



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 sfgate.com: NH man charged \$23 quadrillion for a pack of cigarettes.

A New Hampshire man says he swiped his debit card at a gas station to buy a pack of cigarettes and was charged more than \$23 quadrillion.

Josh Muszynski checked his account online a few hours later and saw the 17-digit number, a stunning \$23,148,855,308,184,500.

Mr. Muszynski says he spent two hours on the phone with Bank of America trying to sort out the string of numbers and the overdraft fee.

Another from sfgate.com: Accused drunk driver leaves beer on trunk.

Police said a man accused of driving drunk left evidence on the trunk of his car: a glass of beer. A Vermont State Police trooper said when a car pulled up next to him at an intersection he noticed a glass sitting on the trunk. The trooper stopped the car to tell the driver, who he then suspected had been drinking.

From news.aol.com: Saudi family sues genie for harassment.

A Saudi Arabian family is suing a genie for harassment. The lawsuit alleges the genie has lived in their house for two years and is responsible for leaving threatening phone messages, stealing cell phones and even throwing rocks. A local court is investigating.

From msnbc.com: Plane
See **WEIRD, A3**

ENTERTAINMENT B1

RELOCATION



Tropic Art and Frame relocates to Vero Beach's historic downtown

HEALTH A6

MEDICAL NEWS



Read about some of latest medical findings

WEEKEND WEATHER

Friday: Isolated thunderstorms; high: 91; low: 75; high tide: 10:22 a.m.; low tide: 4:34 p.m.
Saturday: Scattered thunderstorms; high: 91; low: 75; high tide: 11:14 a.m.; low tide: 5:27 p.m.
Sunday: Scattered thunderstorms; high: 89; low: 74; high tide: midnight; low tide: 6:20 p.m.
Weather courtesy of www.weather.com

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Recycling event comes to Sebastian

By Jessica Tuggle
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SEBASTIAN — The Indian River County Solid Waste Disposal District and Keep Indian River Beautiful are once again partnering to promote recycling electronics such as laptop computers, MP3 players, televisions and radios.

The electronics recycling event will be held

for the first time in Sebastian, behind city hall on Main Street, on Aug. 1 from 9 a.m. to 3 p.m.

"We collected over 50,000 pounds of electronics at our January event in Vero Beach, keeping those items out of our county landfill," said Himanshu Mehta, managing director for the Indian River County

See **RECYCLING, A5**

Chamber to get face-lift

By Jessica Tuggle
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SEBASTIAN — The Sebastian River Area Chamber of Commerce building on Main Street will soon get a fresh coat of paint and new plants in a summer facelift.

The small building will be spruced up to match the other buildings along Main Street area, said chamber officials.

The cosmetic improvements will change the look of the building, said chamber director Beth Mitchell.



"We will paint the building and make some minor fixes to the windows to get rid of the storefront look in the next

See **CHAMBER, A2**

Students, volunteers dig garden

Home Depot lends helping hand to Dasie Hope Center

By Jessica Tuggle
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WABASSO — Bright orange-shirted adults and young children in dark-green T-shirts worked side by side to resurface a playground and dig a garden in the early morning of July 15, at the Dasie Hope Center in Wabasso.

Working with the volunteers from Home Depot in Vero Beach was the first gardening experience for many of the children, said Tara Dickinson, director of development at the center.

"Today, Home Depot brought lots of fruits and vegetables and flowers for the kids to help plant. There's cantaloupe, squash, green and yellow peppers, two kinds of tomatoes and herbs like basil, rosemary, dill, oregano and marigold plants, too," said Ms. Dickinson.

"And we got some watermelon," said Andre Johnson, 9, while digging a hole for the plants.

"The sun is going to hit the plants and make it grow, and we got to water it, and then the watermelons are going to grow," he said.

And the best part of the garden planting?

"Getting to eat 'em," Andre



From left, Milik Bellamy, 9, and Jaana Davis, both of Wabasso, listen as Home Depot Team member Cindy Masaro of Sebastian explains how to plant a tomato at the Dasie Hope Center July 15.

Cliff Partlow/staff photographer

said with a smile.

The Dasie Hope Center, which offers after-school activities for children in the Wabasso area, was established in 2001.

The goal of the center is to provide the means for local youth to become self-confident, responsible and well-

rounded, according to the center's Web site.

Ancillary services offered by the center include psychological counseling, mentoring and social services.

Growing and then eating the fruits of their labors, appropriately dubbed "Dasie's Patch," is exactly

what directors at the center desire.

Isis Thomas, 11, said she was excited about the garden.

"Instead of going to the store and wasting gas, we can come right out here and pick out what we want to eat," she said.

"I can't wait until the watermelons are ready," she added.

While they were planting, Home Depot gardening expert Joanne Isner taught the children how to properly dig holes for the plants and

See **STUDENTS, A2**

Proposed budget lowers taxes

By Jessica Tuggle
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INDIAN RIVER COUNTY — County administrator Joe Baird, county budget director Jason Brown and county staff presented a 2009-10 budget last week that decreases the county's budget by \$84 million or 21 percent, officials said.

This week, on July 23 and 24, the county will hold budget workshops to discuss changes.

The 2009-10 budget is estimated at \$302 million. Staff was able to decrease spending in all areas except the general fund, Mr. Baird said.

"This year, commissioners asked staff to not raise taxes No. 1, yet keep the same level of service and delivery," said Mr. Baird.

When looking at the budget, staff was aware of the fact that they would need to make tough deci-

sions, Mr. Brown said.

"Management staff took a positive outlook on it and really met goals everywhere," Mr. Baird said.

Staff also had to work with funding to co-build the Brackett Library within Indian River State College and construct a new fire station in Gifford.

Shelving capital improvement projects, except for road improvements, is one way staff managed to shrink spending.

"We have prioritized roads because we want to keep them moving, but others we have pushed back some years," said Mr. Baird.

The budget shows total county property taxes will decrease by \$9.7 million a 9.9 percent decrease from this year.

Millage or property tax rates will stay the same or be slightly lower than the

current rate, which means the ad valorem taxes that will be levied will be comparable to those in 2005-06.

The only county employees to receive raises in the proposed budget were firefighters, and that was a result of negotiations with the union, Mr. Baird said.

The firefighters pay increase adds \$273,000 to the budget, he said.

Mr. Brown said 41 county employee positions were eliminated, though some employees whose positions have been eliminated have been moved to other previously open positions on staff.

By eliminating those positions, the county can save \$2.4 million, which is the single largest expense in the budget.

The county administrator said very few of the cuts made to the budget will be

See **BUDGET, A7**

State scholarships move to flat rate

By Jessica Tuggle
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TREASURE COAST — College and university students on the Treasure Coast and across the state will be digging a little deeper to pay for classes when school begins in the fall.

Florida Bright Futures Scholarships, a merit-based scholarship funded by the Florida lottery, has been affected by the economic slowdown and state legislators approved measures to change the scholarship allotment values for the 2009-10 year.

Instead of paying a certain percentage of student's tuition per semester, either a blanket 100 (Florida Academic scholar) or 75 percent at a state university or 100 percent at a community college, (Florida Medallion scholar)

scholarship recipients will now receive a flat rate per credit hour.

In addition to these changes, the Legislature also approved an up to 15 percent increase in tuition fees at state colleges.

According to the Bright Futures Web site, at a four-year institution, a student at the Florida Academic scholar level — available to students with high GPAs and SAT/ACT test scores — will be \$126 per credit hour. Florida Medallion scholars will receive \$95 per credit hour.

Gold Seal vocational students at four-year institutions will now receive \$95 per credit hour.

According to the financial aid Web site at Florida Atlantic University, the cost per credit hour for a Florida

See **SCHOLARSHIPS, A2**

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OBITUARIES

Bonnie Diane Watson

Bonnie Diane Watson, 53, died July 6, 2009. She was born in Dania and lived in Sebastian for 13 years. She is survived by two sons, Montserrat and Cody; two daughters, April and Serena; her fiancé, Stephen; three brothers, Eddie, Steven and John; a sister, Donna and four grandchildren.

She was preceded in death by her husband, Lloyd and her parents, Wanda and Lynn.

Memorial contributions may be made to Council on Aging of Indian River County, 694 14th St., Vero Beach, FL 32960. Arrangements by Strunk Funeral Home.

Simone Marie Zollo

Simone Marie Zollo, 92, of Barefoot Bay, died See **OBITUARIES, A7**

Scholarships

From page A1

resident seeking an undergraduate degree is \$139. That means, if a Florida Academic scholar takes 24 credit hours in one academic year, they would pay \$312 out of pocket. That number increases to \$1,056 for Florida Medallion scholars. In order to offset some of the cost to students, FAU will increase financial aid opportunities at the school using funds collected by the tuition increase, said Marissa Smith,

financial aid coordinator. About \$500,000 in aid will be set aside and distributed on a needs basis. Mary Lewis, financial aid director at Indian River State College, said the changes are supposed to save the system more than \$30 million. "In the 2008-09 year, we had close to 1,500 students using Bright Futures, so you can imagine, throughout the state of Florida, just how many students were using the scholarship and I imagine it was getting very expensive," said Ms. Lewis.

The program was launched in 1997, spearheaded by outgoing Sen. Ken Pruitt, R-Port St. Lucie. In the first year of existence, more than 40,000 scholarships valued at approximately \$70 million were awarded. In 2008, close to 170,000 students received Bright Futures scholarships, which were valued at just more than \$436 million. At press time, Sen. Pruitt had not returned phone calls or e-mails. Cost per credit hour at IRSC is lower than FAU, said

Ms. Lewis, but students will end up paying a small amount per semester. A Florida Academic scholarship recipient earning a two-year degree would receive \$78 per credit hour at a two-year institution. A Florida Medallion scholar would receive \$59, except at IRSC they would receive \$78 because of its affiliation as a community college, Ms. Lewis said. For a two-year degree at IRSC, the cost is \$84.76 per credit hour. A four-year degree is \$94.34. Neither fig-

ure accounts for potential lab fees incurred. With the changes, students receiving aid must enroll in 12 credit hours per semester minimum and must repay the school if they withdraw from class, which is a new change, Ms. Lewis said. "It's known that to get Bright Futures, you have to be a good scholar and with the changes they are really trying these stricter rules so that people complete their education and earn their scholarships on merit," said Ms. Lewis.

Students

From page A1

explained how the marigold plants would help the growth of the other fruits and vegetables. "The marigolds around the edge of the garden will keep some of the bugs from getting to the plants, because they won't like the smell," said Ms. Isner. Ms. Dickinson explained that Dasie's Patch will help re-enforce the positive social behaviors and life skills taught at the center. "It's the same thing as

giving a man a fish, or teaching him how to fish," Ms. Dickinson said. Verna Wright, director of Dasie Hope, said she originally went to Home Depot with a request for a \$250 to \$300 grant for mulch. When Carlos Buelvas, Team Depot captain, saw the center and learned about their mission, he said, "We've got to do more." "We ended up giving them a grant of \$1,200 and are making a garden for them and putting brand new sand on the playground," said Mr. Buelvas. "We try to get involved with our community and do projects like this at least once a quarter, if not more than that. Team Depot members come here, some of us on our days off, to do this. Some of us do this, then go into work," he said. While the children and volunteers poured and spread white sand around the playground, Ms. Wright couldn't help but exclaim

over the attitudes of all involved. "For over a year I wanted to put new sand on the playground, but in these times, it was between buying food or buying sand and that's a no brainer," said Ms. Wright. "You wouldn't know it's 90 degrees out here by the way they are out there helping, and that's one of the things we try and show them here at the center," she said. All the children who helped Team Depot were enrolled in the six-week Dasie Hope summer camp program. While at camp, the children do art projects, go on field trips and work on building math and reading skills. Breakfast and lunch is served free and is purchased with donated funds. For more information about programs and services available at the Dasie Hope Center, call (772) 321-1329 or visit www.dasiehope.org.



Rendering courtesy of Sebastian Chamber. Although still in the planning stages, the Sebastian River Area Chamber of Commerce envisions a building that blends in with the surrounding of the area.

Chamber

From page A1

couple of months," Ms. Mitchell said. The paint and new windows are just the first steps in changes for the building. Future plans include a complete makeover, inside and out, said the chamber director. "It's still in its planning stages, but the long-term goal is to have what we call the Pelican Porch Visitors Center," said Ms. Mitchell. The designs show the renovated center would have a wrap-around porch, tin roof and a new landscaping theme. "We have a prime site in the Sebastian River area, and we are basically the front door to the community for any visitors," said Ms. Mitchell.

"Any way that we can attract more people to the area to come in and use our resources and our businesses is a benefit to the community," she said. The estimated cost of the changes is \$450,000. "Based on the economy, we are going to hold off on the fundraising for the major changes for at least a year," said Ms. Mitchell. "Our businesses are holding on and we are trying to be sensitive to the economy before we ask our businesses to contribute," she said. Though it is too soon to start fundraising, Ms. Mitchell said she is excited about the future building. "People will be able to sit out on the porch and read their brochures and look at the Indian River Lagoon, maybe work on their laptops and enjoy the ambiance of the area," she said.

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Cliff Partlow/staff photographer
Jessica Wentz, 14, of Sebastian, right, reads from 'Zach's' as her tutor, Sharman Waterman of Vero Beach listens. Jessica was one of about 30 students who took part in summer tutoring classes at Trinity Episcopal Church. The Children's Home Society sponsored the classes.

Tutoring program for at-risk children a success, say organizers

By Jessica Tuggle
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — It's only for a few hours three days a week, but it's making a world of difference in the lives of 44 children.

The Children's Home Society of Florida, with the

help of grants from the Quail Valley Foundation, Orchid Island Rotary Club and several individual donors, held an inaugural summer tutoring program this year.

Dee Benjamin, development specialist for the Treasure Coast division of the CHS, said the idea for sum-

mer tutoring came from Marta Schneider, board chairwoman for the Indian River County division.

"It's for kids in the foster-care system that are really at risk, just not moving on academically, and we thought it would be good to initiate a program for them to help them meet or

exceed their (grade) level and on to the next level," Ms. Benjamin said.

The focus in the tutoring sessions, which very nearly provide one-on-one instruction for each student, is in math and reading.

In addition to tutoring

See PROGRAM, A7

Weird

From page A1

doing loops hits car.

A family of three evaded what could have been a major, if not fatal, mishap after a sport biplane doing loops flew too low and collided with their car.

Police in the town of

Grossostheim, Germany, about 40 miles southeast of Frankfurt, said the plane's pilot was performing aerial acrobatic maneuvers when it flew too low and failed to pull up in time, striking the family's car near the small air field.

From news.yahoo.com:
Man tries to fix airbed, blows up apartment.

A German who tried to fix his leaky air mattress blew up his apartment instead, the fire brigade in the western city of Duesseldorf said. The 45-year-old man used tire repair solvent to plug a hole in his airbed and left it overnight. But it blew up when he went to inflate it the next day.

"A spark from the electric

air pump ignited it," a fire brigade spokesman said.

The blast pushed his living room wall into the building's stairwell and caused extensive damage to walls, windows and furniture.

Sean McCarthy can be reached at (772) 408-0680 or WeirdNews@ComputeThis online.com (no hyphens).

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Staycation

New Smyrna Beach: there's lots to do and see



By Jamye Durrance

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NEW SMYRNA BEACH — While the allure of white sandy beaches is definitely the main attraction in New Smyrna Beach, the city isn't just a carefree beach town.

There's plenty to do in this quaint city — and you can do it all without digging deep into your wallet.

"(The beach) is not all we have," said Deborah Boyd, executive director of the New Smyrna Beach Visitor's Bureau. "There are so many cool things to do. Most people tell us they didn't know this was here. It's wonderful. They say they are surprised because it is so much Old Florida."

New Smyrna Beach, located just 15 miles south of Daytona Beach, is one of the oldest cities in the state: it was first settled in 1768.

You can take a stroll through the city's rich historical heritage with a visit to the Southeast Volusia Historical Museum, located on Sams Avenue downtown, where admission is free.

Across the street from the

museum is Old Fort Park, home of the Turnbull Ruins, which are believed to be the foundation of a personal home owned by Andrew Turnbull, the city's founder.

Another historical site worth checking out is the Sugar Mill Ruins, located just off State Road 44 on the west-end of the city.

The sugar mill was built during the early 1800s but was destroyed during the war between the Seminole Indians and the United States.

The city also has a black history museum, located downtown in an old Catholic church that was renovated into the museum in 1999. Admission here is also free.

While you are downtown, be sure to check out Canal Street, the city's historic and shopping district.

Canal Street is home to several antique shops, restaurants and galleries and ends at the Indian River. Merchants there host a classic car night every second Saturday of the month.

At the Marine Discovery Center, located just off the North Causeway, you can

either rent a kayak to explore the Indian River Lagoon, the most biologically diverse estuary in North America, or you can take a guided tour with a naturalist. Moonlit tours are also available.

Right next door to the Marine Discovery Center is the city-operated Water Taxi, which carries riders on a two-hour scenic ride from New Smyrna Beach to Ponce Inlet, along the Indian River Lagoon. Along the way, riders can stop off at Flagler Avenue or Ponce Inlet restaurants before getting back on the taxi. The trip costs \$15 for adults and \$8 for children roundtrip. Sunset cruises are also available.

Another popular destination for visitors is Flagler Avenue, the beachside shopping district.

Starting at the Indian River and ending at the Atlantic Ocean, Flagler Avenue is a half-mile palm tree lined-stretch of quaint shops, restaurants, pubs and galleries.

At the end of Peninsula Avenue, a side street of Flagler Avenue, is Smyrna



Randy Barber/staff photographer

Wax your board and head to the water, as some of the best surfing can be caught down at the New Smyrna Beach Inlet.

Dunes Park, a 73-acre park where you can walk the 1.5-mile boardwalk over sandy dunes to the beach. Along the way, you'll get a view of the Ponce Inlet Lighthouse, which is located just across the inlet from New Smyrna Beach, as well as turtles, birds and raccoons in their natural habitats. The park is also one of the few dog-friendly parks in the area. Admission to the park is \$3.50 per vehicle.

New Smyrna Beach is also well-known for its arts scene, with several galleries and hands-on workshops where you can learn to do everything from clay pottery to glass blowing.

At the Bob Ross Art Workshop & Gallery, you can learn

to paint in the style of the famous PBS painter, who was from the area. At Galleria Di Vetro on Flagler Avenue, you can learn about glassblowing or buy a piece from the unique gallery.

The Atlantic Center for the Arts, tucked away on 70 acres on the Spruce Creek Preserve at the northern city edge, is an artists' center with a residency program. But, visitors are welcome to check out the many unique galleries and buildings as well as the quiet nature trails. The Center also offers kid's programs at its Harris House, located downtown.

If you're looking for an adrenaline rush, visit the New Smyrna Speedway,

located on the western edge of the city, for auto racing every Saturday night from March to December. Admission is \$10.

After the Speedway, if you are looking to slow it down a little, try a Segway tour of New Smyrna Beach. For \$45 per person, you can ride your Segway onto the beach and through the beachside neighborhoods.

When it comes time to dine during your "staycation," New Smyrna Beach has several dining options with a plethora of "mom-and-pop" restaurants scattered throughout the city.

For more information on New Smyrna Beach, visit <http://nsbfla.com>

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Police report

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

• Tonya Sherrie Lynch, 40, 138 Admiral Circle, Apt. B, Sebastian, was charged with possession of cocaine.

Indian River County Sheriff's Office

• Ryan Henderson, 22, 45 46th Court, Vero Beach, was charged with violation of probation. He was on probation for dealing in stolen property and giving false information to a pawnbroker.

• David Durrell Robinson, 45, 1355 17th Court Southwest, Vero Beach, was charged with aggravated assault with a deadly

weapon and a misdemeanor charge of driving under the influence.

• Erin Lynne Westerman, 25, 2900 69th Terrace, No. 206, Vero Beach, was charged with grand theft.

• Erik Cueuca Fernandez, 26, 1626 40th Ave., Vero Beach, was charged with three counts of unauthorized possession of, and other unlawful acts in relation to a driver's license or identification card.

• Tyler Neil Burney, 20, 945 32nd Ave., Vero Beach, was charged with two counts of lewd or lascivious battery.

• Dominique Lee James, 19, 3034 N. Pine Hill Road, Orlando, was charged with violation of probation. He was on probation for felony battery.

• Raul Ruben Jimenez, 26, address unknown, Miami, was charged with violation of probation. He was on probation for two counts of grand theft and fraudulent use of personal identifica-

tion information.

• William Jared Breski, 21, 5210 94th Place, Sebastian, was charged with violation of probation. He was on probation for grand theft and fraudulent use of personal identification information.

• Michael Bernard Wade, 23, 639 Fourth Place, Vero Beach, was charged with violation of probation. He was on probation for battery on a person 65 or older.

• Cipriano Puga Jr., 27, 8455 103rd Ave., Vero Beach, was charged with felony battery, domestic violence by strangulation.

• Casey Lee Campbell, 20, 6035 Sixth Place, Vero Beach, was charged with possession of a controlled substance, oxycodone, and possession of marijuana.

• Makada Stamps, 19, 12930 100th Place, Fellsmere, was charged with carrying a concealed firearm.

• Fernando Mendoza, 26,

5109 Eagle Drive, Fort Pierce, was charged with violation of probation. He was on probation for third-degree grand theft and burglary of a structure.

• David Gregory O'Connell, 41, 380 Farley Court, Vero Beach, was charged with forgery and uttering a forged instrument.

• Keith Anthony Cianciolo, 22, 2826 Southwest Vittorio St., Port St. Lucie, was charged with violation of probation. He was on probation for two counts of third-degree grand theft, grand theft motor vehicle, and two counts of fraudulent use of a credit card.

• Noel Garrett Beckman, 42, 341 11th Ave., Vero Beach, was charged with aggravated assault and a misdemeanor charge of battery.

• Matthew Michael Adair, 32, 7060 33rd St., Vero Beach, was charged with grand theft, fraudulent use of a credit card, fraudulent use of personal identifica-

Crime Doesn't Pay, But We Do.

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tion information and a misdemeanor charge of battery.

• Lewis Prescott Barton, 66, 2025 Surfside Terrace, Vero Beach, was charged with criminal use of personal identification and a scheme to defraud.

• Maryellen Jane Kinchen, 32, 11025 Mulberry St., Sebastian, was charged with two counts of felony petit theft.

• Alphonso Wynn Jr., 29,

1860 Woodland Circle, Vero Beach, was charged with use or possession of drug paraphernalia, fleeing or eluding lights and siren, willful, wanton reckless driving and attempted sale, delivery, manufacture or possession with intent to sell or deliver cannabis.

• Bonnie A. Seeley, 45, 13680 101st St., Fellsmere, was charged with lewd lascivious offenses committed on a disabled person.

Recycling

From page A1

Solid Waste Disposal District, in a press release.

"Now we want to make it easy for our north county residents to participate in electronics recycling, as well," he said.

Kristy Sturdivant, executive director for KIRB, said people call their office all the time, asking how to dispose of their old electronics in an environmentally-friendly manner.

"We get questions every day about what to do with old TVs and computers and this event is the perfect way to get rid of them," said Ms. Sturdivant.

Some of the items that can be recycled include:

computers, key boards, computer mice, CDs, VHS tapes, DVDs, MP3 players, fax machines and office equipment, security systems, radios, stereos and speakers, hand-held games, joy sticks, telephones and answering machines.

The event is free and all during the day there will be giveaways. A refurbished laptop will also be raffled off.

AERC Recycling Solutions will provide the laptop and will handle collecting the recycled electronic items.

For a complete list of items, visit the county's Web site at www.ircwaste.com or call the main landfill at (772) 770-5122.



Cliff Partlow/staff photographer

Keep Indian River beautiful and the Solid Waste Disposal District are teaming up to offer Sebastian residents a way to recycle electronics on Aug. 1, from 9 a.m. to 3 p.m., behind Sebastian City Hall. Himanshu Mehta, managing director of the IRC SWDD, high fives a recycler during the event at the Indian River Mall in January.

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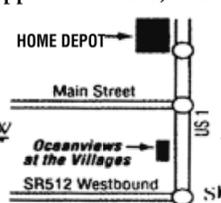
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VIEWPOINT

FRIDAY, JULY 24, 2009 • HOMETOWN NEWS • WWW.HOMETOWNNEWSOL.COM



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or e-mail news@hometownnewsol.com.

Callers are asked to refrain from making slanderous statements. Statements of fact will be checked for accuracy.

Rude real estate agents

This is an open letter to all Realtors: When you make an appointment with the seller, please keep that appointment, or have the courtesy to call and cancel or explain that you are running late.

Sellers may want to sell their homes, but they also have a life. Remember, without them you'd have no job.

Food stamp abuse

I've been a cashier and have noticed the trend for all people to have food stamp cards. I work two jobs. My teenage sons both mow grass and wash cars on the weekend and in the summer. A lot of these people that pay with their cards are buying stuff to have a barbecue.

I know a lot of people truly need a lift once in a while. Somehow when your food stamp balance is \$564, it really doesn't seem like you're that needy. I wonder if the people in the food stamp office look out their window at what these people are driving Escalades, brand new pickups, Tahoes?

I have a 1979 four-door sedan. Would I not be more in need than they are? Are they in the needy situation because they are driving a car they cannot afford to pay? Do all of these people get asked for their Social Security numbers so they can qualify?

Please tell me at least people who are supposed to be here are the ones reaping these benefits.

Raising fees

I see garbage collection fees are going up again. The usual reaction from local governments is to close it down, raise fees, raise taxes or add staff to analyze the report. They don't want to fix it. It's overwhelming incompetence.

Customers first

Why do businesses with two doors always lock one of them? You have to hold the door for someone coming out. And you're already setting a bad tone. People have packages and can't hold the doors for others. Why not just unlock the other door? It is that hard? The customers are the most important people in the store, why aren't you taking care of them?

Stop spending

The law of gravity must not work in Washington, D.C., as we see the spending of our congressmen go up as if there was no tomorrow. It is business-as-usual in the nation's capitol.

Congress has just authorized a 12 percent increase for the Department of Justice. Most Americans, by contrast, are hunkering down and just trying to survive the recession. Congress continues to spend, spend, spend.

Crime close to home

It is one thing to hear about crime in the big cities such as New York, Chicago and Los Angeles, but it is getting pretty close to home when the terror is in such safe places as rural North Carolina.

The cops shot a serial killer, but the real news is that this was a career criminal, which some judge placed on parole. The message we should be getting out is that light sentences are unacceptable and lenient judges must be held accountable.

Fireworks too costly

Although my family and I really enjoyed the fireworks display on the fourth of July, I really think the county should have spent that money on more important things. We, as a city, are falling to pieces.

There are more homeless people, houses are in foreclosure and the unemployment line is getting longer. But still we pay nearly \$30,000 for a 15-minute display. Where are your priorities?

Hometown News

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CIRCULATION AUDIT BY



SEBASTIAN

Club scores high marks



Cliff Partlow/staff photographer

Dozens of floats paraded south strutting their stuff along Indian River Drive in Sebastian on July 4, but only one, the GFWC Sebastian Woman's Club, could be called the best overall.

More medical news you can use

Here is the rest of the best from the recent newsletters I've collected. The news comes so fast and furiously that it's hard to choose the items of most interest.



ALIVE & WELL
SHELLEY KOPPEL

Charred meat linked to pancreatic cancer

From the Duke University Medical Center HealthNews, July 2009:

You may love your fried or grilled meats well done, but it may not be good for you. Consumption of well-done and very well-done meats can form carcinogens which don't form when meat is baked or stewed.

Researchers have found that people who preferred well-done steak were almost 60 percent more likely to die of pancreatic cancer than those who ate steak less well done or don't eat steak.

Researchers suggest that meat be cooked at a safe temperature, but not an unnecessarily high temperature, and that charred pieces be cut away.

Moderation key in drinking red wine

From the UCLA Division of Geriatrics Health Years newsletter, July 2009:

Many of us have read articles about the benefits of red wine, especially for heart health. That does not mean it's time to start drinking.

Recent studies have linked mild wine consumption to lower risks of cardiovascular death and neurological disorders. However, there are many people for whom alcohol is not recommended, including those with liver disease, those taking medications that may interact with alcohol and people having chemotherapy.

One point the researchers make is that even though something may help one condition, it isn't a magic bullet. Alcohol use is listed as a risk factor for a number

of cancers, for example, and people wishing to lower their risk of getting cancer are often advised not to drink or to drink sparingly.

In the next item, you will see that the recommendation for lowering triglycerides includes eliminating alcohol.

If you don't want to drink alcohol, but want the benefit of some of the properties it has, try adding grape juice to your diet or in cooking and eat more fresh fruits and vegetables which contain substances similar to the polyphenols found in wine.

Triglycerides; the forgotten lipid

From the Duke University Medical Center HealthNews, July 2009:

People are familiar with cholesterol testing and the numbers that go along with normal cholesterol levels. Triglycerides, the body's main energy-storing molecules, come from food and are stored in fat tissue.

Abnormally high triglyceride levels are associated with a higher risk of heart attack and stroke, especially for women.

If you are taking a statin drug to lower cholesterol, it probably will not lower your triglyceride level. Drugs that lower those levels have more side effects, so doctors suggest lifestyle modifications as the first and best treatment.

Cutting calories, losing weight, watching cholesterol intake, limiting sugar and refined foods, substituting unsaturated fats for saturated fats, eliminating trans fats and alcohol and getting regular exercise can lower triglyceride levels to the under 150 mg/dL considered normal.

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 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 to skoppel@bell-south.net.

Clearing up questions about the task bar

The task bar can be an area of confusion for many new computer users.

On most Windows machines it's at the bottom of the screen, with the start button as the very first object on the left side of the bar and the clock the last object at the far right. (That is, if your task bar is docked to the bottom of the screen. You see, the task bar can be moved to the top, left side, right side or its "default position," the bottom of the screen.)

But what about all those other icons and buttons on the bar, what do those do?

Let's take a look at the things that make up the task bar, why it's important to pay attention to it and how to customize your task bar to better suit your needs.

The first item on the task bar is the start button. Ironically, this is also where you go to shut down. Click the start button and you will be able to access the programs installed on your computer and other things, such as the printers and the system control panel.

The all programs section of the start menu is where you go to launch programs that you don't have a shortcut for on your desktop or the quick launch area of the task bar. As the



COMPUTE THIS
SEAN MCCARTHY

name implies, the start button is the place to go to start most things on your machine.

Next in line, just to the right of the start button, you may find the aforementioned "quick launch" area. Here you will find more shortcuts, usually to commonly used applications such as Internet Explorer and Outlook Express. You may even see an icon called "show desktop" (if you hold your mouse over an icon without clicking and wait a bit, you'll see its name). This is a great icon to click when you have one or more windows open and taking up the whole screen. Clicking it minimizes everything, so you can get back to the desktop.

Now what if you don't have a quick launch area in your task bar? If you click an empty area of the taskbar with the right mouse button, a pop-up menu will open. Hold your mouse over tool bars, and a list of available toolbars will appear. Click the quick launch toolbar, and a check

mark should appear before it. Then, click anywhere outside of the little menu. It will close and you should now see the quick launch area of the task bar.

Shortcuts here can be easily added or removed by right-clicking the icon you want to remove and clicking delete, or dragging a shortcut that you would like there and dropping it in place. Again, the quick launch area is a great place to house your most frequently used icons.

Next to the quick launch area is a long section of task bar that will be empty unless a program or application is running. When you launch a program such as Internet Explorer, Word or Outlook Express, a button will appear on the task bar representing the program that is running.

This is important to keep an eye on, as today's machines let you launch multiple programs and open multiple windows (this is called multi-tasking).

Keeping an eye on what buttons appear in your task bar helps you manage what applications are running, lets you jump back and forth from one open window to another, and close unwanted windows by "right-clicking" the button

and selecting close.

It's not uncommon to have many buttons representing active windows on your system, but a good rule of thumb is to close any windows you are not accessing. That will free up more of the computer's brainpower.

The next area on the task bar — to the right of any application buttons that might be running — you will notice a number of icons surrounded by a fine rectangle. The icons in this area (known as the system tray) are different from the icons in the quick launch area. These icons represent programs that are running in the background and using computer brainpower.

In an optimized machine, you'll usually only find a few items in the system tray: the clock, volume control and an icon representing your anti-virus program.

Unfortunately, most machines are plagued with items in the system tray eating up computer horsepower and they can use a good weeding out.

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

Swine flu spreads among campers in Vero Beach

By Jessica Tuggle
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — On July 17, the Indian River County Health Department confirmed four cases of the H1N1 influenza strain in campers and counselors at the Life for Youth Camp in Vero Beach.

According to a letter from the health department to parents of children attending the camp, approximately

22 other people reported feeling sick with symptoms similar with the flu since July 10.

Symptoms of swine flu include sore throat, fever, coughing, runny nose, muscle aches, vomiting, diarrhea and headaches.

The health department asked parents to keep children exhibiting signs of fever with a cough or sore throat away from camp and others for at least one week

or 24 hours after symptoms go away.

If children already at the camp show signs of the symptoms, staff will remove them from contact with other campers and will contact the parents with notification that they need to be picked up as soon as possible, the letter said.

The H1N1 strain is similar to the type of influenza that many people contract during the winter, said Michele

Kiesel, director of nursing at the health department.

However, because it is new, not many people have built up an immunity to the disease, which is why it is so important to fight the germs by washing hands frequently and staying away from others while infected, she said.

Contact the health department's communicable disease line at (772) 794-7472.

Bank supports Red Cross with donation

For Hometown News
News@hometownnewsol.com

INDIAN RIVER COUNTY — Seacoast National Bank donated \$500 to support the North Treasure Coast Chapter of the American Red Cross.

Seacoast previously supported the North Treasure Coast Chapter as a Clara Barton Society member,

providing volunteer leadership for the Heroes for the Red Cross campaign in 2005, that raised more than \$20,000 for the local chapter, and through support of fund-raising efforts, for Hurricane Katrina victims.

"The American Red Cross has been serving our community through humanitarian efforts

whenever and wherever there is a need since 1926 with over 8,000 members and 350 volunteers locally," said Anthony Loupe, regional retail manager of Seacoast National Bank in Indian River County.

"Seacoast recognizes the value of what this organization brings to our lives, including hurricane preparedness, educational

programs, emergency connections to the armed services and training volunteers to respond and provide aide when a disaster arises," he said.

The American Red Cross, a humanitarian organization led by volunteers provides relief to victims of disasters and helps people prevent, prepare for and respond to emergencies.

Program

From page A3

sessions, during the lunch break, students had the opportunity to hear from career people from the community.

The speakers ranged from the Deryl Loar, sheriff, Jill Price, fitness club owner, Kevin Given, Quail Valley board of directors, Dean Morales, arborist and Cindy Rednaur, paralegal.

Sam Henkle, 11, of Sebastian, said he enjoyed hearing from the sheriff the most.

"He was in his uniform while he talked and he talked about law enforcement and how they can catch criminals in the act and how to do undercover investigations," Sam said.

"I think I'm ready now, and that's a good feeling."

Sam Hinkle Student

One of the things Sam learned how to do with ease during his tutoring sessions was divide fractions.

With the extra attention from the teachers, his mother, Tracy Henkle, said he is in good shape for the coming school year.

"Sam is going into sixth grade and the confidence my son has from coming here is great and he will be prepared now for school," said Ms. Henkle.

"I think I'm ready now, and that's a good feeling," Sam agreed.

Budget

From page A1

visible to taxpayers on a daily basis.

One place residents will be able to tell the difference is at the beach.

The county will no longer have a lifeguard at the Tracking Station Park on North A1A, which historically has lower attendance than other beaches in the area.

"The beach is close to other guarded beaches and

we just can't keep a lifeguard there," said Mr. Baird.

Mr. Brown pointed out the county already has three other unguarded beaches, so it is not unusual.

Library hours at the main branch in Vero Beach will be cut slightly as well, but by that time, the new library will be open and can accommodate patrons at the same time, Mr. Brown said.

For more information on the 2009-10 budget, visit www.irgcv.com.

Obituaries

From page A2

July 8, 2009.

She was born in Craftsbury, Vt., and lived in Barefoot Bay for 38 years.

She is survived by three

sons, Benedict, Bruce and Gregory; two daughters, Justine and Donna; a brother, Norman and four sisters, Laura, Ireane, Antoinette and Jeanette.

Arrangements by All County Funeral Home & Crematory.

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Classified INSIDE

SECTION B • WWW.HOMETOWNNEWSOL.COM • FRIDAY, JULY 24, 2009

Out & about

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 weekday enrichment program held from 9 a.m. to noon. Each week of the five-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.

FRIDAY, JULY 24-SATURDAY, AUG. 1

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

SATURDAY, JULY 25-SUNDAY, JULY 26

Auditions for the Vero Beach Theatre Guild production of "Cabaret" will be held at the theatre, located at 2020 San Juan Ave. in Vero Beach. Vocalists may audition on Saturday, July 25 at 11 a.m. for the roles of Sally Bowles, emcee and Kit Kat Club dancers. Dancers may audition at 2 p.m. (in a venue to be announced). Vocalists may also audition on Sunday at 1 p.m. for the same roles and dancer auditions set for 4 p.m. at a venue to be announced. There is an Aug. 2 open call for vocalists at 2 and 6 p.m. On Aug. 9 at 2 p.m., there is an open call. Roles will be filled by 15-20 women ages 18-70s; 15-18 men, ages 18-70s; six to eight female/male dancers ages 18-30s and ensemble characters, ages 20-70s. The musical will be directed by Mark Wygonik and presented Nov. 12-29. For more information, e-mail markwygonik@aol.com or call (772) 562-8300.

WEDNESDAY, JULY 29

The Totally TEEN Creative Characters program at the Indian River County Main See OUT, B3



Photo by Barbara Yoresh

Lee Orre, left, holds mini-dachshund Stretchy, while wife Dawn holds Winnie, inside the newly relocated Tropic Art and Frame in historic downtown Vero Beach.

Gallery relocates to emerging art district

By Barbara Yoresh
Entertainment writer

VERO BEACH — In today's challenging economy, it's probably a good idea for business owners to strongly identify their niche to potential customers. And being attractively located is icing on the cake.

Tropic Art and Frame, a custom frame shop and art gallery, owned by Dawn and Lee Orre, is a great example of both strategies.

Located in the historic downtown Vero Beach area, which is quickly becoming a Mecca for art and restaurant lovers, Tropic Art and Frame is perfectly situated at 1910

14th Ave. in the Towne Plaza, just doors away from popular restaurants Tomkats Downtown Eatery, The French Quarter and Avanzare Ristorante.

Across the street are art galleries Gallery 14, Tiger Lily Art Studios and Gallery and Gallery RVS Ltd. Some of the artists have begun referring to the neighborhood as SoDo (south of downtown) in a take-off on SoHo (south of Houston) the art district in Manhattan.

Clearly, the Orres recent decision to relocate Tropic Art and Frame from its original location at Old Dixie Highway and 12th Street is a vote of confi-

dence in the emerging downtown Vero Beach art/restaurant district.

The couple's trademark 1948 blue Willys Overland Jeepster convertible that stood outside the former shop location, isn't parked daily at the new store/gallery, but Mr. Orre, who is president of the Indian River Antique Car Club, promised it would show up periodically.

"People recognize that car. We love Vero. It's so laid back and there's still a bit of old Florida here," Mr. Orre said.

Mrs. Orre expressed her belief the new location will prove to be a sound business decision.

"We opened at this

location on July 1 because of location, location, location.

"We decided to move on up to downtown Vero Beach and we've had nothing but positive comments," Mrs. Orre said.

"This is Vero's new art community and being here puts us in the mix. It also gives more exposure for our artists," Mr. Orre added.

He praised the cooperative efforts of the Cultural Council, Main Street Vero Beach officials and downtown businesses for "trying to bring people back to downtown Vero Beach."

Mrs. Orre began her successful framing business

See GALLERY, B2

'Summer in City' has something for everyone

By Barbara Yoresh
Entertainment writer

VERO BEACH — Vero's got talent.

No, it's not another version of the seemingly endless assortment of television talent competitions but rather, a factual statement about some young musicians set to perform July 31 at "Summer in the City," a Downtown Friday event.

Three teenage groups, featuring middle- and high school-age performers, will help rock the night away.

The area's most popular, free street party — complete with music, food, beverages and plenty of family fun — returns to the

historic downtown area of Vero Beach on 14th Avenue between 21st and 23rd streets.

These events feature something for everyone and this summertime edition is no exception.

The activities begin early, with a weekly farmers market from 8 a.m. to noon, featuring the best locally-grown produce and other merchandise.

Although the summer temperatures are sometimes withering, attendees can get at least the perception of cooler weather with "Christmas in July" at the Heritage Center from 3:30 to 8:30 p.m.

Kids can truly cool off from 3:30 to 5:30 p.m. with

two water slides and a giant slip and slide. The Vero Beach Fire Department will also be on hand with their water hoses turned on to add to the wet fun.

Participating children should come dressed appropriately.

After getting doused, the kids can enjoy two bounce houses, cotton candy and sand art from 3:30 to 8:30 p.m.

The official activities, which officially get underway at 3:30 p.m., will feature a jam-packed assortment of participants.

Representatives from the Busch Wildlife Sanctuary will be on hand, as

well as "Sparky" the fire dog and fire department personnel who will display all the features of the fire engine and ambulance.

Cars from Dyer auto dealerships will be on display and the Pocahontas Playground Park will be open.

The Johnny K Band will kick things off at 3:30 p.m. followed by Moonshadow at 6 p.m.

The teen groups of Mercury, Urban Warfare and Emanon will perform during time slots of 5 to 6 p.m. and 7 to 7:30 p.m.

The bands showcase a wide assortment of music

See SUMMER, B2



STAR SCOPES
James Tucker
Week of 7-24-2009

Aries-March 21-April 19

Sometimes dreams are slow in coming. Never lose hope or give up. Future success calls for you to hang in there and keep feeding and encouraging your dreams to grow. Sweet rewards are on the way. It takes patience, trust, commitment and faith in the universe. Go with these virtues and winning is assured.

Taurus-April 20-May 20

Stay calm. There is light at the end of the tunnel. You have safely come through the most challenging times, intact in body, mind, heart and soul. Positive results are coming for all the efforts recently made. What a blessing. Keep your spirit strong and your heart open and more and better will soon be on the way.

Gemini-May 21-June 21

Fear, doubt and indecision all live in the shadow of the mind. The mind has a dual nature. First impressions are always the best before fear and doubt set in. A positive Gemini refuses to let negative thinking overrule the heart and soul. Do what is right and the universe will multiply it and bring it back tenfold. Be fearless.

Cancer-June 22-July 22

Your message from the universe this week: say this out loud each morning. "My life is filled with love, peace, health, abundance, faith and joy. I have everything I need to be happy. I gladly share this abundance with everyone. This is my day. I surrender my will to the universal will. I am blessed and more is on the way."

Leo-July 23-Aug. 22

Your spirit is strong and active now. When you stay focused on your top goals and take action, positive results are sure to follow. Just be patient and look for the signs that they are blessed and beginning to grow. You are an exciting person to be around. We all just wait to see what you are going to do next. Keep on roaring, my friend.

Virgo-Aug. 23-Sept. 22

Call in favors from friends when needed. It's the giving and receiving that creates balance in life. You are on a positive roll. Set your heart on the

See SCOPES, B2

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DINING & ENTERTAINMENT

Summer

From page B1

ranging from classic rock to pop hits.

Mercury's members are long-time friends who write their own material and perform music with a distinctively 1950s, early rock sound.

Urban Warfare band members are middle-school students who perform classic rock in a unique style. The band also features two high school girl singers.

Emanon members are high school students performing modern rock.

"Summer in the City" is free and parking is available throughout the downtown area.

Gallery

From page B1

ness in Palm Beach County and six years ago, the couple moved to Vero Beach to be closer to family.

She recently added original, tropical-themed art by some of the area's best artists.

"I specialize only in tropical art that reflects our Florida paradise. I'm happy to be here. We've been welcomed by the other businesses, which seem to have a 'more the merrier' attitude," Mrs. Orre said.

The brightly-colored works are a visual delight and feature idyllic tropical seascapes, land-

scapes, marine life and local scenes by talented artists working in a variety of mediums.

There is also a selection of giclées and photographic art, so like paintings in visual depth and texture, you will be tempted to touch the canvas to feel the "paint."

"I wanted to surround myself with my favorite artists. It seems to work the best for me and I can find something special for my customers," Mrs. Orre said.

Although she is not an artist ("I just frame them," she said), Mrs. Orre has a knowledgeable eye and has chosen to represent a diverse group of artists including: Karen Leffel-Masengill, Dennis Shattuck,

Ned Noland, Joe LaPierre, Lee G. Smith, Paul Davis, Steve Vaughn, Russ Hahn, Klaus Schuler, Mark Johnson, Kim Roday, Judy Mercer and Linda Hogan who creates sea turtle sculpture and canvases.

"This area has great artists. Why would we go anywhere else to find our art?"

"We enjoy the art and people call this the happy place and walk around here with a smile," Mr. Orre said.

As if an enticing selection of art and frames were not enough, customers are likely to be greeted by the Orre's two mini-dachshunds, Stretchy and Winnie, who this day are sporting matching bandanas.

Once the artwork is selected, it is a mere few steps to the counter where more than 1,500 different mouldings in all colors and styles are available to make the perfect frame to showcase the art.

"There's something for everybody," Mrs. Orre said.

Tropic Art and Frame is located at 1910 14th Ave. in Vero Beach. For more information call (772) 567-9400.

Calendar

SATURDAY, JULY 25

Boys & Girls Clubs of Indian River County are hosting a carwash at the McDonalds on 13395 U.S. 1, from 10 a.m.-2 p.m. to raise money for their end of summer field trip to Disney MGM Studios. For more information, visit www.bgcirc.org or call (772) 299-7449.

Waves Auto Spa is holding a benefit for the Humane Society of Indian River County. By using or scheduling any of their services, Waves will make a donation to the Humane Society. Waves is located at 1588 U.S. 1 (across from the K-Mart Plaza) anytime between 8:30 a.m.-5 p.m. Or call (772) 778-4588 to schedule a service.

Indian River NOW is participating in The Great American Bake Sale, benefiting Share Our Strength and the campaign to end childhood hunger, from 3:30-8:30 p.m., for "Summer in the City."

MONDAY, AUG. 3

Commissioner Peter D.

O'Bryan will give his monthly update to the citizens of South County at the Vero Highlands Community Center Building, 625 Highland Drive SW, at 7 p.m. All members of the public are welcome to attend. For more information, call (772) 226-1440.

FRIDAY, AUG. 7

The second Annual Light Up Your Grill Night will be held from 5:30-8:00 p.m. sponsored by the Sebastian River Area Chamber of Commerce. A map with participating locations will be available that afternoon at the Sebastian River Area Chamber of Commerce located at 700 Main Street in Sebastian. For more information, call the (772) 589-5969 or (772) 532-9875.

ONGOING EVENTS

Pelican Island National Wildlife Refuge hosts guided beginning bird watching tours on Saturdays from 8-11 a.m. The volunteer-guided

Scopes

From page B1

right course and follow it through to completion. Life doesn't get much better than this. You are like a beacon always searching for greater ways to love and serve. Keep it up.

Libra-Sept. 23-Oct. 22

A daily search for wisdom is one of your greatest strengths. A continuing search for life's deeper meanings drives you in your quest. New doors of opportunity are beginning to open. You are on an upward spiral. Your health is good. Your mind is clear and you are motivated. Look out world, here I come.

Scorpio-Oct. 23-Nov. 21

What are you waiting for? Remove any obstacles from your path and move forward. The living brilliance in your heart and spirit are ready to awaken and carry you to great new heights. Kindle the flames of your new interests. Your burning desires are ready to give birth and manifest new awesome results. Let the magic happen.

Sagittarius-Nov. 22-Dec. 21

Your judgment has never been better. Why? Because you are listening to and trusting your instincts. They always speak the truth. It is your spirit connection. Patience is the key along with trust and faith. Continue to live in the moment. The past is the past. I have so much to look forward to. Thank you, universe.

Capricorn-Dec. 22-Jan. 19

Many important decisions are looming in the future. Be very clear and explore the many possibilities before settling on

the final. Your happiness hinges on this. Make decisions based on what feels right. The time is right for change. Immense progress can now be made. Go for your dreams. Great happiness is on the way.

Aquarius-Jan. 20-Feb. 18

You are in a happy place. Make positive choices on who and what you bring into your life. Continue to identify areas that need attention and take action as needed. You are amazing when challenged. You are on the way to new and higher places. Your spirit shines the brightest when you are helping others realize their dreams.

Pisces-Feb. 19-March 20

You have a strong powerful mind, but your best results come when you follow your heart and instincts. You were born with wise judgment and a great sense of fairness. Refuse to let stress wear you down and burn you out. Daily take a step back, along with a deep breath, get your second wind, move forward and win.

Star visions

James recently created a low-cost custom water ionizing system, the fountain of youth. It creates healthy water at a fraction of the cost of high-priced filtering systems. It helps bring the pH back in balance in the body. For readings, astrology charts and other services, call (772) 334-9487, e-mail jtuckxyz@aol.com or write James Tucker, 4550 N.E. Indian River Drive, Jensen Beach, FL 34957. To read the Spirit Guide column, visit myhometownnews.net and click on counseling and advice.

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DINING & ENTERTAINMENT



Photo courtesy of Allison Peeler

Youth Guidance celebrated member's birthdays with a kayaking trip. From left: James Grier, Daniel Kross, DiAndre Mayes, Isaiah Speights, Andre Young and Curtis Smith.

Youths enjoy kayaking adventure

For Hometown News
News@hometownnewsol.com

INDIAN RIVER COUNTY — Twenty-one Youth Guidance boys and girls ages 10 and up celebrated their birthdays kayaking on the Indian River Lagoon on May 28.

After the kayaking trip, the

children, who were accompanied by 11 adult volunteers, had a picnic lunch and birthday cupcakes at The Riverhouse in Vero Beach. The children then chose birthday gifts.

Silver Sponsor Kayaks, Etc. sponsored the event.

Opportunities for volunteers to participate in one or

more events, such as this outdoor adventure, occur frequently throughout the year.

The monthly newsletter contains information regarding upcoming activities. It can be found at www.ircyouth.com.

The agency also needs volunteers to provide office

help on a regular basis.

Youth Guidance serves 700 K-12 at-risk children who live in low-income single-parent homes.

Those interested in learning more about mentoring a child, volunteering at Youth Guidance, or donating may visit www.ircyouth.com or call (772) 770-5040.

Out

From page B1

Library will wrap up wacky Wednesdays with a karaoke party at p.m. The library's young adult summer sizzler is seeking teens in grades six through 12 to participate, judge and join in the fun. For more information, call Marla at (772) 770-5060, Ext. 4121.

FRIDAY, JULY 31

• **Downtown Friday's "Summer in the City"** will be held from 3:30-8:30 p.m. on 14th Avenue between 21st and 23rd Streets in downtown Vero Beach. The popular street party will feature a host of activities, displays, entertainment and food vendors. Admission is free and there is ample parking in the vicinity.

THROUGH FRIDAY, JULY 31

• **"Art Goes Green!" at the Artists Guild Gallery** throughout July, as gallery artists showcase works created from recycled objects including glue, sticks, paint, feathers, fabric, hardware and more. Newly-installed traditional art will also be on display in a wide array of mediums and styles. The exhibit is free and open to the public. The Artists Guild Gallery is located at 44 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.

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 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.

SUNDAY, AUG. 2

• **The Young Adult department of the Indian River County Main Library** will present its first variety show for students grades 6 through 12 at 2 p.m. Bands, singers,

actors, magicians are invited to participate. Call Marla at (772) 770-5060, Ext. 4121, to book your act or for more information.

WEDNESDAY, AUG. 5- SATURDAY, AUG. 8

• **The Vero Beach Recreation Department's 35th annual aerial antics circus** will be held at Saint Edward's Upper School gym and organizers are seeking anyone who ever participated in the circus to join in the first alumni night, which will be held one night during the run of the circus. Call Angie Holshouser at (772) 978-4535 or Patty Mattingly at (772) 567-2144 for more information.

FRIDAY, AUG. 7

• **The second annual Light Up Your Grill night**, 5:30-8 p.m., is presented by the Sebastian River Area Chamber of Commerce. More than 20 local businesses in Wabasso, Sebastian and Roseland will open their doors to the community, giving area residents and visitors an opportunity to visit and enjoy food, refreshments, prize drawings and more. There will be a contest for the best watermelon (eaten or carved!). A map with participating locations will be available that afternoon at the chamber offices, 700 Main St. in Sebastian. For more information, call (772) 589-5969.

FRIDAY, AUG. 14

• **The Downtown Dine & Design Summer Sizzler Stroll** will host its second event from 5-8 p.m. in the Vero Beach historic downtown neighborhood of 15th Avenue to Old Dixie Highway and 20th to 18th streets. Visitors will receive a sticker to affix to a card while shopping at participating merchants that will later be entered into a \$50

cash prize drawing, once 16 or 21 stickers are collected. While strolling, visitors will enjoy the music of The Groove smooth jazz. Additionally, merchants have donated raffle prizes which will be sold before and during the event. Proceeds will be donated to the Vero Beach Main Street and the Cultural Council of Indian River County. For more information and a list of participating merchants, call (772) 770-4857.

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 "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

See OUT, B5

Calendar

From page B2

tours will visit Bird's Impoundment Trail and the newly reopened Centennial Trail. The tours will run through March 2008. No reservations are required. For more information, call the refuge at (772) 562-3909, Ext. 275, or visit fws.gov/pelicanisland/events

• **Italian-American War Veterans, Post No.3** and Women's Auxiliary, located at 2500 15th Ave., Vero Beach, holds business meetings at 7 p.m., on the second Wednesday of each

month. Social meetings are held at 6 p.m., on the fourth Wednesday of the month. New members welcome.

For more information, call (772) 231-5673 or (772) 770-2558.

• **The Vero Beach Railroad Station** in downtown Vero Beach was originally built in 1903. It is on the National Register of Historic Places, and is open Monday through Friday from 10 a.m.-4 p.m. Visitors can tour the exhibit center and get a glimpse of the local history from prehistoric times through World War II. There is a model train display that See CALENDAR, B6

Vic's Pizza Italian Restaurant

Appetizer Special

Fried Ravioli \$5.99
Breaded ravioli stuffed with ricotta cheese served with a side marinara sauce

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Served with marinara sauce

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

Reader mail: Are photocopies of coupons legal?

Once again, I'd love to answer some questions from readers like you who are learning to super-coupon:

Q: My friend and I have been reading your column every week and we love your tips. My question is about Internet coupons. I know you can usually print two copies of each one. We would all like to have more coupons. My friend said it is OK to make a copy of the coupons that print from the computer but I don't think this is right. Is it?"

A: Many new coupon users wrongfully assume it is OK to make a photocopy of Internet-printed coupons. Since they printed it out from their computer, they conclude it must be OK to make more. But making

photocopies of coupons is illegal. It's coupon fraud. I've often equated this to photocopying a dollar bill. We all know that's illegal. And it's illegal to copy coupons, too.

Internet coupons have unique identifiers and barcodes. When a store submits their coupons to be redeemed, a coupon clearinghouse scans the barcodes and the store receives reimbursement for each unique barcode. If you make a photocopy of a \$1 Internet coupon, each copy will be identical to the one before it. If you make 20 copies and use them all at the same store, your store will only be reimbursed for one of those coupons. You will essentially be stealing \$19 from your store since

COUPON QUEEN
JILL CATALDO



the store will not be paid for the bogus coupons.

Truthfully, we all pay the price when shoppers copy coupons and submit them for savings.

In many areas, stores have become increasingly wary of Internet coupons. Some refuse to accept them at all, a big frustration for shoppers.

Finding and printing coupons using the Internet is a great way to supplement the coupons we receive in the newspaper each week, allowing us to obtain a larger

number of coupons for the items we buy the most.

Companies that offer printable coupons on the Internet usually set the coupons' print limit at two, so always go back and try to print the coupon again until you've received the message that the coupon is at its print limit.

Remember, there are also times printable coupons will have higher print limits, too. Recently, a major cereal manufacturer had a \$1 coupon on its Web site with a print limit of 14! That was a great opportunity to get a lot of coupons at one time. But it's never worth committing coupon fraud and risking prosecution over photocopying coupons.

Q: My question is about expired coupons. One of the

stores in my area will take them. But will the store get reimbursed for these, too, or are they just eating the loss when they accept expired coupons?"

A: When a store gets ready to redeem coupons, it gathers all of the coupons customer have submitted, packages them up and submits them to a coupon clearinghouse. The clearinghouse weeds out expired coupons and fraudulent, copied coupons. After that, the clearinghouse invoices the manufacturer for the value of all of the coupons received during that period. At that point, the manufacturer pays the store back for the coupons that have been redeemed.

Depending on when the store submits its coupons to

the clearinghouse, some expired coupons may still be valid for reimbursement. But if you're using coupons that are several years old, the store is definitely "eating" the loss on those coupons.

So why do some stores do it? It gives shoppers an incentive to choose that store over its competition. Accepting expired coupons may give them an edge over a store in the same market that does not accept them.

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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Religion notes

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 Wednesday's 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.

•Mpaact 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.

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., South-west, Vero Beach.

New Life Baptist Church

•Edge Student Ministries, the church's youth ministry meets every Wednesday evening from 6 to 8 pm. 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.

Vero Beach Church of Christ

•Praise and Worship is held every Sunday at 9:30 See RELIGION, B5

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Delicious additions to summertime meals

Hello smart shoppers. This column will give you delicious recipes that can be very high-fat.

Many of you complain that fat-free cream cheese and sour cream are awful. When combined in a recipe with other ingredients, you can't tell the difference.

If you think fat-free cheese doesn't melt, it just lies on top of the food and you can peel it off like a piece of plastic, you haven't tried Kraft fat-free slices. They come in American, cheddar, Swiss, mozzarella and I believe provolone, and melt better than high-fat cheeses, I promise.

When I make grilled cheese sandwiches for guests, I eat the fat-free version. If I don't cut a corner off my bread, I can't tell the difference.

Southern caviar is a great recipe from a mother and daughter who agreed to let me share with all of you.

For a healthy dipping chip, spritz cooking spray on each half of a split whole-wheat pita bread. Sprinkle with herbs or spices (such as garlic powder or oregano), and cut into wedges. Bake at 250

degrees for 15 to 20 minutes or until crisp. Enjoy. See you next week.

7 LAYER TACO DIP (NIB)

This dip is a winner and you can add or subtract any ingredient you choose. You can cut the fat by your choice of cheeses.

- 1 (8-ounce) package cream cheese, softened
- 2 cups plain yogurt or sour cream
- 1/2 package taco seasoning mix
- 1 (8-ounce) jar salsa, taco sauce or picante sauce
- 1/2 head lettuce and 2 medium tomatoes, coarsely chopped
- 1 small can sliced black olives
- 1/2-cup finely sliced scallions
- 1 cup (4 ounces) shredded cheddar cheese

Beat cream cheese until smooth, blend in yogurt or sour cream and taco seasoning. Chill for 1 hour. Spread mixture in the bottom of a 9 inch by 12 inch baking dish. Spread salsa over mixture. Layer

ROMANCING THE STOVE

with the Grammy Guru ARLENE BORG



with remaining ingredients, ending with the cheddar. Serve with tortilla or taco chips. Refried beans, chili and mashed avocado are a few ingredients you can add to the layers.

PAM'S TACO DIP (NIB)

If you want your party to be a success, just invite my friend, Pam, and ask her to bring her taco dip.

- 1 (8-ounce) package cream cheese
- 1 can Hormel chili (no beans)
- 1 (8-ounce) package fresh mushrooms, sliced
- 1 (8-ounce) bar Monterey Jack cheese, sliced

Slice cream cheese into bottom of an 8 inch by 8 inch baking dish. Spread chili on top. Top with sliced mushrooms and cover with sliced Jack cheese. Bake, covered, in a 350-degree,

preheated oven for about 15 minutes or until chili starts to bubble a little on the sides. Uncover and continue baking for 5-10 minutes until cheese is melted evenly. Serve with Tostitos chips.

SOUTHERN CAVIER (NIB)

Recipe by Margo Kelly and daughter, Nicole Cheyne

- One 14 to 15-1/2 ounce can each of shoe peg corn*, black eyed peas and black beans (drained and rinsed)
- 1 can Rotel brand diced tomatoes and green chilies
- 3 Roma tomatoes, chopped (shaped like an egg)
- 1 bell pepper, chopped (orange or yellow)
- 6 green onions (scallions), chopped
- 8 ounces bottled zesty Italian dressing
- Mix together, chill for at least 2 hours or overnight. Serve with tortilla chips called Scoops.

*Shoe peg corn can be found in large supermarkets near the vegetables. Regular corn may be substituted.

KIMBERLY'S FOUR BEAN SALAD (NIB)

Regular and sugar free

NOTE: One pound cans are now from 14-1/2 to 15-1/2 ounces, which is fine in this recipe.

- 1 can each of cut green beans and waxed beans
- 1 can each of Garbanzo beans and red kidney beans
- 1 medium green pepper and 1 small onion, finely chopped
- 1/2-cup sugar or equivalent sugar substitute
- 1 teaspoon salt
- 1/2-teaspoon black pepper
- 1/2-cup white vinegar
- 1/2-cup canola oil

Drain green and waxed beans thoroughly, drain and rinse Garbanzo and kidney beans. Add green pepper and onions. Mix well. Add

remaining ingredients and toss to blend. Chill for several hours, serve cold or at room temperature.

BAKED BEANS

Serves 6 to 8

Buy an inexpensive can of baked beans; we're gonna' doctor them up!

- 1 large 40-ounce can baked beans
- 1 medium onion, coarsely chopped
- 1/4-cup molasses
- 1/4-cup brown sugar, firmly packed
- 1 teaspoon liquid smoke (optional)
- 3 slices raw bacon, cut in thirds (an optional and high fat, but delicious special occasion choice)

Mix all ingredients except bacon together, place in a baking pan, top with bacon and bake uncovered in a 350-degree oven for 40 to 50 minutes.

To order my cookbook, access past columns or check out great tips, go to my Web site www.romancingthestove.net.

Out

From page B3

"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 more 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.
- **The Gallery at Windsor**, 10680 Belvedere Square, Vero Beach. By appointment only. (772) 388-4071.
- **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.

BARNS AND CLUBS

- **Bodega Blue**, 2115 14th Ave., Vero Beach.
 - **Capt. Hiram's Resort**, 1580 U.S. 1, Sebastian. For a look at the full entertainment lineup, visit 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.
 - **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.
 - **Riverside Cafe**, 1 Beachland Blvd., Vero Beach, Live entertainment. (772) 234-5550
- To have your upcoming event listed here, contact byoresh@yahoo.com.

Religion

From page B4

a.m. Bible classes for all ages follow worship. Child-care is available during worship for infants through age 2 in our nursery room.

• **Sunday night services** begin at 6 pm. Classes are available for all children and students from infant to 12th grade.

• **Wednesday night classes** begin at 7 p.m. Classes are available for all ages.

• **Children's Bible hour** is for preschool children ages 2 thru 5 and is held during Sunday morning worship services.

• **Youth group** is an active mix of students in grades 6 thru 12.

• **Devotionals**, lock-ins, dinners, mission trips, youth conventions and monthly state-wide youth gatherings are just a few of the events and activities that take place for youth.

• **Lads to Leaders/Leaderettes** is a program to help prepare youth for service in the kingdom of God and help them to develop their overall leadership potential.

Vero Beach Church of Christ is located on State Road 60, at 3306 20th Street. For more information, call (772) 567-2465 or visit www.verobeachchurchofchrist.com.

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.unityofvero.com.

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

— For Hometown News



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HURRICANE SEASON

BE PREPARED

HURRICANE SEASON 2009

By Joe Zelenak

Hi everybody. We are now almost two months into the 2009 hurricane season. There are 11 named storms forecast to form in the tropics. In all, 5 of these storms are forecast to become hurricanes. At least 2 of these storms are forecast to be major systems of category 3 or higher. This forecast is based on the arrival of El Nino and the lower than normal water temperatures of the tropical Atlantic.

It is important to note that it only takes one bad storm to make it a bad season. In 1992, the entire season was had very little tropical activity. On August 14, 1992 a tropical wave moved off the coast of Africa. On August 17th Tropical Storm Andrew was born. The system began to rapidly intensify and became a hurricane on August 22.

As the system progressed west rapid intensification took place. The storm reached cat 5 status and slammed into south Florida August 24th. Andrew became one of the worst hurricane disasters in history turning a relatively quiet season into one of the worst seasons ever in the blink of an eye.

BE PREPARED this 2009 hurricane season. Even if a season is predicted to be quiet, it is important not to become complacent. Storms can develop and hit our area in a very short period of time. Please do all your preparations now and make sure you have all your supplies, shutters ready and trees trimmed before any storms threaten.

For the latest tropical and local weather, visit us at <http://hometownweather.net>.

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Volunteers on land, boat needed to clean waterways

For Hometown News
News@hometownnewsol.com

TREASURE COAST — Volunteers, both on land and in boats, are needed for the second annual Treasure Coast Waterway Cleanup on July 25, taking place along the waterways of Martin, St. Lucie and Indian River counties.

The cleanup begins at 8 a.m. and continues until 12:30 p.m. All volunteers receive an event T-shirt and a burgee to display on their vessel during the cleanup.

Teams and individuals can sign up to clean areas of their choice. Participants can register the day of the event.

Martin County sites are:

the Jensen Beach Causeway boat ramp, Stuart Causeway boat ramp, Sandspit Park boat ramp, Jim Graham boat ramp, St. Lucie Marine, Pendarvis Park, River Forest Yachting Center, Leighton Park boat ramp and the new Jensen Beach boat ramp on Indian River Drive.

St. Lucie County sites include: Rivergate Veteran's

Park boat ramp in Port St. Lucie, the Manatee Center boat ramp, Fort Pierce Yacht Club, Harbortown Marina, Stan Blum boat ramp, South Causeway Island boat ramp and the Pelican Yacht Club.

Indian River County sites include: Riverside Park boat ramp, Vero Beach Municipal Marina, Loggerhead Marina at Grand Harbor, Captain

Forsters Park dock on Jungle Trail, the Sebastian Main Street boat ramp and Sebastian Inlet Marina.

These sites all have the capability to register boats on the day of the cleanup.

In conjunction with this year's cleanup there will be area underwater dive cleanups.

On July 25 there will be a

dive at the Fort Pierce Inlet in St. Lucie County and Peck's Lake Reef in Martin County.

Registration forms, dive cleanup information, along with early registration locations are available on at www.twaterwaycleanup.com. For more information, call (772) 285-1646.

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.



From left: Exchange Club members Eric Menger, Laurie Collings, Robert Paugh, Kim Prado and David Hooper, Treasure Coast president, present Ronnie Hewett, Boys & Girls Clubs president and CEO and club members Elizabeth Fiddle, Brittany Heckler, Zion Mincey and Daniel Christensen, with a check to support summer camp scholarships.

Photo courtesy of the Exchange Club

Community notes

Group offers help with grief

New Beginnings, a group established to assist people in resolving their grief over the death of a loved one, meets every Monday at 7 p.m. at Redeemer Lutheran Church 900 27th Ave., Vero Beach.

New Beginnings is an informal but helpful experience in grief resolution. People are invited to attend any or all meetings.

There is no registration and no cost.

For more information, call (772) 465-1100.

Recycle old pill bottles

Bay Street Pharmacy and Home Health Care and Keep Indian River Beautiful are providing our local nonprofits with opportunities to eliminate operational expenses when possible. By providing reusable items, from KIRB's ReUse Exchange Center, organiza-

tions such as the Humane Society and HALO can reuse clean prescription bottles for animals waiting to be adopted. To ensure that donations are reusable, remove the label from the prescription bottle and rinse lightly. To drop off prescription bottles, visit Bay Street Pharmacy & Home Health Care, located at 7746 Bay St., Sebastian.

Exercise classes offered

- Qi gong at Riverview Park in Sebastian, next to the long dock, Fridays 6:15 p.m. and Sunday 7 a.m.
- Walking qi gong at Wabasso Beach, where State Roast 510 meets the ocean. Tuesday and Thursday at 7 p.m.
- Qi gong for mind, body and spirit at Kashi Studio on Roseland Road. Saturdays at 8 a.m., and Tuesday at 10 a.m.

All classes cost \$7. For more information, call (772) 581-2629 or e-mail namaste52bellsouth.net.

Tips on disaster planning

The Humane Society of Vero Beach and Indian River County has published a new brochure on disaster planning for pet owners.

The brochure covers topics including pet identification, determining if you and your pets live in a surge zone, pet supplies needed if someone must evacuate with their animals and how to create a pet first aid kit.

The free brochure can be obtained by visiting the Humane Society at 6230 77th St., Vero Beach, by calling the shelter at (772) 388-3331, Ext. 18

Try a water class at aquatic center

The North County Aquatics Center is offering Aquanautics, a water fitness class, designed to strengthen and firm muscles, improve cardio and respiratory function and increase flexibility.

Other benefits include

better balance and coordination. Participants benefit from the water with less strain on the bones and joints. Exercise movements are choreographed to music. The classes are offered Tuesday and Thursday, from 10-11 a.m.

Fee is \$4 per class or a punch card for eight classes for \$28

For more information, call (772) 581-7665.

Medical center offers outpatient nutrition counseling

Do you have diabetes, hypertension or high cholesterol? Are you interested in losing weight or just interested in improving your overall health?

Outpatient nutrition counseling is a one-on-one service provided by licensed, registered dietitian located in the diagnostic center at Sebastian River Medical Center.

To make an appointment, call (772) 589-5000.

League meetings scheduled

The La Leche League is a nonprofit organization whose mission is to help mothers breastfeed through mother-to-mother support.

The La Leche League of the Treasure Coast meets in different locations from Palm City to Sebastian. Mothers with their nursing babies, and mothers-to-be, are welcome.

For directions to meetings, or more information, call Sophy at (772) 233-1883.

Group posts presentations to Internet

The Indian River County Extension Service now offers presentations on the Internet, created and narrated by agents on agriculture, environmental horticulture, pond maintenance, irrigation, 4-H and storm water pollution. The list of available presentations will continue to grow.

Visit the Web site <http://indian.ifas.ufl.edu> for updates.

Organization recycles items

Keep Indian River Beautiful is asking local businesses and individuals to donate unwanted, reusable materials to the ReUse Exchange Center.

Items such as styrofoam egg cartons, craft supplies, tile (full or broken pieces), cigar boxes, neckties, clothespins and wine corks in addition to fabric and paint chip samples are accepted.

To make a donation, drop off items at the ReUse Exchange Center in Sebastian on Tuesdays. Re-usable items can also be dropped off at Habitat for Humanity on U.S. 1 or the Senior Resource Association on 6th Avenue and 14th Street in Vero Beach.

To shop for free, re-usable materials, visit KIRB's ReUse Exchange Center, located at 1255 Main St., Sebastian, or call (772) 388-5472.

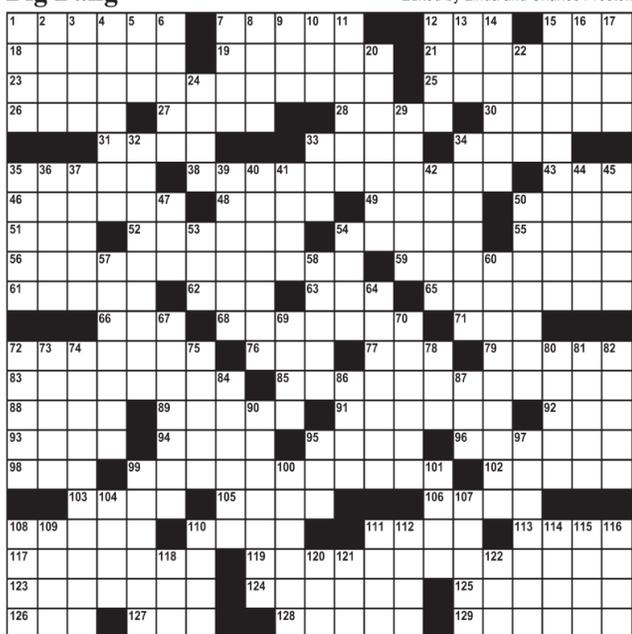
—For Hometown News

Big Bang

Edited by Linda and Charles Preston

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7/19/09

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- 14 Greek odist
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Calendar

From page B3

offers panoramic views of historical sites in Indian River County. The Railroad Station is located at 2336 14th Ave., Vero Beach.

For more information, call (772) 778-3435.

•Indian River County Historical Society preserves the artifacts, sites and struc-

tures related to Indian River County heritage and offers maps and directions to sites of historic interest throughout the county. The society is housed in a 1903 Vero Beach Train Station, located at 2336 14th Ave., Vero Beach, and is open Monday, Wednesday and Friday, 10 a.m.-1 p.m. For more information, call (772) 778-3435.

•The Heritage Bluegrass Band performs every Tues-

day night, from 7:30-10 p.m. There is no admission charge and donations are appreciated. Light refreshments are available. The Heritage Center is located at 2140 14th Ave., Vero Beach.

•Vero Beach Museum of Art features exhibitions of international, national and state importance are shown throughout the year in four galleries. The museum also houses a gift shop store and is the largest teaching museum school in Florida. It is located at 3001 Riverside Park Drive, Vero Beach.

For more information, call (772) 231-0707

•Indian River Citrus Museum tells the story and preserves the artifacts, photographs and memorabilia of the pioneers who established the most distinguished citrus fruit in the world. Open Tuesday through Friday 10 a.m.-4 p.m., in the Heritage Center, 2140 14th Ave., Vero Beach. For more information call (772) 770-2263.

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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

MOUNTAINS OF NC Log Cabin/ \$79,900. A mixture of hardwoods, mountain views and open land surround this easy to finish 1288 sq. ft. cabin on 2+ acres. Call 828-286-1666.

VERO BEACH Arbor Trace. Beautiful 5-br/4-ba/3-cg. Pool, Lakefront, outdoor kitchen, granite. Open floor plan. \$499,000. Lease option avail. 772-643-3510 see photos online at www.HometownNewsOL.com ad #61110

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730 Manufactured Homes for Sale

TITUSVILLE 2/2 45+ River Forest. '05 Double wide. Indian River View, end lot. Upgrades galor. low lot rent. Insurance paid through August. \$72,500 712-299-3252

VERO BEACH- Village Green. 2/2 doublewide partially furn, new app's W/D, shed, carport. Must see. Clubhse pool \$15,000 772-563-4888

735 Out of Area for Sale

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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

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805 Apartments/ Condos for Rent

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SEBASTIAN COTTAGE furn 1-2 bedroom, utilities, direct TV, w/d included. Great location by river, short or long term from \$225/wkly 11330 U.S. Highway 1 772-321-3202 pinkflamingocottages.com

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VERO BEACH 1st month rent free. 1/1 newly renovated condo. 1st floor. FREE boat slip avail. clubhouse & pool, screened back porch. Great location. Close to beach & shopping. No pets or pick-ups. \$650/mo \$650 deposit. angelarao@earthlink.net 407-690-6804

VERO BEACH Laguna condo. Near hospital, beach, shops. 1st floor. 2/1, W/D, gated, pool, gym. \$695/mo, + garage \$100/mo 561-309-8127

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VERO BEACH Laguna condo. Near hospital, beach, shops. 1st floor. 2/1, W/D, gated, pool, gym. \$695/mo, + garage \$100/mo 561-309-8127

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VERO: 5 Minutes to beach! No FLS!! 2BR/2.5BA large rooms, enclosed patio. Quiet, peaceful, \$800/mo Non Smoker, Pets okay. 772-643-5142 Or email: gerriedm@yahoo.com

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825 Manufactured Homes for Rent

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820 Duplexes for Rent

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