



INSIDE



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

Spend any time surfing the Web and you are bound to find stories that are just too bizarre to be true. Here's a sampling, edited for length. And remember, just because it's online doesn't mean it's true!

**From
www.enquirer.com:
Cincinnati man arrested
146 times since 1998**

Authorities said Bennie Crabtree is the most-arrested man in the county. Records show he has been arrested 146 times since 1998, when Hamilton County's record-keeping system was updated.

Veteran police officers said he was arrested many more times in the decades before that.

Crabtree's record includes: criminal trespassing, disorderly conduct and theft. Police say he steals food and intrudes in places such as the University of Cincinnati, hospitals and businesses.

He's never done anything serious enough to be sent to prison. Because of jail overcrowding, he's now often released hours after arrest.

Police say the 61-year-old man has lived mostly on the streets and has some mental problems. A social worker says Crabtree is lonely.

**From sfgate.com: Pizza
shop worker, 72, foils
robbers with beer can**

Police said a 72-year-old pizza shop employee foiled a shotgun-point robbery, by throwing a can of beer at the perpetrators.

Lancaster Police Lt.

See **WEIRD, A4**

ENTERTAINMENT B1

POTTERY BARN



A former New York firefighter now uses fire in kilns to create pottery

TRAVEL B4

STAYCATION



Newlyweds Jon and Tabitha Farmer at Tradition in PSL

WEEKEND WEATHER



Friday: Scattered thunderstorms; high: 89; low: 74; high tide: 3:50 p.m.; low tide: 9:59 p.m.
Saturday: Scattered thunderstorms; high: 89; low: 74; high tide: 4:52 p.m.; low tide: 10:58 p.m.
Sunday: Scattered thunderstorms; high: 89; low: 75; high tide: 5:49 p.m.; low tide: 11:52 p.m.
Weather courtesy of www.weather.com

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Healthcare town hall meeting set

By Jessica Tuggle
jtuggle@hometownnewsol.com

INDIAN RIVER/BREVARD COUNTIES — Constituents in District 15, which covers all of Indian River County and portions of Brevard, Osceola and Polk counties will get another chance to talk with Rep. Bill Posey, R-

See **HEALTHCARE, A5**

District adopts new school grading system

By Jessica Tuggle
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — The Florida Comprehensive Assessment Test has been pivotal in determining the quality of education in school, education officials say, but a Senate bill has changed that for high schools.

The mere mention of the FCAT in a school classroom can often bring looks of anxiety or worry, but high schools may be able to breathe a little easier this coming year, because FCAT won't be the sole focus of the school grading system.

"The FCAT scores will count for 50 percent of the school grade and the other 50 percent comes from participation in high-level class work, such as advanced placement, dual-enrollment or international baccalaureate courses and technical classes with industry certification," said Fran Adams, Indian River County School District assistant superintendent of curriculum and instruction.

Other factors will include overall graduation rates, graduation rates of at-risk students, scores on post-secondary...

See **GRADING, A4**

Pelican Island film one step closer to TV broadcast



Cliff Partlow/staff photographer
Many different types of birds call Pelican Island home.



Cliff Partlow/staff photographer
A commercial fisherman checks his crab traps between the Pelican Island National Wildlife Refuge observation tower and Pelican Island itself. While in the process, a crowd of brown pelicans from the island gathers looking for a hand out.

By Jessica Tuggle
jtuggle@hometownnewsol.com

SEBASTIAN — The Sebastian City Council became the latest financial supporter of a 30-minute documentary film about the early beginnings of wildlife conservation and its ties to the Sebastian River area, contributing \$20,000 from Community Redevelopment Agency funds.

The funding will go toward preparing the film for nationwide broadcast on PBS.

"Feather Wars: The Story of Pelican Island" is the story of how Pelican Island National Wildlife Refuge became the first wildlife conservation land in the United States.

The film documents the efforts of Paul Kroegel, the first wildlife refuge manager and the struggles that faced the birds living on the island.

The budget for the film totaled \$85,000, said Tom Lowe of Eagle Productions, the Orlando-based company creating the film.

See **BROADCAST, A2**

Air boss to speak at charity breakfast

By Jessica Tuggle
jtuggle@hometownnewsol.com

SEBASTIAN — The intricate aerial stunts and displays of speed and power by aircraft of various sizes at air shows have enthralled both young and old for decades.

Mesmerizing to watch, the tricks are often dangerous for pilots and bystanders, but there is one man who accepts responsibility for everyone's well being; they call him the air boss.

LoPresti SpeedMerchants will host a charity breakfast on Sept. 5 at 9 a.m. with guest speaker, Wayne Boggs, an air boss with more than 20 years of experience.

Participants will get to hear from Mr. Boggs and receive a behind-the-scenes look at air shows.

The breakfast will be held at the new LoPresti hangar at the Sebastian Airport. A \$5 donation per person is requested and the money raised will go toward a local chapter of the National Multiple Sclerosis Society.

See **BOSS, A3**

Books for hay rides at state park

By Jessica Tuggle
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — Books not only help increase knowledge, but in September, they can be turned into free rides in the St. Sebastian River Preserve State Park.

To help celebrate the Florida State Park System's literacy month, the St. Sebastian River Preserve State Park is partnering with the Indian River County Main Library for a morning of free rides in the park in exchange for books on Sept. 26 from 9 a.m. to noon.

Every person who brings a new or gently used book to the park visitor's center is entitled to a free 30-minute hay ride through the park.

The books will be donated to the Indian River County Library System, said children's librarian

See **BOOKS, A2**

School supplies fall short of need

By Jessica Tuggle
jtuggle@hometownnewsol.com

FELLSMERE — The backpack and school distribution at Operation Hope in Fellsmere didn't start until 1 p.m., but people began arriving to hold their place in line as early as 8 a.m., organizers said.

The yearly backpack and school supply giveaway has attracted hundreds of people in the past; last year 800 backpacks were handed out to needy children.

This year, however, the need grew even more, but there wasn't quite enough to go around, said Jesse Zermeno, president of Operation Hope.

"As of last night, we had 701 backpacks, and this morning we had some more donations at

the last minute, so we had a little more than 700 backpacks to give away to the kids," said Mr. Zermeno.

"The line was incredible. There are so many people that need help with this economy, you know, and I can do the best I can," he said.

Though donations were down, the event went very smoothly with people receiving numbered tickets upon arrival and advancing to pick up their supplies in small groups.

Last year, rain caused a bit of chaos for those waiting in line, but this year, with the new number system and with entertainment and food and games provided by a local church, everything

See **SUPPLIES, A3**



Cliff Partlow/staff photographer
From left, Cassie Rivers and sons Codie Oppogard, 5, Christian 3, and grandmother Pam Hagan, were on hand at the Operation Hope backpack giveaway last Saturday.

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Broadcast

From page A1

Mr. Lowe has had three other films aired by PBS, "Sponge Divers of Tarpon Springs," "River into the New World," a film about the St. John's River, and "Zora's Roots," which outline the life of Zora Neale Hurston, an acclaimed writer and anthropologist from Florida.

Mr. Lowe is excited about the opportunity to share the story of Pelican Island to a national audience because of the unique historical nature of the land.

He also knows from experience that the national attention can bring may benefits to the cities near to Pelican Island.

"The Tarpon Springs film really put the city on the map as a destination place and really helped their economy," said Mr. Lowe.

"They got an enormous return on their investment as far as tourism dollars go,

and I really think that will be the case for Sebastian and Vero Beach after "Feather Wars,"" he said.

Beth Mitchell, the director of the Sebastian River Area Chamber of Commerce, said that the documentary

The chamber contributed \$5,000 toward the film, as did the Pelican Island Preservation Society. The Sebastian Inlet District Commission contributed \$15,000 and Sebastian River Medical Center gave \$10,000 toward the film's completion.

Other donations have been made by private donors, Ms. Mitchell said.

Before PBS will consider the film for broadcast, the film must have closed captioning and errors and emission insurance, Mr. Lowe said.

The film has the potential to be used in schools as well as shown all over North America on 345 PBS stations.

The film was shot in high-definition, so it has a long

digital shelf-life, said Mr. Lowe.

"The (film) emphasis is on Paul Kroegel, who was so in tune with the birds that he first took it upon himself to protect them from poachers," said Ms. Mitchell.

"It's pretty fascinating that one person can make that much difference and it could inspire others to try with other problems they see," she said.

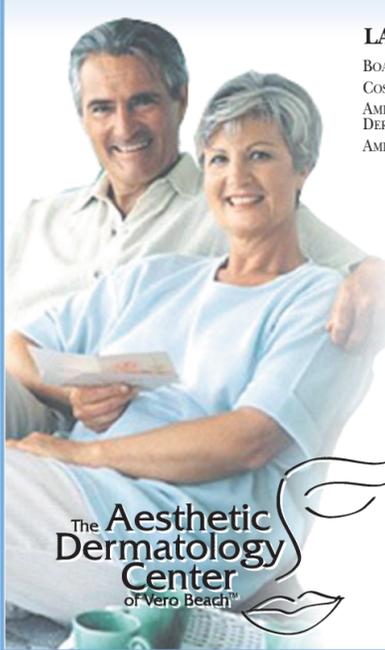
As far as the publicity that the film could bring to the Sebastian River area, Ms. Mitchell said that she believes it is one of the best ways to promote what the area is all about.

"I tell people that we need to promote the area as an eco-tourism location because of our surroundings and this is perfect," Ms. Mitchell said.

"Tom has done a marvelous job and our story, which has national significance, is a story that needs to be told and we're very excited about it," she said.

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Books

From page A1

Patti Fuchs.

"This is not something we've done before, but the parks do try to do things for literacy month and that's where we came up with the hay ride idea," she said.

The books can be from any genre and for any age group, as long as they are in new or gently used condition, Ms. Fuchs said.

Budget cuts have taken deep hits to libraries all over and any donations are always appreciated, she

added.

"You can never have too many books, especially with our new library opening in October," Ms. Fuchs said.

The new Brackett Library in Vero Beach will be a joint-use library with Indian River State College. County residents will have access to public computers, children and youth services and collections for checkout.

Ms. Fuchs hopes partnering with the state park for the "A Read for a Ride" program will encourage more people to explore the special outdoor experiences the park has to offer.

"It's an amazing resource we have here right in our backyard," said Ms. Fuchs.

"Most people just think about the Sebastian Inlet, but the animal life and Florida wildlife is awesome in the park. The bird watching is phenomenal," she said.

"I think that families would really enjoy this activity together," said Ms. Fuchs.

The St. Sebastian River Preserve State Park visitor's center is located at the north end of the park off of Babcock Street, just north of the C-54 canal.



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Boss

From page A1

The LoPresti Fury is also expected to be on display, said Mimi Erskine, company spokeswoman.

The Fury is a two-seater prototype sports plane designed to go up to 222 miles per hour.

"Every month we have the first Saturday breakfasts, and we want to capture the history and stories of pioneers and important in the aviation world," she said.

Ms. Erskine said founder Roy LoPresti, who designed the Fury, dreamed of developing a place where pilots and other aviation-driven people could come and talk and inspire new generations of aviation-lovers.

"That's what the first Saturday breakfasts are all about," Ms. Erskine said.

"(Mr. LoPresti) wanted people to fall in love with flying, just like he did. When he was young, he would go and hang out and talk to pilots at airport hangars. But now, after Sept. 11, we can't do that anymore, so this is a place where that can happen," she said.



Photo courtesy of Wayne Boggs

Wayne Boggs, an air boss who has coordinated air shows around the U.S. for more than 20 year, will be speaking at the LoPresti hangar in Sebastian on Sept. 5 during a charity breakfast. Mr. Boggs will provide an insider's perspective on what it takes to organize an air show and keep pilots and crowd members safe.

Mr. Boggs has a strong family history in aviation, starting with his mother, who was a Women's Auxiliary Service Pilot in World War II.

According to his Web site, Mr. Boggs restored and currently flies the same type of plane, a 1942 Fairchild PT-19

that his mother used to teach new pilots.

His 40 years as an air traffic controller provided him with more than enough experience to oversee the 20 air shows he works with every year, said Ms. Erskine.

"I think it will be very fun and exciting to hear his sto-

ries," she said.

Upcoming first Saturday breakfasts will feature Jerry Yellin, a WWII pilot who flew over the Pacific Ocean, Patty Wagstaff, a leading acrobatic aviatrix and Corkey Fornof, the pilot of the LoPresti Fury and stunt pilot in his own right.

Cool...



Cliff Partlow/staff photographer

The Indian River County Recreation Department held its annual Back to School Splash at the Gifford Aquatics Center last Saturday. Nick Reddington, 8, of Vero Lake Estates, enjoys the watery spray in the splash pad area.

Supplies

From page A1

was a lot calmer, said Mr. Zermeno.

Volunteers from Calvary Chapel of Melbourne-Sebastian, which meets at Sebastian River High School, brought live music, puppets, a troupe of face-painters and food to the giveaway, in addition to donating supplies.

"We're just doing this in the name of Christ and to share his love in anything we do," said Ralph Catusus, one of the praise team members who provided live music at the event.

The more than 700 backpacks were stuffed by summer volunteers Natalie, Eugene and Marcel

Wolff both of Sebastian.

"We packed a lot of them this week," said Natalie, 17.

"I wish we could have had even more," she said.

Mr. Zermeno, too, was disappointed at having to turn people away, but took a positive outlook on the day as a whole.

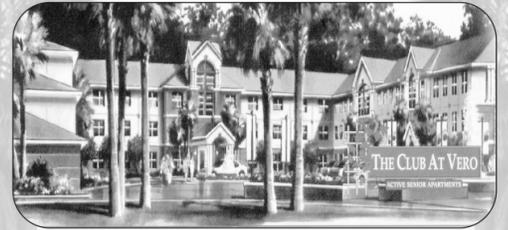
"I am satisfied that we could help so many people," said Mr. Zermeno.

"I hope we can do even more for next year," he said.

Operation Hope is a nonprofit that works to assist local families in need. It was originally started to help families of migrant workers in Fellsmere, but quickly expanded to help everyone in need.

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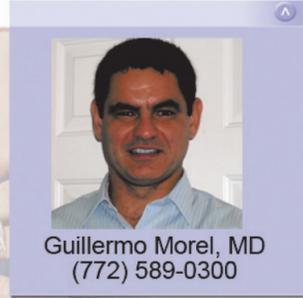
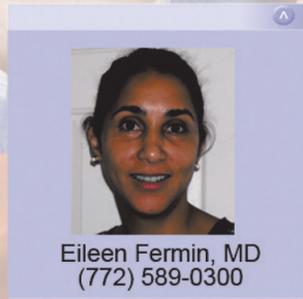
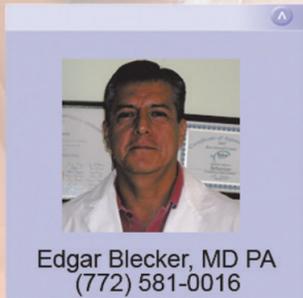
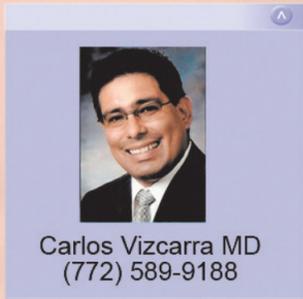
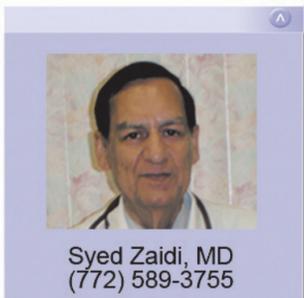
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Weird

From page A1

Todd Umstead said two men with bandanas over their faces attempted to rob Six Packs on Vine at closing time. One of the men pointed a shotgun at the employee, who was stocking a cooler.

Umstead said the man threw a 12-ounce can of beer at the robber and both assailants fled the store. Police said the employee could not tell if the beer struck either of the men but it was enough to chase them off.

Giant plant eats rodents

A giant plant that can gobble up bugs and even rodents has been discov-

ered in Southeast Asia.

The carnivorous plant (*nepenthes attenboroughii*) was found by researchers atop Mount Victoria, a remote mountain in Palawan, Philippines.

The research team, led by Stewart McPherson of Red Fern Natural History Productions, learned of the plant in 2000 after a group of Christian missionaries stumbled on it while trekking up a remote mountain and reported it to a local newspaper.

The pitcher plant is the world's second largest and can grow to more than 4 feet tall, with a pitcher-shaped structure filled with liquid. The plant secretes nectar around the pitcher's mouth to lure

rats, insects and other prey into its trap. Once an animal has fallen in, enzymes and acids in the fluid break down the carcass of the drowned victim.

"Putpockets" give a little extra cash

Visitors to London always have to be on the lookout for pickpockets, but now there's another, more positive phenomenon on the loose: putpockets.

Aware that people are suffering in the economic crisis, 20 former pickpockets have turned over a new leaf and are now trawling London's tourist sites, slipping money back into unsuspecting pockets.

Anything from 5 pounds (\$8) to 20 pound notes are being surreptitiously deposited in unguarded pockets or open handbags in Trafalgar Square, Covent Garden and other busy spots.

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

Grading

From page A1

ondary readiness tests such as the ACT, SAT and CPT, a college placement test.

"It's a big change," Ms. Adams said.

The change is a result of a Senate bill, which made changes to the current Sunshine State Standards for schools.

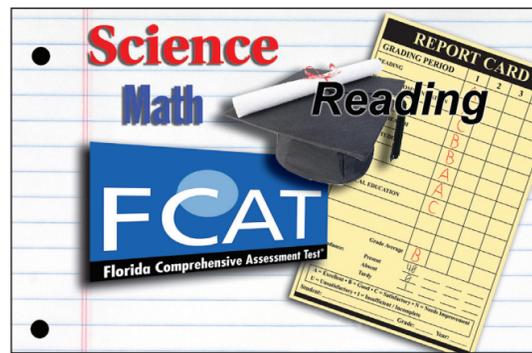
"Once you get into high school, you become more course driven, with classes like biology, that aren't really the focus of the FCAT," said Ms. Adams.

"This will allow all of the other things that happen in the schools to count toward a good grade," she said.

According to the Florida Department of Education Web site, the Florida School Recognition Program rewards schools financially for keeping their grades high. For each A grade, or letter improvement, the school can earn \$75 per student.

The financial reward for maintaining or improving the grade by one letter will remain the same, said Ms. Adams.

Indian River County high



Graphic by Cliff Partlow

During the 2009-10 school year, high schools will be graded on several criteria, not just FCAT scores.

schools already offer rigorous advanced learning courses and technical courses, but the percentage of students who take them is not very high.

Ms. Adams hopes to see those numbers increase from year to year.

To help teachers and students become familiar with the new focus points, students will be assigned end-of-course exams, to show competence in their area of study.

"We will start that as a field test for the first year, probably with algebra 1, and then move on from there," said

Ms. Adams.

By testing students more often on their comprehension and understanding of a topic, it will be easier to identify education areas that need strengthening inside the schools, she said.

"In the long run, this change will benefit the state because it will be a comprehensive view of how the school is doing and where it needs to improve," said Ms. Adams.

In 2008, Indian River Charter and Sebastian River high schools earned As and Vero Beach High School earned a B.

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Youth awarded college scholarships

For Hometown News
News@hometownnewsol.com

INDIAN RIVER COUNTY — Andrew Molloy presented Youth Guidance Carol Molloy memorial college scholarships to college-bound students Joseph Acquaviva, Austin Emard and April Strauss Beasley on Aug. 5 at the Exchange Club of Indian River

luncheon at Culinary Capers.

Each scholarship, awarded in honor of Mr. Molloy's late wife, is for \$1,500. Mr. Molloy's daughter, Carey Molloy Hodge, also attended the presentation.

Mr. Acquaviva will enter the University of South Florida this fall and major in business. He graduated from Vero Beach High School 64th in his class of 585 as an honors graduate with a GPA of 4.0. He was a football player, member of the National Honor Society, an AP Scholar and completed more than 100 hours of community service.

Mr. Emard is a 2009 graduate of Indian River Charter High School. He enters Indian River State College this fall and plans to study biology. He hopes to work for the Florida Fish and Wildlife Conservation Commission upon graduation.

Ms. Strauss-Beasley graduated from Vero Beach High School this spring.



Photo courtesy of Youth Guidance

Youth Guidance awarded the Molloy Memorial college scholarships to deserving program participants. Front row, from left: Carey Molloy Hodge and Andrew Molloy with scholarship winners Joseph Acquaviva, April Strauss-Beasley and Austin Emard. Back row, from left: Barbara Schlitt Ford, executive director and Ed Kay, Exchange Club president.

She has participated in the Youth Guidance mentoring and activities program since she was in fourth grade. She will soon enter the U.S. Army Reserve. She plans to major in criminology at IRSC and later at Florida A&M University.

Ms. S. Sneed, the fourth Molloy scholarship recipient, was unable to attend the luncheon. She graduated from Vero Beach High School this spring, where she received career tech certification. She will enter

Indian River State College this fall. She has participated in Youth Guidance activities for seven years and was a Gifford Front Porch Intern at the agency in 2008.

Those interested in learning more about becoming a Youth Guidance mentor, volunteering for special one-time activities with children, office work or making a donation may visit www.ircyouth.com or call (772) 770-5040 for more information.

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Obituaries

Ellwood C. 'Cholly' Elliot

Ellwood C. "Cholly" Elliot, 85, died Aug. 13, 2009.

He was born in Upland, Pa., and moved to Barefoot Bay 1982.

He worked for the U.S. Corps of Army Engineers and served in the U.S. Marines during World War II.

He was a member of Roseland United Methodist Church.

He is survived by his wife of 64 years, Kathryn; a sister, Polly, and many nieces and nephews.

Arrangements by Stunk Funeral Home & Crematory.

Robert Carl 'Bobby' Wilborn

Robert Carl 'Bobby' Wilborn, 80, of Sebastian, died Aug. 17, 2009.

He was born in Canada and lived in Sebastian for 61 years.

He was a fisherman. He is survived by three brothers, James, David and Kenneth.

He was preceded in death by his wife, Bonnie.

Arrangements by Stunk Funeral Home & Crematory.

Sebastian Police Department

• Setton Lee Norsworthy, 31, 534 Giovanni Road, Palm Bay, was charged with trafficking in roxycodone and a misdemeanor charge of possession of drug paraphernalia.

• Alex James Ritchey, 27, 2974 Denver Ave., Palm Bay, was charged with trafficking in oxycodone.

• Rebecca Margaret Lathrop, 27, 1606 Talbott St. S.E., Palm Bay, was charged with trafficking in oxycodone.

• Kerry Charles Eurich, 52, 4203 Galloway Court, Sebastian, was charged with trafficking in hydrocodone and a misdemeanor charge of possession of drug paraphernalia.

• Timothy Albert Yates, 24, 9890 Holly St., Micco, was charged with trafficking in oxycodone.

• Lavell Deon Davis, 33, 400 Turtle Run Drive, Apt. 206, Sebastian, was charged with possession of a controlled substance and a misdemeanor charge of driving while license suspended with knowledge.

Indian River County Sheriff's Office

• Christopher Deshaun O'Neal, 22, 4806 35th Ave., Vero Beach, was charged with aggravated assault, domestic violence, possession of a firearm by a convicted felon, possession of a short-barreled shotgun, discharging firearms less than 1,000 feet from a daycare, carrying a concealed firearm and three counts of misdemeanor resisting arrest without violence.

• Giffard Ruthvan Bullen, 31, 13108 Hatherton Circle, Orlando, was charged with failure to appear on charges of grand theft and maneuvering to defraud a financial institution.

• Russell Charles Ash, 44, 2711 Williston St., Lakeland, was charged with violation of

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.

probation. He was on probation for third-degree grand theft.

• Richard A. Riley, 44, 1236 28th St., Vero Beach, was charged with burglary and attempted grand theft.

• James Thomas Riley, 53, 1236 28th St., Vero Beach, was charged with burglary and attempted grand theft.

• Dustin Cody Waters, 20, 8300 67th Court, Vero Beach, was charged with giving false information to a pawnbroker and dealing in stolen property.

• Tiki Cobb, 29, 4349 30th Ave., Vero Beach, was charged with aggravated battery on a pregnant woman.

• Dustin A. Cruce, 21, 16 N. Cypress St., Fellsmere, was charged with child abuse.

• Anthony Deshawn Hicks, 23, 4207 28th Ave., Vero Beach, was charged with possession of a firearm after being found delinquent.

• Willie Lee Hicks, 26, 4207 28th Ave., Vero Beach, was charged with possession of a firearm or ammunition by a convicted felon.

• Artimus L. Bradley, 26, 3801 42nd Place, Vero Beach, was charged with aggravated assault with a deadly weapon, possession of a concealed firearm, possession of a firearm by a convicted felon, possession of a controlled substance, crack cocaine, with intent to sell within 1,000 feet of a church, resisting arrest with violence and a misdemeanor charge of resisting arrest without violence.

• Rondal Shane Rush, 32, 4055 41st Ave., Vero Beach, was charged with two counts of battery on a law enforcement officer.

• Rachel Marie Crane, 25, 6535 52nd Ave., Vero Beach, was charged with driving while license suspended,

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habitual offender.

• Felder Cowart, 43, 4142 39th Drive, Vero Beach, was charged with being a fugitive from justice.

• Nataisha Tyisha Grant, 31, 1900 Woodland Circle, Vero Beach, was charged with retail theft.

• Teresa D. Hoffman, 55, 6404 Drawdy Parkway, Fort Pierce, was charged with first-degree grand theft and organized fraud.

• Jose Miguel Magadan Jr., 47, 2448 10th St., Vero Beach, was charged with aggravated stalking.

• Carlos Aguila, 52, 4955 Northwest 199th St., Miami Gardens, was charged with criminal use of personal identification information and third-degree grand theft.

• Kevin L. Pearce, 41, 1060 27th St., Vero Beach, was charged with battery.

• Jamie Castaneda, aka Luis Deluna, 25, 1705 Highland Ave., Vero Beach, was charged with possession of a fictitious driver license or identification card.

• Manuel Antonio Gonzalez, 33, 2533 Westchester Drive, Riveria Beach, 33407, was charged with driving while license suspended, habitual offender.

• Ray T. Bennett, 24, 945 10 Court, Vero Beach, was charged with attempted second-degree murder while masked.

• Greg Wayne Daugherty, 43, 3244 Lapland Drive,

Cincinnati, was charged with violation of probation. He was on probation for grand theft of a motor vehicle.

• Robert Michael Johnston, 47, 676 Colonial Terrace, Vero Beach, was charged with battery.

• Lenardo Devinci Kyles, 44, 8225 103rd Ave., Vero Beach, was charged with failing to register and register a correct address as a sexual offender to the county Sheriff's Office.

• Hilbert Posley, 54, 2110 Dixie Ave., Sanford, was charged with possession of cocaine.

• Angela Kesler, 32, no address given, was charged with possession of cocaine.

• Lennox Baker, 22, 2316 23rd Court, Vero Beach, was charged with lewd or lascivious battery.

• Adam Fell Bridwell, 21, 3825 Old Village Road, Vero Beach, was charged with grand theft.

• Cierra Danielle Jennings, 22, 1490 18th Ave. Southwest, Vero Beach, was charged with violation of probation. She was on probation for grand theft.

• Elizabeth O'Conner Skinner, 83, 1170 Sixth Ave., Apt. 26D, Vero Beach, was charged with two counts of driving under the influence impairment with property damage and two prior convictions.

• Dave Snyder, 49, 1879 33rd Ave., Vero Beach, was charged with possession of marijuana with intent to sell.

Healthcare

From page A1

Rockledge, in a town hall meeting before he heads back to Washington, D.C.

Healthcare, the issue that has spawned countless passionate debates around the country, will be the topic at Rep. Posey's meeting on Sept. 2.

The meeting will be held at the Holiday Inn Suntree/Viera at 8298 N. Wickham Road in Melbourne.

George Cecala, press secretary for Rep. Posey, said originally, the town meeting was going to be held in another location, but it was considered too small for their expected attendance.

"We've been getting phone calls about it and wanted to make sure we have enough room for everyone. We're hoping to fit at least 300 people," said Mr. Cecala.

"We know that this is a passionate and emotional issue for a lot of people. We want to hear from folks about what they like or dislike about their current healthcare system and see what good ideas there are

out there.

"Mr. Posey wants to take the constituents ideas into account when he goes back to Washington, so we want to hear people state their opinions," he said.

Experts are expected to be on hand at the meetings to help answer questions from the crowd, Mr. Cecala said.

Mr. Dennis Smith, former Director of the Federal Center for Medicaid and State Operation at the U.S. Department of Health and Human Services, will give a presentation and be available to answer questions.

A panel of representatives from local health care providers, medical practitioners, and the business community will also be available to field questions from residents, according to a press release.

Mr. Cecala said this is the only town hall meeting Rep. Posey is expected to have, but they will "play it by ear."

"If we need to have another one, we will do it," he said.

Rep. Posey is expected to be back in Washington on Sept. 8.

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

Slow down across the bridge

I know I am peculiar, but for some reason, I choose to drive my car at the posted speed limit.

In my case, this means an often-traveled jaunt on A1A and crossing the bridge.

For some reason, the bridge crossing inspires about 90 percent of drivers to suddenly step on the gas and overtake me, going at least 55 or 60 mph.

Now, I can understand this if a man's wife is having a baby, but I doubt this is the case for so many. What's the hurry?

Get the facts straight

I am appalled at the misinformation that is out there re: health care.

I am a social worker and am very familiar with the services that are provided under our present system, especially to our children. The system needs to be fixed and I wish conservatives would stop burying their heads in the sand. If we don't invest in preventive health care, we will pay much more later.

It costs more to visit an emergency room after the fact, than if someone was able to get a yearly physical, for example.

There is not enough room for me to give you examples of how Medicaid has failed our children in this county, or how parents have a really difficult time obtaining Kid Care in Florida because of the incompetence of some of the people who work in that office.

I'll give you one example. Last year, there was no orthopedic surgeon in this county or within 70 miles of here north or south who would accept Medicaid from a child who had broken his arm. By the time we found someone willing to do it pro bono, his arm had already begun to set and it cost a lot more to fix it than if it had been treated initially.

So don't fool yourselves, people, and think that Medicaid is a cure for the poor or the state-run system is available to all.

I'd like to see what would happen if one of these people's children had an issue and they could not get treated. Would they still be screaming at the town hall meetings?

I am advising all people who are rational and who care about other human beings to take the time to read and learn what is really in the health bill. Don't assume that what others are saying is correct. We can all disagree, but we don't have to scream and call names. We all need to educate ourselves.

Think about this

There is a very natural reaction for folks to be offended, even angered, when they discover top executives of firms that have received bailout money, still are given huge salaries and bonuses, but for bureaucrats to get into the act is indeed a slippery slope.

If that type of intrusion is seen as a legitimate function of government, what is there to limit the powers of Washington to dictate the wages and salaries, and even the benefits and working conditions, of each and every worker in the entire nation?

Healthcare system costs

Anyone who believes our country can install a government-run health care system without incurring dizzying debt has not been listening.

While the citizens of this nation enjoy the best health care on the globe, it is expensive. To experiment with something mandated by Washington bureaucrats makes very little sense.

This and that

Calling an illegal immigrant an undocumented alien is like calling a drug dealer an unlicensed pharmacist.

O'Rourke said:

P. J. O'Rourke said it. "If you think health care is expensive now, wait until you see what it costs when it's free!"

Hometown News

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Learnin' to fly



Ten-year-old Brian Whisenant of Micco, practices on the Fight Simulator X at the Experimental Aircraft Association Chapter 99 'Learn to Fly' social and pancake breakfast at the chapter's hanger in Vero Beach last Saturday. The monthly event gives youngsters a chance to learn about flying from those who have been flying for some time.

Cliff Partlow
staff photographer

Free site pulls financial data into one place

Personal computers have always been good for keeping track of finances. There are plenty of programs, such as Quicken, Microsoft Money, Quickbooks and Turbo Tax out there to help with the task and most online banking systems do a pretty good job, too.

With all the different programs out there, it can be confusing just deciding where to start. Then (after shelling out hard-earned cash for the right software) setting up your program can be a challenging.

There has got to be a better way and I think I may have found it.

Fire up your Web browser, head over to www.Mint.com and take a look around. This free service is one of those rare sites that really delivers quality content without the spyware, annoying ads, viruses and other "gotchas" that often plague other free sites. After spending a week or so checking it out I have to admit I'm impressed.

So, what is it? *Mint.com* is a personal finance site that gathers all your financial information into one place so you can see exactly where all of your money is coming from and where it's going.

The operative phrase



COMPUTE THIS

SEAN MCCARTHY

here is that "it gathers" the data. It works by itself immediately after signing up, and when you are done, all of your accounts are summarized and displayed in one place. No more logging into multiple sites to see where you stand.

Let me run through it real quick.

Once you connect to *Mint.com* and read up a bit, click the free "get started here" button. You will be asked for your e-mail, ZIP code and a password to use.

Click the next button and you will be asked for your first bank's URL or Web address. Enter your bank's online banking information and repeat the steps for all of your accounts.

You can enter your online banking information for your checking, savings, all of your different credit cards, your auto loan, mortgage, even your PayPal account.

Once all of your accounts are added, Mint will give you a summary of

what the balances are, the interest rates and (most importantly) where all of your money is going from all accounts at the same time. There is even a free iPhone app that works with Mint, so you can have all of your information at your fingertips when you are out and about.

I know many of you are reluctant to use online banking for fear of identity theft, let alone giving one Web site all the information it needs to access all of your accounts.

In fact, I'm sure that right now people are reading this thinking I must be crazy to even suggest it. However, as you may or may not know, I am a certified identity theft risk management specialist, and I do know a thing or two about these matters.

And (after careful research and consideration) I can tell you that *Mint.com* is secure. The Web site has an enormous amount of information regarding security, but what it boils down to is this: when you create your account you are anonymous (all you enter is email, ZIP code and login information — you don't even enter your name), the site uses the same level of encryption the banks use,

and all of the information is "read only," so even if a miscreant got hold of your login information, they may be able to see how much money you spent at Starbucks this month, but they can't do things such as move money around or even see any of the actual account information (such as names, pins or account numbers).

But why bother? I actually have known about Mint for a while now but put off checking it out because I didn't really see a need. I can see everything I need to see by logging into each of my accounts and looking, so why do I need a site like Mint?

Well, as soon as I set up my account, I realized I was looking at a winner. There is something to be said for having all of your information available summarized in one login screen and some of Mint's tools (such as the budgeting and analysis stuff) are really helpful to understand where the hell all the money goes every month.

Maybe, just maybe www.Mint.com can help even me get my financial act together.

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

Expert talks about nutrition, part 2

Hank Frier holds a doctorate in nutritional biochemistry from the University of Connecticut and is an adjunct professor at Indian River State College, teaching nutrition and diet therapy.

Last week, I wrote about some of his views on nutrition. This week, I'll share more of his views.

Saturated and trans fats have been in the news a great deal. Saturated fat is chiefly found in foods from animals, including dairy products, and from plants such as coconuts and palms.

Trans fats are formed during the process of hydrogenation. Processed products, such as margarine, shortening, cooking oils and foods made from them are the chief sources of trans fats in our diet. Mr. Frier spoke of the importance of limiting both.

"I think it's a great idea to ban trans fats from foods," he said. "Saturated fats raise LDL, or bad cholesterol," he said. "Trans fats raise bad cholesterol and lower HDL, or good cholesterol. "Back in the 1940s and



ALIVE & WELL

SHELLEY KOPPEL

1950s, it was decided that people should reduce saturated fats and eat more vegetable oils. Scientists knew that people liked butter, so they looked to replacements. They could take liquid vegetable oil and make it solid through hydrogenation. People were told not to eat butter, but to eat margarine."

New scientific information has changed that thinking.

"We're finding out, in the last 15 years, that it has not benefited the health of the nation," he said. "People are still at risk for heart disease. Now, everyone says, 'no trans fats.' The FDA allows baked goods to say they have 0 trans fats even with a gram. There's no significance if you don't eat a lot of baked goods, but if you do eat a lot, you're picking up a lot of trans fats."

"People should limit baked goods intake and read labels. They should

understand that if they say 0, it may have up to a gram."

Mr. Frier suggested olive oil as a spread for bread and cooking and says liquid oils, such as canola oil, are preferable to solid fats.

He also spoke about the fine line between foods, foods that make health claims and drugs.

"The food industry would love to make claims," he said. "Anything that prevents or mitigates disease is a drug, according to the FDA. If you say you prevent heart disease, you are a drug."

Mr. Frier also spoke about healthy eating for weight loss.

"If you expand the difference between protein and carbs and raise the amount of protein and lower the carbs, there'll be greater weight loss," he said. "There's also an improvement in body composition and people lose more body fat."

He suggested staying away from refined carbs, found in processed foods, because they are believed to stimulate insulin production and add to weight gain.

"The diet that seems to work best is lean protein, which leaves you less hungry, and complex carbs, including brown rice, cauliflower, broccoli, leafy vegetables, carrots and bok choy," he said.

He also recommended a multivitamin with minerals with such a diet.

"It doesn't matter if you eat three meals a day or graze," he said. "Do whatever works for you, what you can live with. That's true for any diet."

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

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



Photo courtesy of the Treasure Coast Youth Symphony

The Treasure Coast Youth Symphony provided scholarships and special awards to a number of its members. From left: Kalie Combass, Thomas Servinsky, assistant conductor; Kyle Tesalona, Benjamin Enyart, assistant conductor; Nusheen Farahani, Leandra Combass, Jonathan Holman, Daniel Giacobbe, Geoffrey Fair, Laisla Collins, Isaac Ball, Liana Branscome, Troy Wiley, Anthony Grande, John Adams, Jordan Hand, Alexis Planer and John Enyart, conductor.

Symphony awards scholarships

For Hometown News
News@hometownnewsol.com

TREASURE COAST — The Treasure Coast Youth Symphony provided \$9,000 in scholarships and special awards to a number of its members.

Students who received scholarships for the 2008-09 season were: John Adams, Isaac Ball, Liana Branscome, and Kyle Tesalona (violin), Laisla Collins (flute), Leandra Combass (trumpet), Melissa Enyart (cello), Geoffrey Fair (French horn), Daniel Giacobbe (clarinet) and Anthony Grande (percussion).

Additionally, William Li (flute) and Jonathan Holman (French horn) each received the Rebecca Richardson Sponsor award, Troy Wiley (trombone) received the Daniel Stanzione Sponsor award, and Alexis Planer (oboe) received the Elizabeth Lahti Sponsor award.

The scholarships and awards are used by orchestra members to continue

music education during a summer music program, to enter a college-level musical curriculum in the fall, to obtain private lessons from professionals or assist in the purchase of musical instruments.

The orchestra's activities and scholarships are funded by its performance revenues and are supplemented by monetary and in-kind donations from private individuals and

organizations, including the Atlantic Classical Orchestra, Women Supporting the Arts and the Arts Foundation of Martin County.

The orchestra performs in a variety of locations including the Lyric Theatre in Stuart and the Waxlax Performing Arts Center in Vero Beach. This year, the orchestra is scheduled to perform at the Eissey Theatre at Palm Beach Com-

munity College in Palm Beach Gardens for the first time.

The Treasure Coast Youth Symphony is an all volunteer, nonprofit organization, composed of student musicians from Indian River, St. Lucie, Martin and northern Palm Beach counties.

Conductors are John Enyart, founder, Ben Enyart and Thomas Servinsky.

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Public relations chapter wins honors

For Hometown News
News@hometownnewsol.com

TREASURE COAST — The Treasure Coast Chapter of the Florida Public Relations Association won several awards at the FPRA annual conference in Boca Raton this week, including Outstanding Chapter of the Year.

Under the leadership of Linette Trabulsy, president and development director at St. Anastasia Catholic

School, the Treasure Coast Chapter won awards for best chapter newsletter and the president's award for chapter communications, as well as the highest award given by the state president, Outstanding Chapter of the Year.

"After such a strong year and excelling in so many areas, this chapter is poised to flourish and continue to provide the pieces of the puzzle for this chapter for many years to come," said

Lanette Hart, FPRA state president.

The 71st annual FPRA conference was held Aug. 9-12 at the Boca Raton Club and Resort and featured speakers from around the nation and state.

The Treasure Coast Chapter served the association by hosting, sponsoring and assisting with the conference.

Founded in 1984, the Treasure Coast Chapter of

Florida Public Relations Association serves the needs of public relations professionals in Martin, St. Lucie and Indian River counties with the goal of advancing the profession of public relations, promoting high professional and ethical standards and building the reputation of the profession on the Treasure Coast.

For more information, visit www.fpratreaure-coast.com.

Retirement community gets national award

For Hometown News
News@hometownnewsol.com

INDIAN RIVER COUNTY — ACTS Retirement-Life Communities, a nonprofit aging services organization

and parent company of Indian River Estates, has been selected to receive the 2009 Excellence in the Workplace award from the American Association of Homes and Services for the Aging.

The award is given in recognition of the organization's effectiveness in advancing a healthy workplace culture and environment that promotes recruitment, retention and development of staff at all levels.

ACTS will accept the award at AAHSA's annual meeting and exposition taking place in November.

"To be recognized within the senior industry as a model workplace is a great honor," said Marvin Mashner, ACTS president and CEO.

"We are very proud of our many dedicated employees and for all that they do each day to make life better for our residents. Their efforts touch many lives, and consistently demonstrate the loving-kindness that helps to make our organization grow and thrive," he said.

ACTS Retirement-Life Communities' Indian River Estates in Vero Beach employs approximately 400 workers.

ACTS owns and operates 19 active lifestyle senior communities and is one of the largest not-for-profit employers in southeastern Pennsylvania.

ACTS employs more than 5,200 in six states, and invests nearly \$2 million annually for employee development through its on-site training school ACTS Corporate University, where some 2,000 employees participate in various training and advance-degree programs in such areas as culinary, nursing, computer technology and business administration.

ACTS has been recognized both within and outside the senior industry for programs that foster stronger values of diversity and inclusion, and experiences employee turnover that is far below health care industry standards.

For more information, visit www.ACTSretirement.com.

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Sea turtle research is topic of meeting

For Hometown News
News@hometownnewsol.com

INDIAN RIVER COUNTY — The general meeting of the Pelican Island Audubon Society at the Vero Beach Community Center on Sept. 21, start-

ing at 7:30 p.m., will feature Steve Traxler from the Inwater Research Group.

Inwater Research Group is a nonprofit corporation devoted to marine research and conservation. The group is currently pursuing visually counting, capturing, tagging, collecting blood for genetic analysis and releasing loggerhead, hawksbill, green and Kemp's Ridley sea turtles in Indian River, Palm Beach and Monroe counties.

Mr. Traxler received a marine biology bachelor's degree from the Florida Institute of Technology and a master's in fisheries from Texas A&M University.

Light refreshments will be served following the program.

The community center is located at 2266 14th Ave., Vero Beach.

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Cliff Partlow/staff photographer Teachers, students and principals from Storm Grove Middle School and Liberty Magnet School gathered at Mulligan's Beach House Bar & Grill at the 'Back to School Family Night' last Thursday. Students bought chances to dunk their administrators and teachers in the dunk tank to raise money for school supplies. Mulligan's donated a portion of the evening's proceeds to the schools. Liberty Magnet principal Dale Klaus, above, taunts the students to make them miss.

Recycling event nets tons of electronics

For Hometown News
News@hometownnewsol.com

SEBASTIAN — More than 51,000 pounds of computers, printers, televisions and other electronics were recycled at the Aug. 1 electronics recycling event held in Sebastian and hosted by the Indian River County Solid Waste Disposal District and Keep Indian River Beautiful.

"The event was a huge success and goes a long way toward keeping these hazardous items out of our county landfill," said Himanshu Mehta, managing director for SWDD.

"But we want residents to know that they don't have to wait for a special event to discard their electronics. Our five customer convenience centers and the landfill, now accept these same items year-round."

Being able to dispose of

electronics at the convenience centers is another of the expanded services being offered to residents.

Last October, the county expanded the list of items able to be recycled curbside, which is available at no charge to all residents.

This change has resulted in an increase of an additional 1,492 tons being recycled, which means a total of 9,293 tons not being dumped into the landfill.

AERC Recycling Solutions of Melbourne was contracted to handle the collection and safe disposal of the electronics. Everyone who brought in an item had a chance to win a free refurbished laptop courtesy of AERC, which was won by Need first name Cummings of Sebastian.

For more information on what can be recycled, call (772) 770-5112.

Health care firm earns high rank

For Hometown News
News@hometownnewsol.com

TREASURE COAST — For the second consecutive year, Champion Home Health Care, serving Indian River and St. Lucie counties, has

been selected to receive the Best of Vero Beach award in the home health care service category by the U.S. Local Business Association.

The USLBA award program focuses on the quality of serv-

ice provided, not the quantity of clients served. Winners were determined based on information gathered both internally by USLBA and data provided by third parties.

The USLBA recognizes outstanding local businesses that enhance the positive image of small business through outstanding service to both their customers and community.

Champion Home Health Care consistently receives high ratings by their clients in customer satisfaction surveys.

Champion has a well established record of giving back to the community in numerous ways, through its involvement in the Alzheimer's/Parkinson's Association, Council of Community Services, Senior Resource Association, Vero Beach Christian Business Association, Sebastian, Indian River and St. Lucie County chambers of commerce, as well as the Knights of Columbus, Lions, Rotary and Exchange Clubs.

For more information, call (772) 257-0442 or visit championhome.com/vero.html.

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Dining & Entertainment

Sebastian

Classified INSIDE

SECTION B • WWW.HOMETOWNNEWSOL.COM • FRIDAY, AUGUST 28, 2009



VERO VIBE
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Count on 'Count' for fun

I know a 496-year-old accordion-playing, comic cult icon and vampire, who gave up blood 300 years ago when his doctor told him to watch his cholesterol.

Count Smokula hails from Smokesylvania. But don't try to find it on the Internet because it's all part of the "shtick" performed by a New York City-born graduate of Princeton University who now lives in Hollywood, Calif.

Oddly enough, (and everything about the Count, aka Robert "Smooky" Miles, is odd) I met him three years ago on an Internet dating site, which eventually led me to my husband.

The Smokesylvanian refugee sports a cape and fez and has an accent that sounds like a cross between Bela Lugosi and Jackie Mason.

The Count and I were not a love match (though I do love him), but a vampire with an Ivy League education is quite a scintillating conversationalist and so we regularly chatted.

What I learned is that Count Smokula has an alter-ego that is decidedly Bob Dylan-like in his ability to compose, sing and play music.

The alter ego (who looks nothing like the Count) has a talent for the blues and a voice far more pleasing than Dylan's nasally whine.

Of course, the fact that this alter ego actually met Dylan back in 1967, became Dylan's house caretaker in Woodstock, N.Y., and in 1986, played Dylan in a San Francisco stage show that earned international acclaim added to his overall mystique.

If you do an Internet search on Count Smokula, you will get a view of the realm of non-mainstream entertainment and the funky/funny people who inhabit that offbeat world.

He works with magicians, burlesque queens, sword swallows, funky musicians and assorted freaks and floozies.

The whole business is reminiscent of carnival

See **VIBE, B3**

Ex-New York firefighter creates pottery

By Barbara Yoresh
Entertainment writer

VERO BEACH — It's a long way from the fire stations of New York City's south Bronx or Bedford Stuyvesant districts to a Vero Beach pottery gallery but James White, a former firefighter, has more than successfully made the transition.

Mr. White now stokes fires in kilns rather than extinguish them in burning buildings.

As the owner of the Klay Gallery & Workshop at 1581 Old Dixie Highway, Mr. White and fellow potter and friend, Alicia Callendar, produce an intriguing variety of beautifully decorative and useful stoneware and porcelain items.

As his career as a city firefighter was winding down, Mr. White began to think of a hobby to occupy his retirement years.

"I knew I'd make something all my life and I just needed to find out what."

"I took an adult education class in pottery, as well as summer sessions at Alfred University," he said.

He also attended numerous workshops in Tennessee and North Carolina, which are noted pottery centers.

Klay Gallery & Workshop occupies the main building of a three-building complex. All are cheerfully painted light lilac and two buildings are rented to other artists and a mas-



Photo by Barbara Yoresh

James White, potter and owner of Klay Gallery & Workshop, is pictured with potter Alicia Callendar.

sage therapist. Klay Gallery & Workshop has operated for nine years and was a home before Mr. White transformed it into a gallery and working studio.

"I removed walls and the ceiling and rebuilt it," Mr. White said.

Tucked within the cozy gallery rooms is a wide and colorful assortment of pieces, which meld form and function.

Mrs. Callendar, a Florida native and retired teacher, specializes in distinctive hand-built, Raku-fired clay items. Raku is a Japanese firing technique dating back to the 16th century.

While not intended for use with food, Raku pot-

tery features cracking and unglazed areas that produce a uniquely beautiful finished piece.

"Raku is low-fired at about 1840 degrees Fahrenheit," Mrs. Callendar explained.

Mr. White's handsome stoneware is similarly decorative, but also oven- and microwave-safe for food use.

Like most potters, he mixes his own glazes and uses about six different types, which come from a very reliable source to assure uniformity of color and consistency when fired in the kiln.

His designs are practical as well as eye-catching.

Lining the gallery shelves were multi-colored baking dishes, candle holders, cups, wine stoppers and coasters, spouted batter mixing bowls, including a whisk, utensil holders and other assorted items no well-equipped kitchen should be without.

Klay Gallery is a hostess' dream and, walking about, I had the notion that Martha Stewart would love this place, because there is an attractive vessel for every baking and serving need.

Hate the soggy and often smelly sponges used to wash dishes? Keep them

See **POTTERY, B3**

Out & about

NOW THROUGH SEPT. 4

• **Members of the Vero Beach Museum of Art receive discounted admission to the 2010 International Lecture Series** when they make reservations to attend all four lectures. Members pay \$180 for the lectures, which are held on Mondays at 4:30 p.m. and followed by a reception with the speaker. The general public may also attend the lectures for a cost of \$240 for the four lectures. This year's lectures begin Feb. 15, 2010 with the presentation "Why the Arts Matter" by acclaimed poet and former chairman of the National Endowment for the Arts, Dana Gioia. Other lectures include presentations by author/educator Sarah Thornton, journalist Ulrich Boser and actress, author and film maker Isabella Rossellini. For more information about the series, call Angela Fallon at (772) 231-0707, Ext. 136 or visit online at www.verobeachmuseum.org.

FRIDAY, SEPT. 4

• **Riverside Children's Theatre**

auditions for the fall touring production of "The Nightingale" will be held at 4 p.m. for youngsters ages 12 and older. This production is adapted from the tale by Hans Christian Andersen and will tour to the Florida Theatre Conference in Lakeland on Nov. 14, as well as to area schools. Auditions will also be held at the same time for the Senior Performance Ensemble, a new group at Riverside for ages 12 and older, which will be performing at functions at the theater, as well as in the community at large. Those auditioning will be asked to sing 16 measures of a song. Both groups will meet as classes. "The Nightingale" will rehearse on Fridays beginning Sept. 11, from 4 to 6 p.m. Tuition is \$150. The Senior Performance Ensemble will meet on Thursdays from 4 to 5 p.m. Tuition is \$85. For more information, call (772) 234-8052.

SATURDAY, SEPT. 12

• **International performer Marty Eisenstein of Athens, Greece will entertain at Temple Beth Shalom** in a special "Coffee House Concert" at 7:30

p.m. This event is open to the public and will showcase original music, classic popular hits and audience participation and sing-a-longs. The temple's social hall will be transformed into a coffee house with everyone in attendance seated at white-clothed, candle-lit tables. Refreshments will include wine and cheese, table snacks, coffees and desserts. Tickets are \$15 in advance and \$18 the day of the concert. Temple Beth Shalom is located at the southwest corner of 43rd Avenue and 4th Street in Vero Beach. For more information, call (772) 569-4700.

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 Fille Du Regiment" by Donizetti on Aug. 22; "Barber of Seville" by Rossini on Sept.

See **OUT, B2**



STAR SCOPES

James Tucker
Week of 8-28-2009

Aries-March 21-April 19

Focus on a healthy lifestyle that includes one or two fun things every day. Your playful nature will carry you safely through any of life's challenges. This is the spirit of Aries at its best. Take care of the most important things first. What makes you happy? Now the rest of the earthly stuff falls into place. Yeah, Aries!

Taurus-April 20-May 20

Resist the temptation to take on more than you can handle. Refuse to let negative attitudes of others knock you off course. When worry begins, slow down, take a step back, take a deep breath and refocus your energy. Now with the second wind, move forward and you will see positive results coming in abundance.

Gemini-May 21-June 21

Living in harmony is the primary goal this week. How much discord are you willing to tolerate. Maybe it's time to leave your comfort zone and explore new ways and ideas you have been thinking about. Refine and sharpen your life's tools. Now add new ones that will keep you on the edge and move your up and higher.

Cancer-June 22-July 22

Your strongest gift is your way with people. It's all because of your great heart. You were born with this awesome loving nature at birth. Cancer, Scorpio and Pisces. Wow! What an honor to be around great heart souls like you. It's time that we all wake up and realize that you are our heart of life and give it honor.

Leo-July 23-Aug. 22

Your circle of influence with creative people continues. Your emotional and creative growth is at an all-time high. This will open doors for you for a long time. Reduce stress, slow it down and back off. It's your life, thank you very much. Your greatest results are because you take positive action on good ideas in your life.

Virgo-Aug. 23-Sept. 22

You choose to live in peace and harmony with a deep sense of peace and purpose. You have a deep sense of

See **SCOPES, B2**

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DINING & ENTERTAINMENT

Out
 From page B1
 12; and "Madame Butterfly" by Puccini on Sept. 19. All encore performances begin at 10 a.m. Tickets are available at the Majestic Theatre box office located at 940 14th Lane off U.S. 1 in Vero Beach. For more information, call (772) 770-0773.

THROUGH OCT. 25

The Vero Beach Museum of Art 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.

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.

ART GALLERIES
 • **Artists Guild Gallery**, 44 Royal Palm Pointe, Vero Beach. Call (772) 299-1234 or visit www.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
 • **Tiger Lily Art Studios and Gallery**, 1903 14th Ave., Vero Beach. (772) 778-3443.

BARS 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.

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Scopes

From page B1

appreciation for life. This attracts others who have your values. It is a simple plan. It is ideal. Your high standards demand that you live this way. Now you continue on the way to great joy and happiness.

Scorpio-Oct. 23-Nov. 21
 You have an emotional edge this week. The planets are in positive alignment for you. This is like a booster rocket giving you extra thrust to send your dreams into orbit when you need the push. Now is a good time to take action on your greatest dream. If you do, great, positive results are bound to happen.

Libra-Sept. 23-Oct. 22
 Measure the quality and joy in your own life by the happiness you feel and express in your own heart. You were born to be of service to others. Whenever you feel out of sorts, it is because you have let your own energy get unbalanced. Get back to it and continue to move forward to great rewards. You can and will do it.

Sagittarius-Nov. 22-Dec. 21
 You have a guardian angel blessing and protecting you because of your large heart and spirit embracing and surrounding you with light. Your large heart knows no bounds. The universe loves you. Are you ready to receive back all you give to others? It is so exciting to see a bumper crop coming your way.

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Pisces-Feb. 19-March 20
 It is very important to speak your daily affirmations before you start your earthly days. Psyche yourself up. This is soul food. It gives you the spiritual strength to help you through the day. Successful people and winners in life do this. You are a winner. Keep your heart and spirit open. Great blessings are sure to follow.

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.

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

A suggestion for organizing your coupons efficiently

This week, I'm happy to answer another question from a reader like you who is learning to super-coupon:

Q: In reading your column, I've not seen how to organize my coupons. In one of your early columns, you suggested keeping the entire booklet of coupons together, so I do. But then when I'm shopping, I don't know what I have. If we don't clip the coupons out and categorize them, how do we know what we have on hand?

A: Thankfully, using

coupons is easier than it's ever been. Much of that is due to the method that I use, which I call a "clipless" system because you clip less. I only cut the coupons that I need for each week's trip. All of the other coupons stay in the insert, where they are easy to find when I'm planning my next shopping trip.

In the past, in order to match coupons to sales, people would cut absolutely every coupon they received in their newspaper inserts and carry them all around, usually in a big binder or

COUPON QUEEN
JILL CATALDO



box.

This method, though, is the reason many people give up on using coupons. It's incredibly time-consuming and tedious. Most of us want to save money without investing hours in cutting and sorting little pieces of paper each week.

Here's how I organize and

use my coupons: when my coupons arrive in the newspaper each week, I take all of the inserts and write the date on the front. Then I store them in an expandable file. These are inexpensive and can be found at any department or office-supply store. I use one pocket for each month and a typical accordion file can hold six months' worth of coupons or more.

When I'm ready to plan my shopping trips and cut the coupons I'll need, I head to the Internet. There are many coupon Web sites that help you match coupons to sales. On my Web site, www.supercouponing.com, I've got a free coupon lookup utility that's very easy to use. You type either the name of the product you'd like to find coupons for (such as Kellogg's) or a

general category of product (dog food, for example) and the coupon lookup returns a list of all of the coupons currently in your inserts along with the values, purchase requirements and expiration dates.

This database also delivers information about exactly where to find your coupon. When your inserts arrive, perhaps you've noticed each one has a name at the top, such as Procter & Gamble or SmartSource. The database will tell you the name and date of the insert that contains the coupon you're looking for.

At that point, you simply pull that insert out of your file, cut the coupon you need and return the insert to the file for use another day.

This is a quick, easy

system to use. You'll be surprised how quickly you can plan your shopping trips with it.

On an average trip, you might use 10 to 15 coupons. Wouldn't you rather just cut those few rather than the 40 or more that arrive in inserts each week?

Using the "clipless" method, you're only cutting what you need and if you don't need a coupon, you're not spending time or energy cutting it out or carrying it around.

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.supercouponing.com. E-mail your couponing coups and questions to jill@ctwfeatures.com.



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Bank awards college scholarship

For Hometown News
News@hometownnewsol.com

INDIAN RIVER COUNTY — Jessica Frederick of Vero Beach was awarded a \$1,000 college scholarship from Riverside Bank.

Students attending either a two or four-year post-secondary school were eligible to apply.

Ms. Frederick was selected

based on her academic goals, community service and written essay about why she feels she deserves the money.

Ms. Frederick plans to attend the University of Central Florida and pursue a degree in nursing. Her ultimate goal is to become a nurse practitioner in pediatrics.

She's well on her way, as she's already received her

certification in nursing assistant through the Health Occupational Students of America program at Vero Beach High School.

Ms. Frederick has volunteered with organizations such as March of Dimes, Walk America, Race for the Cure, Turtle Trax Walk, Exchange Club of Indian River, Habitat for Humanity and many others.

Vibe

From page B1

sideshows, and to watch a Count Smokula video is to take a real trip into the "Twilight Zone."

But this is no scary stuff; the Count's Eastern European accident reminds me of now-departed uncles on my father's side and it's all pure fun.

It's only a click or two on the Internet to his alternate, mainstream persona as an entertainer who has worked with some of the biggest names in the music world.

His latest venture, "The Count Smokula Show," premiered Aug. 4 on the Web-based channel www.therealuhf.tv, created by Zack Wolk. Mr. Wolk was inspired by Weird Al Yankovic's film "UHF" and was given permission by Yankovic to use the name for the channel, which also stars Dr. Demento.

The show features comedy sketches as well as original music and music videos, often with the Count playing his "squeeze box," (also known as an accordion).

The show is "set" in the Count's laboratory and castle, and stars a multitude of guests you've never heard of from the underground of the entertainment "void." It's counter-culture at its best.

But don't be discouraged by the lack of recognizable talent. These folks have bona fide credentials and the show is directed by Thomas Hurley III of the "Bill Nye, the Science Guy" show.

A prolific songwriter and singer, Count Smokula and his blues-singing alter ego have won awards for comedy and music.

The alter ego has also acted in a variety of stage,



Count Smokula

film and video productions, including an appearance in a Enrique Iglesias music video.

The Count's album "Authentic Sounds of Smokesylvania" was named Comedy Album of the Year 2004 by the Los Angeles Music Awards.

The versatile Count is ringmaster of the Vamphear Circus, which performed in 2006 at the U.S. Naval Station at Guantanamo, Cuba, and he has emceed music and film festivals, awards ceremonies and comedy/burlesque shows.

Count Smokula recently answered some questions about his latest venture.

He noted that he hoped "every human being on oath vill vatch 'The Count Smokula Show' because it would amuse them and show them things they've never seen before!"

"The Count Smokula Show" is shot in the Hollywood studio where Elvis Presley recorded "Jailhouse Rock." It was formerly RCA Studios and Louis Armstrong and The Beach Boys also recorded there.

It's all far-out and fun. "The message is: enjoy. I hope everybody gets a chance to check out 'The Count Smokula Show,' the count said.

Chapter wins awards

For Hometown News
News@hometownnewsol.com

TREASURE COAST — The Treasure Coast Chapter of the Florida Public Relations Association won several awards at the FPRA annual conference in Boca Raton, including Outstanding Chapter of the Year.

Under the leadership of Linette Trabulsky, president and development director at St. Anastasia Catholic School, the Treasure Coast Chapter won awards for best chapter newsletter and the president's award for chapter communications, as well as the highest award given by the state president, Outstanding Chapter of the Year.

The 71st annual FPRA conference was held Aug. 9-12 at the Boca Raton Club and Resort and featured speakers from around the nation and state.

The Treasure Coast Chapter served the association by hosting, sponsoring and assisting with the conference. Founded in 1984, the Treasure Coast Chapter of Florida Public Relations Association serves the needs of public relations professionals in Martin, St. Lucie and Indian River counties with the goal of advancing public relations, and promoting high professional and ethical standards.

Visit www.fpratreasurecoast.com.

Pottery

From page B1

drier by storing them in an ingenious stoneware sponge rest designed by Mr. White. It will look good in your kitchen next to the sink and help to keep that sponge more hygienic.

"The designs just keep evolving and I've recently started making cups with large handles," Mr. White said.

Colorful assortments of large-handled mugs feel surprisingly lightweight when held by generously sized handles, yet are sturdy.

Mr. White recently made an entire dinner set for a customer from upstate New York who visits Vero Beach

each winter season.

"I do special orders for people, including odd-shaped items, and I have a lot of snow-birds for customers who buy things to use as gifts."

Mr. White noted that in successive years, the same customers often return to buy additional pieces in the same colored glazes they previously purchased.

"I would estimate that I've sold about 25,000 pieces since I've been here in Vero Beach," Mr. White said.

As members of the Vero Beach Art Club, Mr. White and Mrs. Callendar have both won numerous awards for their work.

The pair exhibit at various local art shows during winter and Mr. White is a weekly

exhibitor on Saturdays at the Fort Pierce farmers market and craft show.

This summer, he and Mrs. Callendar are busily creating pieces for the upcoming season. Because their work is so reasonably priced, they have continued to sell briskly despite a sluggish economy.

"My business is the same; it's good. I'm very lucky; very blessed," Mr. White said with a smile.

Klay Gallery & Workshop is located at 1581 Old Dixie Highway in Vero Beach just south of the intersection of 16th Street. It is open Monday through Friday from 10 a.m. to 4 p.m. For more information, call (772) 299-1289.

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Staycation



Port St. Lucie is a golfer's dream

But there's plenty more to please all ages

By Jay Meisel
Meisel@hometownnewsol.com

PORT ST. LUCIE — Port St. Lucie offers a perfect venue for a vacation for golfers.

Others can visit the Treasure Coast's largest city and enjoy baseball, shopping and other activities.

Although Port St. Lucie doesn't have direct access to the beach, it's not a long drive to either Fort Pierce or Jensen Beach, where one can stretch out on the sand or take a dip in the ocean.

Have you always wanted to learn how to golf? Try the Professional Golfing Association complex.

The PGA Center for Golf Learning and Performance

provides instruction and the chance to practice virtually every shot. There are simulations of various golf courses around the world, hitting stations and motion-analysis technology to analyze your swing.

For those who want to learn about the how the game developed, the PGA Historical Center traces golf's history from the 1500s, in what is believed to be the first mention of the game.

There's a 54-hole champion course open year round. During the last two years, it was renovated.

PGA Village also has a short course that's billed as a good venue for all members of the family to play golf together.

Michael Abramowitz, who

handles public relations for PGA, said the facility gets a lot of vacationers who come to play golf.

For more information about PGA Village, go to www.pgavillage.com.

Baseball is also a big attraction in Port St. Lucie. The New York Mets hold their spring training at Tradition Stadium. And although the boys of summer only inhabit the stadium in February and March, the St. Lucie Mets, the minor league team for the New York Mets, are housed there, as well, and play all summer long.

You can also take a tour of the St. Lucie River. River Lilly

See DREAM, B5



Mitch Kloorfain/chief photographer

Port St. Lucie is a haven for celebrating a wedding or playing golf on one of its many courses. Newlyweds Jon and Tabitha Farmer found a way to combine both following their nuptials at Tradition.

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Easy, tasty recipes to enjoy, especially when camping

Hello smart shoppers. Gone camping yet? With the economy the way it is, you lucky people who have campers are just about the only ones who can take a vacation.

I've come up with a few recipes that are a cinch to make while camping. You can get pretty tired of the usual fare: burgers, hot dogs, chicken and steak. Kids love to be able to eat their dinner with a spoon.

What's for dessert? How about whoopie pies? Years ago, when we lived in Connecticut, we had them while visiting friends.

Whoopie pies are the best tasting cake/cookie on the planet. I got the recipe and it became a family favorite.

I've seen different recipes in magazines, but none compare with the original. This is a great dessert; just make the cookies and filling at home, then assemble them at the camp site.

MEXICAN FIESTA (NIB) Serves 4

This recipe is an original;

and great for camping. Serve it as is, or topped with grated cheddar cheese, chopped tomatoes and lettuce and sour cream, if you choose. Roll it in a burrito or tuck it in taco shells.

- 1 pound ground beef, preferably fresh ground fat-free, or ground turkey
- 1 tablespoon extra virgin olive oil
- 1 medium onion, diced
- 1 teaspoon salt
- 1 teaspoon chili powder
- 1/4-teaspoon pepper
- 1 can (14-1/2 to 16-ounce) tomatoes, smashed
- 1 can (14-1/2 to 16-ounce) corn with liquid
- 1 can (14-1/2 to 16-ounce) can black beans, drained and rinsed, optional
- 1-1/2 cups beef or chicken stock or bouillon
- 1 small green pepper, seeded, cut in thin strips
- 1/2-cup uncooked rice

Brown meat in oil in skillet, leaving in coarse chunks. Add onion, cook until translucent. Add seasonings, tomatoes, corn, beans and stock;

ROMANCING THE STOVE with the Grammy Guru ARLENE BORG



bring to a boil. Cook 15 minutes. Add rice; cook 10 minutes more. Add green pepper and cook 10 minutes or until rice is tender, adding more stock or water if necessary.

HOBO STEW (NIB) Serves 6-8

- 1 pound virtually fat-free fresh ground beef or ground turkey
- 1/2-pound hot dogs* (sliced)
- 1 envelope (1-ounce) onion gravy mix
- 1 can (8-ounce) tomato sauce
- 1 can (14-1/2 to 16-ounce) mixed vegetables or peas and carrots, drained, or 1 10-ounce package frozen mixed vegetables
- 1 cup broth, either beef or chicken
- Salt and pepper to taste

*Note: Use low-fat beef

or turkey hotdogs.

If using frozen vegetables, cook until tender in part of the water; then add water to skillet. If using canned peas and carrots or frozen vegetables, add one 14-1/2 to 16-ounce can of potatoes, rinsed, drained and cubed. (NOTE: canned mixed vegetables contain potatoes.)

In a large skillet, brown meat while breaking up; brown hotdog slices. Stir in remaining ingredients; heat until hot and bubbly.

Serve in bowls with biscuits or bread and a butter substitute.

GIRL SCOUT'S CAMPFIRE STEW (NIB)

When my daughter was in Girl Scouts, this dinner in a bowl was everyone's favorite.

Brown 1 pound ground beef or ground turkey, stir in 1 can condensed vegetable alphabet soup, undiluted. You can also add canned potatoes, rinsed, drained and cubed. Simmer for about 10 minutes.

HOT ONIONS (NIB)

Enough for a crowd and freezes great. Top your hot dogs or hamburgers with New York-style hot onions.

- 3 pounds onions, peeled, quartered and sliced thin
- 2 tablespoons Canola oil
- 1 8-ounce can tomato sauce
- 1 tablespoon catsup
- 1/2-teaspoon salt
- 1/2-teaspoon black pepper
- Few shakes of cayenne pepper or crushed red pepper, optional.

Sauté onions in oil, adding a little water if necessary, until transparent. Add remaining ingredients, cover and cook over low heat until onions are tender.

WHOOPIE PIES

- 2-1/2 cups flour
- 1/2-cup unsweetened cocoa powder
- 1-1/2 teaspoon baking soda
- 1/4-teaspoon cream of tartar
- 1/4-teaspoon salt
- 1-1/2 cups sugar

- 2/3-cups shortening
- 1 cup milk
- 2 eggs
- 2 teaspoon vanilla

Place all ingredients in a large mixing bowl and beat until well blended, about 2 to 3 minutes. Drop heaping teaspoons onto cookie sheet, spoon into circles. Bake in a 350-degree oven for 10 to 12 minutes. Cool. Sandwich two cookies together stuffed with filling.

FILLING

- 3 heaping tablespoons flour
- 1/2-cup milk
- 3/4-cup sugar
- 1 teaspoon vanilla
- 3/4-cup solid shortening (such as Crisco)

Combine all ingredients and beat well with an electric mixer at medium speed. Fill cookies.

To order my cookbook, access more recipes or read past articles, visit my Web site at www.romancingthestove.net or e-mail me arlene@romancingthestove.net.

Dream

From page B4

Cruises offers regular tours along the river, during which people typically see alligators, a large variety of birds and other animals. For more information, go to www.riverlilycruises.com.

Nature lovers can visit the Oxbow Eco-Center, which has walking trails and various events, including guided hikes and lectures.

The city has a large variety of restaurants and businesses.

The Town of Tradition includes a number of small shops and some larger retailers, including Target, Office Max and Pier One.

Every third Friday of the month, Tradition hosts West-Fest, a get together featuring a free evening concert.

Visitors may also want to take a trip to the Civic Center, which opened this past year. Besides offering various athletic activities, it has an art gallery, is host to a farmer's market (every Tuesday from October through May), and offers various classes.

In the near future, vacationers will also be able to visit the Port St. Lucie Botanical Garden, which is expected to open next year.

Showing their thanks



Photo courtesy of Franni Southern

The Sebastian Lions Club presented a certificate of achievement to Earl's Hideaway Lounge on July 26 in appreciation of their support and donations to the Sebastian Lions Charity Foundation and the Florida Lions Camp for handicapped individuals. From left: Jim Finochi, Lions president; Jerry Kennerk, past president; Charles Smits, past president; Emil Franky, Earl's Hideaway manager and Franni Southern, media and public relations manager for Earl's Hideaway Lounge.

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.

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County residents seek pet food donations

For Hometown News
News@hometownnewsol.com

INDIAN RIVER COUNTY — The Humane Society of Vero Beach and Indian River County is asking for donations of pet food to help residents in financial need.

“Due to the economy, many families are having a hard time making ends meet for both themselves and their animal companions,” said Phaedra Kohler,

Humane Society volunteer coordinator.

Food donated by the public is redistributed back to county residents registered with the Humane Society's pet food bank. Pet food bank registrants are able to receive food for three months and may reapply to the program if necessary.

Donations are accepted at the Humane Society of Vero Beach and Indian River County, located at 6230 77th

St., Vero Beach, the Humane Society thrift shop in Vero Beach, located at 4445 20th St. or the Humane Society thrift shop in Sebastian, located at 441 Sebastian Blvd (Rt. 512).

County residents facing financial difficulties who are in need of pet food should apply for assistance at the Humane Society.

For more information call (772) 388-3331, Ext. 29.

The true fairy tale of life

The true fairy tale of life lives on. It has lived before, lives now and will continue to live on in the future.

There are many stories in history about goddesses, kings, queens and commoners searching for the eternal quest of health, wealth and happiness and true passion in life. This is the true fairy tale of life.

What does this really mean? The first quest is for health. The health thing is pretty clear cut. I believe we are supposed to live an average of 120 years. There are proven cases of the Hunza people living in the high mountains of Russia, breathing fresh air, drinking pure glacier water, flowing down from the mountains, and eating organically homegrown fruits, grains and vegetables, who live upwards of 120 years and more.

For the most part, they don't pass on from disease. They live above the lower earthly pollution. They live long, rich, healthy, alkaline-based, natural lives. Women are fertile into their 60s. Males are virile into the 80s and beyond. There is an old story that says the only way women stop bearing children is to put their men on horses, swat them and send them out like run-aways. Maybe he will fall off. (Just kidding.)

The second quest is wealth. It is about more than money, it is about abundance in all ways. The universe is based on abundance. We are supposed to have more than we need. This allows us to create a storehouse for seasonal and future needs,



SPRIT GUIDE
JAMES TUCKER

celebrate and share with others with a need.

Abundance satisfies hunger. It alleviates fear and worry about the future and helps resolve issues from the past. Are you holding any resentments or grudges from the past? Forgiveness is one of the main keys to happiness. When we hold resentment, it comes back on our selves and puts our spirit in bondage.

We cannot punish another person for some real or imaginary hurt by holding resentment. Want to be free? Then go through your whole life and take an inventory of any and all things that have created resentment.

Forgive whatever it is, no matter what, release it, bless the person involved for the lessons they taught you and you have learned. Now, sow new seeds of desire, move on and grow a new and happier life. These two, health and wealth, create the third quest: happiness. How happy are you?

True happiness comes from living in harmony with other spirits around us. Now we can fulfill and create our own passions which is extended love and passion. Are you doing what you truly love? Are you with your true spiritual family and love connections? Hang out with others living in the light and passion who want to help you find the three eternal quests. It is a

sensual thing. Sometimes we have to get really honest with ourselves, bury our ego and make a commitment to the heart and spirit within. It really comes down to moving past hunger, fear, guilt or sadness and saying this is what I truly want. This is what makes me happy, whether it is for a season, decade or lifetime. Take advantage of it while you have it. Live in and make a commitment to now.

Stop, plant, grow and smell the roses and beauty of divine love. If you ever have the chance, go for it, do it and enjoy the eternal beauty, love and happiness without regret.

Never look back. You can do it. You were born to do it. It is your eternal quest. My greatest dream is that you find it, passionately embrace it and enjoy it in your spirit, heart, mind and body, today, tomorrow and for all your future sweet days to come.

Special services

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 jtuckkyz@aol.com or write James Tucker, 4550 N.E. Indian River Drive, Jensen Beach, FL 34957.

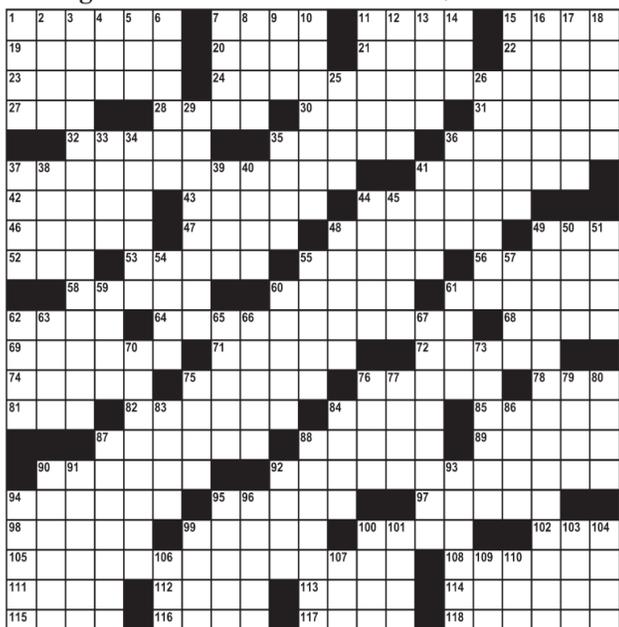
To read the Spirit Guide column, visit myhometown-news.net and click on counseling and advice.

Feeling Toolish

Edited by Linda and Charles Preston

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Community calendar

SATURDAY, AUG. 29

•Guardian ad Litem information will be available at Starbucks on 12th Street and U.S.1 in Vero Beach at 10am. The coffee is for anyone interested in knowing more about the Guardian ad Litem Program. Guardians ad Litem are trained volunteers who are court-appointed as child advocates. The next free volunteer training classes starts Sept. 16. For information, call (772) 871-7225.

•Back to School Splash for Middle School students. Come relax, dance, and play by the pool and enjoy music, pizza and prizes

while dancing on the deck. Cost will be \$3 per student. Tickets can be purchased in advance at the North County Aquatic Center by Aug. 28. Advanced tickets will cost \$2 per student. Must have proof of school ID or fall semester schedule. From 7-10 p.m. For more information, call (772) 581-7665.

FRIDAY, SEPT. 4

•Sebastian Inlet State Park will hold the Night Sounds at Sebastian Inlet State Park Concert Series showcasing Mike and Kayte's Acoustic Pop Tour. The concert will be at the pavilions on Coconut Point, located on the south side of Sebastian Inlet, over looking the water. The concert is free with regular park entry fees. For concert information call (321) 984-4852.

SATURDAY, SEPT. 5

•LoPresti SpeedMerchant's next First Saturday of the Month Fly-in Event will be held at their new facility in Sebastian. The full breakfast buffet begins at 9 a.m., followed by a presentation at 10 a.m. This month's event will benefit Wayne's personal charity choice, National Multiple Sclerosis Society, Mid-Florida Chapter. (A \$5 donation is requested). All welcome. Call (772) 562-4757 for more information. New Sebastian LoPresti Hangar, 210 Airport Drive, East, located just behind the Sebastian Airport Administration Building.

SATURDAY, SEPT. 12

•Giant Sale of Hope from 7 a.m.-4 p.m. 5925 37th St., Vero Beach. Home goods, toys, electronics, furniture, books and much more.

ONGOING EVENTS

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

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201 Garage Sales

SEBASTIAN SAT Aug 29 9am-noon 1268 Larkspur St. Furniture, antique china, silk plants. Lots of art, wall hangings, Christmas items collectibles, unique items. Hometown News 800-823-0466

205 Antiques, Collectibles & Art

COUNTRY ANTIQUE Show Labor Day Sept 7th 10am - 2pm. The Arbor Banquet Hall, Downtown Arcadia 863-494-9311

230 BARGAINS UNDER \$200

AC UNIT, 6,000 BTU, newer digital model, with outside bent, \$50, 772-480-0310 IR

AIR PURIFIER, Ionic breeze, with hand wipe filter, 1,100 square feet, \$35 772-299-6518

BASEBALLS, practice balls, 130 for \$50, 772-595-0658 SLC

BED SPREADS, 2 twin, plus shams, like new, colorful south western print, \$30, 772-299-3872 IR

BEDROOM SET, bed, bureau & nightstand, maple finish, dove dail joints \$150 772-770-9294 IR

BICYCLE, 2 man, in great condition, \$100, call 772-465-2288 SLC

230 BARGAINS UNDER \$200

BICYCLE, SCHWINN, new, 26", traverse, never used, womens blue cruiser, \$125, 772-231-7416

BIKE, 20" 7 speed, \$50. 20" bike handbreak \$35 772-569-3475 IR

BIRD CAGE, large, 20x20x19, w/ stand, on wheels and shelf for bird food, \$75 772-489-2546

BOOKS, PAPER back, 150+ some old, some new, all excellent, \$25 all, 772-664-1268 IR

CAR PARTS, 1990 grandma, brake pads, 02 sensor, spark plugs, \$200 for all 772-501-4329

CHAIR, Natural wicker with cushions, \$125, 772-388-5247 IR

CLARINET, \$200 772-978-7568 IR

COAT, LEATHER ma, black, medium size plus boots, \$50 remote control, \$40 772-801-3947

COFFEE MAKER, elite pro dual, for travel, 2 cups, 2 different flavors \$10, 772-564-2045 IR

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DOOR HANDLES, for sliding glass door, gold plated 8", 4 count, \$25, 772-589-0158 IR

ETAGERES, 2, painted purple, 79x28, 4 shelves, excellent condition \$170 for both, 772-569-5234

GARAGE DOOR opener, like new, For 18' door, \$50 772-299-0420

HESS TRUCKS, Toys, 1999-2006 unopened, brand new collectibles, \$10 ea, 772-569-8319

HURRICANE COT, folding, with pad, used once, \$25 772-664-7849 IR

INVERTER, 700 watt, used once, great for boat or RV, excellent cond \$25 772-480-7193 IR

JUICER, Wheatgrass, new in box, never used, \$49, 772-971-8480 SLC

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PRESSURE WASHER, Craftsman, 200 PSI, excellent condition, \$125 DirectStarTV 800-973-9044

PURSE, HOBBO, beautiful, blue, fine, never used, original sales price, \$190, 772-569-3667 IR

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RELOADER, RCBS, piggyback, upgrade, \$150 obo, 772-562-0670 IR

SHOP VACUUM, 18 gal, on Sears, w/ 3 new bags, used only twice, \$65, 772-971-6390 SLC

SOFA, SLEEPER, clean, good condition, \$95 obo, 772-332-1547 SLC

SWING, BABY, \$60, bounce, \$20 both new, 772-468-4706 SLC

WEIGHT BENCH, with 160lbs of weights, \$130, 863-634-9543 IR

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