



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.mysanantonio.com: Police: Texas grandma made bomb threat to school

Officials accused a 51-year-old San Antonio grandmother of phoning a bomb threat to an elementary school that wouldn't let her visit her grandchildren.

The state jail Web site says Velma Gladys Brewster was free on bond after being charged with making a terrorist threat to Windcrest Elementary School in northeastern San Antonio. More than 700 students and faculty members evacuated the campus Thursday after school officials received a threatening voicemail.

No explosives were found. A phone message left at Brewster's home Friday was not returned. Police said Brewster didn't have permission from her daughter to visit her grandchildren at the school.

From St. Petersburg Times, www.sptimes.com: Bank's thumbprint rule irks man born with no arms

A Florida man born without arms says a Tampa bank would not let him cash a check because he couldn't provide a thumbprint.

Steve Valdez didn't have an account at a Bank of America location in downtown Tampa, where he tried to cash a check from his wife last week.

See WEIRD, A8

'Green' construction well underway at learning center

By Jessica Tuggle
jtuggle@hometownnewsol.com

WABASSO — Slowly but surely, the new wet lab at the Environmental Learning Center is getting constructed, bringing excitement to the staff and visitors, the executive director said.

"It's not been noisy yet, but even if it had been, we'd still be shouting with glee that the construction is finally underway," said ELC executive director Holly Dill with a laugh.

Last June, the building that housed the wet lab and provided classroom and activity space was

destroyed in a fire. The reconstruction project is directly on the same spot of the previous building and will be the same size, or "footprint," Ms. Dill said.

The fundraising goal for the construction project is \$1.7 million.

"Right now we're at \$1.5 million, so we're almost there, but we need to keep on raising those funds," said Ms. Dill.

The foundational structure of the 4,500-square-foot building is entirely different from other buildings on campus, Ms. Dill said.

Creating cement pilings was the

first phase of the project.

"It is a completely different support structure than the other buildings have and there are two reasons: one, it's because it will provide added support. The second reason is because we are going for a Green Globe certification, which is a green building initiative," said Ms. Dill.

The flooring is currently being installed, she said.

The construction will emphasize the center's commitment to

being environmentally-friendly, she added.

Other eco-friendly aspects of the building include solar panels on the roof.

"We will have the traditional

See CENTER, A4

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Chillaxing in the Sebastian Inlet



A lone kayaker fishes in the fast-moving current of the Sebastian Inlet recently, in search of what comes with the tide in from the Atlantic. The Sebastian Inlet State Recreation Area offers a wide variety of activities, making it one of the most popular state parks in the southeast.

Cliff Partlow
staff photographer

ENTERTAINMENT B1

THIRD SEASON



Dinner theater begins its third season with a musical

HEALTH A6

FLU SEASON



Learn about what to do to prepare yourself for flu season

WEEKEND WEATHER

Friday: Scattered thunderstorms; high: 86; low: 73; high tide: 2:11 p.m.; low tide: 8:01 p.m.
Saturday: Scattered thunderstorms; high: 88; low: 74; high tide: 3:17 p.m.; low tide: 9:13 p.m.
Sunday: Scattered thunderstorms; high: 88; low: 74; high tide: 4:26 p.m.; low tide: 10:24 p.m.
Weather courtesy of www.weather.com

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Spending quality time with kids

By Jessica Tuggle
jtuggle@hometownnewsol.com

SEBASTIAN — The Boys and Girls Club of Indian River County, Sebastian Club, are gearing up for a day of fun for families and children on Sept. 12.

"We are having an open house, open to the community, and the idea is for children to spend the day with adults, parents or grandparents, or mentors, to go for a walk, play a game together, just spend time together," said Jay Bumgarner, director of the Sebastian Boys & Girls Club.

The Day for Kids event will take place at the Boys & Girls Club clubhouse on 1415 Friendship Lane from noon to 2 p.m.

The main goal in all of the activities planned for the day are to

See KIDS, A2

Thrift promotes 'no flea' market

By Jessica Tuggle
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — For the fifth year, the Humane Society of Vero Beach and Indian River County will open their doors for the annual No Flea Market on Sept. 19 from 8 a.m. to 2 p.m.

Designed to benefit the animals at the Humane Society, the market is sponsored by the two Humane Society thrift stores in Sebastian and Vero Beach.

Items available for purchase include new or gently used jewelry, housewares, collectible items such as Lennox or old Pyrex, decorations for Halloween and Christmas, books and more, said Annette Barcus, Humane

See FLEA, A2

Passions run high at health care reform meeting

By Tony Judnich
Judnich@hometownnewsol.com

MELBOURNE — Perhaps competition should not be encouraged in the health care industry, said Vero Beach resident Mark Manera.

"Take the profit out and the patient wins," he said.

Mr. Manera shared his thoughts Sept. 2 outside the packed King Center for the Performing Arts, the site of a town hall meeting on health care reform that was led by U.S. Rep. Bill Posey, R-Rockledge.

During the two-hour

See REFORM, A3

Gathering garbage all over the world

By Jessica Tuggle
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — Children and adults alike are invited to participate in the 24th annual International Coastal Cleanup with five locations in Indian River County.

The cleanup activities will begin at 8 a.m. on Sept. 19 and continue until 11 a.m.

The five locations for cleanup are: JC Beach, South Beach, Wabasso Beach, Round Island

See GARBAGE, A2



Jaya Dong, left, her daughter, Cheyenne, 11, and Alizia Burton, 10, all of Sebastian Girl Scout Troop 710, gather trash at Wabasso Beach during the Ocean Conservancy's International Coastal Cleanup last September.

File photo

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File photo

On average, 140 kids a week filled the Sebastian Boys and Girls Club for this year's summer camp. Meghan Jo, left, and Kate Adams, both 7, play air hockey before lunch in July. On Saturday Sept. 12, Boys and Girls Clubs across the nation will celebrate a 'Day For Kids.'

Kids

From page A1

encourage adult-child interaction that families today often miss in every day busy-ness, said Mr. Bumgarner.

"We are going to have a game room where there will be pool challenges, an

air hockey tournament and an Internet scavenger hunt with trivia questions," said Mr. Bumgarner.

"We'll have a kickball game, dads and daughters versus mothers and sons, and we'll also have a place for portrait time. At one time parents will have the opportunity to draw a

portrait of their kids, and then the children will have the opportunity to draw their parent," he said.

A Guitar Hero tournament should also be good for a few laughs, the director said.

Adult involvement in a child's life is crucial to their development, the

director said.

"We all need that person who will support us, challenge us to achieve greater and greater things," said Mr. Bumgarner.

"It's so important for children to have trusting, healthy relationships with adults, and that's what we encourage at the Boys & Girls Club."

Indian River Medical Center welcomes physician recruiter

For Hometown News
News@hometownnewsol.com



Mark Quenan

INDIAN RIVER COUNTY — Mark Quenan has been hired as physician recruiter at Indian River Medical Center.

Previously, the hospital contracted with outside agencies to provide recruiting services, which was expensive and at times, unproductive.

Mr. Quenan will function as the point person who oversees every aspect of the recruitment process, from marketing all the current opportunities, to screening candidates, organizing site visits and ultimately, transitioning new physicians into the medical center and community.

At the request of the hospital and private practices, he will assist in recruiting private practitioners in those specialties for which a community need currently exists.

Mr. Quenan, who is a native of Marietta, Ga., and

a graduate of Oglethorpe University in Atlanta, is challenged with establishing the entire process and protocols for the recruitment program.

His past experience as vice president of recruitment for a nationally recognized, retained physician search firm, brings credibility to the process and will allow him to use the contacts he has made during his previous nine years of professional recruitment experience.

Flea

From page A1

Society thrift shop manager.

"We have a wonderful selection of vintage, silver and gold costume jewelry for customers to look through," she said.

The products will be set up inside the shelter's adoption and education center, according to a press release.

New clothing for men, women and children will also be sold at the indoor market, said Ms. Barcus.

"This event is totally set up and run by our volunteers, who work extra hard to pull this off and make it success-

ful," she said.

Proceeds from the event, which raised more than \$10,000 last year, and from year-round purchases at the two thrift shops, are a main source of financial support for the animals at the shelter, said Ms. Barcus.

Donations of used or gently used items are welcome year-round at the thrift shops, she said.

The Sebastian shop is located at 441 Sebastian Blvd., and the Vero Beach shop is located at 4445 20th Street.

For more information about the No Flea Market or making donations to the thrift shops, call (772) 567-2044.



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Garbage

From page A1

Beach and Sebastian Inlet, said Kristy Sturdivant of Keep Indian River Beautiful, the event coordinator.

For cleaning up the marine debris, all participants will be able to enter a drawing for a one-night stay at the Caribbean Court Boutique Hotel, according to a press release.

This is first year that KIRB has coordinated the Indian River clean up areas.

"Last year, there were about 200 volunteers that came out and we're hoping for even more this year," said Ms. Sturdivant.

Bags for collecting the debris as well as event T-shirts, gloves, sunscreen and water will be available at all five locations.

After the clean up is complete, the collected items are cataloged and a record is sent to the international organizing group, Ocean Conservancy, said Ms. Sturdivant.

This year, KIRB will send results and tell the community what types of trash is most common on Indian River County coastlines, whether it's soda cans, bottle caps, plastic bags or any other type of trash.

Last year, close to 400,000 volunteers picked up a combined total of more than 6.8 million pounds of trash in 100 countries and 42 states in the U.S., according to a report issued by Ocean Conservancy.

Last year in Florida alone, volunteers picked up a total of 82,314 caps or tops and 197,389 cigarettes or cigarette filters, the report said.

"There's a place in the Pacific Ocean that is known as the garbage patch and is 1 to 2 miles wide and full of plastic. It just accumulated there over the years because of the currents. I can only imagine that that is what our waters would look like if we didn't do the clean up here," Ms. Sturdivant said.

One way to avoid all the plastic bottle tops found lying on the beaches is by using reusable water bottles instead of disposable ones you can buy in a big pack at the store, said Ms. Sturdivant.

"Not only would it be good for the environment, but it will be good for your budget too," she said.

For more information, contact Keep Indian River Beautiful at (772) 388-5472, or visit www.kirb.org.



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Reform

From page A1

event, Rep. Posey was joined onstage by a panel that included other politicians and medical care providers, each of whom shared opinions on various reform proposals.

"These bills are the beginning of a slippery slope to socialized medicine," said panelist and state Rep. Mike Horner, R-Kissimmee.

That remark was followed by boisterous agreement from the audience.

But "neither the president nor the congressional committees have suggested anything remotely resembling a government takeover of health care," according to the article, "The Assault on Truth," in the September edition of the *AARP Bulletin*.

The health care reform proposals, which exclude those with employer insurance from a public plan, could be refined into a single bill this fall, the article stated.

Panelist and Health First administrator Bill Ellis called for "cost containment" in health care and said America needs more doctors and nurses. He said he believes the number of doctors and nurses who are graduating now matches the number from 1975.

Mr. Ellis and other panelists also called for tort reform, which they said would help encourage people to enter health care professions.

Mr. Ellis said doctors often tell him that 20 percent of the tests they approve for their patients are not medically necessary but are needed to avoid lawsuits.

In Indian River County, it is difficult to find physicians who accept Medicaid because the payments are so low, said panelist



Paul Lepinskiie/staff photographer

Congressman Bill Posey held a Town Hall meeting concerning healthcare at the Maxwell C. King Center in Melbourne last week.

"We must have increased reimbursements to providers or else we'll get even more people in nursing homes."

James Newbrough
President, Visiting Nurse Assoc. of Treasure Coast

James Newbrough, president of the Visiting Nurse Association of the Treasure Coast.

"We must have increased reimbursements to providers or else we'll get even more people in nursing homes," he said.

Mr. Newbrough urged Rep. Posey and other legislators to prevent cuts to hospice and home health care funding.

Panelist Don Loftus, chief executive officer of Treasure Coast Community Health Center, said the financial side of the leading legislative bill on health care reform "terrifies" him.

He and other panelists urged Rep. Posey to read the entire, 1,000-plus pages of the bill and

ensure other legislators are aware of everything it contains.

Near the end of the meeting, Rep. Posey discussed his health care reform principals, which call for Americans to be able to keep their current health care plan, a focus on those who lack access to care, a 72-hour review by the public and Congress of pending reform legislation and a requirement of all members of Congress to be covered by any public plan.

"If we pass (a public plan that Congress must use), you can be sure nothing bad is going to happen to you," Rep. Posey said.

He said he supports tax credits of \$2,000 per indi-

vidual and \$5,500 per family to make health insurance more affordable, and opposes any legislation that calls for raising taxes on small businesses to help pay for health care.

After the meeting, 29-year-old Indian River resident Faiz Shakir said he did not think Rep. Posey and the panelists provided enough information about health care reform.

"I thought there was an effort by the panel to filibuster" or obstruct discussion of some issues with the audience, he said.

Mr. Shakir also noted that many people in attendance were senior citizens.

"Many of the elderly here could vouch for the strength of Medicare," which is run by the federal government, he said. "I'm in support of extending the benefits the elderly have to the rest of the nation."

Hometown News reporter **Tiffany McBride** contributed to this report.

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Katusca Chavez, MD

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Katusca Chavez, MD
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September 22 • 6:00 pm
Surgical Weight Loss Support Group
Dr. Lynn Williams, Psy.D., MSN
Licensed Clinical Health Psychologist



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September 23 • 6:00 pm
Solitary Pulmonary Nodule: What To Do? Options for Abnormal Chest X-ray Findings
Peter Seirafi, MD
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Saint Edward's School to offer classes

For Hometown News
News@hometownnewsol.com

TREASURE COAST — Saint Edward's School is offering a wide variety of academic and recreational enrichment classes in the evenings and on weekends.

The classes are available to all residents on the Treasure Coast. Programs in the arts, foreign language, science, humanities, technology and sports are taught by Saint Edward's faculty and professional educators from the community.

Elementary students can participate in reader's theatre, dance, voice and piano lessons, robotics, clay, mini-tennis, Latin and Spanish.

Adult classes include Spanish, French, Chinese, computer 101 and 201, Mac, power of Google, Photobook and Publisher meets Photo-

See **CLASSES, A8**

Firefighters sponsor Sept. 11 events

By Jessica Tuggle
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — Just eight short years ago, the United States stood still as airplanes and buildings were attacked by foreign enemies.

Today, local fire and law enforcement will commemorate the lives of the brave military men, women and civilians who lost their lives that day and since in fighting the enemy.

At 8:30 a.m. at Veterans Memorial Island Sanctuary, a free one-hour ceremony will take place with speakers, honor guards from local fire and law enforcement agencies and music, featuring the U.S. Navy Ceremonial Band from the Naval Air Station in Jacksonville.

This evening, at 7 p.m. at Riverside Theatre in Vero Beach, there will be a similar, dignified tribute ceremony held, also free of charge, according to a press release.

Seating is limited to 700 at the theater, so reservations are required.

To reserve a seat, call (772) 231-6990.

Veterans Memorial Island is located at 350 Dahlia Lane, Vero Beach.



A giant American flag hangs from the bucket of Ladder One during the Sept. 11 remembrance ceremony on Veterans Memorial Island last year. The phrase, 'We will not forget you,' is printed on the bucket.

File photo

Center

From page A1

thermal solar panels, but we will also install a photovoltaic system that we hope will power the air conditioner, lights and the filter systems in our aquariums at certain times of the year," Ms. Dill.

Water in the bathrooms will be heated with a solar water heater, she added.

"Our building will actually be used as a demonstration project for people to

look at," said the director.

Once the wet lab is fully constructed, the staff will begin to install all of the interactive stations that have been designed in the interim.

One new aspect to the lab will be a fully interactive touch-tank, Ms. Dill said.

"It will be a shallow tank of water that we'll put hermit crabs and clams into, so that the youngsters can interact with the animals in a very safe environment. We've never had anything like that before," she said.

There will also be



Cliff Partlow/staff photographer

Workers with the Hill Group lay the bottom forms for the concrete slab to be poured at the Environmental Learning Center last Thursday. Construction on the new classrooms and wet lab began last month.

exhibits about sea grass beds and the eco-system of mangroves. All the exhibits will relate to the ecosystem found right in the Indian River Lagoon, said Ms. Dill.

"Visitors can expect a lot of hands-on interaction in the wet lab," she added.

The fire and devastation didn't deter staff at the ELC

from keeping other aspects of the center open and that will continue during the construction phase.

Through September, items in the ELC Nature Nook gift shop are 40 percent off.

"There are tons of gifts available in the gift shop, jewelry, hostess gifts, gifts

for children, all with an eco-theme," said Ms. Dill.

In the coming weeks, the staff will post a schedule of lectures and events open to the public.

Ms. Dill anticipated some of the lecture series will involve poplar lectures from last year's series, rain barrel construction and

practical changes families can make to be more environmentally-friendly.

The ELC is open for visitors Tuesday through Friday, 10 a.m. to 4 p.m., Saturday, 9 a.m. to 12 p.m. and Sunday 1 p.m. to 4 p.m.

For more information call (772) 589-5050 or visit www.discoverelc.org.

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Police report

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

Sebastian Police Department

- Donna Ann Pollack, 45, 8286 101st Court, Vero Beach, was charged with grand theft.
- Daniel Lamar Williams, 32, 4726 29th Ave., Vero Beach, was charged with grand theft.
- Steven Louis, 24, 432 Tulip Drive, Sebastian, was charged with trafficking, sale and possession of oxycodone and tampering with or destroying evidence.
- Alissa Ashly Vanhorn, 22, 104 Hinchman Ave., Sebastian, was charged with violation of probation. She was on probation for exploiting an elderly person.

Indian River County Sheriff's Office

- Philanzo Clarke, 22, 8768 63rd Ave., Sebastian, was charged with possession of cocaine.
- Robert Helms, 26, 1536 25th St. Southwest, Vero Beach, was charged with

- possession of cocaine.
- Vernon James Hodges, 25, 997 Schumann Drive, Sebastian, was charged with escape or attempted escape and misdemeanor charges of possession of marijuana and driving while license suspended with knowledge.
- Michael Avery Knight, 31, 550 39th Court Southwest, Vero Beach, was charged with failure to appear on charges of cannabis and possession of drug paraphernalia. He was also charged with a misdemeanor failure to appear on charges of leaving the scene of a crash without giving information.
- Calondra Inez Pace, 38, homeless, was charged with possession of cocaine, failure to appear in court on charges of possession of cocaine and drug paraphernalia.
- Shane Spaulding, 34, 9225 107th Ave., Vero Beach, was charged with possession of alprazolam, oxycodone, hydrocodone, and possession of controlled substances without a prescription, Clonazepam, Seraquil and Soma.
- Jamar Deshawn Wright, 23, 6430 86th St., Sebastian, was charged with possession of cocaine.

- Terry Lamar Wright, 23, 2342 First Court S.E., Vero Beach, was charged with possession of cocaine.
- Jaime Ashley Jack, 26, 8366 104th Court, Vero Beach, was charged with possession of a controlled substance and a misdemeanor charge of possession of drug paraphernalia.
- Paul Wayne Wagner, 21, 120 River Palm Drive, Fort Pierce, was charged with violation of probation. He was on probation for fraudulent use of a credit card.
- Eric Nicholas Butler, 30, 1135 Caprona St., Sebastian, was charged with two counts of introduction of contraband to a detention facility, two counts of possession of a controlled substance with intent to deliver and trafficking in oxycodone.
- Robert Earl Judon, 42, 3816 44th St., Vero Beach, was charged with burglary, grand theft and a misdemeanor charge of resisting arrest without violence.
- Nicholas Scott Lagasse, 22, 8826 99th Ave., Vero Beach, was charged with burglary, arson of a structure, grand theft and a misdemeanor charge of criminal mischief.
- Mark Alan Mackowski, 49, 1937 Live Oak St., Palm

- Bay, was charged with violation of probation. He was on probation for criminal use of personal identification information.
- Angnetta Wayne, 43, 2285 13th Ave. Southwest, Vero Beach, was charged with burglary.
- Michelle Lynn Wright, 30, 711 Wilson Terrace, Sebastian, was charged with violation of probation for driving while license suspended and being a habitual offender.
- Paul Allen Davis, 46, 3479 Central Blvd., Yeehaw Junction, was charged with trafficking or conspiracy to engage in trafficking and manufacturing or delivering drug paraphernalia.
- Todd Cody Jenkins, 30, 4215 12th St. Southwest, Vero Beach, was charged with violation of probation. He was on probation for third-degree grand theft.
- Natalie Jolene McAllister, 28, 186 15th Ave., Vero Beach, was charged with third-degree grand theft.
- John E. McEnerney, 48, 4510 Sixth Lane, S.W., Vero Beach, was charged with tampering with or destroying evidence and misdemeanor charges of driving under the influence, refusing a breathalyzer test and resisting arrest without

- violence.
- Megan Lynn Schilling, 25, 1300 East St., Lockport, was charged with trafficking in oxycodone.
- Erik Wade Baker, 27, 1776 42nd Ave., Vero Beach, was charged with possession of cocaine and a misdemeanor charge of possession of marijuana.
- Ramona Cooper, 41, 505 North 13th St., Fort Pierce, was charged with uttering a forged or counterfeit bill.
- Catherine D. Crosier, 42, 2752 Whippoorwill Lane, Vero Beach, was charged with two counts of third-degree grand theft.
- Christina May Davis, 27, 1934 19th Place Southwest, Vero Beach, was charged with driving while license suspended, habitual offender.
- Angela Ruth Justice, 23, 670 16th St., Vero Beach, was charged with possession of oxycodone and a misdemeanor charge of engaging in prostitution.
- Justin Blair Spurlock, 21, 100 N. Lime St., Fellsmere, was charged with possession of oxycodone and a misdemeanor charge of possession of drug paraphernalia.
- Christopher Martin Wardell, 32, 24 Aiken Place, St. Augustine, was charged

- with failure to appear on charges of loitering or prowling, possession of burglary tools and possession of a controlled substance without a prescription.
- Amber Lynn Warner, 23, 1826 Seventh Ave., Vero Beach, was charged with third-degree grand theft, forgery and uttering a forged or counterfeit bill.
- Justin Tyler Cable, 20, 271 Sixth Court, S.W., Vero Beach, was charged with violation of probation. He was on probation for aggravated assault with a deadly weapon.
- Carlton Dejwan Hudson, 28, 8825 103rd Court, Vero Beach, was charged with sexual battery on a child over 12.

Florida Highway Patrol

- Andre Leo Thomas, 23, 2943 Sixth St. Southwest, Apt. 108, Vero Beach, was charged with violation of probation. He was on probation for sale or delivery of cocaine.
- Patrick Sarmel Myree, 19, 100 N.E. 45th Court, Oakland Park, was charged with driving while license suspended, habitual offender.

Obituaries

Dennis Richard O'Hara

Dennis Richard O'Hara, 61, of Sebastian, died Aug. 22, 2009. He was born in Queens, N.Y., and lived in Sebastian for 14 years. He served in the U. S. Navy.

He was a member of St. Sebastian Catholic Church. He is survived by his wife of 28 years, Patricia; a son, Devin; three brothers, Charles, Glenn and Scott and two sisters, Barbara and Jeanne. He was preceded in death by his parents, Charles and Anna and a brother, Raymond.

Memorial contributions may be made to VNA & Hospice Foundation, 1110 35th Lane, Vero Beach, FL 32960. Arrangements by Strunk Funeral Home.

John T. Evans

John T. Evans, 82, of Barefoot Bay, died Aug. 28, 2009.

He was born in Asheville, N.C., and lived in Vero Beach for 26 years. He was preceded in death by his parents, Hugh and Alma and his wife, Pat. He is survived by two sons, John and Christopher; a sister, Frances; five grandchildren and a companion, Edith. *Memorial donations may*

be made to VNA Hospice, 901 37th St., Vero Beach, FL 32960. Arrangements by All County Funeral Home & Crematory.

Callie Vellia Morabito

Callie Vellia Morabito, 91, of Sebastian, died Aug. 30, 2009. She was born in Florida,

Ala., and lived in Sebastian for 20 years. She was a homemaker and a member of the Sanford Church of Christ. She is survived by her husband of 49 years, Peter; a son, Donald, and one grandchild. *Arrangements by Strunk Funeral Home.*

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

Compute this praise

Every week I look forward to Sean McCarthy's column "Compute This."

I never imagined how nice he and accessible he would be. When I called the number at the end of his article, he readily gave much-needed advice regarding my computer.

For that, he is, in my opinion, a rare gem and asset to your paper.

From a concerned senior citizen

I wish to address the part of Obama's universal health care plan that states anyone 75 and over, in order to maintain membership in the plan, must be counseled on suicide.

Some people may think that the elderly who are retired and do not work do not contribute to society and should be written off. This is far from the truth.

I am 81, and retired, but I still pay more than \$2,200 in income tax. I pay sales tax and I buy items, which keep our economy thriving.

Medicare is not free. My wife and I pay for our Medicare, parts A and B, \$1,200 each year, plus for our supplement health insurance (with deductible) \$2,000 per year. This is a total cost of \$4,800 per year for our health insurance.

I also volunteer my services to help my fellow veterans and small school children. I feel, as well as other retirees, that I still contribute more than my share for the betterment of our society. There are many elderly people who still contribute more than some of the younger people who supposedly are working.

Please help stop this ill-conceived health plan, which Obama is trying to rush through Congress.

A health plan of this magnitude should take careful and meticulous planning and not be rushed into law. It must be remembered that our constitution states, "all men are created equal," and should be treated equally.

We must create laws which are equal for all and follow the rules of fair play and our democratic principles.

We elderly struggled through the trials and tribulations of life and in our autumn years, should have the right to live.

Not the best

I keep reading letters saying that the U.S. has the best health care in the world. This is not true.

According to the World Health Organization's ranking of health care systems, the U.S. is 37th. That is two spots above Cuba. The top of the list are European countries that have a national health care system.

Paying for the best

The U.S. may have the best care that money can buy, but that is a completely different issue. World dignitaries come to this county for health care, as they have the money to pay for anything they want.

Unfortunately, 99.9 percent of the U.S. population does not have that kind of money.

Healthcare for all

It's time to have a health care system for all the people. A person should not have to go without care or medication because they have fallen into a situation where they have no coverage.

President Obama's plan for a government-run health care system is clearly failing in the court of public opinion. It is encouraging that our citizens have decided they want to take care of their own health care rather than have the government control relationships between them and their doctor.

Americans are not buying the efforts to repackage this plan to make it more acceptable.

Tax sweets, too

Now we have citizens who are claiming that a tax on soda and other fatty, sugary drinks discriminates against citizens in a free society telling them what isn't healthy and what we

See **RANTS, A8**

Hometown News

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Special event returns to center



Cliff Partlow/staff photographer

Megan Hodgkins, a volunteer Special Olympics swim coach, center, hugs Kimberly Mudge, left, and Ann Louise Skalacki after they took fourth and fifth place respectively in the 100-meter freestyle at the Florida State Special Olympics Aquatic Championships at the North County Aquatics Center last October. An estimated 350 volunteers are needed for event to be held Oct. 3-4. If you would like to volunteers call (772) 576-7800 Ext. 1732, or go to www.ircrec.gov or stop by the North County Aquatics Center and ask for an application.

Preparing yourself for flu season

This year, the flu is too big for just one column. This week, I'll cover the seasonal flu, the one we get shots for each year. Next week, I'll cover the H1N1 or swine flu.

Influenza is a serious disease and you should take it seriously. According to the Centers for Disease Control and Prevention, it causes more than 36,000 deaths a year, mostly among the elderly.

Flu season runs from November to April; beginning in September or October, flu shots should be available to people at high risk. The best time to get vaccinated is in October and November, because it takes about two weeks for your body to begin to produce antibodies to fight the flu.

However, even if you don't get a vaccine until later in the season, you can still benefit from it, as Florida typically has a flu season that begins later than the seasons in some other states.

Many chain stores offer flu shots; you can also check with your physician, the Visiting Nurses Association and county health departments.



ALIVE & WELL
SHELLEY KOPPEL

Preventing the flu

According to the Centers for Disease Control and Prevention, the single best way to prevent the flu is to get a flu vaccine. There are three antiviral medications approved for flu prevention and early treatment, but they are only available by prescription.

Consult your physician to see if they are appropriate for you. They must be started within two days of the illness' onset, so seek medical care early on if you think you have the flu.

Good health habits may also help prevent the spread of the flu. These include:

- Covering your nose and mouth with a tissue when you cough or sneeze, and discarding the tissue after use.
- Washing your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-

based hand cleaner, sold in many stores. Wash your hands for 10-15 seconds, rinse well, and dry.

- Stay away from people who are sick whenever possible.

- If you get the flu, stay home from work or school.
- Try not to touch your eyes, nose or mouth. Germs are often spread this way.

The flu shot

The flu shot is an inactivated vaccine containing killed virus. It is approved for use for those older than 6 months. The nasal-spray flu vaccine contains weakened virus and is given by a nasal sprayer. It has only been approved for use in those ages 5-49. Both vaccines cause antibodies to develop in the body and the antibodies protect against the influenza virus.

Susan Smith, spokeswoman for the Florida Department of Health, urges people to plan ahead, practice good hygiene and be considerate of others.

"All throughout the year, but especially during the flu season, we encourage all Floridians, both adults and children, to maintain proper hygiene and health habits. Washing one's hands

on a regular basis is the foundation of keeping germs out of the body. Keep your hands away from your mouth, nose and eyes in order to ensure that you're not placing those germs on your face. If you must sneeze or cough, do so into your arm or a tissue so that you don't transfer germs to your hands. Stay home if you're not feeling well. You won't be able to work to your full potential and you run the risk of making others sick, as well."

The following groups are considered at high risk by the CDC and are urged to get vaccinated before the end of October whenever possible:

- Children ages 6 months to 19 years
- Persons ages 50 and older
- Residents of long-term care facilities
- Persons of any age with chronic medical conditions
- Pregnant women
- Health care workers who provide direct patient care
- People living with a person in a high-risk group, or caregivers who come to the homes of high-risk individuals

See **KOPPEL, A8**

Understanding Web browsers

Ubiquitous (pronounced yū-bi-kw?-t's\): adjective: existing or being everywhere at the same time; constantly encountered; widespread.

If ever there were something worthy of being considered ubiquitous, I would have to say Internet Explorer certainly fits that description.

You'll find a copy of Internet Explorer in one form or another on just about every PC out there and you may even find a copy on Macs.

Ask many users what that "blue 'e'" is on their desktop and more often than not you'll hear something like "Oh, that's my Internet" or "that's the Internet."

A slightly more seasoned computer user might reply with "that's Internet Explorer, my Web browser."

OK, so the guy who said it was his Web browser is



COMPUTE THIS
SEAN MCCARTHY

right but what does it matter? What's the benefit of knowing the difference? I mean, is it worth the time to even sort out?

For that I would have to say yeah, I think it's worth the time to understanding the difference. You see, Internet Explorer really isn't the Internet, anymore than your living room window is "the outside."

You could say you look through Internet Explorer and see out into the Internet, similar to the way you look through the window to see outside.

Or, you could think of Internet Explorer as kind of TV for the Internet, only in Internet Explorer you go to different Web sites instead of different channels.

So if Internet Explorer is just a tool that lets you see the Internet, then it would stand to reason there are other programs that will let you do the same thing. And yes, there are other programs that do the same thing, lots of them.

There are actually a bunch of different Web browsers out there with Internet Explorer holding the top spot and a program named Mozilla Firefox in the No. 2 slot.

Ask someone what that Mozilla Firefox icon is and you may hear something like "Oh, that's my other Internet. It's not the same as the other one."

And in a way, that's right. Firefox isn't the same as Internet Explorer like a Magnavox TV isn't the same as a Sanyo. But the Internet that you look at with Firefox is the same Internet you look at with Internet Explorer.

But (I know some of you are thinking) why then, if

Firefox and Internet Explorer both are looking out at the same Internet, do I see something totally different when I launch Firefox than I do when I launch Internet Explorer?

The answer to that is simply that the "start page" or "home page" for each program is probably set to different Web sites. That means you'll see different pages on start up.

I know that can cause a ton of confusion, so I always try to make sure both Firefox and Internet Explorer have their start pages set the same. Changing the start page is similar in both programs and only requires a few steps.

In Internet Explorer, click the tools pull down menu and then click Internet options. A smaller page should open with the general tab selected. The address you see in the home page, the Web page

See **COMPUTE, A8**

Community calendar

FRIDAY, SEPT. 11

•The Vero Beach Firefighters Association is sponsoring a 9/11 Observance beginning at 8:30 a.m., at Veterans Memorial Island Sanctuary and at 7 p.m. at The Riverside Theatre. For more information, call (772) 473-4395.

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.

FRIDAY, SEPT. 18

•Coffee with the mayor at Riverside Theatre, 3250 Riverside Park Drive, Vero Beach, starting at 9 a.m. For more information, call (772) 978-4700.

SUNDAY, SEPT. 20

•"City Lights & Broadway Nights," a non-stop medley of N.Y. showstoppers, at Theatre-Go-Round Dinner Theatre in the Best Western Vero, SR 60 west. Dinner 4:15 p.m. Show 6 p.m. Show only \$18 to \$23, all inclusive dinner & show \$30.95 to \$35.95. Reservations (772) 567-8312, ext. 0.

FRIDAY, SEPT. 25

•Indian River Medical Center is presenting a Free Live & Learn Series about diagnosing and treating prostate cancer from 2-3 p.m. at Indian River State College's Richardson Center. The guest speakers are Stuart Byer, M.D., section chief for radiation oncology at IRMC, and J. Robin Atwell, M.D., IRMC urologist. The event is at 6155 College Lane, Vero Beach. Call (772) 563-4627 for reservations

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 pre-historic 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

•Vero Beach Green Market is held every Friday from 9 a.m.-1 p.m. Find plants, fruits and vegetables, seafood, herbs, coffee, freshly-made, donuts, hand-milled soaps, lotions, teas and on occasion, artisan sausages and cured meats, fresh local eggs, homemade doggie treats and much more.

The market is located at the corner of 14th Avenue and 21st Street in front of the Heritage Centre.

•Guided kayak tours: Visitors paddle along the Indian River Lagoon and enjoy nature at its tropical best. Experience the thrill of close encounters with dolphins, manatees and exotic birds. The guide is a master naturalist and U.S. Coast Guard captain. Cost is \$47 each for a 2-1/2 hour tour. Reservations are required. Space is limited to 12 participants.

For more information call (772) 234-3436.

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

For more information call (772) 770-2263.

•McKee Botanical Garden is an 18-acre botanical garden listed on the National Register of Historic Places and endorsed by the Garden Conservancy. This Florida hammock offers a diverse botanical collection, as well as several restored architectural treasures, the Hall of Giants and Spanish Kitchen. Self-guided tours are available Tuesday through Saturday from 10 a.m.-5 p.m., and Sunday from noon-5 p.m. It is closed Mondays and major holidays. Admission is \$6 for adults, \$5 for seniors and \$3.50 for children. It is located at 350 U.S. 1, Vero Beach. It also has a gift shop, library and café.

For more information, call (772) 794-0601, or www.mckee garden.org.

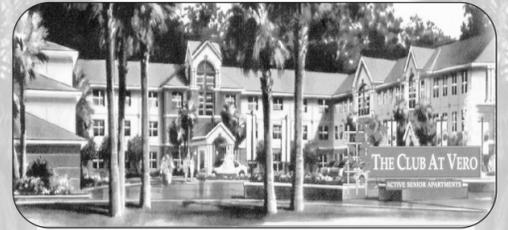
•McLarty Treasure Museum features treasures discovered from ancient Spanish ships wrecked in 1715, off of Indian River County's coast. Open seven days a week from 10 a.m.-4 p.m. Admission is \$1 for ages 6 years and older. Located at 13180 A1A, Vero Beach, north of County Road 510.

For more information, call (772) 589-2147.

•Environmental Learning Center: An elevated boardwalk creates a trail through a mangrove forest,

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Dr. Lynn Williams, Psy.D., MSN
Licensed Clinical Health Psychologist

The group is for those interested in bariatric sleeve or lapband surgery. The group will be led by Dr. Lynn Williams, a licensed psychologist who specializes in obesity and bariatric surgery patients.



See CALENDAR, A8

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Dining & Entertainment

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Classified INSIDE

SECTION B • WWW.HOMETOWNNEWSOL.COM • FRIDAY, SEPTEMBER 11, 2009

Out & about

FRIDAY, SEPT. 11

• **An Indian River County Sept. 11 memorial ceremony presented by the Vero Beach Firefighters Association** will be held at 8 a.m. at Veterans Island (near the Vero Beach Museum of Art) and at 7 p.m. at Riverside Theatre, located at 3250 Riverside Park Drive in Vero Beach. Guest speakers are Glen Van Hest and Phil Isaacson who were at the New York City incident. The 20-piece U.S. Navy Band, based in Jacksonville, will also be on hand for this free event, which is open to the public. Those who wish to attend the evening ceremony at Riverside Theatre are asked to call the theatre box office at (772) 231-6990 or the firefighters' office at (772) 473-4395 to reserve a free seat at the theatre, which seats up to 700 people.

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.

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

See **OUT, B4**

Dinner theater begins third season



Photo courtesy of Jon Putzke

From left to right: Gregory Harris, Eleanor Dixon, Caitlin Harris and Beth McKenzie-Shestak are the cast of 'City Lights & Broadway Nights' which opens Theatre-Go-Round's third anniversary season on Sept. 20.

'City Lights & Broadway Nights' on tap for Theatre-Go-Round

By **Barbara Yoresh**
Entertainment writer

VERO BEACH — Dinner and a show is a classic combination and for those who enjoy dual pleasures, you're in for a night of enjoyment.

Finding that perfect meal and an entertaining live performance all in one easily accessed location is even better and Vero Beach-area residents have just such a treat available.

Theatre-Go-Round Dinner Theatre has announced its third anniversary season, which opens Sunday, Sept. 20 at the Best Western Vero Beach Hotel, located on State

Road 60.

Artistic director Jon Putzke, well-known in the Vero Beach area for his years of involvement with local theater, is enthusiastic about the beginning of a new season.

"The support we've had has been very overwhelming. It's such a fun evening and I'm happy to see it's moving forward again," Mr. Putzke said.

Two previously successful seasons featured sold-out performances of musical comedies in the popular "Nonsense" series of shows plus other offerings.

"I think people are glad dinner

theatre is back after it had been gone about 20 years," Mr. Putzke noted.

The season opener "City Lights & Broadway Nights" is literally a sparkling night of music, dance and costumes, which will showcase more than 63 hit songs from Broadway musicals, as well as songs made popular by some of the entertainment world's best-known singers.

The show stars professional performers from the Treasure Coast area, featuring musical director Gregory Harris; Eleanor Dixon; Caitlin Harris and choreographer Beth

See **THEATER, B2**



STAR SCOPES

James Tucker
Week of 9-11-2009

Aries-March 21-April 19

Consult your closest friends before making big decisions. You will achieve more success. All top-level people have trusted advisors. These good souls are like booster rockets to your plans. Magic happens. It creates priorities, respect and success. You are now on the winning side of life. Share the fun.

Taurus-April 20-May 20

You are on a positive roll. Life has its ups and downs. Go for the highs. Manage the lows. Move forward toward your dreams. Refuse to let the world sidetrack you or turn you in circles. Have positive expectancy. Now review your progress. Make adjustments as needed. Stay on target. Victory is waiting just ahead.

Gemini-May 21-June 21

If an idea doesn't work, it either means the timing is off, the universe is not blessing it or it needs refinement. Harmony is the guiding light. All elements have to blend to create a new form. Look at your life and see how much harmony you have. We can't fight ourselves and win. Surrender the ego and find peace.

Cancer-June 22-July 22

Allow no room in your life for sadness, fear, doubt or indecision. Keep moving. Your best time is in the moonlight. This is when moon children come out to play. How much time do you take to play? Your health and happiness demand you do this. Listen to your heart. It always tells the truth and makes you happy.

Leo-July 23-Aug. 22

Keep a soft touch. You don't have to be all things to all people. Abundance is based on how you feel inside. You are a fire sign, ruled by the light. We're not talking about just money here. Wake up feeling gratitude for all that has been given. Ask for signs of more to come. Sharing now becomes the true joy of life.

Virgo-Aug. 23-Sept. 22

Take it a day at a time. Keep releasing the past and focusing on the future. The past, plus the present, is what creates the future, you know.

See **SCOPES, B5**

Community notes

Group offers help with grief

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

New Beginnings is an informal but helpful experience in grief resolution. People are invited to attend any or all meetings. There is no registration and no cost.

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

Recycle old pill bottles

Bay Street Pharmacy and Home Health Care and Keep Indian River Beautiful are providing local nonprofits with opportunities to eliminate operational expenses when possible.

By providing reusable items, from KIRB's ReUse Exchange Center, organizations such as the Humane

Society and HALO can reuse clean prescription bottles for animals waiting to be adopted. To ensure that donations are reusable, remove the label from the prescription bottle and rinse lightly.

To drop off prescription bottles, visit Bay Street Pharmacy & Home Health Care, located at 7746 Bay St., Sebastian.

Exercise classes offered

• Qi gong at Riverview Park in Sebastian, next to the long dock, Fridays 6:15 p.m. and Sunday 7 a.m.

• Walking qi gong at Wabasso Beach, where State Road 510 meets the ocean. Tuesday and Thursday at 7 p.m.

• Qi gong for mind, body and spirit at Kashi Studio on Roseland Road. Saturdays at 8 a.m., and Tuesday at 10 a.m. All classes cost \$7.

For more information, call (772) 581-2629 or e-mail namaste52bell-

south.net.

Tips on disaster planning

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

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

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

Try a water class at aquatic center

The North County Aquatics Center is offering Aquanautics, a water fitness

See **NOTES, B6**

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DINING & ENTERTAINMENT

Teachers learn from workshop

For Hometown News
News@hometownnewsol.com

INDIAN RIVER COUNTY — Sarah Rhodes-Ondi

of the Environmental Learning Center, Carol Haffield of Vero Beach High School and Scott Ferguson of Atlantic Turf and Ornamental Consult-

ing presented a two-day teacher workshop, "Making Science Elementary."

Environmental Learning Center volunteers Paige Visser, Jan Garrison, Ed Carr and Jim Reukauf assisted with the workshops that were held on Aug. 11 and 12 at the Alternative Education Center in Gifford.

The workshop was made possible through a grant from the John's Island Community Service League and Quail Valley Charities.

"Making Science Elementary" was designed by Ms. Rhodes-Ondi. It provided 34 elementary teachers new ideas and tips to inspire and engage students in the process of learning the scientific method.

Ms. Haffield, Vero Beach High School science teacher, and Mr. Ferguson, an Indian River Regional Science and Engineering Fair judge, gave presentations on See **TEACHERS, B6**

Learning about theater



Three-year-old Sara Ortiz of Vero Beach waters and presents a flower to her mom, Meredith, during the 'Little Critters Party' at Riverside Children's Theatre on Aug 29. Children ages 3 to 4 got a first glimpse into the world of theater and dance. The program runs through May, and the next event, 'Pirates, Pirates, Pirates,' is scheduled for Sept. 24 and 26. For more information, call (772) 234-8052.

Cliff Partlow
staff photographer

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The River Market is closed for vacation from 9/7 - 9/24. We'll be back Friday, 9/25

Enrichment classes for all ages offered

For Hometown News
News@hometownnewsol.com

Saint Edward's School is offering a wide variety of academic and recreational enrichment classes in the evenings and on weekends.

The classes are available to all residents on the Treasure Coast. Programs in the arts, foreign language, science, humanities, technology and sports are taught by Saint Edward's

faculty and professional educators from the community.

Elementary students can participate in reader's theatre, dance, voice and piano lessons, robotics, clay, mini-tennis, Latin and Spanish.

Adult classes include Spanish, French, Chinese, computer 101 and 201, Mac, power of Google, Photo-book and Publisher meets Photo-shop.

The school also offers an academic

coaching course called "Go for the Grades!" which allows students to track their educational progress.

The Saint Edward's aquatics program offers swim lessons and competitive coaching and teamwork for all ages, from young children to adults.

For more information about swimming, call (772) 492-2107.

All other inquiries and registrations should be directed to (772) 492-2106.

Theater

From page B1

McKenzie-Shestak.
The added enjoyment of a

theatre-in-the-round experience is that the entertainers perform around the entire room and will stop table-side for a truly personal, up-close experience.

Prior to the show, which begins at 6 p.m., theatergoers may enjoy casual dining in the hotel restaurant, Carpe Diem, from the dinner theatre menu.

Doors open at 4:15 p.m. and a la carte beverage, beer, wine and cocktail service is available throughout the evening.

"City Lights & Broadway Nights" will be performed

on Sundays Oct. 18; Nov. 22; Dec. 20; Jan. 10, 2010; Jan. 18 and Feb. 7.

Following the run of that show, Theatre-Go-Round will present a musical trip down the Mississippi with "Riverboats & Ragtime," which opens Feb. 21.

Mr. Putzke notes the show will feature "a cavalcade of musical styles" including classical, Broadway, country, gospel and popular standards.

Mr. Putzke describes "Riverboats & Ragtime" as a comprehensive musical "cruise from the old min-

strel shows to the current country stars. We've thrown in a tad of riverboat history, a touch of Mark Twain and bits of burlesque to boot!"

Show-only tickets for adults are \$23; seniors, students, children and groups of eight or more are \$18. All-inclusive dinner and show tickets for adults are \$35.95, and \$30.95 for seniors, students, children and groups of eight or more.

Reservations are available by calling the Best Western Vero Beach Hotel at (772) 567-8321, Ext. 0.

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Trip to Cancun
Trip to Bahamas ~ special catered picnic near a pirate's cave
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Fighter Pilot for a Day Adventure
Look for our online auction beginning October 1, at www.unitedforfamilies.org or cmarket.com

RESERVATIONS are \$125 for individuals and \$875 per table

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RIVERSIDE THEATRE

From the desk of Allen D. Cornell
Producing Artistic Director/CEO, Riverside Theatre, Inc.

Theatre engages the heart and mind more profoundly than any other form of entertainment. Why do I believe this? Because the stories told on a stage are performed **live!** They unfold before us in real time and carry us to places where imagination knows no bounds. Where else could something so artificial become so real than on a stage?

This season Riverside Theatre will bring more professional actors, directors, designers and choreographers to Vero Beach to partner with our resident staff than ever before. Together we will produce five Mainstage shows that I feel truly represent what our audience wants to see. Our season is planned to be big, bright, and completely entertaining. Despite the woes of the economy, we are spending **more** on our shows this year! I think in these crazy times we all need a great escape from the endless racket of everyday living.

Riverside Theatre is a state-of-the-art facility that welcomes anyone who wishes to partake of its special magic. We are a non-profit organization dedicated to providing exceptional experiences at a reasonable cost. We point with pride to our recognition as one of the largest and most renowned professional theatres in the country that operates in a small town setting.

Please consider joining us for the season ahead. I promise you your time will be memorable and your money well spent.

Sincerely,



Allen D. Cornell

2009 - 2010 SEASON

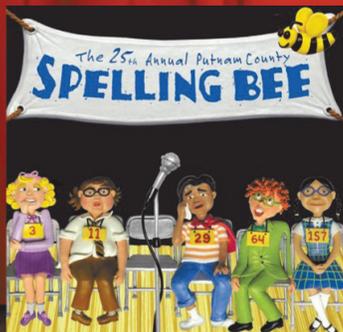
"A super smart musical. A bona fide crowd pleaser."
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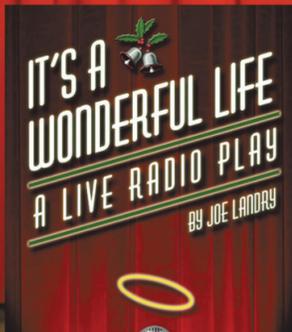
"Pure magic! Ella is enchanting!" - Talkin' Broadway

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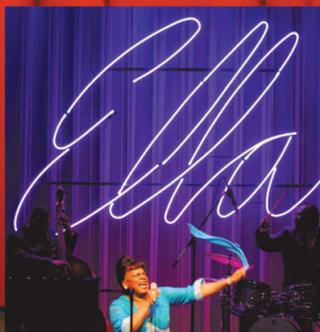
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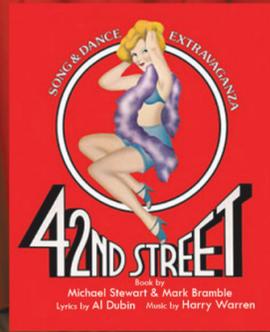
Oct. 15 - Nov. 1, 2009



Nov. 19 - Dec. 6, 2009



Dec. 31, 2009 - Jan. 17, 2010



Feb. 4 - Mar. 7, 2010



Mar. 25 - Apr. 11, 2010

Shows subject to change

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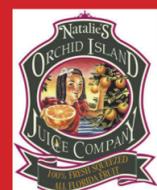
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Hometown News **\$UPER BUY\$** of the week

A savings secret: some days are better for shopping than others

Over the past few months, I've shared a lot of the best secrets for saving on your grocery bill with coupons. But are you ready for one of the biggest secrets of all? Even more surprisingly, this one does not involve a single coupon: The day of the week we shop makes a huge difference in how much

money we can save. To understand this tip, consider this: many grocery stores run two sales cycles each week. One flier comes out on Thursday and runs for seven days. This is the "long" cycle, which runs Thursday to Wednesday. But the same stores often have a second sales flier that



COUPON QUEEN
JILL CATALDO

Now, look at a calendar and pay attention to the days. There are four days each week when both cycles and sales fliers overlap: Sunday, Monday, Tuesday and Wednesday. If your store participates in two sales cycles, these are the days you want to shop in order to maximize your savings.

By shopping Monday through Wednesday, you gain the advantage of two concurrent sales rather than just one.

Why do stores do this? Look at the remaining three days in the week: Thursday, Friday and Saturday. These are busy days for a grocery store. Statistically speaking, they're also the days people are most likely to shop without much forethought. The weekend is approaching, the workweek is almost done and people head to the store.

By contrast, when Sunday rolls around and the new week arrives, store traffic drops off. The store issues more sales and more deals on those days in order to drive traffic back into the store. These are the days we want to shop!

People often ask me how many times I'm at the

grocery store during the week. (I can't imagine why, but many people are under the impression that I practically live there.) The truth is much less exciting. I really do shop just once a week. But I always shop on one of the days when both sales fliers are active.

Another reason to shop earlier in the week is that stores will raise prices on many items later in the week.

My store recently had a sale on a brand-name cereal. At \$1.25 a box, it was already a great price; with a \$1 coupon, I took it home for a quarter. That sale ran Sunday through Wednesday. On Thursday, the same cereal was still "on sale," but the new sale price was \$2.50 a box. The price doubled in one day.

This is one of those hidden little games the stores play, too. The same items may be on sale, but the sale price is a lot less attractive as the higher-traffic shopping days approach.

If you never clipped a single coupon, you would save a great deal of money just by shopping earlier in the week.

If I had purchased my cereal on Thursday instead of Wednesday, I would have paid twice the price. Now think about how many other items in the grocery store take similar jumps in prices as the end of the week nears, and you'll see why it makes sense to shop on the days the sales overlap.

If you need even more convincing, consider what happens when the same product is on sale in both sales fliers.

I've seen crackers on sale for \$1.99 in the long-cycle flier while, in the short cycle flier, the same crackers were on sale buy one, get one free. The smart shopper who is in the store on the days that the sales overlap, will not only get the crackers for \$1.99, they'll take home a second package for free. And if they use a coupon on each box ... oh, the possibilities!

Jill Cataldo, a coupon-workshop instructor, writer and mother of three, never passes up a good deal. Learn more about couponing at her Web site, www.super-couponing.com. E-mail your couponing coups and questions to jill@ctwfeatures.com.

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Out

From page B1

BEGINNING SEPT. 14

• **Budding Talents, an organization featuring performing arts programs for children, ages 7-13**, will begin 10-week classes on Monday, Sept. 14. All classes are designed to give children an introduction to musical theatre and build teamwork, confidence and self-expression. "Act, Sing and Dance Your Heart Out!" an introductory music theatre class, will be held at Leisure Square in Vero Beach on Tuesdays from 4 to 5 p.m. for students ages 11-13 and on Wednesdays from 4 to 5 p.m. for students ages 7-10. "So You Think You Want to Dance?" will be held at Saint Edward's Lower School as part of their external studies program on Mondays from 3:30 to 4:45 p.m. for students

ages 7-10. This class is nine weeks and begins Sept. 14. Budding Talents is owned and operated by Danielle and Eric Paris. For more information, call (772) 226-5701 or email at buddingtalents@hotmail.com.

THURSDAY, SEPT. 17 - SUNDAY, SEPT. 27

• **"Second Time Around," a romantic comedy by Henry Decker, will be on stage at the Vero Beach Theatre Guild**, located at 2020 San Juan Ave. in Vero Beach. The humorous play revolves around a widow and widower who fall in love, but decide not to marry but rather live together to save Social Security benefits, much to the chagrin of their grown children. The play culminates in a surprise ending. Shows are available at 2 p.m., 7 p.m. and 8 p.m. depending upon the day of performance. Tickets are \$20 and lower for

groups of 20 or more and for youth. For more information, call the box office on weekdays from 10 a.m. to 2 p.m. at (772) 562-8300 or purchase online at www.verobeachtheatreguild.com.

THROUGH SEPT. 20

• **The "Two for One" theater subscription offer for the 2009-10 season at Riverside Theatre ends Sept. 20**. Theatre officials are hosting six open house opportunities to give interested theatergoers a chance to tour the theatre, pick seats and enjoy free offers. Open houses at Riverside Theatre are set for Sept. 11, 12, 13, 18, 19 and 20 from 2-4 p.m. each open house day. Beginning Monday, Sept. 21 at 10 a.m., single tickets for the entire season will go on sale. Riverside Theatre is located at 3250 Riverside Park Drive in Vero Beach. For more information, call (772) 231-5860.

SATURDAY, SEPT. 26 THROUGH DEC. 27

• **The Vero Beach Museum of Art presents "SANCTUARY: Anna Tomczak Photography"** in an exhibit featuring 30 large-format photographs on display in the museum's Schumann Gallery. The photographs are still-life assemblages created from personal mementos, symbolic objects, flowers and antique materials which are then photographed to produce watercolor-like prints. Her art images have won many awards, been featured on eight book covers and have been showcased in a variety of publications. For more information, call (772) 231-0707.

THROUGH OCT. 25

• **The Vero Beach Museum of Art presents "Rooted in Tradition: Art Quilts from the Rocky Mountain Quilt Museum"** in its Homes Gallery in an exhibit sponsored by the Patricia M. Patten endowment. There is no admission charge to view this exhibit or any of the museum's other summer/fall exhibitions. The exhibit chronicles the history of art quilts from 1980 to the present in a movement which brought the quilts from the bed to the wall. Sixty-four quilts in the collection reflect the change from traditional

repeated block designs to more free-spirited, edgy art forms. The Vero Beach Museum of Art is located at 3001 Riverside Park Drive in Vero Beach. For more information, call (772) 231-0707.

NOW THROUGH FALL 2009

• **The Vero Beach Museum of Art announces free admission to all art exhibits now through fall**. All visitors are asked to stop at the front visitor's desk to pick up a complimentary admission ticket for admission. Museum hours are Monday through Saturday from 10 a.m. to 4:30 p.m. and Sundays from 1-4:30 p.m. The museum will be closed on Mondays from Memorial Day through Labor Day. The Museum of Art is located at 3001 Riverside Park Drive in Vero Beach. For more information, call (772) 231-0707.

ART GALLERIES

- **Artists Guild Gallery**, 44 Royal Palm Pointe, Vero Beach. 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.hiram.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., 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.

Coverup Edited by Linda and Charles Preston

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Answers located in Classifieds Section

<p>ACROSS</p> <p>1 Pen</p> <p>5 Price indicator</p> <p>8 Upper levels</p> <p>13 Goon</p> <p>17 Repair shop item</p> <p>20 After, in Arles</p> <p>21 Eucalyptus eater</p> <p>22 Bombing attack</p> <p>23 Olympic ice event</p> <p>25 Bell invention: abbr.</p> <p>26 Musical equipment</p> <p>27 "Buffy the Vampire Slayer" role</p> <p>28 Verdi works</p> <p>29 Fencing weapon</p> <p>30 Common antiseptic</p> <p>31 Names</p> <p>32 T-shirt kiosk</p> <p>36 Knocking sound</p> <p>39 Aptly-named fruit</p> <p>40 ...kidding!</p> <p>41 Guffaw</p> <p>42 Circular course</p> <p>43 Vote in</p> <p>45 Extravagantly theatrical</p> <p>46 Bread spread</p> <p>47 Columbo, et al.: abbr.</p> <p>48 Make arrangements for</p> <p>49 Washington's bill</p> <p>50 Cobra family member</p> <p>52 Baking instruction</p> <p>53 Half a hot-food combo</p> <p>55 Ostrichlike birds</p> <p>58 Under discussion</p> <p>60 Went by</p> <p>64 April presence: abbr.</p> <p>65 Mark with spots</p> <p>66 Athleticism</p> <p>68 Honshu port</p> <p>70 Take some off the top?</p> <p>71 Guarded</p> <p>72 Jazz riffs</p> <p>74 Go in for</p> <p>76 Tart: abbr.</p> <p>81 Ltr. afterthoughts</p> <p>82 Kennel command</p> <p>83 Mikhail's wife</p> <p>85 Green Party candidate</p> <p>86 Exec's order</p> <p>88 Popular</p> <p>89 Irish, e.g.</p> <p>90 Motion picture</p> <p>91 Place for a port?</p> <p>93 Warm pullover</p> <p>97 Didn't quite win</p> <p>98 White sale items</p> <p>99 "...steadfast the years": "O Canada" lyric</p> <p>100 Tower designer</p>	<p>DOWN</p> <p>1 Test for jrs.</p> <p>2 Role for Ronny</p> <p>3 One of the Marxes</p> <p>4 Mos. and mos.</p> <p>5 Far East island capital</p> <p>6 Refugees</p> <p>7 Verizon precursor</p> <p>8 Gem cutter</p> <p>9 Colorful</p> <p>10 Crony</p> <p>11 Epigrammatic</p> <p>12 Leaky tire sound</p> <p>13 Shopper's aid</p> <p>14 One doing dos</p> <p>15 Elbow-wrist connection</p> <p>16 Silences</p> <p>18 Troops</p> <p>19 Media mavens, for short</p> <p>21 No longer working</p> <p>24 Camera introduced in 1888</p> <p>27 Stood</p> <p>29 Kick out</p> <p>30 In chemistry, one of a not quite identical pair</p> <p>32 Takes to court</p> <p>33 Stare at</p> <p>34 1997 Fonda role</p> <p>35 Robert of "Billy Budd"</p> <p>36 Rhythmic dance</p> <p>37 Cunnning</p> <p>38 Exam taker</p> <p>41 Sweet potato lookalike</p> <p>44 "Only You" actress</p> <p>45 Watergate's Archibald</p> <p>46 N.T. book</p> <p>50 Halloween purchase</p> <p>51 Sphere opening</p> <p>52 Transatlantic flier</p> <p>54 1999 Ron Howard film</p> <p>56 Radiator sound</p> <p>57 Chapter</p> <p>59 Hoover, for one</p> <p>60 Tree with purple flowers</p> <p>61 Andre of tennis</p> <p>62 British Columbian peak</p> <p>63 Artful</p> <p>67 Former PLO leader</p> <p>68 Choose</p> <p>69 If nothing changes</p> <p>70 CEO's degree</p> <p>73 Russian fighter</p> <p>75 Cold War gp.</p> <p>77 Chocolate source</p> <p>78 Revise</p> <p>79 Director Clément</p> <p>80 Uncle Remus appellation</p> <p>83 Practice lines</p> <p>84 King and Shepard</p> <p>87 Disloyalty</p> <p>88 Blubbers</p> <p>89 Egotism</p> <p>92 Buds, perhaps</p> <p>93 Associate</p> <p>94 Bud holders, perhaps</p> <p>95 Word in a motorist's question</p> <p>96 Arp contemporary</p> <p>98 Protective covering</p> <p>100 Behold, to Brutus</p> <p>101 "If ___ a hammer"</p> <p>103 Lure</p> <p>104 Scores</p> <p>105 ___Ball: arcade game</p> <p>106 Marries</p> <p>108 Journalist Tarbell</p> <p>109 Very loud, to Liszt</p> <p>110 Center</p>
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Clubs & classes

CLUBS

or e-mail downeast_ggo@bellsouth.net.

- **TOPS 641:** Take Off Pounds Sensibly, Chapter No. 641 meets every Thursday at the Roseland Fire Department, located on 129th Court, off Roseland Road in Sebastian. Weigh-in is from 7:45 to 8:30 a.m. and the meeting starts at 8:30 a.m. For information call (772)-589-8445.
- **TOPS 470:** Take Off Pounds Sensibly, Micco Chapter No. 470 meets every Friday at 10:30 a.m. at the South Mainland Library, 7921 Ron Beatty Blvd., Micco, next to Barefoot Bay. New members are always welcome. For more information, call (772) 388-3984.
- **Rotary Club of Sebastian** meets at 12:15 p.m. every Thursday at Sebastian River Medical Center, 13695 U.S. 1, Sebastian. For more information, call (772) 360-5837 or visit www.sebastianrotaryclub.org.
- **Quilting bee:** Join the ladies of Christ the King Lutheran Church for quilting the second and fourth Wednesday of every month at 9:30 a.m. Christ the King is located at 1301 Sebastian Blvd., Sebastian. For more information, call (772) 589-7117.
- **Personal Computer Users Club** meets at 7 p.m. the second Wednesday of each month at the North County Library, 1001 County

See **CLUBS, B6**

Staycation



Stay and play in Palm Bay

By Tony Judnich
Judnich@hometownnewsol.com

PALM BAY — Not many cities have parks where you can enjoy either skating, skateboarding or the game of paintball.

But Brevard County's largest city does.

Helping Palm Bay earn its description of being "A perfect place to grow" is its array of recreational opportunities for residents and visitors alike.

For example, you can lace up your inline or quad skates at the outdoor rolling rink at Liberty Park, 895 Carlyle Avenue S.E.

At this smooth cement rink with hockey boards, skaters really get rolling during the monthly "skate jam." This free event features the latest tunes and takes place from 6-9 p.m. on the third Saturday of every month, from September through May.

Skateboarders have two places in Palm Bay where they can practice and show off their tricks: the urban skate park at McGriff Park, 1146 DeGroot Road S.W., and Graffiti Skate Zone, 1502 Port Malabar Blvd.

The skate park at McGriff Park features rails, ramps, steps and a bowl, and its design process included input from local skaters. The Graffiti Skate Zone not only caters to skateboarders, but inline skaters and freestyle BMX racers as well.

And if shooting and trying to avoid speeding pellets of paint is more your style, head to the Hurricane Paintball Park, 770 Hurricane St. It's open from 9 a.m. to 9 p.m. on Saturdays.

A beautiful waterfront setting for a picnic or for some fishing is found at Castaway Point Park, 2990 Bay Blvd. N.E., which is north of Palm Bay Road and east of U.S. 1.

This park has a nice stretch of sandy beach along the Indian River Lagoon. Picnic tables and group shelters are situated among palm trees, including a leaning cabbage palm that may have been the source of Palm Bay's name.

For more information about Palm Bay parks, call (321) 952-3443.

Fans of an American clas-

sic will want to visit Space Coast Harley-Davidson, southeast of Palm Bay Road and Interstate 95. It offers an array of new and used motorcycles for sale, as well as recent-model Harley-Davidsons for rent.

For more information, call (321) 259-1311 or visit www.spacecoastharley.com. Along the city limits is the family fun-packed Andretti Thrill Park at 3960 Babcock St., Melbourne. Thrill seekers can ride go carts, play arcade games and miniature golf and much more.

For a casual bite to eat, shopping and plenty of local flavor, visit the Palm Bay Farmer's and Flea Market. It is open from 8 a.m. to 2 p.m. on the second Saturday of every month — from September through May — outside City Hall, 120 Malabar Road.



Paul Lepinskie/staff photographer
The Kube family from Merritt Island spent some of their Labor Day Staycation at Andretti Thrill Park. David and son Wyatt, 6, paddle the yellow boat while Suzanne and daughter Isabella, 8, paddle the blue one.



Paul Lepinskie/staff photographer
James Gilbert of Palm Bay spent some of his Labor Day Staycation at Andretti Thrill Park. This climbing wall was just installed on Sept. 4.



Eric Hammett of Palm Bay scales the climbing wall over Labor Day weekend at Andretti Thrill Park.

Paul Lepinskie
staff photographer

Scopes

From page B1

You have command over your own universe when you listen to your inner guidance first and then take action on the outer side to create positive results. This is life at its best.

Libra-Sept. 23-Oct. 22

You continue to grow spiritually, Libra. You have been reborn in spirit. You are of the light and unconditional love. You refuse to let stress pull you out of your light and balance. You are the real deal. You are walking your talk. You are what the real zodiac is all about; love, balance, healing, light, joy and peace.

Scorpio-Oct. 23-Nov. 21

Scorpio, you have wonderful inner strength. Your personal appeal is emerging stronger than you may believe. Your beautiful light shines stronger than ever before. It's time to take some of this powerful energy and direct it onto your desires. You have earned it for all you have given. Love and joy to you always.

Sagittarius-Nov. 22-Dec. 21

Sagittarian souls need to help others find happier life, joy in the soul, love in the heart and a purpose in life. My dear friend, Rainie Lewis, a Sag, just reminded me of that. Come on, Sags of the world. You can do it. It's your divine aim and purpose. All the money in the world will not create happiness unless you share it.

Capricorn-Dec. 22-Jan. 19

Pay a lot of attention to details now. It is better to be prepared than scattered. Stay balanced and focused on your dreams and the universe will help you succeed. Why? Because the supreme law is like attracts like. You know what you want. It's in your heart. Go for it and receive the great harvest.

Aquarius-Jan. 20-Feb. 18

As with Libra, balance is the key to your happiness. Your strong ties to spirit demand that you find quality time for yourself. Your inner quest is stronger than the outer. You continue to find new direction in life. Work crossword puzzles. It improves your memory, vocabulary

and gives motivation into your future.

Pisces-Feb. 19-March 20

Pisces is the last and deepest of the zodiac signs. Thanks for being our ruder. You may never hear it in words, but you give us a sense of direction about how to navigate our waters (feelings) of life. Without your guidance we would have a risky journey. You are what heart is all about. Thank you, thank you, thank you.

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 jtuckxyz@aol.com or write James Tucker, 4550 N.E. Indian River Drive, Jensen Beach, FL 34957. To read the Spirit Guide column, visit myhometownnews.net and click on counseling and advice.

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971 Sebastian Blvd. (CR512)

Clubs

From page B4

Road 512, Sebastian. *For more information, call (772) 388-5248.*

- **COPE Support Group:** The Indian River County Council on Aging with the Visiting Nurse Association offers a support group to help caregivers cope with the day-to-day care of a loved one. The group meets the third Thursday of every month from 10 to 11 a.m. in the Presbyterian Church, 1405 Louisiana Ave., Sebastian. *For more information, call (772) 569-0760.*
- **Democratic Club of Barefoot Bay:** Meets the fourth Thursday of each month at 7 p.m. in Building D-E at the Golf Course in Barefoot Bay. *For more information, call (772) 664-3895.*
- **Asthmatics** meets on Mondays at 4:30 p.m., in the South mainland community center, 3700 Allen Ave., Micco. Cost is \$5 per class.
- **Chess Club** meets the first and third Monday each month from 4 to 6 p.m. at the North Indian River County Library, 1001 Sebastian Blvd., Sebastian. Open to all ages.
- **American Cancer Society, North Indian River, board of directors meeting** is held on the third Thursday of the month at noon at Seacoast National Bank, U. S. 1, Sebastian.
- **Man-to-Man North Indian River,** prostate cancer support group, meets the first Tuesday of the month at 7 p.m. at the Sebastian River Medical Center dining room, 13695 U.S. 1, Sebastian.

CLASSES

- **The Sebastian Community Center,** located at 1805 N. Central Ave. in Sebastian will have the following dance lessons:
Swing dance lessons will be held at on the second Saturday of each month, taught by instructors Jerry Morrison and Michele Holm at 7 p.m. For all levels of dancers. Open dance follows the lesson at 8 p.m. Admission is \$10, and includes entry to the dance that follows. Snacks will be provided and water is available for purchase.
Swing dance lessons for beginners will be held every Wednesday night, taught by instructors Jerry Morrison and Michele Holm at 7:30 p.m. Intermediate class at 8:30 p.m. No partners necessary. The class is \$10 per class or \$16 for both. The Sebastian Community Center is located at 1805 N. Central Ave., Sebastian. *For more information call (772) 532-2800.*
- **Yoga classes** will be offered at the North Indian River County Library on the third Wednesday of each month from 4-5 p.m., with instructor Babaji Spina from the Kashi School of Yoga. Admission is free and open to the public. *For more information, call (772) 589-1355.*
- **Sebastian Senior Center:** The Sebastian Senior Center is located at 815 Davis St., Sebastian. Live music Tuesday through Friday from 9-11 a.m. Refreshments will be served. Classes of interest:
Mondays: nutrition bingo meets at 10 a.m.; Mahjong classes meet at 12:30 p.m.; art class meets at 1 p.m.; Weight

Watchers meets at 5 p.m.; Tuesday: mindful breathing meets at 1 p.m.; lectures on wellness meets at 1 p.m.; Wednesday: chi-kung meets at 11 a.m.; cribbage and pinocle meets at 12:30 p.m.; Friday: TOPS meeting at 8 a.m.; Weight Watchers meets at 9 a.m.; Sing-a-longs with Bill and Jane at 9:30 a.m. *For more information, call (772) 469-2062.*

- **Kashi Ashram** is located at 11155 Roseland Road, Sebastian. *For more information, (772) 589-1403, (800) 226-1008, or visit the Web site www.kashi.org.*
- **Kali Natha yoga:** Based on yoga's ancient roots, this type of yoga is for everyone. Mondays, Tuesdays and Wednesdays at 6 p.m., Thursdays at 8:30 a.m., Fridays at 8 a.m., Saturdays at 9 a.m. and 4 p.m., and Sundays at 9 a.m.
- **Kirtan (devotional chanting):** Tuesdays at 7 p.m. Donations accepted.
- **Meditation:** Wednesdays at 7 p.m. with Swami Moksha Ram.
- **Interfaith service:** Saturdays at 6 p.m. with May Jaya. Vegetarian meal follows at 8 p.m.
- **Pilates classes, body sculpting, basic and beyond:** Held every Wednesday from 9 to 10 a.m. All ages and levels welcome. The class fee is \$5. Classes are held at the Brevard South Mainland Library, 79411 Ron Beatty Blvd., Micco. *For more information call (772) 228-3040.*
- **Taekwondo:** Mondays and Wednesdays at 7 p.m. at Jaya Sports Center, 11101 Roseland Road.

— For Hometown News

Notes

From page B1

class, designed to strengthen and firm muscles, improve cardio and respiratory function and increase flexibility. Other benefits include better balance and coordination. Participants benefit from the water with less strain on the bones and joints. Exercise movements are choreographed to music. The classes are offered Tuesday and Thursday, from 10-11 a.m. Fee is \$4 per class or a punch card for eight classes for \$28. *For more information, call (772) 581-7665.*

League meetings scheduled

The La Leche League is a nonprofit organization whose mission is to help mothers breastfeed through mother-to-mother support. The La Leche League of the Treasure Coast meets in different locations from Palm City to Sebastian. Mothers with their nursing babies, and mothers-to-be, are welcome. *For directions to meetings, or more information, call Sophy at (772) 233-1883.*

Medical center offers nutrition counseling

Do you have diabetes, hypertension or high cholesterol? Are you interested in losing weight or just interested in improving your overall health? Outpatient nutrition counseling is a one-on-one service

provided by licensed, registered dietitian located in the diagnostic center at Sebastian River Medical Center. *To make an appointment, call (772) 589-5000.*

Group offers presentations online

The Indian River County Extension Service now offers presentations on the Internet, created and narrated by agents on agriculture, environmental horticulture, pond maintenance, irrigation, 4-H and storm water pollution. The list of available presentations will continue to grow. *Visit the Web site <http://indian.ifas.ufl.edu> for updates.*

Organization recycles items

Keep Indian River Beautiful is asking local businesses and individuals to donate unwanted, reusable materials to the ReUse Exchange Center. Items such as styrofoam egg cartons, craft supplies, tile (full or broken pieces), cigar boxes, neckties, clothespins and wine corks in addition to fabric and paint chip samples are accepted. To make a donation, drop off items at the ReUse Exchange Center in Sebastian on Tuesdays. Items can also be dropped off at Habitat for Humanity on U.S. 1 or the Senior Resource Association on 6th Avenue and 14th Street in Vero Beach. *To shop for free, re-usable materials, visit KIRB's ReUse Exchange Center, located at 1255 Main St., Sebastian, or call (772) 388-5472.*

Teachers

From page B2

what judges will look for at the upcoming fair that

is scheduled to take place on Jan. 30 at Gifford Middle School. The Education Foundation of Indian River County is the only educa-

tion foundation in the state to administer a regional science fair program, which is open to all Indian River County public, private, parochial and

home-school students in kindergarten through 12th grades. *For more information, visit www.edfoundationirc.org.*

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- Residency at Raritan Bay Medical Center: Perth Amboy, New Jersey



Dr. Katusca Chavez

Dr. Katusca Chavez:

- Medical Degree from Universidad Nacional Federico Villarreal, Facultad de Medicina Hipolito Unanue: Lima Peru
- Residency at Raritan Bay Medical Center: Perth Amboy, New Jersey

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Paul V. Minotty, MD

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