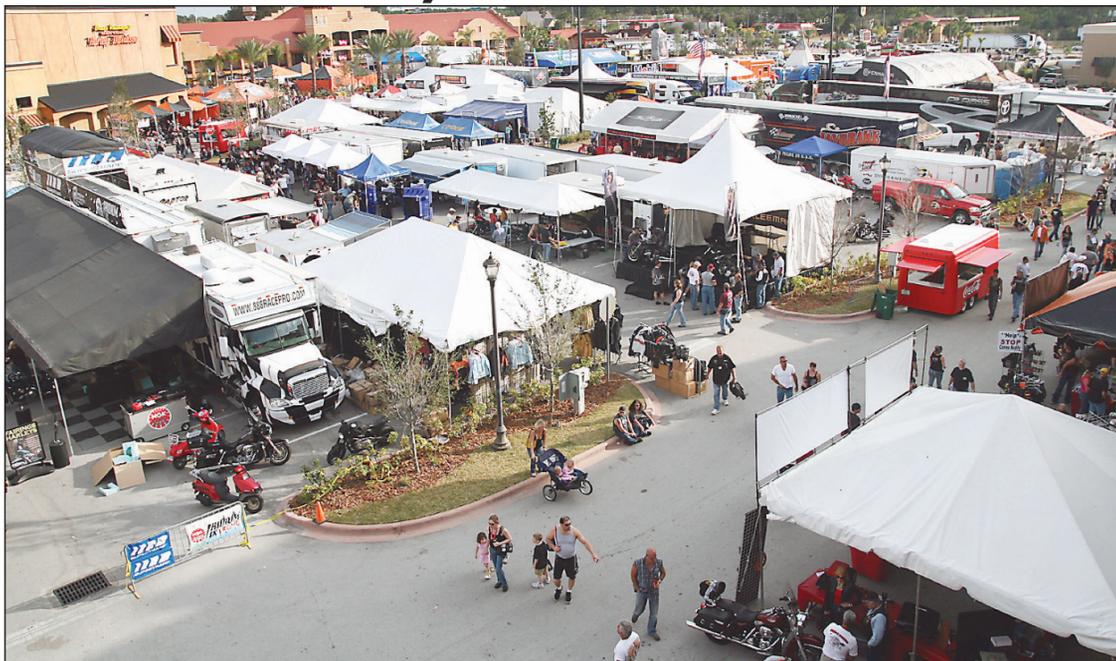
Starting out in the coolness of early morning is best (parks open at 8 a.m.), and don't forget to bring your hat, sunglasses, sunscreen, insect repellent, sturdy shoes and a camera, since there will be many great photo opportunities. More than 150 plant species and loads of wildlife including deer, tortoises, birds and butterflies inhabit Bulow Creek, Tomoka, and North Penin-

sula State Parks, all with entrances on the Loop. All three parks have designated Great Florida Birding Trails, so pack your binoculars and checklist if you plan on birding.

Tomoka State Park offers hiking and biking trails, camping, picnicking, and a boat ramp, plus points of interest such as the Tomoka Mounds and Middens, an archaeological site made up of burial mounds and shell middens, evidence of the area's early Native American settlements. The Fred Dana Marsh Museum hosts a collection of this local sculptor's works and a variety of natural and historical exhibits. Park Services Specialist John Lohde said all park activities are highlighted on the Web site at [www.floridastateparks.org](http://www.floridastateparks.org) and brochures are available at the park entrance. He suggests calling ahead to reserve campsites.

Follow the Loop east, along Walter Boardman Lane, southeast to Highbridge Road, and instead of traveling down John Anderson Drive, go straight through to A1A and enjoy all the coastal route has to offer. There are many vista points and small local parks. You can stop and enjoy the beach at any access point, and satisfy your hunger and thirst at any number of fresh seafood restaurants, many of which are oceanfront or offer ocean views.

If you make it back down to Granada Boulevard



Randy Barber/staff photographer

Destination Daytona in Ormond Beach hosts many venues from concerts to Bike Week events.

before you've eaten, you'll find even more dining choices including Thai Erawan, Lulu's Oceanside Grill and Billy's Tap Room, a local landmark. Shopping opportunities abound on the beachside and include Granada Gourmet, Bikini Co., Adornments and several other specialty shops.

Continuing west along Granada from the main shopping district, you'll see the MacDonald House, home to the Ormond Beach Historical Trust, which in addition to photographs, video, and other exhibits, offers trolley tours to more than 30 local sites.

Then there's the Ormond Memorial Art Museum and Gardens, with its changing gallery exhibits set amongst the tropical gar-

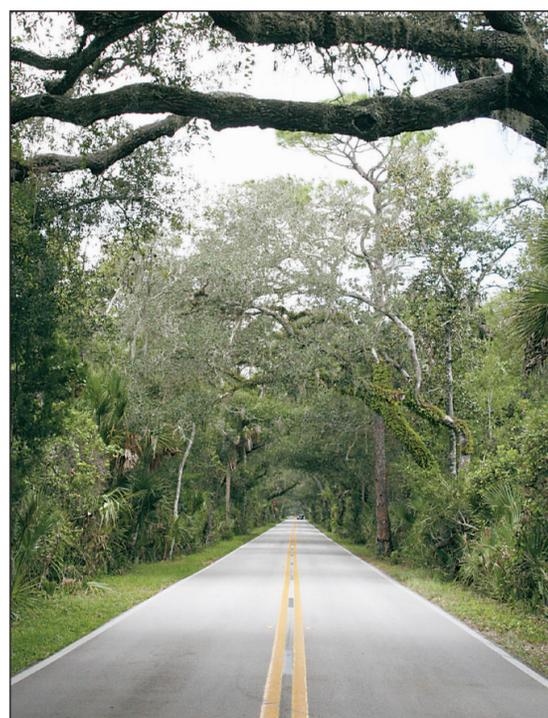
dens, with nature trails, fish ponds and a recently restored painter's cottage.

Sitting regally on the riverfront is The Casements, the famous former home of millionaire and philanthropist John D. Rockefeller, a historic treasure on the banks of the Halifax River. Unfortunately it is currently closed for renovations, but its massive garden area is open after its own recent renovation and many arts-related events are planned here throughout the year.

A newer attraction in Ormond Beach is Destination Daytona, Bruce Rossmeier's 150-acre Harley Davidson Mecca. Located where U.S. 1 meets I-95 (Exit 273), it is home to the area's largest Harley Davidson dealership, several restaurants, bars, shops, a hotel and outdoor concert venue.

Special events at Destination Daytona include a Biker Block Party on the first Saturday of the month with live music, a bike show, free BBQ and a variety of vendors. A Swap Meet on the second Sunday of the month is free. It's like a giant garage sale — bikes, cars, antiques, craft items — you never know what you will find for sale.

New this year, Destination Daytona presents its Arts & Crafts Fair on the third Sunday of the month, from 10 a.m. to 5 p.m., in



Randy Barber/staff photographer

The Ormond Beach Scenic Loop and Trail is a 30-mile loop traversing some of the most beautiful and diverse natural scenery of northeast Florida.

the shade of the Coca-Cola Pavilion. Admission is free, and proceeds from vendor fees benefit Camp Boggy Creek for children. Upcoming fairs are July 19, Aug. 16 and Sept. 20.

A variety of nighttime events are also planned for the Pavilion. Tickets are available at Ticketmaster,

Destination Daytona and other locations. (Visit [www.daytonahd.com](http://www.daytonahd.com) or [www.daytonabeachconcerts.com](http://www.daytonabeachconcerts.com).)

For more information on Ormond Beach, visit [www.ormondchamber.com](http://www.ormondchamber.com) or [www.ormondbeach.org](http://www.ormondbeach.org).

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## Club sponsors camp scholarships

For Hometown News  
News@hometownnewsol.com

INDIAN RIVER COUNTY — The Boys & Girls Clubs of Indian River County recently received a \$3,000 donation from the Exchange Club of the Treasure Coast.

The donation will provide scholarships for 10 children to attend the Boys & Girls Club's summer program.

The Boys & Girls Club offers a wide variety of programs and activities for kids, ages 6 to 18 every weekday during the summer at its three clubhouse locations, two in Vero Beach and one in Sebastian.

In addition to participating in nationally-recognized programs such as SMART

Girls, Passport to Manhood and Money Matters, members are engaged in reading clubs, arts and crafts, sports, and games and also enjoy going on field trips.

The club provides important programs in a safe, positive environment every day after school and administers the Youth Volunteer Corps, a teen community service outreach program for youth ages 11-18.

The Exchange Club is an all-volunteer, national service organization for men and women who are dedicated to preventing child abuse and helping the community be a better place to live and raise children.

For more information, call (772) 299-7449 or visit [www.bgcirc.org](http://www.bgcirc.org).

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# Two recipes for chicken in a Latin-American style

Hello, smart shoppers. I am slowly trying to come back from my open heart surgery to remove a large aneurysm in my aorta. It seems like it's taking forever.

## ROMANCING THE STOVE

with the Grammy Guru ARLENE BORG



Chicken is the dinner of the day. We're going to make two Latin-American dinners.

Chicken is the most versatile of meats. It's low-fat (sans skin), and inexpensive.

When buying a whole chicken, remove the bag inside the body. You did know there is a bag of giblets, (neck, etc.) in the chicken? Please don't feel insulted. I knew someone who thought the chicken came already stuffed.

It's not a sale when there's more fat than meat. I purchased a large package of chicken legs and thighs a while ago. When my mom removed the skin and fat, her wedding band and engagement ring, which she couldn't get off for more than 30 years, came off. That's how much fat that chicken contained.

Remember bad experiences like that, report them

to the store manager, and don't make the same mistake twice.

Rinse the chicken and remove any fat you can. Soak in cold salted water for about 1 hour; this is called "bleeding the chicken." It makes the meat taste fresher.

## ARROZ CON POLLO Y GANDULES (CHICKEN WITH RICE AND PIGEON PEAS) Serves 4

A few years ago I wanted to do something different with chicken, different and easy. I searched through my cookbooks and couldn't find a recipe for Spanish-style chicken and rice. I remembered a rice recipe my Mexican friend Lucy made, and I used what she taught me to make my dish. Lucy has since gone to be

with the Lord, but she lives on in my memory. She used a seasoning called *sazon goya con azafran*. You will find it in the Latin-American section of the supermarket. It's a seasoning that comes in a box. The box contains several packets.

Remember, the recipe is an original. If any of my Latin-American readers have a recipe to share, I would be delighted.

I added gandules for extra texture and protein. Make it as hot or mild as you choose.

- Chicken parts, allow at least 2 pieces per person
- 1 tablespoon extra virgin olive oil, canola oil or cooking spray
- 1 large onion, wedged and sliced
- 4 large cloves garlic, chopped
- 4 large bell peppers, half red, half green or any combination
- 1 15-1/2 ounce can of whole tomatoes
- 2 cups chicken broth, homemade or canned
- 2 packets *sazon* seasoning
- 1 teaspoon oregano
- 7 or 8 sprigs fresh Italian

- parsley (chopped) or 2 tablespoons, dried
- Salt and pepper to taste
- Few shakes crushed red pepper
- 1 16-ounce can gandules (found in Latin-American section)
- 1 cup raw white rice

Remove skin and fat from chicken. Do not use wings for this dish. Save them for another time. Soak chicken as explained.

Cut and seed peppers, slice and set aside. In a large skillet that has a tight-fitting cover, sauté chicken lightly in oil or cooking spray. Remove chicken and set aside.

Add onions and garlic to skillet and sauté until golden. Smash tomatoes and add with juice, seasonings and broth. Cook about 10 minutes.

Return chicken to skillet, cover and cook about 20 minutes. Add rice, gandules and peppers. Cover and cook until rice is tender and peppers are tender-crisp. Add more broth or water if necessary.

NOTE: If you prefer to use brown rice, cook it half-way

before adding to the skillet.

## KIM'S CHICKEN OLE Serves 6 Regular or low fat

This can be a very high-fat or low-fat meal, depending on your choice of cream cheese and chips. Kim insists the only salsa to use is Pace and the only chips to use are Doritos. These choices I leave up to you.

- 2 whole boneless chicken breasts
- 2 8-ounce packages cream cheese (regular, light or fat free)
- 1 small jar salsa (mild, medium or hot)
- 1 bunch scallions (green onions), thinly sliced, tops and all
- Nacho cheese chips (regular or low fat), about 1 to 1-1/2 cups, crushed

Trim all fat and nerve from breasts. Separate lobes and cut each in half by holding your hand atop the breast and slicing it in half to make a thin cutlet.

Mix softened cream cheese, salsa and scallions

together. Stuff and roll or fold each fillet. Place seam side down in casserole. Cover and bake in a 350-degree oven for about 45 minutes. Top with crushed chips. Serve with rice.

NOTE: Try Success-brand brown rice. It cooks in 10 minutes.

When a recipe is not in my cookbook it will have (NIB) next to the title.

For an autographed cookbook, "Romancing The Stove with the Grammy Guru," send \$17.50. For multiple books sent to one address it's \$3.50 S&H for one book, add \$2 postage for each additional book (\$15 plus \$2). Send to: Arlene M. Borg, 265 S.W. Port St. Lucie Blvd, No. 149, Port St. Lucie, FL 34984. Check, money order, Visa, Master Card or Paypal accepted or visit Borders in the Treasure Coast Square Mall in Jensen Beach, Books a Million in Boynton Beach or Vero Book Center in Vero Beach.

Visit my Web site at [www.romancingthestove.net](http://www.romancingthestove.net) or send me an e-mail at [arlene@romancingthestove.net](mailto:arlene@romancingthestove.net).

# Fountain of youth

On Father's Day, a dear long-time friend, master decorator and designer Sandy Patterson of Vero Beach took me out to lunch.

We had a grand time. She inspired me to pursue my dream of helping my readers, clients and friends to continue to pursue new ways to increase health, happiness and longevity.

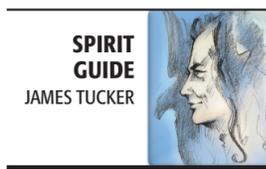
Sandy, thanks for all the wonderful, inspiring ideas and the time we shared. May your life be long, happy and healthy. No one is more deserving.

Wikipedia says the fountain of youth is a legendary spring that reputedly restores the youth of anyone who drinks its waters.

The most famous story is that of Ponce de Leon, who is accredited with the discovery of Florida in 1513 near St. Augustine, while searching for it. There is much debate on where he first landed. Some historians think it could be as far south as Melbourne. He soon sailed further south and landed around Miami and searched the Florida Keys.

At the time, he was governor of Puerto Rico and growing older. He was looking for gold. Much of the riches he found went back to his sponsor, Ferdinand, the king of Spain. Legend says he was also searching for a spring that yielded living waters and would restore his youth if he drank it.

Eventually, he did find warm mineral springs near Port Charlotte. Whether



## SPIRIT GUIDE

JAMES TUCKER

this was the eternal spring is not recorded in history.

He was not the first in recorded history to search for the fountain of youth. The search goes way back.

Herodotus, an ancient Greek historian of the fifth century, B.C., mentions a spring in the land of the Ethiopians. He thought the reason the Ethiopians lived long lives was because of the water they drank from this spring.

There is talk of Alexander the Great coming upon a healing spring in his travels. Franklin Roosevelt made regular trips to Warm Springs, Ga., to bathe in and take the waters. A healing spring exists in Arkansas, near the Ozark Mountains, that reportedly has restorative powers.

In the past few years, much new research and discovery has been focused on breaking old drinking and eating habits to return us to healthy living.

We live in a quick-fix world today. The quick fix is an attempt to cover up the hunger, pain, fear and sadness that we have allowed to take over our lives and separate us from feeling nurtured, safe, happy and free and following the heart.

See SPIRIT, B6

There is a much better way to live. It begins with

# College names new head coach

For Hometown News [News@hometownnewsol.com](mailto:News@hometownnewsol.com)

TREASURE COAST — John Picchiarini has been named head men's basketball coach at Indian River State College.

Coach Picchiarini has accepted the challenge of succeeding the 2009 National Junior College Athletic Association Hall of Fame coach, Mike Leatherwood, after his retirement Aug. 1. Coach Leatherwood has been the Pioneer's coach for 37 years.

Coach Picchiarini has served as an assistant coach at IRSC since the 2006-07

season. He was the head boy's basketball coach at Port St. Lucie High School from 1994-2003, and spent one year as the head boy's basketball coach at John Carroll High School 1993-94 combining a career record of 150-132 with five state regional appearances, four in the last five years, at Port St. Lucie High School.

He won two district titles in 1999 and 2003; went to two state regional semifinals 2001-02, 2002-03 and a 5A Final Four appearance in 1998-99 with a record of 30-4.

Coach Picchiarini earned his bachelor's degree from

California University in industrial arts/technology education in 1987.

The university is an NCAA Division II school. He was a two-year letterman, then served as graduate assistant and men's basketball coach, before moving to St. Lucie County in 1989.

He earned his master's degree in exercise science health promotion/sports psychology from California University in 2008.

He brings 20 years of coaching experience, as well as working elite evaluation camps around the country, including Five-Star, West

Coast All Stars, Blue Chip, Metro Index, Shoot for Stars and university camps at Louisiana State University, Florida, Pittsburgh, Robert Morris and Notre Dame.

Coach Picchiarini has also been a color analyst for WSTU 1450 AM and WPSL 1590 AM, an ESPN affiliate, which covers high school basketball on the Treasure Coast.

Coach Picchiarini is a native of Belle Vernon, Pa. He is married to Kelly, who is a cardiac ICU nurse at Martin Memorial Hospital. They have a 7-year old son, William.

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Summer Camp 2-11 years  
\$50 per week (Flexible Days)  
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**Brevard Equestrian Center**  
will be offering Summer Camp this year at a REDUCED rate due to the recession. We just want to keep the kids riding.  
We have covered riding arena so we can ride rain or shine. One block off the intracoastal waterway, we have a lovely sea breeze all summer long.  
Summer Camps run every week  
M-F thru August 14<sup>th</sup>  
**SIGN UP NOW FOR FALL SEMESTER RIDING**  
We accept children of all ages as long as they have an interest in horses. Schooling fun shows will be held at the end of each month over the summer for camp participants  
Prices are: \$150 for M-F 9-Noon  
\$200 for M-F 9 am - 3 pm  
If children are enrolled in consecutive weeks, parents are eligible for a discount. Students can bring and board their own horse for an additional charge.  
All riding experiences are tailored to the individual rider so it doesn't matter what the child's skill level is when they sign up.  
Contact Lisa 321-960-230 4850 Old Dixie Hwy., Grant

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772-299-0313  
8535 20TH ST (SR 60) VERO BEACH

# Religion notes

## Immanuel Church

• **Support group/celebrate recovery**, a support group for hurts, habits and hang-ups meets every Thursday at 6 p.m. for dinner, 6:45 p.m. for meeting. Donations are accepted for dinner.

• **Celebrate recovery** is a Biblical 12-step program that provides help for hurts, hang-ups, and habits. Dinner starts at 6:15 p.m. and is optional; \$3 donation. Meeting starts at 7 p.m.

For more information, call (772) 562-3185. Immanuel Church is located at 455 58th Ave., Southwest, Vero Beach.

## Micco Community Church

• **A study, the 12 steps for Christians**, a Bible study for multiple addictions, will be held on Mondays, starting at 7 p.m. at the church.

• **An open discussion "Coffee and Christ,"** on Tuesday evenings at 7 p.m. in the church fellowship hall.

• **Storehouse Food Pantry** is open on Wednesdays from 10 a.m.-1 p.m.

For more information, call (772) 202-4096. The church is located on the corner of Church Street and Central Avenue in Micco.

## First Presbyterian Church of Sebastian

• **Newcomers and visitors** are invited to the 10 a.m. Sunday worship service. Communion is

served on the first Sunday of every month.

• **Bible study** is held Monday evenings at 7 p.m. Call John Blaga at (772) 589-4290 for more information on this study.

• **Adult Sunday school** and youth classes at 9 a.m. Children's Sunday school starts at 10 a.m. following the children's message.

• **Friendship Crossroads Thrift Shop** is open for business on Tuesday, Thursday, Friday, and Saturday, from 9 a.m. to 2 p.m. For more information, call the shop at (772) 581-8155.

The church is located one block north of Main Street at 1405 Louisiana Ave., Sebastian. For more information, call the church office at (772) 589-5656.

## Riverside Church

• **Open prayer meeting** is held every Tuesday from noon to 2 p.m. You are welcome to come to the church and pray as long as you want. On Tuesday evenings at 7 p.m., the Men's Group meets for discussion of the word and fellowship.

• **Oneighty Youth Group**, an evening of music, fun, games and a Bible service at the church, for students in grades 6-12 begins at 5 p.m. every Wednesday. Admission is free and free transportation is available in the Sebastian area.

• **Mpact Girls' Club**, a Christian club for girls in kindergarten through 12th grade, meets at the church 6:30 p.m., Thursday evening meetings. The girls learn about cooking, camping, crafts,

community, missions, friendship, overcoming peer pressure, careers and purity.

• **A chapter of Royal Rangers**, one of America's largest and foremost adventure, camping and mentoring programs for boys and young men in grades one through 12, meets 6 p.m. every Friday.

• **Sunday worship service** is held at 8:15 a.m. and 10:45 a.m. Kingdom Kids for children in grades K-5 is held at the same time. This program includes Bible lessons kids can understand and apply to their lives, plus games and prizes.

Newcomers are welcome at Riverside Church, located at 11205 Roseland Road, 2 miles west of U.S. 1, Sebastian. For additional information, call (772) 589-7825.

## New Life Baptist Church

• **Edge Student Ministries**, the church's youth ministry meets every Wednesday evening from 6 to 8 p.m. There are lots of new activities; admission is free and the evening is packed with games, snacks and fellowship. All students, regardless of church affiliation, in grades 6-12 are welcome to attend this interactive, fun-filled weekly get together.

• **Edge JR** is a children's ministry for K-6th grade every Wednesday night at 7 p.m. and on Sunday at 9:30 a.m. All children are welcome to this fun-filled, highly interactive program; admission is free.

• **Children, women and adult Sunday school** classes are held every Sunday morning at 9:30 a.m. and a worship service begins at 10:45 a.m.

• **Gentlemen** are invited to the Men's Group meeting on alternate Sunday evenings at 5 p.m.

• **Fred Diven** is the featured speaker every Sunday evening. "A Christian and Their Reward" is the current teaching series at the 6 p.m. Bible study. All are welcome to attend.

Newcomers are welcome at New Life Baptist Church, located at 725 Commerce Center Drive, Suites C, D & E, Sebastian. For additional information, call Pastor Bill Brothers at (772) 473-3614.

## King's Baptist Church

• **A quilting group** meets 9:30 a.m. every Friday in Room 121 at the church. Newcomers are always welcome and there is no charge to participate.

• **Awana**, a Bible-based program with extra emphasis on Scripture memory for children ages 3 through the sixth grade is held every Wednesday evening at 6 p.m. Teens in grades 7-12 are invited to X-treme Lives, a time of worship and small group Bible study, on Wednesday evenings from 6-7:30 p.m. Adult Bible study begins at 6:30 p.m. every Wednesday.

• **Young adults** are invited to the new "20 Something" class at 9 a.m. on Sundays. The Bible class focuses on issues and challenges facing young adults as they continue education or start a new career; it meets in room 125.

• **Sunday worship services** are held at 9 a.m. and 10:30 a.m. with an evening service at 6 p.m. At 5 p.m., children in first through sixth grades are invited to participate in

children's choir where they learn basic music skills and perform songs and musicals. They meet in the Awana Auditorium; everyone is welcome and there is no cost.

The church is located at 3235 58th Ave., Vero Beach. For more information, call (772) 567-5850 or visit www.kingsbaptist.org.

## Unity Center of Vero Beach

• The community is invited to "A Course in Miracles" led by Chris Williams every Monday evening at 6 p.m.

• On Tuesday evenings at 7 p.m. Eide Monahan instructs a one hour gyrokinesis class. The technique incorporates breathing and fluid yoga movements to open and strengthen you.

• **Qi gong class**, an ancient Chinese system of postures, exercises, breathing techniques, and meditation, is held 10:30 a.m. every Wednesday.

• On Thursday evenings at 6 p.m. there is a one hour reiki class. Reiki is a Japanese technique for stress reduction and relaxation that promotes healing.

• **Sunday morning worship celebration** is held at 9:30 and 11 a.m. Childcare is available for both services and children's classes are held every Sunday at 11 a.m.

For more information, call (772) 562-1133 or visit www.unity-ofvero.com.

Newcomers are always welcome at Unity Center of Vero Beach. The church is located at 950 43rd Ave., Vero Beach.

— For Hometown News

## Out

From page B3

enthusiasts and sell their artwork. This event kicks off the Vero Beach Art Club season and is widely promoted and advertised. The selection process is open to all talented artists living in Vero Beach who meet certain requirements and who are willing to make their homes accessible to the public. The application fee is \$20 and the deadline to enter is Aug. 1. Those interested may pick up an application form at the Vero Beach Art Club offices located at the Vero Beach Museum of Art at 3001 Riverside Park Drive in Vero Beach or by calling (772) 231-0303 for more information.

### THROUGH SATURDAY, SEPT. 19

• **Vero Beach Opera and the Majestic Theatre present "Met Summer Encores"** in high-definition, showing of

some of the best of the Metropolitan Opera's programs. Tickets for each performance are \$12 for adults. The summer series line-up includes "Eugene Onegin" by Tchaikovsky on July 18; "La Boheme" by Puccini on Aug. 8; "La Fille Du Regiment" by Donizetti on Aug. 22; "Barber of Seville" by Rossini on Sept. 12; and "Madame Butterfly" by Puccini on Sept. 19. All encore performances begin at 10 a.m. Tickets are available at the Majestic Theatre box office located at 940 14th Lane off U.S. 1 in Vero Beach.

For more information, call (772) 770-0773.

### THROUGH OCT. 25

• **The Vero Beach Museum of Art presents "Rooted in Tradition: Art Quilts from the Rocky Mountain Quilt Museum"** in its Homes Gallery in an exhibit sponsored by the Patricia M. Patten endowment. There is no admission charge to view this exhibit or any of

the museum's other summer/fall exhibitions. The exhibit chronicles the history of art quilts from 1980 to the present in a movement which brought the quilts from the bed to the wall. Sixty-four quilts in the collection reflect the change from traditional repeated block designs to more free-spirited, edgy art forms. The Vero Beach Museum of Art is located at 3001 Riverside Park Drive in Vero Beach.

For more information, call (772) 231-0707.

### NOW THROUGH FALL 2009

• **The Vero Beach Museum of Art announces free admission to all art exhibits** now through fall. All visitors are asked to stop at the front visitor's desk to pick up a complimentary admission ticket for admission. Museum hours are Monday through Saturday from 10 a.m. to 4:30 p.m. and Sundays from 1-4:30 p.m. The museum will be closed on Mondays from

Memorial Day through Labor Day. The Museum of Art is located at 3001 Riverside Park Drive in Vero Beach.

For information, call (772) 231-0707.

### ART GALLERIES

• **Artists Guild Gallery**, 44 Royal Palm Pointe, Vero Beach. Hours: 11 a.m.-5 p.m. Monday-Friday, Saturday 11 a.m.-3 p.m. Call (772) 299-1234 or visit artistsguildgalleryverobeach.com for upcoming events.

• **Gallery 14**, 1911 14th Ave., Vero Beach. (772) 562-5525

• **The Laughing Dog Gallery**, 2910 Cardinal Drive, Vero Beach. Open 10 a.m.-5 p.m. Monday-Saturday. (772) 234-6711

• **Lin Roller Menard Gallery**, 2919 Cardinal Drive, Vero Beach. (772) 231-5050

• **Tiger Lily Art Studios and Gallery**, 1903 14th Ave., Vero Beach. (772) 778-3443.

### BARS AND CLUBS

• **Capt. Hiram's Resort**, 1580 U.S. 1, Sebastian. For a look at the full entertainment lineup, visit [www.hirams.com](http://www.hirams.com). (772) 589-4345

• **Earl's Hideaway Lounge and Tiki Bar**, 1405 Indian River Drive, Sebastian. Live Delta Blues music Tuesday nights by Ernie Southern. (772) 589-5700, (772) 388-2597 or [www.earlshideaway.com](http://www.earlshideaway.com).

• **Kelley's Irish Pub**, 484 21st St., B, Vero Beach, Friday night sing-along in the piano bar. (772) 567-3838

• **Long Branch Saloon**, 2199 Seventh Ave., Vero Beach. (772) 569-4075

• **Marsh Landing**, 44 N. Broadway St., Fellsmere: Folk/acoustic duo HairPeace every Saturday, 5:30-8:30 p.m. Call for other entertainment schedules. (772) 571-8622.

## Vibe

From page B1

1982, remains, at 50 million copies sold, the best-selling record album of all time.

Shortly afterward, though, Mr. Jackson's physical appearance began to change. It seemed he wanted and needed to be someone else.

Though he was heralded for his musical accomplishments, Mr. Jackson's lightened skin, straightened hair and endless rhinoplasties seemed to indicate a rejection of his race.

Many believed he was bleaching his skin in an effort to be "white." I, too, wondered, until I saw a time-line video of Michael from the mid 1980s to the present.

The irregular pigmentation and whitening, resulting from a skin condition known as vitiligo, is plainly evident in a series of close-up shots.

His former make-up artist noted that the condition, which his paternal grandfather also had, began to manifest around the time "Thriller" was released and quickly exacerbated, requiring make-up to even out his skin tone.

But his subsequent use of eye makeup and lipstick plus his breathy, girlish voice conveyed a possible dissatisfaction with his gender.

His repeated rounds of plastic surgeries left him disfigured and almost

alien-like in appearance.

Allegations of child molestations nearly ended his career, and most assuredly harmed it. He seemed to be self-destructing before our eyes.

Who was Michael Jackson? Sadly, he became "Wacko Jacko," as dubbed by the British press. I doubt we shall ever know the real Michael, but it would appear he wrestled with deep inner conflict, while needing to express his creative talent and genius.

Better, I think, to remember him through his music and dance, because his showmanship, at least, was unimpeachable.

Ms. Fawcett represented a quintessential ideal of American beauty. Blonde, beautiful and buff, she had a toothsome smile that was a dentist's dream. Cancer took away her famed blonde locks and life, but not her resolve to fight with grace and dignity until the end.

"Hi, Billy Mays here" was the familiar, high-volume introduction to the late pitchman's commercials for any number of unnecessary, but useful products.

He was a shill extraordinaire and a likeable huckster. And apparently, we bought whatever he was selling, judging from his success.

They are gone now. Like so many other famous, as well as faceless, unknowns from our time.

And so we remember those departed icons. I think it's the way each generation's memories ultimately evolve into nostalgia.

## Spirit

From page B5

turning away from the dependency on dead food and drink and getting back to basics.

The four fundamentals of good health are: lots of oxygen, drinking high pH, alkaline water, eating high-pH, living alkaline foods and positive thinking.

This translates into pumping our lungs through exercise and daily walking, eating fresh, living fruits and vegetables and letting hope spring eternal through believing that we can fulfill our dreams.

If you need to eat meat, eat fish, turkey or chicken, white meats, hopefully, raised in the water or on the ground. When we eat

beef, we are drinking the blood of the cow. Yuk.

Next and foremost, make time each day to fantasize, dream, envision and still the conscious mind.

Go inside, find the fountain of youth. It is your spirit. When you do it say, "Yeah. Eureka! I have found it. I have found the true fountain of youth."

It's been inside us all these years screaming to be set free. Let it out and set it free. The reward will be an awesome, long and healthy life for all your days and years to come. Is this exciting or what?

The fountain of youth has been inside us all our days. Now we have it. Let's celebrate. The sweetest news is the best is yet to come.

I have recently created a

water ionizing machine called the fountain of youth. It creates ionized, alkaline water that helps bring the pH into balance. It is now available by calling (772) 334-9487, e-mailing [jtuckxyz@aol.com](mailto:jtuckxyz@aol.com), or writing James Tucker, 4550 N.E. Indian River Drive, Jensen Beach, FL, 34957 for details. Also, if you want an astrology chart, contact me at the same.

Don't forget to go to [personalspiritguide.com](http://personalspiritguide.com) and sign up for your free weekly inspirational message.

Until next time, never give up on your dream, your purpose and your passion. Keep on keeping on.

**Paired Up** Edited by Linda and Charles Preston

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### Answers located in Classifieds Section

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|----------------------|------------------------|------------------------|-----------------------|-------------------------|
| 1 She sheep          | 96 Done in             | 11 Feeling great       | 44 Covered with frost | 81 Gathers              |
| 5 Jazz dance         | 97 One way to cancel   | 12 Tattered threads    | 46 Snatch forty winks | 82 Theater, music, etc. |
| 10 Around            | a contract             | 13 Early 2nd century   | 48 Very dry, as       | 83 Blissfully           |
| 15 Hustled           | 101 1957 Chevy, e.g.   | 14 Nemesis             | champagne             | unaware of              |
| 19 Edible root       | 103 80's ultra compact | 15 World's largest     | 50 Rage               | 84 Bit of regal regalia |
| 20 Vessel tapered at | shooter                | 16 Lute shape          | 52 Track figure       | 86 Removed entirely     |
| both ends            | 105 Friend to Francois | 17 Makes a boo-boo     | 53 Sing like Bing     | 88 Dethroner of Liston, |
| 21 Live, as an       | 106 Doctor's request   | 18 Noggin              | 54 Cartographer       | 1964                    |
| interview            | 107 Digestive          | 19 Hamburger helper?   | Sebastian             |                         |
| 22 Space beginner?   | 108 Singer Clapton     | 20 Dips in batter, say | 55 Giraffe cousin     | 89 Flinches, for        |
| 23 Speeder's         | 109 Penicillin source  | 21 Speed               | 58 Pitcher perfect    | instance                |
| nemesis              | 110 Colorful filers    | 22 90's TV host Lake   | 60 I'm ___ wit's end! | 91 Traffic noise        |
| 25 Lucky piece       | 111 Gumbo thickeners   | 33 Indulged, with on   | 62 Tiny biters        | 92 Much-visited place   |
| 27 Calligraphy       | 112 Wager              | 34 Goldman's partner   | 63 Inclined           | 93 Rip-off              |
| technique            |                        | 35 Walk heavily        | 64 Fictional terrier  | 94 Sesame Street        |
| 28 Physical strength |                        | 36 Very accurate       | 65 "___ of God"       | denizen                 |
| 30 Yelling too much, |                        | 37 Dracula sports a    | 66 More foxy          | 95 Welltands wader      |
| maybe                |                        | pair                   | 67 Checks out the     | 96 Beat it!             |
| 31 Violations        |                        | 38 Out-of-style        | merchandise?          | 97 Nicholas II, for one |
| 32 Aggressive bet    |                        | 39 Women's             | 70 Race entrant       | 98 Austin, of "Knot's   |
| 33 Precious          |                        | winter-wear woe        | 72 Slightly daft      | Landing"                |
| 34 Views: suffix     |                        | 40 Floors              | 73 Saving for later   | 99 "Topez" novelist     |
| 37 ___ mignon        |                        | 42 Unwilling           | viewing               | 100 Lots of lies        |
| 38 I'd rather not    |                        |                        | 74 Water slide        | 102 Frat letter         |
| discuss it           |                        |                        | 79 Toast of the town  | 104 Tee off             |
| 41 Choral            |                        |                        |                       |                         |
| components           |                        |                        |                       |                         |
| 42 Deficit           |                        |                        |                       |                         |
| 43 Gives an address  |                        |                        |                       |                         |
| 45 Smitch            |                        |                        |                       |                         |
| 47 Codger            |                        |                        |                       |                         |
| 48 Head-banging      |                        |                        |                       |                         |
| sound                |                        |                        |                       |                         |
| 49 Menu option       |                        |                        |                       |                         |
| 50 Celebrated clinic |                        |                        |                       |                         |
| 51 "I wonder ..."    |                        |                        |                       |                         |
| 52 Sad yet funny     |                        |                        |                       |                         |
| story                |                        |                        |                       |                         |
| 56 From ___:         |                        |                        |                       |                         |
| complete             |                        |                        |                       |                         |
| 57 Racing mishaps    |                        |                        |                       |                         |
| 59 Did some yard     |                        |                        |                       |                         |
| work                 |                        |                        |                       |                         |

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### 145 Wanted

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**POWER SUPPLY**, Hewlett Packard, for lap top, never used, \$30. 772-770-2090 IR

**REFRIGERATOR, MINI**, perfect for dorm room or screened porch, black, \$50. 772-226-7870 IR

**SUNGLASSES, NEW**, assorted styles, 60 pairs, \$180 for all, 772-562-5557 IR

**TABLE SAW Mini-4"** blade with extras. \$45 CB radio Uniden PC78 Elite \$75/oboo 772-589-7161

**TELEVISION, SONY** 36", flat screen (tube TV) \$199, great picture, 2 years old, 772-794-0424

**TREADMILL**, manual, used very little, folds to save space, \$150. 772-567-6231 IR

**TREK**, multi track 700 bike, \$10. New Marlboro Wild West denim jacket, large, \$10. 772-664-4984

**WEDDING DRESS**, Circa 1991, size 6, white, mermaid cut, long sleeve, lace, \$100. 772-766-4222

### 234 Building Supplies & Equipment

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### 255 Electronics

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**DIRECTV FREE 4 Room System!** 265+ Channels Starts \$29.99! Free HBO, Showtime, Starz! 130 HD Channels! Free DVR/HD! No start up costs! Local Installers! 800-973-9044

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**HIGH COST** of cable got you down? Get Dish w/ Free install plans start at \$9.99/mo Over 50 Free HD Channels! New Cust's only Call Free for full details! 800-606-9050

### 260 Furniture & Household Items

**Entertainment Center** Modern silver & glass & 48" HDTV, \$1200. 2 piece hutch 75"H wood. \$200 772-532-8035

**ENTERTAINMENT CENTER** solid oak. 6'x6' shelves, storage, glass doors, lights. Exc cond. \$1,100 772-978-7817

**MEMORY FOAM** All Visco Neo Thera-Peuc Mattresses, Member BBB - 60 night trial. As seen on TV, High Density 25 year warranty, T/F- \$348; Q-\$398; K-\$498; Free FL delivery. Thera- Pedic, Dornia, m' beds, Craft-made adjustables. Best price guaranteed!! Wholesale showrooms [www.mattress4u.com](http://www.mattress4u.com) 1-800-AT-SLEEP or 1-800-287-5337

### 270 Medical Equipment & Supplies

**BACK BRACE:** Substantial pain relief. Constant lumbar and abdominal support. Comfortable wear. Covered by Medicare/Insurance. 800-815-1577 ext. 380 [www.LifeCareDiabeticSupplies.com](http://www.LifeCareDiabeticSupplies.com)

**NEW Feather-Weight Motorized Wheelchairs** at no cost to you, if eligible. We come to you! ENK Medical 1-800-693-8896

**ONLINE PHARMACY**-Buy Soma, Ultram, Fioricet, Prozac, Buspar, \$71.99/180 Quantities. Price Includes Prescription. Over 200 med \$25 coupon Mention Offer: # 41A31. 888-309-8534 or [www.tri-pharmacy.biz](http://www.tri-pharmacy.biz)

### 275 Misc. Items

**ADOPTION GIVE** Your baby the best in life! Lining expenses paid. Many loving, financially secure couples waiting. Call Jodi Rutstein Attorney/ Social Worker who truly cares about you. 800-852-0041 #133050

**AIRLINES ARE Hiring**-Train for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Housing available. Call Aviation Institute of Maintenance 1-888-349-5387

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### 275 Misc. Items

**\*\*ALL SATELLITE** Systems are not the same. HDTV programming under \$10 per month & Free HD & DVR systems for new callers. Call Now! 1-800-804-5010

**A NEW Computer Now!** Brand Name laptops & desktops, Bad or No Credit. No problem smallest weekly payments available. Its yours Now! 1-800-804-5010

**A NEW Computer Now!** Brand Name. Bad or NO Credit. No problem. Smallest weekly payments available. Call NOW! 1-800-838-7127

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**GREAT NEWS AND CLASSIFIED ADS!** HOMETOWN NEWS 800-823-0466

### MORE MERCHANDISE TO FOLLOW



## GOTTA CAR TO SELL??

PLACE AN AD IN OUR NEWSPAPERS AND PUT YOUR PHOTO ONLINE FOR ONLY A BUCK.

That's Right! Only \$1.00 per photo!

All it takes is a buck and a little luck to find that buyer! Call 1-800-823-0466 to place your ad today

WE HAVE SPECIAL PROMOS TO HELP YOU SELL YOUR ITEMS! REASONABLE RATES AND YOU CAN BUY 1 WEEK AND RECEIVE 3 FREE!

Join the successful advertisers in the Hometown News today!

## Garage Sales

### 201 Garage Sales

**SPECIAL** TIME TO CLEAN UP? Hold a garage sale, make money & make someone happy! Call 1-800-823-0466 to place your ad!

### 201 Garage Sales

**VERO BEACH MOVING SALE** Fri - Sat - Sun July 10-11-12 8am-4pm 2595 55TH SQUARE (Walkers Glen West off 26th St) Furniture, & household items. No clothes.

## FREE ADS! HOUSEHOLD MERCHANDISE UNDER \$200

TO PLACE YOUR AD: EMAIL [classified@HometownNewsOL.com](mailto:classified@HometownNewsOL.com) or log onto [www.HometownNewsOL.com](http://www.HometownNewsOL.com) or Mail or Fax - No Phone Calls

Thanks to all of our readers for submitting your Free ads for merchandise priced under \$200. Reminder: We allow 4 lines including your phone number. Only 1 ad per week (each ad runs 2 weeks). All FREE ads must be submitted by mail, fax or email. And finally, please remember to include your name and address when submitting your ads. by Monday at 5 pm.

Your Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Mail or Fax Coupon to the Hometown News Office Nearest You! Deadline for Free Ads is Monday at 5:00 pm

## EMPLOYMENT

### ATTENTION EMPLOYERS!

If you are having trouble filling your current positions

Hometown News is here to help you!

Advertise in our dynamic employment section and reach quality applicants for your business

Call Hometown News Classified TODAY 1-800-823-0466

### 450 Sales

## Be Part of our Team!



## We Want the Best in the Business.

Outside advertising sales for the #1 Community paper in the nation.... Prefer someone with outside sales experience and the ability to close the sale

Good customer service skills a must! Protected territories, weekly base salary, gas and phone allowance plus a top commission plan.

For an interview, please forward a resume to [dover@HometownNewsOL.com](mailto:dover@HometownNewsOL.com) Or fax 772-569-6268

### 427 Miscellaneous Employment

**ATTENTION: GET PAID** to lose weight! 18 more people needed in this area to lose up to 30 lbs. in the next 30 days! Limited time offer! Call 800-956-8765 [www.AHealthyUToday.com](http://www.AHealthyUToday.com)

**SANDPIPER ARCADE** accepting applications for Attendants & Manager. Apply in person: 1708 94th Dr. Vero Outlet Mall

### 455 Trades

**DRIVERS** - Miles & Freight; Positions avail. ASAP! CDL-A with Tanker required. Top pay, premium benefits and Much More! Call or visit us online, 877-484-3042 [www.oakleytransport.com](http://www.oakleytransport.com)

### SELL YOUR HOME

with an ad in the Hometown News 5 COUNTIES Martin County thru Ormond Beach! 800-823-0466

### 510 Schools

**\*\*BODYGUARDS** and Apprentices Wanted\*\* Free Training and Paid Apprenticeships. No Experience OK. Excellent \$\$\$ Full & Part Time. All Expenses Paid. When you travel 615-228-1701 [www.psbodguards.com](http://www.psbodguards.com)

**ADULT HIGH** School Diploma at home fast! Nationally accredited \$399. Easy payment plan. Free brochure [www.diplomaathome.com](http://www.diplomaathome.com) 1-800-470-4723

**ATTEND COLLEGE** Online from Home. \*Medical \*Business, \*Paralegal, \*Computers, \*Criminal Justice. Job placement assistance. Computer available. Financial aid if qualified. 1-800-494-2785 [www.CentraOnline.com](http://www.CentraOnline.com)

**ATTEND COLLEGE** Online from Home. \*Medical, \*Business, \*Paralegal, \*Computers, \*Criminal Justice. Job placement assistance. Computer available. Financial aid if qualified. 1-800-510-0784 [www.CentraOnline.com](http://www.CentraOnline.com)

**ATTEND COLLEGE** Online from Home. \*Medical, \*Business, \*Paralegal, \*Computers, \*Criminal Justice. Job placement assistance. Computer available. Financial aid if qualified. 1-800-443-5186 [www.CentraOnline.com](http://www.CentraOnline.com)

### 510 Schools

## Consider a Career in the Health Care Field

Become a Nurse Assistant Enroll today in our 5 Week Comprehensive Program. Day and Evening Classes.

Starting August 3, 2009 **NURSING ASSISTANT TRAINING ACADEMY** 1436C Old Dixie Hwy. Vero Beach FL 32960 772-564-7190 [www.natacademytc.com](http://www.natacademytc.com) ENROLL TODAY- Day & Evening Classes starting August 3, 2009 [nursingtrainings@bellsouth.net](mailto:nursingtrainings@bellsouth.net) Licensed by Florida Commission for Independent Education, License #3425

### 510 Schools

**ATTEND COLLEGE** Online from Home. Medical, Business, Paralegal, Computers, Criminal Justice, Job placement assistance. Computer available. Financial aid if qualified. Call 1-800-494-3586 [www.CentraOnline.com](http://www.CentraOnline.com)

**AVIATION** Maintenance /Avionics graduate in 14 months. FAA approved; financial aid if qualified. Job placement assistance. Call National Aviation Academy today! 800-659-2080 / NAA.edu

**CAN YOU Dig It?** Heavy Equipment 3 week training program. Backhoes, Bulldozers, Trackhoes. Local job placement assistance. Could Qualify for GI/VA Benefits. 1-866-362-6497

**CDL Private School** - One on One Tractor Trailer Training - No Exp. req'd - Job Placement. Earn \$35,000 - \$50,000 plus benefits, Free Info & seminar. 1-866-832-7243 [www.sageschools.com](http://www.sageschools.com)

### 510 Schools

## DRIVERS NEEDED NOW!

NEED JOB SECURITY? **DRIVE A BIG RIG** **RATED #1 SCHOOL IN U.S.** **GREAT PAY & BENEFITS** **Private 1 on 1 Training Offered @ INDIAN RIVER STATE COLLEGE CAMPUS** **JOB PLACEMENT \* FINANCIAL ASSISTANCE AVAILABLE IF QUALIFIED.** **TOLL FREE 1-866-832-7243** [www.sageschools.com](http://www.sageschools.com)

## PROFESSIONAL SERVICE GUIDE

### AUTOMOTIVE

**AUTO CEILING LOOSE?** I come to you. All Colors. Joe Gallaher 772-778-4371

### BATHTUB REFINISHING

**PET CARRIERS**, 2, new, big, collapsible, \$50 both, 772-539-7140 IR

### ELECTRICAL

**JM Electrical Services** Inc. Rock bottom prices. Top Quality Work. Dependable & Reliable We install Generators! Serving PB & Treasure Coast. 772-871-2451/561-756-5 495 EC13002266/Lic/Ins

### HOMETOWN NEWS CLASSIFIEDS!

800-823-0466

### HEALTH & FITNESS

**ONLINE PHARMACY** Buy Soma, Ultram, Fioricet, Prozac, Buspar, \$71.99/180 Qty. and \$107 for 90 Qty. Price Includes Prescription! We will match any competitor's price! 866-601-5463 or [www.tri-rx.com](http://www.tri-rx.com)

### HOME IMPROVEMENTS

**RESIDENTIAL** -Repairs, Remodeling & more! No job too small! Great Rates! Free Estimates! Lic# CRC132677/Insured Sunrise Construction Services 772-581-9473

### LAND CLEARING/FILL

**BUSHHOG MOWING & Tractor Services**, concrete work. Free Est. Reliable & dependable. Lic/Ins 772-201-2596

### LAWN CARE

**Knight Lawn Maintenance & Tree Service**- Can do

275 Misc. Items

DIRECTV SATELLITE Television, Free Equipment, Free 4 Room Installation, Free HD or DVR Receiver Upgrade. Packages from \$29.99/mo. Call DIRECTV Sat TV for Details, 888-420-9482

DISH NETWORK'S Best Offer Ever! Free HD/DVR \$9.99 / month For over 100 All-digital Channels. Call Now and Receive \$600 Signup Bonus! 866-573-3640

FREE DIRECTV 4 Room System! 265+ Channels Start \$29.99! Free HBO, Showtime, Starz! 130 HD Channels! Free DVR/HD! No start up costs! DirectStar TV Local installers! 800-620-0058

CALL CLASSIFIED and sell that boat! 800-823-0466

275 Misc. Items

HIGH COST of Cable got you down? Get Dish w/ Free install plans \$9.99/month. 50+ Free HD Channels! New Customers only. Call 800-240-8112

HIGH COST of cable got you down? Get Dish w/ Free install plans start at \$9.99/mo Over 50 Free HD Channels! New Cust's only Call Free for full details! 800-606-9050

MEMORY FOAM Therapeutic Nasa Visco Mattresses Wholesale! T-\$299, F-\$349, Q-\$399, K-\$499. Adjustable \$799. Free Delivery, 25 year warranty, 90 Night Trial, 1-800-ATSLLEEP 1-800-287-5337 www.mattressdr.com

275 Misc. Items

METAL ROOFING & Steel Buildings. Save \$\$\$ buy direct from manufacturer. 20 colors in stock with trim & Acces. 4 profiles in 26 ga. panels. Carports, house barns, shop ports. Completely turn key jobs. All Steel Buildings, Gibsonton, Florida. 800-331-8341 www.allsteel-buildings.com

MOBILE HOME ROOF Experts 100% Financing, Free Estimates. We Finance Almost Every-one, Reroof, Repairs, 30 years Experience, Home Improvement Services Toll-Free 877-845-6660 State Certified (Lic# CCC058227)

CALL CLASSIFIED and sell that car! 800-823-0466

275 Misc. Items

NATIONAL ADVERTISING! Reach over 30 million homes with one buy. Advertise in NANI for only \$2,795 per week! Ask about special Real Estate Rates 1-800-823-0466

Affordable & Effective Hometown News 800-823-0466

275 Misc. Items

NEW ADT customers-Free Home Security System! ADT 24/7 Monitoring starting at just \$35.99/mo. \$99 Install Fee. Call Now! 866-265-4139 ADT Auth Co

Affordable & Effective Hometown News 800-823-0466

PETS

305 Pets - Domestic

LABRADOR PUPS: Adorable & athletic AKC/ACA, white/yellow, & black. Parents on premises, health cert. \$400/obo 772-473-3193 see photos online at www.HometownNewsOL.com ad # 7304

305 Pets - Domestic

MALTESE 1-M 1-F shots health cert, 8 mths old. White some tan. \$350 & \$450. 772-664-9444 772-633-1495

REAL ESTATE FOR SALE

EQUAL HOUSING OPPORTUNITY PUBLISHERS NOTICE

All rental and real estate advertising in the Hometown News is subject to the Federal Fair Housing Law which makes it illegal to advertise any preference, limitation or discrimination based on race, sex, handicap, familial status or national origin or any intention to make such preference, limitation or discrimination. In addition, the Fair Housing Ordinance prohibits discrimination based on age, marital status, sexual orientation, gender identity, or expression. We will not knowingly accept any advertising which is in violation of the law. All persons are hereby informed that all dwellings are available on an equal basis.

701 Open Houses

VALUE

LET US HELP YOU SELL YOUR HOME! 13 Newspapers from Martin through Volusia. You choose your market! Add a photo to your ad for only \$5. per paper!

CALL TODAY

Buy 1 week - get 3 weeks free!!! 1-800-823-0466

Hometown News Classified

When you want it RIGHT!!

702 Waterfront Property for Sale

ORMOND Riverfront Tomoka Estates, 4-br/2, internet, House privileges Comm pool, \$480/mo \$100 dep. 772-501-7542

OPEN HOUSE

Sell your home with an Open House Ad in the HOMETOWN NEWS 800-823-0466

0703 Auctions

FORECLOSED HOME Auction Florida Statewide Auction starts July 11, 700+ Homes Must Be Sold! REDC/ Free Brochure www.Auction.com RE No. CQ1031187

0705 Condos for Sale

VERO BEACH - 2/2 condo, great location. Low monthly fees. Great shape. \$65,000. John King @ RE/Max Crown Realty (772) 473-6081

710 Houses for Sale

WEST MELBOURNE: 2br/2ba/1og w/ xlg cp, Fla rm, sep utility rm. Corner lot. 1/2 ac+. Good Construction. Nr. 192 & 195 \$113,900 321-777-0943

725 Residential Lots & Acreage for Sale

DAYTONA PARK ESTATES \$95 down \$95/mo. Build now or future. Streets in, electric in. Nine lots left! No credit check. 386-566-7239

NC MOUNTAINS 2.5ACRE HOMESITE.

Spectacular view. High altitude. Easily accessible. Paved road. Secluded. Bryson City. \$39,950. Owner financing. Call Owner 1-800-810-1590 www.wildcatknob.com

PORT ST LUCIE Residential lot, 80x125, approx 1/4 ac, off California, Nr SLV, 1-95. \$19,900

David Sery, Keller Williams RE 786-877-2412 photo online at www.hometownnewsol.com ad#60866

TEXAS LAND -0- Down!

20 Acre Ranches, Near El Paso. Beautiful Mountain Views. Road Access Surveyed. \$15,900. \$159/month. Money Back Guarantee. Owner Financing. 800-843-7537 www.sunsetranches.com

730 Manufactured Homes for Sale

LAKE FRONT NEW HOME

3 Br / 2 Ba over 1200sqft. Large 10 x 26 covered porch overlooking the water \$89,900 Sun Homes at King's Lake 369 Kingslake Drive DeBary, FL 32713 www.kingslake.net Save upto \$4,000 OFF 1st Yr. Site Rent Offer Exp 7/31/09 Now See The Best (888) 895-8625

SPECIAL NEW HOME

\$79,900 ACT NOW! This price expires 7/31/09 2 Bedroom / 2 Bath With Covered Porch Over looking the Fountains on King's Lake Sun Home Sales 369 Kingslake Drive DeBary, FL 32713 (888) 895-8625 You've Seen The Rest Now See The BEST www.kingslake.net

MELBOURNE: Only \$2995 3/2 12'x60' All New: CHA, vinyl siding, skirting & concrete driveway in Village Glen an Adult Park. Call 321-806-1240

PALM HARBOR 3br/2ba HUGL. Loaded on your lot. 14 houses to choose from. Starting at \$399 per month. 800-622-2832

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