

# SEBASTIAN RIVER AREA Hometown News

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Fellsmere offer a  
sense of old Florida  
Page A8



Vol. 6, No. 51 Your Local News and Information Source • www.HometownNewsOL.com Friday, September 18, 2009



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

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

From news.aol.com:  
**World's priciest dog costs \$582,135**

A black Tibetan mastiff with a plaintive expression not unlike the Cowardly Lion is believed to have broken the world record as the most expensive dog, *The Times* of London reported. A Chinese woman paid \$582,135 for the pricey canine, far surpassing the \$155,000 reportedly doled out by a Florida family earlier this year for a Labrador named Lancelot Encore.

From www.baltimoresun.com:  
**Teen's note in a bottle reaches England five years later**

A Maryland student's note stuffed in a corked wine bottle spent five years bobbing across the Atlantic until it washed ashore this summer on an English beach, where it was picked up by a retired electrician walking his golden retriever.

For seven weeks, Tony Hoskings, who lives in Cornwall, tried to find the note's author. He searched the Internet and sought the help of his local newspaper.

Last week, he found him: 19-year-old Daniel Knopp, a political science major at the University of Maryland, Baltimore County.

Knopp was a 14-year-old student traveling with his parents and sister aboard a ship, when he wrote the short note on June 21, 2004, inserted it in a discarded wine bottle, corked it and tossed it from his family's stateroom balcony.

See **WEIRD, A8**

ENTERTAINMENT **B1**

## DYNAMIC PAIR



Two women have joined together to offer exquisite art

HEALTH **A6**

## CANCER SCREENING



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WEEKEND WEATHER

**Friday:** Scattered thunderstorms; high: 88; low: 74; high tide: 8:35 a.m.; low tide: 2:34 p.m.  
**Saturday:** Scattered thunderstorms; high: 87; low: 74; high tide: 9:24 a.m.; low tide: 3:21 p.m.  
**Sunday:** Scattered thunderstorms; high: 88; low: 74; high tide: 10:10 a.m.; low tide: 4:07 p.m.  
Weather courtesy of www.weather.com

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## Class outlines procedures for estate affairs

By Jessica Tuggle  
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — Women in Indian River County are preparing for an uncertain future the best way they can: with the help of the Indian River County Chamber of Commerce.

Nearly 20 women are enrolled in a class called "Affairs of Estate for Women," to learn how to organize important financial, legal and medical See **CLASS, A2**

## Sand miners win bid for beach re-nourishment

By Jessica Tuggle  
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — There may be a lot more trucks full of sand on roadways this winter and spring but that's OK with county commissioners.

Indian River County Commissioners changed the way beach re-nourishment project bids are organized earlier this year,

and as a result, saw bid prices drop more than \$12 million.

Last week, the commissioners unanimously voted in a regular commission meeting to give the project bid for the sector three beach re-nourishment to an upland sand source provider,

Ranger Construction, instead of an offshore provider, which is a first for a project of this size, See **MINERS, A2**

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Cliff Partlow/staff photographer

Members of the Indian River County Sheriff's Honor Guard lead the rest of the color guard into a Sept. 11 observance on Veterans Memorial Island Sanctuary last Friday. The Indian River County sheriff and the union last week agreed to 10-hour shifts.

## Sheriff, union impasse over

Commission rules sheriff can implement 10-hour shifts for deputies, award one-time bonus

By Jessica Tuggle  
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — Indian River County Sheriff's deputies will switch to 10-hour shifts next year, after a majority of county commissioners voted to allow the sheriff to decide the working schedule.

They also unanimously approved the sheriff's desire to award members of the union an end-of-the-year bonus that equals a gross amount of just more than \$1,500.

The Indian River County Commission handled the collective bargaining dispute in a quasi-judicial session in accordance with state law that permits the governing body to make a decision when asked to do so by two sides at an impasse. The first meeting was Sept. 10, the second Sept. 14.

The resolution of the bonus compensation came on Sept. 14, after commissioners requested on Sept. 10 that a good-faith figure be submitted before the board took any approving action.

Sheriff's Office attorney Jim Harpring said the bonus for each member of the union is available in the 2008-09 fiscal year budget.

Comptroller Harry Hall said the sheriff also plans to give

similar, one-time bonuses to non-union employees as well.

The exact dollar figure was created so that after deductions, each full-time employee would receive a net check of about \$1,000. That figure is comparable to last year, Mr. Harpring said.

The commissioners requested the sheriff investigate if the bonuses can be given without deducting a portion to go to a retirement savings account, unless that was the wish of the employee.

"I know in these economic times I'd rather have the money in my account right now, rather than in a retirement account," said Commissioner Gary Wheeler.

The union, Coastal Florida Police Benevolent Association, found the amount acceptable.

A shift change, from 12 to 10-hour workdays, which may begin in January, is purported to be a more efficient use of the deputies' time at work, said department officials, but the labor union took the stance that it would not be worth the disruption in the lives of deputies and their families.

The vote was 3-2, with Commissioners Wheeler and Joe Flescher dissenting.

All the commissioners expressed extreme discom- See **UNION, A2**

## Aquatic center hours change to fall/winter schedule

Special Olympics events still need volunteers

By Jessica Tuggle  
jtuggle@hometownnewsol.com

SEBASTIAN — Though summer fun is winding down, the staff at the North County Aquatics Center is gearing up for a big swimming event in October.

The aquatic center will open its lanes to more than 500 athletes, coaches and fans from all over Florida for the 2009 Special Olympics State Aquatics Championship Oct. 3-4.

"It's really a group effort that puts this together," said Fawna Hattrup, aquatics supervisor.

"We need about 400 volunteers doing a wide variety of jobs to do this event, so it doesn't matter how old you are," she said.

Volunteers could be asked

to do anything from escorting athletes to their stations to cheering them on in the stands.

"It's one of the most heart-warming events you will ever watch," Ms. Hattrup said.

This will be the fourth year the aquatic center has hosted the event.

"We have a wonderful facility and all of the athletes and coaches appreciate it and come back every year," said Ms. Hattrup.

The new, state-of-the-art scoreboard has not been installed yet at the pool, but Ms. Hattrup is hoping it will get done in time.

"Our goal is to have it up then," she said.

The aquatic center itself has changed to its fall hours schedule, the supervisor said.

The activities pool will be closed for the winter months and will reopen in April.



Cliff Partlow/staff photographer

Erik Byrnes uses the pool at the North County Aquatics Center to practice for the upcoming state Special Olympics aquatics championships hosted by the Indian River County Recreation Department Oct. 3-4.

The competition pool will stay open through the winter on Monday, Wednesday and Friday from 6 a.m. to 6

p.m., Tuesday and Thursday from 9 a.m. to 6 p.m., Saturday 9 a.m. to 5 p.m. and Sunday noon to 5 p.m.

For more information about the North County Aquatic Center, call (772) 581-7665.

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# Union

From page A1

fort at having to make such a big decision that would affect the day-to-day plans of the deputies.

Chairman Wesley Davis compared his feelings of inadequacy to a little boy playing on a stick horse wearing a plastic sheriff badge and toy guns.

"Your tears bring tears to me," said Chairman Davis to the listening crowd of deputies and their families.

Deputy Cathy Gibson gave an impassioned plea to the commission to keep the 12-hour shift schedule that has been in place for 10 years.

"I chose Indian River County because of the 12-hour shift, and I took a \$7,500 pay cut," she said.

The sheriff's plan involves deputies switching their schedules from a Sunday through Wednesday schedule to a Wednesday through Saturday schedule at his discretion every three to six months, said Mr. Harpring.

Deputy Gibson said the fluidity of the changing schedules would make it exceedingly difficult to provide childcare for her young daughter after school.

She said she would be

unable to afford child care at her current salary should the schedule be changed.

Others in the audience said changing the schedules would also interrupt second jobs for employees that help boost their income. Some said the change would mean deciding between attending church as a family or being involved in children's sports as a family.

Commissioner Peter O'Bryan summed up the opinion of the three-person majority by stating that, as an elected official, the sheriff should have the opportunity to decide how best to run his own team.

"The sheriff was elected by vote of the people of Indian River County to perform a duty and he deserves to fail or succeed on his decisions not my decisions," said Mr. O'Bryan.

The third collective bargaining issue, on uniform funding, was resolved during the Sept. 10.

Commissioners voted to increase the shoe allowance from \$60 to \$75, which was the sheriff's suggestion.

The CFPBA also found that decision acceptable, and only refused it before because it was presented with other bargaining issues with which they did not agree.

# Sebastian Police seize cash, drugs in raid

By Jessica Tuggle  
jtuggle@hometownnewsol.com

SEBASTIAN — Over last weekend, narcotics investigators and other officers from the Sebastian Police Department searched a home in Sebastian and seized about \$4,500 in cash,

3,061 prescription pills and an assessed value of stolen items up to \$10,000.

The location of the house and names of suspects were not released because the investigation is still open and ongoing, said police spokesman, Officer Steve Marcinik.

During the investigation, which began earlier in September, detectives discovered the criminal enterprise went beyond state lines.

Individuals and police believe there are at least six involved in this enterprise, who travel to clinics in South Florida four to six

times a week to get the drugs.

The drugs would then be smuggled out of state on body carriers, who concealed the drugs on their person in socks while going through airport security.

See **RAID, A4**

# Class

From page A1

documents for their successors.

Mel Ratcliff, a local financial advisor, is leading the class for the chamber.

People often think of death taking them away from their loved ones and recognize a need for organized personal information, but other unforeseen circumstances, such as incompetence and incapacitation, can also spark the need for a successor to oversee affairs, he said.

"It is an investment of time to do this, but it can be savings of big money in the long term," Mr. Ratcliff said.

Successors, whether they are spouses, children or others, often do not know

where to look for important documents and special information needed to take care of a loved one's estate, he said.

In the affairs of estate class, he offers step-by-step guidance and suggestions for estate preparation.

"I describe it as a roadmap for those that come after you," said Mr. Ratcliff.

A book designed by Mr. Ratcliff for the class, "Journal of Succession," allows people to break down their estate assets into easily understood categories, such as real estate, antiques, jewelry, safe deposit boxes and more.

"There are pages in the book for people to fill out and list out everything, so it becomes a living book," said Mr. Ratcliff.

In addition to having a clear list of assets, the book provides plenty of space for writers to describe family members, accomplishments, medical information, pets, tax information, number of credit cards, trust funds, living wills and more, he said.

Having all of that information available in one place makes life for the surviving spouse or child much easier, because everything is outlined, he said.

"I see a peace of mind in people that do this ahead of time, but also a peace of mind for the successor, because then they know where they can look for the information they may need," said Mr. Ratcliff.

"I stumbled into this need a while ago and noticed that there was a need for people

to have some solid facts about how to prepare their estate for their successors," said Mr. Ratcliff.

"A lot of women were coming up to me and said that their husbands took care of the financial side of things and they didn't know where to start, so that's why I started the program and wrote the book with the help of some of those women," he said.

The class is currently in session and closed to more participants, but Mr. Ratcliff said he would willingly teach another class if there was enough interest.

For more information, contact Beverly Keehner at the Indian River County Chamber of Commerce at (772) 567-3491.

# Miners

From page A1

officials said.

The county's other beach re-nourishment projects had been completed using offshore sand sources that use pumps to dredge the

sand from the ocean.

Ranger Construction of Fort Pierce did not come in at the lowest bid, but at \$7.2 million, it was much lower than the original estimate earlier, which topped \$19 million.

Commissioner Bob Solari publicly thanked the

upland sand miners for participating in the bid process, which he believes directly led to the lowered price estimates.

The decision went against the recommendation of county staff and an advisory board, who both felt that the uncertainty of

timeline with the sand being trucked onto the beach would be a hindrance to project completion.

Choosing a local company that could potentially hire residents to do the job was an important factor in their decision, commis-

sioners said.

Around 100 people showed up at the meeting with signs to demonstrate their support for the local industries represented in the bid process.

Many of the supporters vocalizing their opinion cited high unemployment rates in the county and the few jobs that are available in the area currently.

Bill Glenn, a representative on the beach and shores preservation advisory committee, said that the decision would be a "win, win, win, for the county."

With the initial estimated cost of the project hovering around \$21 million, seeing the lower bids at a third of the price was the best situation that the county could ask for, Mr. Glenn said.

The potential for job creation furthers the good to all the residents of the county, he said.

The commissioners overwhelmingly agreed with those statements.

The sand from the mines

will replenish the beach sand from sector three, which is about 7 miles of shoreline from the north end of John's Island to Ambersands Beach.

The project can only take place between Nov. 1 and May 1, because of turtle nesting season regulations.

The short timeline will make it harder for the upland miners to get the job done because of extra permitting paperwork that is required, but commissioners were confident state legislators would help the project move quickly.

"The state is responsive, it's swift action at the best price, most productive and it's about jobs," said Commissioner Joe Flescher.

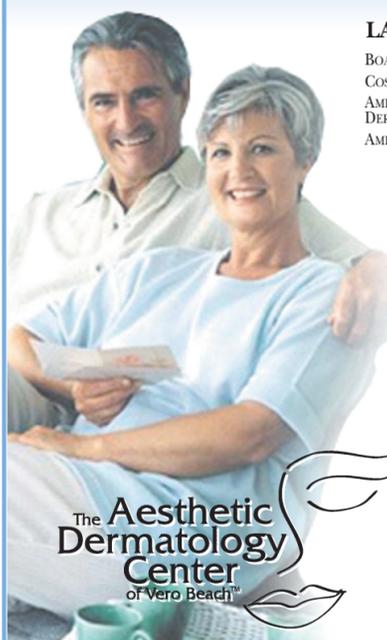
He estimated the project could create 150 to 200 jobs for a three- to six-month period.

"We can't ignore this," he said, referring to the people in the commission chambers asking for a chance to get a job.

For more information about upcoming county government meetings, visit

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# New fields open for season



Cliff Partlow/staff photographer

After more than four years and three hurricanes, the Sebastian Soccer Association dedicated the Field of Dreams Saturday morning. Association president Cory Richter thanked those who helped get the soccer fields, just northwest of the North County Aquatics Center, open for the 2009-10 season.



Sebastian Police K-9 Officer Rob Kyzer, left, his partner 'Rosco' and Officer Roy Cole help the Sebastian Soccer Association dedicate new soccer fields called the Field of Dreams last Saturday. Nearly 300 athletes, their families and friends, were on hand to watch soccer on four of the six fields for the first time.

Cliff Partlow  
staff photographer

Sebastian River Medical Center's Health Series

## Fit for Life

**September 1 • 7:00 pm**  
Man to Man Prostate Cancer Support Group  
American Cancer Society



Patrick Domkowski, MD

**September 10 • 6:30 pm**  
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Board Certified, Internal Medicine

**September 22 • 6:00 pm**  
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Dr. Lynn Williams, Psy.D., MSN  
Licensed Clinical Health Psychologist



Peter Seirafi, MD

**September 23 • 6:00 pm**  
Solitary Pulmonary Nodule: What To Do? Options for Abnormal Chest X-ray Findings  
Peter Seirafi, MD  
Board Certified, Thoracic Surgery



Kirk Maes, MD

**September 24 • 6:00 pm**  
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# Show will raise money to help children in Ecuador

By Jessica Tuggle

jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — Local artists will present an art show and fundraiser to benefit women in Ecuador on Sept. 19 at the Unity Center in Vero Beach, from 10 a.m. to 3 p.m.

Sister to Sister is a project based in Attachucho, Ecuador, and was created by a handful of women in a small barrio who wanted to earn enough money making

jewelry to buy uniforms so their children could attend public school.

Donna Lindeman, a local registered nurse, regularly travels on mission trips to Ecuador and serves on a team that provides medical care to remote villages. She met the women in Sister to Sister five years ago.

"When I talk about Ecuador, a lot of people ask me why I don't do a mission trip like this in the states, but as bad as we have it

here, we don't even compare to them there," said Ms. Lindeman.

"Nobody there gets help from the government, they are washing clothes on a rock, don't often have clean water and many are malnourished," she said.

The medical mission team Ms. Lindeman travels with is a non-denominational Christian organization based in Alabama called Servants in Faith & Technology.

The women in Sister to Sister make necklaces, earrings, bracelets and backpacks to pay for uniforms for their children.

Although the schools in the area are public schools, the children must have uniforms to wear before attending and each uniform costs \$15. With the money made from the sale of their homemade items, more than 20 children have been able to attend school.

"A lot of women there are raising their children on their own, so they have to be the breadwinners," said Ms. Lindeman.

"Every year their skill level



Photo provided by Donna Lindeman

From left: Penny Massey, Donna Lindeman and Joyce Henderson stand with two native Ecuadorian women from the Sister to Sister project who made the vibrantly colored backpacks. Necklaces, backpacks and other jewelry are sold to help pay for the school uniforms of the group members.

increases and they get more women in the group," she said.

Jewelry made by Sister to Sister will be available for sale at the art show, and the money raised from it will go toward buying supplies for the endeavors of Sister to Sister, Ms. Lindeman said.

The money raised by ven-

dor booth fees will also go to Sister to Sister.

Ms. Lindeman said she is working on a way to sell the jewelry and other products in the U.S. year round, but that project would be for some time in the future.

The Unity Center of Vero Beach is located at 950 43rd Ave.

## Raid

From page A2

Once in other states, the drugs could exchange hands at least two more times before being sold on the street, police said.

"Some states have stricter laws on clinics than Florida, have seen their epidemics and have cracked down," said Officer Marcinek.

"Now they are coming down to South Florida and smuggling them out of here," he said.

Most of the drugs recovered were oxycodone pills, or other drugs that contain oxycodone such as meloxicam, carisoprodol and Xanax. Steroids, such as Winstrol, were also recovered, as was cocaine concealed in a Coca-Cola can with a false top.

Detectives said the sentence for having 28 grams of oxycodone carries a minimum mandatory sentence of 25 years in prison.

"We have approximately 300 grams. You do the math, it's a long time," a detective said.

Because of the large volume of stolen items and drugs, Officer Marcinek said this is just one example proving how interrelated the drug trade and problems of theft really are.

"This shows that there is a direct correlation between illegal drugs and theft, which ends up in death for many people," Officer Marcinek said.

Police expect arrests will be made in the next few weeks to wrap up the investigation.

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# Obituaries

## Callie Vellia Morabito

Callie Vellia Morabito, 91, of Sebastian, died Aug. 30, 2009. She was born in Florala, Ala., and lived in Sebastian for 20 years. She was a homemaker and 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 & Crematory.

## Mary 'Marie' Josephine Faraoni

Mary "Marie" Josephine Faraoni, 92 of Sebastian, died Sept. 4, 2009. She was born in Italy and lived in Sebastian for 20 years. She was a homemaker and member of the St. Anthony Society in Rensselaer, N.Y. She is survived by three daughters, Pauline (John), Marie and Anita (Andrew); six grandchildren and seven

great-grandchildren. She was preceded in death by her husband of 67 years, Anthony and son, Anthony Jr. Memorial contributions may be made to St. Sebastian Catholic Church Building Fund, 13075 U.S. 1, Sebastian, FL 32958. Arrangements by Seawinds Funeral Home & Crematory.

## Edward F. 'Ed' O'Brien

Edward F. "Ed" O'Brien, 76, of Sebastian, died Sept. 4, 2009. He was born in Fishtown, Pa., and lived in Sebastian for 19 years. He was an engineer and member of St. Sebastian Catholic Church. He served in the U.S. Air Force during the Korean War. He is survived by his wife of 14 years, Patricia; two sons, Edward and Daniel; two stepsons; two stepdaughters and three grandchildren. Arrangements by Strunk Funeral Home & Crematory.

*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

- David Ryan Labonte, 20, 718 Concha Drive, Sebastian, was charged with sale and possession of a controlled substance, oxycodone.
- Rebekah Leah Minker, 22, 1591 Schooner Lane, Sebastian, was charged with purchase and possession of a controlled substance, oxycodone.
- April M. Reeves, 30, 711 Capon Terrace, Sebastian, was charged with possession of hydrocodone.
- John Elazor Galloway, 32, 109 N. Myrtle St., Fellsmere, was charged with possession of oxycontin and possession of alprazolam.
- Estes Dante Washington Jr., 18, 1209 Schumann Drive, Sebastian, was charged with burglary and a misdemeanor charge of resisting an officer without violence.
- Troy Rainer Stinson, 24, 615 Ninth Place, Apt. A, Vero Beach, was charged with fleeing or attempting to elude police and a misdemeanor charge of driving while license suspended with knowledge.

## Indian River County Sheriff's Office

- Thomas Solomon, 23, 1055 10th Court Southwest, Vero Beach, was charged with fleeing and eluding a law enforcement officer and misdemeanor charges of a reckless driving and driving while license suspended with knowledge.
- Gregory Alan Miller, 50, 3663 45th St., Vero Beach, was charged with failure of a sexu-

# Police report

- al offender to report to the Department of Highway Safety and Motor Vehicles.
- Jermaine Marlon Akins, 25, 220 Sixth Court S.W., Vero Beach, was charged with resisting arrest with violence and misdemeanor charges of disorderly conduct and resisting arrest without violence.
  - David Haskell Strange Jr., 50, 686 17th St., No. 24, Vero Beach, was charged with battery domestic violence on a person older than 65.
  - Kyle Anthony Wheeler, 19, 2405 Blossom Court, Fort Pierce, was charged with violation of probation. He was on probation for third-degree grand theft.
  - Camden Presley Hatcher, 25, 1080 17th St. Southwest, Vero Beach, was charged with introduction of contraband into jail, possession of a controlled substance without prescription and a misdemeanor charge of leaving the scene of an accident.
  - Lisa Latrite Harrington, 24, 4865 32nd Ave., Vero Beach, was charged with grand theft.
  - Benny Curtis King Jr., 31, 1365 17th Court Southwest, Vero Beach, was charged with possession of a controlled substance, MDMA, tampering with or destroying evidence and a misdemeanor charge of driving under the influence.
  - Elizabeth M. Goldwire, 36, 6156 Sixth St., Vero Beach, was charged with two counts of obtaining or attempting to obtain a controlled substance by fraud.
  - John Cemer, 30, 2066 54th Ave., Vero Beach, was charged with burglary of a residence and grand theft.
  - Philip Carlsward, 25, 2066 54th Ave., Vero Beach, was charged with burglary of a residence and grand theft.
  - Lisa Sue Brown, 27, 6600 U.S. 1, Vero Beach, was charged with violation of community control. She was on community control for battery on a law enforcement officer, resisting arrest with violence and resisting arrest without violence.
  - John Henry Locke III, 20, 14350 111th St., Fellsmere,

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- was charged with burglary of a dwelling.
- Christopher Rosario, 23, 6607 Fort Pierce Blvd., Fort Pierce, was charged with felony criminal mischief and a misdemeanor charge of battery.
  - Michael Gillespie, 61, 1060 South U.S. 1, No. 94, Vero Beach, was charged with violation of probation. He was on probation for aggravated assault.
  - Abdullah A. Tadjuddin, 53, 4284 26th Ave., Vero Beach, was charged with driving while license suspended, habitual offender.
  - James Adrian Westberry, 50, 1512 Havanah Ave., Fort Pierce, was charged with tampering with or fabricating physical evidence and a misdemeanor charge of resisting arrest without violence.
  - Mark Alan Mackowski, 49, 1937 Live Oak St., Palm Bay, was charged with violation of community control. He was on community control for grand theft, fraudulent use of a credit card and organized fraud.
  - Sunday Danielle Martin, 32, 4335 45 St., Vero Beach, was charged with two counts of possession of cannabis and a misdemeanor charge of possession of drug paraphernalia.
  - Vernon Nugene Henry, 53, 1135 11th St. Southwest, Vero Beach, was charged with sexual battery on a child under 12, perpetrator 18 or older.
  - Jorge Diaz Galvez, 23, 2710 13th St. Southwest, No. 6, Vero Beach, was charged with unlawfully and knowingly possessing a photograph, motion picture, exhibition, show, representation or other presentation, in whole, or in part, including sexual conduct by a child.
  - Manuel Larry Ward, 54, 9707 N. U.S. 1, Apt. 14, Sebastian, was charged with possession of a controlled substance with intent to sell or deliver and introduction of contraband into a detention facility.
  - Musarat P. Mali, 57, 600 Carriage Lake, Vero Beach, was charged with felony retail theft.
  - Marvi H. Malik, 33, 600 Carriage Lake, Vero Beach, was charged with felony retail theft.
  - Lawrence Bergere, 52, homeless, was charged with violation of community control. He was on community control for driving under the influence impairment with priors and property damage.
  - Melynda Lynn Topping, 26, 2105 19th Ave., No. 3, Vero Beach, was charged with failure to appear in court on charges of sale or delivery of MDMA within 1,000 feet of a church and possession of MDMA.
  - Theresa L. Lewis, 33, 4790 38th Circle, No. 108, Vero Beach, was charged with aggravated battery.
  - Adam Avans, 25, homeless, was charged with violation of probation. He was on probation for lewd and lascivious conduct.

## Department of Corrections

# Nonprofit receives award

For Hometown News News@hometownnewsol.com

INDIAN RIVER COUNTY — The March of Dimes received the 15th Dyer Chevrolet and Dyer Mazda Subaru Dyer Difference award. This award salutes a nonprofit or organization that is making a difference in the community. The recipient received the Dyer Difference award along with a \$3,000 check

to help promote its signature chef event on Oct. 26. The mission of the event is to raise donations and awareness that all babies are born healthy and kept healthy. The event will be held at the Moorings Club and will feature 20 head chefs from Vero Beach's top restaurants preparing their signature meals. For more information on this event, call (772) 562-0115.

**Call to Artists for The A.E. Backus Museum's 2009 Juried Art Show**  
(Formerly the Four County Juried Show/Now Open to All Artists)

Cash Prizes, Ribbons & People's Choice Award  
Winners will be recognized in HomeTown News.

Rules and application online at [backusmuseum.com](http://backusmuseum.com).  
Application also available at the museum at 500 N. Indian River Drive, Fort Pierce.  
Call 772/465-0630 for more information.

Entries accepted between October 7 - 17  
No entries accepted after 3 p.m., Saturday, October 17, 2009

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# VIEWPOINT

FRIDAY, SEPTEMBER 18, 2009 • HOMETOWN NEWS • WWW.HOMETOWNNEWSOL.COM



## Got something to say?

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or e-mail [news@hometownnewsol.com](mailto:news@hometownnewsol.com).

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

### Raising a stink

If there's a psychologist or psychiatrist reading this, please tell me what kind of thinking goes on in the minds of these people who take their dog to foul someone else's yard? Or do they just turn it loose in the dark of night so it won't be seen?

When I see a trashcan overturned and the garbage strewn about, I think that must have been a wandering dog.

Maybe these people think now that they have us convinced their child can do no wrong, it's time to convince us their dog can do no wrong.

Well, I'm not convinced, in either case. I feel they are despicable, inconsiderate, undesirable citizens. When I find dog feces in my yard I take my trowel and toss it into the street where people can drive over it and spread it around so others can enjoy it, too.

### Dealing with trespassing

This is about those who want to put up signs to keep people out of their yard. We have a lot of Jehovah's Witnesses who come to our door. They think because they are a church group, that it's OK to come and harass us.

In our neighborhood, we call the police, because you never know who is going to try and rob your house. Maybe they should do the same.

### Comment on Cuba

President Obama is sending up trial balloons signaling that he wants to open up trade with communist Cuba.

This comes despite the fact that for a half a century, the Cuban dictatorship has rebuffed all U.S. requests to ease restrictions on its own citizens. The only bargaining chip we have is to maintain our trade embargo.

We should not relinquish it until the Cuban people are permitted to have the basic human rights, which all Americans enjoy.

### A financial mess

Now that we have had some time to review how this nation got itself into this financial mess, it is becoming increasingly clear that liberal politicians in Washington pushed us onto the wrong track by demanding that financial institutions grant mortgages to people who could not afford them.

Lenders led by Fannie Mae and Freddie Mac demonstrated remarkable ineptitude by doing exactly as they were told. They financed increasingly questionable loans in the 1990s and early 2000s, while they personally pocketed huge chunks of the taxpayers' money.

And they are laughing all the way to the bank.

### A place for dogs

I would like to make a comment about the new ordinance that no dogs can be on the Riverwalk. They say we can't have dogs there. That's discrimination against certain people. I recently bought property here, and now I'm reconsidering. There are lots of older people who have dogs. We should have an area of the beach where we can take our dogs. We pay taxes, too. If someone doesn't pick up after their dog, then they should be fined, but for everyone to be punished is unfair.

### Cap-and-trade comment

After years of failing to scare Americans about so-called global warming, advocates have decided to change course and are issuing dire warnings of climate change.

Congress is considering legislation, called cap-and-trade, which would cripple farming and manufacturing in the U.S. because it would place a massive burden in the form of huge tax increases on the very people who create jobs, have grown our economy and have made this country the greatest and most prosperous on the entire globe.

## Gone but not forgotten



Brian Burkeen, Indian River County Fire Rescue assistant chief of medical services, left and Fellsmere Police Chief Scott Melanson, pay their respects during a Sept. 11 observance on Veterans Memorial Island last Friday. Speakers for the event included Vero Beach resident Glen Van Hest, who was in the World Trade Center's South Tower when it was hit and Phil Issacson, a retired NYPD officer, who was one of the first responders after the North Tower was attacked.

Cliff Partlow  
staff photographer

## Understanding e-mail attachments

When it comes to sending attachments through e-mail, most people have one thing in mind: pictures. But sending other file types through e-mail can be one of the most massively useful abilities the Internet offers.

Picture this: You're working on a file at the office, and it's a Word or Excel document. A colleague in another part of town or another office needs to see the file. Many people will take the time to print out and physically deliver or fax the document to their colleague, not realizing the e-mail system can be used to deliver any kind of file right to another computer.

Attach the file in an e-mail message to your colleague, just as you would if you were sending a picture. As long as your colleague has the same software you used to create it, he or she should be able to save it to his or her hard drive or open it just like any other file. Then your colleague can print the document, if he or she wants, or handle it as needed.

It is, however, the sender's responsibility to make sure recipients will be able to open the file before it is sent.



COMPUTE THIS  
SEAN MCCARTHY

Nothing is more frustrating than getting an e-mail message marked "here's the file you wanted" only to find that the file is in some format that you've never heard of and your computer can't open it.

For instance, if you're planning to send a Word document, find out what word processor the recipient uses. Even if he is also using Word, he may be using an older version of Word than you are which could cause a problem if he tries to open a file that was created in a newer version. A quick peek in the "help" pull-down menu and clicking on the "about" option will tell you what version your word processor is.

Have your friend or co-worker check his version also, and then try to save your document in whatever version he is using. If you click "save as" and look at the "file type" or "format" pull-down menu on the "save as"

box that pops up, you'll see you have the ability to save your document in many different formats. This puts the control of the file type in your hands.

The same thing applies when you are trying to send a picture. Make sure it's a file that is saved in a format that your intended recipient can open. Usually a .jpg (jpeg) is a safe bet.

Most people's familiarity with e-mail attachments ends with the occasional picture, but once the idea of transferring files that way becomes clear, a lot of possibilities present themselves. Here are the steps for sending a file.

First, you need to know where the file you want to send is located on your computer, and exactly what it's called. So, if you have a document you want to send, save it and pay attention to the name and the folder that it's saved in.

Then, when you have your e-mail program open, click "new message" and begin to compose your message.

Enter the recipient's e-mail address, a comment in the subject field and then click the "attach" button.

Next, your computer will

give you some options. You want to indicate the computer that you are attaching a file to. Click the appropriate button and then tell the computer the location on your hard drive where the file that you want to send resides. (Check the same folder that you saved it in, and then click on the name of the file.) Click OK, and the file name will be listed as an attachment.

You can even send multiple files by repeating the procedure. But remember that large files do not always do well, so you want to keep the attachments small in size. A good rule of thumb is 100 kilobytes and smaller for most e-mail.

This should cover most office documents such as Word files, but size can be a problem with a file that is rich with graphics. To check a file's size, when you go to attach it, right-click it and then click "properties." The next window that opens should tell you how big the file is.

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

## Breast cancer screenings: Getting it done

October is Breast Cancer Awareness month, and I always like to give you plenty of time to schedule that mammogram.

It's a good time to remind you of all the recommended guidelines for breast cancer screening and of the resources available to help you.

As I have mentioned before, I am a breast cancer survivor of nine years. I know the fear and I know the hope. If you say you don't have time for the mammogram, it's an excuse. There is nothing more important you can do for yourself and your family than to get tested.

If you don't have the financial resources or insurance, it can be a little more challenging, but there are organizations that can help. Some are listed in this column.

The American Cancer Society recommends that breast health be a part of your health plan, well before you reach the age when most women develop breast cancer.

If you are between 20-39:

- Have a clinical breast exam by a doctor or nurse every three years
- Perform monthly self-exams, preferable at a time in the month when your breasts are not as tender
- If you have a history of breast cancer in your family, discuss mammography



ALIVE & WELL  
SHELLEY KOPPEL

screening recommendations with your health care provider

If you are 40 and older:

- Have an annual mammogram. Let me repeat that. Have an annual mammogram. That is whether you have a family history of breast cancer or not. Most women who develop breast cancer do not have a family history of the disease. No one is immune.
- Have an annual clinical breast exam, preferably around the same time as your mammogram
- Perform monthly breast self-examination
- If you have an increased risk because of family history, genetic tendency or past breast cancer, talk to your health care provider about additional tests such as breast ultrasound and MRI.

The Florida Department of Health's Breast and Cervical Cancer program, funded by the federal government, provides low cost or free screenings for women ages 50-64 who are uninsured and underinsured and who meet income guidelines.

The screenings include a breast exam, mammogram and Pap smear. Women

whose cancer is detected through this program may be eligible for treatment through the Medicaid Breast and Cervical Cancer Treatment Act. To see guidelines, visit the Department of Health Web site ([www.doh.state.fl.us/bcc](http://www.doh.state.fl.us/bcc)) or call (800) 451-2229 for information on eligibility, initial screening and referral to a clinic. If your area does not have a local program, contact your local hospital through the Breast Health Navigator program.

A breast health navigator helps patients find resources at all levels of the diagnostic process. She may have access to resources of which the general public is unaware.

If your local hospital does not have a breast health navigator, call the social services department at the hospital. They may be aware of other programs. You can also call the American Cancer Society or Susan G. Komen Breast Cancer Foundation. See the end of this column for details.

Sometimes, taking charge of your own health seems overwhelming. How much easier it would be if someone would tell us what to do!

What if you find something you think isn't normal, but you're not at an age when it's likely to be cancer? Don't ignore it! The truth is that no one knows your body as well as you do and no one is more responsible

for taking care of it than you are. As the ad used to say, "Just do it!"

For more information about breast cancer, visit the American Cancer Society Web site, [www.cancer.org](http://www.cancer.org), or call (800) ACS-2345 or the Susan G. Komen Breast Cancer Foundation at [www.komen.org](http://www.komen.org), (800) 462-9273.

Pink Tie Friends help uninsured and underinsured women on the Treasure Coast pay for treatment. For more information, call (772) 785-8730.

The Cancer Care Centers of Brevard Foundation assist Brevard and Indian River breast cancer patients with living expenses, as well as treatment. Call (321) 952-8837.

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](mailto:skoppel@bell-south.net).

## Hometown News

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# Attorney elected as chairman

**For Hometown News**  
News@hometownnewsol.com

INDIAN RIVER COUNTY — Local attorney Robert Rappel has been re-elected as chairman of the senior lawyers division of the Federal Bar Association, as well as elected as co-chairman of the committee on health law of the business law section of the American Bar Association.

Dr. Rappel oversees more than 300 lawyers older than 55 who are members of this organization, or who are retired from active law practice, keeping them informed

about such areas as health care reform, social security, federal regulations, elder law and more.

“They may be considered ‘senior’, but a lot of these attorneys are still involved in practicing law in some way, including working for the federal government and actually participating in the recent reform initiatives,” said Dr. Rappel.

Locally Dr. Rappel serves



Robert Rappel

as the chairman of Treasure Coast Community Health, Indian River County’s federally funded nonprofit health care center, where he has served for nine years.

He has recruited other community leaders to assist in the development of a multisite health delivery system of primary care for the needy and underinsured.

In the last three years,

the organization has grown from a single site in Fellsmere to a new location in Vero Beach, which has doubled in size in response to the need.

In October, a third site will open on Oslo Road to provide a range of services including family practice, internal medicine, pediatrics and dental care for the south portion of Indian River County.

The Rappel Health Law Group is located at 1515 Indian River Blvd., Suite A-210, Vero Beach. For more information, call (772) 778-8885.

# Agency receives excellence award

**For Hometown News**  
News@hometownnewsol.com

INDIAN RIVER COUNTY — The Homeless Family Center received the United Way of Indian River County agency excellence award for 2009 and a check for \$2,500.

The award was presented during the 17th annual United Way community leaders breakfast held at Oak Harbor in Vero Beach on Sept. 10.

This award is presented to an agency that demonstrates excellence in achieving measurable results and has made an impact on the community in their reach and vision.

The center is a United Way partner agency that provides both emergency (short-term) and transitional (long-term) care.

The center is located at 420 Fourth St., Vero Beach. For more information, visit [www.homelessfamilycenter.org](http://www.homelessfamilycenter.org).



Photo courtesy of Homeless Family Center

The Homeless Family Center in Indian River County received an excellence award for 2009 from the United Way. From left, front row: Connie Utter, Richelle Cluck, Jennifer Shar, and Douglas Crouse. Back row: Marie Lument, Leanne Honey, Julia Keenan, Cathy LaCroix and Jason Kittendorf.

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# Staycation



## Sebastian, Fellsmere are hidden jewels of the Treasure Coast

**Wildlife, outdoor play, rich history await visitors**

By Jessica Tuggle  
jtuggle@hometownnewsol.com

SEBASTIAN — The Treasure Coast may be famous for sunken treasure chests and gold doubloons, but the sights above water are just as

priceless. Sebastian is a hidden gem in the crown of the Treasure Coast. The amber-colored sandy beaches, crisp, cool breezes off the ocean, lush native and tropical plants in shades of emerald, and the sparkling sapphire waters of the Indian River Lagoon, St. Sebastian River and the Sebastian Inlet are true area treasures.

Once a small fishing vil-

lage, Sebastian has seen substantial growth in the past 25 years, yet managed to retain that small-town, neighbor-helping-neighbor atmosphere, said Beth Mitchell, director of the Sebastian River Area Chamber of Commerce.

The Sebastian area played a unique role in the history of conservation land in the U.S. and is home to the first wildlife refuge ever designated, Pelican Island.

The Pelican Island Wildlife Refuge was established in 1903 after native birds were being slaughtered for their feathers, which were a high fashion accessory at the time.

Visitors can tour the refuge today by kayak or canoe in the water, or by hiking along the island. Pelican Island offers many opportunities for photography lovers to capture the local wildlife, such as brown pelicans, egrets, and herons, and in select places, get up close and personal in fishing excursions.

Fishing is a popular sport in the Sebastian area and boating is a year-round event. Snook and redfish are commonly found in the Sebastian Inlet and Sebastian River. Rentals or chartered boats are available for both day and night trips.

Miles of sandy beaches along the coastline, and especially in the Sebastian Inlet, are perfect for entertaining the whole family with swimming, snorkeling and surfing.

The inlet is the location of several large surfing contests every year, including the Sebastian Inlet Pro, the largest, most prestigious surfing contest on the East



Cliff Partlow/staff photographer

Ruth Hills, a camp host at the Sebastian Inlet State Recreation Area, weaves baskets from palm fronds gathered around the campsites. The campground at the Sebastian Inlet is one of the most popular camping areas on the east coast.

Coast and one of the top four in North America. More than 160 surfers participated in the event last January.

For those adventurous enough to take the plunge, Skydive Sebastian is the place to do it.

The local skydiving facility gives lessons for beginners, offers tandem jumps and provides for experienced skydivers.

The arts are heartily embraced in Sebastian and local craft and art shows, as well as outdoor concerts, are often held at Riverside Park, right on the Indian River.

Nearby city Fellsmere is a diamond in the rough that holds a unique charm recalling old Florida agriculture.

The residents of Fellsmere are proud of and work hard every year to feed thousands of people a traditional old

Florida dish: deep-fried frog legs during the annual Fellsmere Frog Leg Festival in January.

The city holds the world-wide record for the largest frog leg festival for attracting 75,000 visitors from Jan. 18-21 in 2001.

The 1915 Marian Fell library is an example of the rich history of Fellsmere, and is named after the daughter of the town founder, who donated the money to build the library out of her earnings translating English stories into Russian for the ruling czar.

Fellsmere also celebrates its heritage with rodeos throughout the year, where cowboys and cowgirls demonstrate their skills and finesse at riding horses and roping sheep, goats, calves and bulls.

Both Fellsmere and Sebastian share a border of the St. Sebastian River Preserve



Cliff Partlow/staff photographer

Craig Jenkins, left, of Merritt Island helps Yvan Plante, of West Palm Beach, with the snook he caught on the north jetty of the Sebastian Inlet last Thursday afternoon. Fishing, camping, and all forms of water sports are what makes the Sebastian Inlet State Recreation Area popular world-wide.

Park, a conservation area perfect for bird-watching, hiking and kayaking.

For more information about the Sebastian River Area, visit [www.sebastianchamber.com](http://www.sebastianchamber.com)

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**Weird**  
From page A1

From sfgate.com: **Four women in lover's gluing must stand trial**

A man whose penis was glued to his stomach testified that a motel tryst with a girlfriend involving a bondage fantasy turned painful and humiliating after his wife, a second girlfriend and another woman burst into the room and harassed him because of his cheating ways.

The 37-year-old man told Calumet County Circuit Court Judge Timothy Van Akkeren that during the July 30 ordeal, which lasted about 30 minutes, he was punched in the face twice. The woman he went to the motel to meet, Therese Ziemann, super

glued his penis to his stomach, while at least two of the other women watched, the man said. Akkeren ruled there was enough evidence for the case to go to trial.

From Reuters: **Pigeon transfers data faster than Internet**

A South African information technology company proved it was faster for them to transmit data with a carrier pigeon than to send it using Telkom, the country's leading Internet service provider. Internet speed and connectivity in Africa's largest economy are poor because of a bandwidth shortage. It is also expensive. Local news agency SAPA reported the 11-month-old pigeon, Winston, took one hour and eight minutes to fly the 80 km (50 miles) from Unlimited IT's offices near Pietermaritzburg to the coastal city of Durban with a 4 gigabyte data card was strapped to his leg.

Including downloading, the transfer took two hours, six minutes and 57 seconds, the time it took for only 4 percent of the data to be transferred using a Telkom line.

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

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# Dining & Entertainment

Sebastian

## Classified INSIDE

SECTION B • WWW.HOMETOWNNEWSOL.COM • FRIDAY, SEPTEMBER 18, 2009



**VERO VIBE**  
BARBARA  
YORESH

## France connects old friends

The "conversations" began in an eighth-grade classroom circa 1963 and after a 46-year hiatus, I am finally going to have an opportunity to put those French lessons to the test.

By the time you read this, hubby David and I should be in Paris, seeing the sights of the City of Lights ensconced in a cozy little apartment we rented in the Marais district.

Although I took four years of French and finished the lessons with rather good grades by the end of my junior year, there had been no subsequent opportunities to speak those idiomatic phrases we learned in Bill Michaud's class.

I have arrived in Paris somewhat late in life, but better late than never, and I'm glad I'll be seeing it for the first time with David, whose two prior visits to Paris were helpful in formulating our travel plans.

Due to the fact that one of my former classmates from those French classes was recently stricken with cancer and is just starting treatment, I had the occasion to speak with her and a few others from our immediate peer group of the past.

Quelle surprise. It would seem that Mr. Michaud was rather adept in his ability to teach basic French to a bunch of 13-year-olds, because like me, my friends remembered some of those seemingly ridiculous conversational phrases we learned in his class.

I am not sure that I will have much use for *la neige est belle aujourd'hui* ("the snow is beautiful today") or *ou a la bibliotheque? Pas loin d'ici, en face de l'eglise* ("Where is the library? Not far from here, opposite the church").

But it's nice to know that these phrases have endured through the decades and still have the ability to send a bunch of now 60-year-old "girls" into peals of laughter in recollection of that former classroom.

My "first" friend, who I met at age 4 when my

See **VIBE, B4**



Photo by Barbara Yoresh

Meghan Candler, gallery owner, and artist Isabell Beuttell Dayton are shown at the Meghan Candler Gallery.

## Artist, gallery owner mesh

The pair are tremendous talents in an artist's haven

By Barbara Yoresh  
Entertainment writer

VERO BEACH — In a community known as a haven for art, it isn't surprising that among the many talented artists and numerous galleries a few stars will emerge.

Vero Beach painter Isabelle Beuttell Dayton (known professionally as Isabelle) and art gallery owner Meghan Candler, of the gallery which bears her name, are two whose talent and eye for excellence are the best of the best.

Art lovers who frequently visit galleries, art museums and art shows are

exposed to myriad artistic expression and, in time, usually develop an ability to spot truly unique and gifted works.

And so it was one bright, sunny morning recently upon entering the Meghan Candler Gallery located in the Village Shops at 6270 Highway A1A in Vero Beach to meet Mrs. Dayton and Mrs. Candler.

Entering the spacious, airy gallery, one becomes instantly aware this gallery is a repository for some of the most exquisite art seen outside a major art museum.

These two ladies — long-time area residents

and highly-regarded leaders of the community — are uncommonly gifted and knowledgeable in the field of fine art.

What makes them especially delightful and charismatic is the fact that they are also as warm, intelligent and funny as anyone you might have the pleasure to meet.

Mrs. Dayton paints with inspiration drawn from the French Impressionists she loves, as well as from her own discerning eye and inner sense of self and the world.

Her paintings, many with settings at the shore or garden, capture the

essence of people and places. Her human subjects are free from the intrusion of specifically identifiable facial features unless they are commissioned portraits.

Her unique technique in non-traditional portraiture that she calls "conversational pieces" uses a palette knife to paint subjects involved in leisure activities.

Figures become distinguishable through a certain pose or gesture.

"The goal is to create a painting about individuals rather than a portrait of

See **GALLERY, B4**



**STAR SCOPES**  
James Tucker  
Week of 9-18-2009

**Aries-March 21-April 19**

The greatest ideas flow from the heart well. These arise from spirit and universe and pop into the mind. This is like a light bulb turning on. It is your greatest truth. Listen to it, accept it and take it into your being, no matter what your head says. Then act on it. Spiritual instincts do not lie. It gives you the winning edge.

**Taurus- April 20-May 20**

Your strong spirit is there when needed. It gives you the grit, determination and choices to keep on going when challenges confront. Deal with them and move forward. Never give up on your dreams. You always help others. Let them help you when you need a friend. Now you are headed on and up to greater glory.

**Gemini-May 21-June 21**

Universal wisdom guides you. It's about wise choices. When you let the lower will take over, you see less of the good things happening. Lower will operates on chance and gambling. Surrender to the higher will. It operates on instincts and choices. It's all a matter of patience. Trust and faith; how much do you have?

**Cancer-June 22-July 22**

The true meaning of love lives in your heart. You have the greatest heart that has ever lived. Why? Your encouraging words always uplift your family, friends and others who revel in your love, joy, beauty and awesome spirit. Thank you for all you give to all of us. You are a true angel on the earth. We are so blessed.

**Leo-July 23-Aug. 22**

Resist the temptation to take on more than you can handle. Stay focused on your top three goals. Trying to move too many ideas forward will limit your success on any given one. Focus is the key. Refuse to sidetrack on unimportant whims. Sometimes less is more. This should be your focus. Can you handle it?

**Virgo-Aug. 23-Sept. 22**

Stay calm when others around you are trying your patience. Refuse to let events out of your joy rob you of

See **SCOPES, B2**

## Out & about

**THROUGH SUNDAY, SEPT. 27**

• "Second Time Around," a romantic comedy by Henry Decker, is 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.

information, call (772) 770-0773.

**THROUGH SEPT. 20**

• 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 concludes with "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

• 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. 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

See **OUT, B4**

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DINING & ENTERTAINMENT

Center presents humanities series

For Hometown News  
News@hometownnewsol.com

INDIAN RIVER COUNTY — The Emerson Center will present a new group of speakers for 2009-10 in partnership with the Florida Humanities Council.

Seven acclaimed speakers and performers will be presented between October and April 2010, with presentations relating to Florida and national history and issues.

Admission to each is com-

plementary and all performances will begin at 7 p.m.

October is National Humanities Month, and on Oct. 18 the initial presentation will introduce "Abraham Lincoln and Frederick Douglass: A Meeting of Minds."

Charles Everett Pace and George Frein portray these giants in recognition of the 200th anniversary of Lincoln's birth and the 150th anniversary of his election to the presidency.

"Tellin, It Like It Is," fea-

ture cracker cowboy poet/storyteller and Floridian Hank Mattson, will be presented on Dec. 3.

Mr. Mattson uses his own works and those of turn-of-the-century punchers about the life and times of the many Florida folks who for more than 400 years have been working cattle.

The series continues on Jan. 7, with "Florida Dreams" presented by Gary Mormino., "Florida

See SERIES, B6

Scopes

From page B1

your patience. You have an unusually large wide, open heart. Sometimes others will not fully appreciate this large heart. It's up to you to protect it and keep it safe. If you don't do it first no one else will or can.

Libra-Sept. 23-Oct. 22

No matter what happens around you, the key is to keep balanced. Keep a lighter touch. Trust in your own instincts first and then in your closest friends. There is no need to be judgmental or analytical now. Live and let live. A lighter touch always works and moves you closer to positive realities. A little fun is in order.

Scorpio-Oct. 23-Nov. 21

Stop trying to figure things out. The more you think, the less you will know. You are born of feelings and heart, not from mind. This doesn't mean that you don't have a strong mind. You do. But your greatest strength comes when you follow your awesome heart and let it guide you home to victory.

Sagittarius-Nov. 22-Dec. 21

What is it that you truly want? Look at the larger picture. Refuse to dwell on the smaller things in life. Keep your eye on your dream. You can't control the earthly stuff. But you can stay focused on your life's purpose. It is to help others move forward and achieve their dream. Don't ever forget this awesome dream.

Capricorn-Dec. 22-Jan.19

Your spirit is so strong. Your heart is open and

your mind is alert. Your energy is flowing much better than in the past. Be sure to listen to your instincts first and make decisions based on your inner guidance. This high form of respect insures that family and friends will give it as well. Now everyone honors you.

Aquarius-Jan. 20-Feb. 18

Acknowledge your worth. You may be more valuable than you give yourself credit for. Look at all the positive change and progress in the past few months. Your communication and leadership skills continue to grow. You are happier and having more fun. What could be more important? Great job, Aquarius, keep it up.

Pisces-Feb. 19-March 20

You are the depth of the depths. No one is deeper than you. The greatest visionaries are born Pisces. The greatest challenge is what you do with these prophetic gifts to help yourself survive the world and move on to your greatest calling. Do you know what it is? If you do, move it on and up. Joy is the ultimate gift.

Star visions

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

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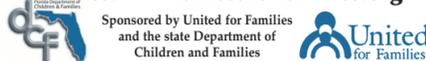
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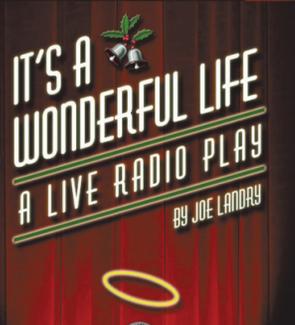
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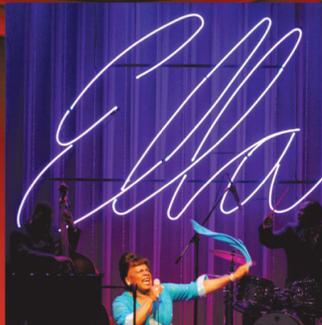
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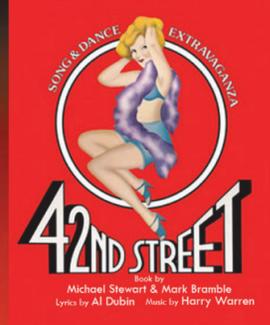
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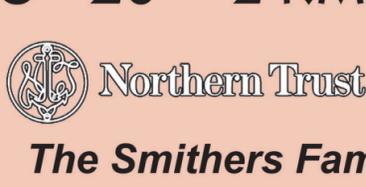
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## 2009-2010 SEASON

### ALL SHOWS ON SALE NOW!

*Nestor Torres*  
October 9

The Neville Brothers  
October 16

*Catch a Rising Star*  
October 17

**FOGHAT**  
October 18

**Cadillac Bratz Reunion**  
October 24

3 Redneck Tenors  
"Broadway Bound"  
Oct. 28 - Nov. 1, Nov. 4 - Nov. 8

**American Big Band**  
November 9

iO Theater -  
Whirled News Tonight  
November 16

**DAVE MASON**  
November 17-18

Vienna Chamber Orchestra  
November 19

**ELVIS** as performed by Darrell Dunhill  
November 21

**THE BACON BROTHERS**  
November 22

**Chuck Leavell**  
November 28

*Chad Hoopes*  
December 14

*It's A Wonderful Life:*  
*A Live Radio Play*  
December 15 & 16

*That's Amore -*  
*Dean Martin & Friends*  
December 17

The Kingston Trio Christmas  
December 21

**BARRAGE**  
December 26-30

An Evening of Standup Comedy  
with **STEVE SOLOMON**  
December 27

**Ann Hampton Callaway**  
January 2

**Capitol Steps**  
January 4

The Bronx Wanderers Show  
January 7

**Aspects of Webber**  
January 10

*Lily Tomlin*  
January 11-12

**Terry Myers Orchestra**  
January 13

**RICHIE HAVENS**  
January 14

*Shalom*  
January 15

**DOGS GONE WILD TOUR**  
with *Todd Oliver & Friends*  
January 16

**Mel Tillis**  
January 19

Paula Poundstone  
January 21

**LEO KOTTKE**  
January 23

*Dixie's Tupperware Party*  
February 2 & 3

**Julie Budd**  
*"I'm In The Mood For Love"*  
February 6

**13<sup>th</sup> Van Cliburn  
Competition Gold Medalist**  
February 7

**Marilyn McCoo &  
Billy Davis Jr.**  
February 8

**Jack Hanna**  
February 9 & 10

**The Irish Rovers**  
February 13

**Doc Grober  
and the Mudcats**  
February 14

Chamber Orchestra Kremlin  
March 1

**A NIGHT OF SAMBA  
AND SALSA**  
March 3

**ROY CLARK**  
March 5

**OVER THE RHINE**  
March 6

**MARK RUSSELL**  
March 9 & 11

*The Legends of Doo-Wop*  
March 13

**ARLO GUTHRIE  
FAMILY REUNION TOUR**  
March 15 & 16

**SASHA COOKE**  
March 19

**American Bluegrass  
Masters Tour**  
March 20

**Janis Ian**  
March 21

*American Ballet Theatre II*  
March 22

**Peter Lemongello**  
March 23

**STEPCREW**  
March 25

**'Til Death Do Us Part:  
Late Nite Catechism 3**  
March 27-29

**XIAYIN WANG**  
March 31

*Chita Rivera*  
**MY BROADWAY**  
April 15 & 16

**Thunder From  
Down Under**  
April 17

**Constantinos Jaferis**  
May 9

### ALL SHOWS ON SALE NOW!

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or at the Lyric Box Office: 772-286-7827  
59 SW Flagler Ave. • Historic Downtown Stuart

DINING & ENTERTAINMENT

Vibe

From page B1

family moved from New York City to a tiny Massachusetts town on the New Hampshire border, is now, unexpectedly, in a battle for her life.

Her spirit is strong and upbeat despite facing rigorous chemotherapy and radiation for her Stage 3 cancer.

It would be easy for me to

become maudlin over this lifelong friend who has experienced more than the usual allotment of difficulties in her life journey.

But she will have none of that and is stoic, strong and as humor-filled as ever.

So we laughed. About life and about the time when we were about 5 or 6 years old and set up business in a lemonade stand.

We hysterically reminisced about the time 50 years ago that I hit her in the head with a toy rake

for reasons I've long forgotten.

What I do remember is that toys back then were not made of plastic. This little rake had metal teeth which I embedded, not too deeply, thank God, into her scalp.

That episode, which was totally out of character for my usually placid temperament, resulted in my being called on the carpet by my father and hers in our living room later that night.

I was told in no uncertain terms that such behavior was abhorrent

and I was, no doubt, appropriately punished.

During a reunion with her and other classmates to mark our 55th birthdays, I presented her with another rake; this one was a 14 carat yellow gold charm.

It seemed like the least I could do in light of that old transgression and we laughed like hyenas about it while other classmates quizzically looked on.

Sometimes inside jokes are the best.

By phone the other day (the first of her chemotherapy sessions) we laughed again about my trip to France and those long-ago French lessons.

It's amazing what we don't ever forget.

And so, as I walk the Champs Elysees, glide down the Seine on the Bateau Mouches and gaze at the panorama from the top of the Eiffel Tower, I will think of my friend, of times long gone and the wonder of life and all that endures.

Gallery

From page B1

them," she explained.

There is a universal quality to these works. And they seem so alive in their depiction that we almost expect the subjects to move, or breathe.

Her use of color and light, paired with an ability to freeze a moment in time so perfectly and realistically, evokes a poignant sigh. How wonderful it would be to find ourselves actually part of that scene, to be there. In viewing these paintings, we are. Such art is rare.

"Living is an art and art is about how to live. There is a feeling to creation," Mrs. Dayton said.

Although she didn't seriously take up art until early adulthood, Mrs. Dayton quickly developed her abilities to an uncommonly proficient level.

In addition to her own innate talent, Mrs. Dayton is also blessed with a keenly attuned awareness of people and the world.

To speak with her and view her art, one is left with the impression that woman operates at some higher frequency. She sees, hears and feels nuances of life that others miss.

"When Cezanne and others painted it was so much more than just depicting the fruit or other subjects; it was the atmosphere; the way they put it all together.

"I don't always know what

I'm looking for when I paint people, but I'm looking for a rhythm of movement, something that tells me about them. It's not head-on-eye connected, but rather the poetry of that moment in time," Mrs. Dayton explained.

Clearly, Mrs. Dayton is an aesthetic who appreciates the beauty of nature and human forms.

"I needed something to immerse myself in and art was it," she said.

Mrs. Candler clearly appreciates Mrs. Dayton and the warmth between them is palpable.

"I have known her for a long time and it has been one of the most rewarding friendships and working partnerships I have ever

had.

"I cherish her insight, thoughtful way of looking at things and her immense talent," Mrs. Candler said.

Mrs. Dayton has won countless awards for her art. Her works are owned by some of the world's leading resorts, hospitals and corporations, as well as by private collectors.

Her talent seems to have a genetic component in that her daughter, Julia Carter, is a local artist in her own right and a partner in the Tiger Lily Gallery in downtown Vero Beach.

For more information about the art of Isabelle Beutell Dayton, call the Meghan Candler Gallery at (772) 234-8811.

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Out

From page B1

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](http://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](http://www.hirams.com). (772) 589-4345
- **Earl's Hideaway Lounge and Tiki Bar**, 1405 Indian River Drive, Sebastian. Live Delta Blues music Tuesday nights by Ernie Southern. (772) 589-5700, (772) 388-2597 or [www.earlshideaway.com](http://www.earlshideaway.com).
- **Kelley's Irish Pub**, 484 21st St., B, Vero Beach, Friday night sing-along in the piano bar. (772) 567-3838
- **Long Branch Saloon**, 2199 Seventh Ave., Vero Beach. (772) 569-4075
- **Marsh Landing**, 44 N. Broadway St., Fellsmere: Folk/acoustic duo HairPeace every Saturday, 5:30-8:30 p.m. Call for other entertainment schedules. (772) 571-8622.
- **Riverside Cafe**, 1 Beachland Blvd., Vero Beach, Live entertainment. (772) 234-5550

To have your upcoming event listed here, contact [byoresh@yahoo.com](mailto:byoresh@yahoo.com).

**"V" For...** Edited by Linda and Charles Preston

**ACROSS**

1 Cartoon chipmunk  
5 "The Addams Family" uncle  
11 Tough-guy actor Ray  
15 Highlands haberdashery  
19 Zounds!  
20 San \_\_\_\_\_, Texas city, familiarly  
21 Watergate's \_\_\_\_\_ Throat  
22 Get better  
23 Ethel Mertz portrayer  
25 The other way around  
27 Even if challenged  
28 Spheres of influence  
30 Stump delivery  
31 Laudromat unit  
33 Hook's mate  
34 Rate of inclination  
35 More delightful  
39 Madrid museum  
41 Theology sch.  
42 Duct opening?  
43 Greener around the gills  
45 Defensive effort  
47 Paint the town red  
51 Michelangelo masterpiece  
53 Milk-fed calf  
55 Vintner's dregs  
57 "Star Wars" hero  
58 Within: prefix  
59 Flame tender of ancient Rome  
63 Thermal opening  
64 "The Sorrow Dance" poet Levitov  
66 Like many a Poe tale  
67 "The Forsyte \_\_\_\_\_"  
68 Spending limit  
69 Witty Woody  
71 Get the feeling  
73 Take potshots  
75 Equip  
77 Open just barely  
79 Coup \_\_\_\_\_  
81 Bar supply  
84 Minister, slangily  
85 Reason to wear support hose  
88 Pop singer Amos  
89 Zoo houseful  
91 Decade segment  
92 Cubs' homes  
93 \_\_\_\_\_ a Hot Tin Roof  
94 Tiny particles  
96 Musial and Mikita  
99 Kind of panel  
101 Alternative to .org or .com  
102 Have the blahs  
104 Acts the accomplice

**DOWN**

1 "Whip It" band  
2 Not fer  
3 Fuji outflow  
4 Unlike toadstools  
5 \_\_\_\_\_ shrimp  
6 Ltr. carrier  
7 Top banana  
8 Mutes, with down  
9 Pitch a tent  
10 Fishermen, at times  
11 Modifying wds.  
12 Natural necklace  
13 Stage setting  
14 Covent Garden events  
15 London daily  
16 Lofty lair  
17 Street boss?  
18 Handwriting feature  
24 Ancient Greek region  
26 "Star Wars" villain  
29 Crux  
32 Search deeply, with into  
34 They're history  
35 Ran leisurely  
36 Sheepish?  
37 November 11th honoree  
38 MLB's Pee Wee  
40 Noted surrealist  
44 Motel posting  
46 "Prima Ballerina" artist  
48 Alternatives to written ballots  
49 Lohengrin's love  
50 Cloverleaf part  
52 Churchill offering  
54 City known for its streets?  
56 Join up  
59 MTV figure  
60 Lothario's repertoire  
61 Like a three-piece suit  
62 Catch  
65 Moravian, e.g. "Für \_\_\_\_\_"  
70 Nostrils  
72 Whence drips drop  
74 Gyro holder  
75 Saroyan's "My Name is \_\_\_\_\_"  
76 Bank takeback, for short  
78 Rodeo gear  
80 Barbershop quartet member  
82 Whittle away  
83 Off-congested passage  
86 Grumpy old man  
87 Spots in the water  
90 Death Valley is below it  
93 Whip up  
95 Burn slightly  
97 Radar's quaff  
98 Works the waterfront  
100 Here, there and everywhere  
103 Makeshift digs  
105 Phoenician, e.g.  
107 Pounding  
108 Henry VIII's sextet  
109 Beethoven's "Für \_\_\_\_\_"  
110 Vicuña cousin  
111 Highway hazard  
113 Weighed down  
116 Operatic Lily  
117 Grind  
119 De Valera's land short  
120 Map abbrs.  
121 Court period: abbr.  
123 Part of TNT  
125 Snow White's \_\_\_\_\_ Song

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**Answers located in Classifieds Section**

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

**Vic's Pizza Italian Restaurant**

**Appetizer Special**  
Grilled Breaded Eggplant ..... \$5.99  
*Served with sundried tomatoes, olive oil, and fresh mozzarella*

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2 Slices of Cheese Pizza & A Fountain Drink ..... \$4.25  
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*Served with meat sauce, salad, and garlic knots.*

Small Shrimp Scampi Pizza ..... \$7.25

Grilled Shrimp Sub ..... \$6.50  
*Served with olive oil, sundried tomatoes, and fresh mozzarella with a side of french fries.*

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

## Big stores sometimes means bigger discounts

In the past couple of months, I've shared some of the best and most exciting super-couponing secrets with you. This week, I have another. Like some of my previous tips, this one may challenge your assumptions about getting the best possible price when you shop. Shopping at the "more expensive" stores may save you more money. In many areas, shoppers have several grocery stores

to choose from. The same area may have smaller grocery markets, discount grocers that offer "everyday low prices" and large-scale, major-chain supermarkets. Many people tend to consider large supermarkets more expensive than their low-price, themed counterparts. This is a reputation the large supermarkets typically don't deserve, as they can be some of the best places to save big. Consider this point: Grocery stores that offer



**COUPON QUEEN**  
JILL CATALDO

"everyday low prices" definitely have prices that are not too high. But prices here are also usually not too low, either. These stores offer the same prices on items week to week, with few to no sales. By contrast, the larger

supermarkets offer "high/low" prices. On any given day, it's true that about half the items' prices will be higher at the supermarket than at an "everyday low price" store. But prices on the other half of the items will be lower. Those are the items that super couponers watch for price drops on. When the prices take a big dip, that's when we can move in with our coupons and bring the price down even more. This is an advantage supermarkets can have over other stores. During a typical 12-week sales cycle at a supermarket, the price of any particular item will fluctuate from high to low. But just once during that time does the price hit its lowest low, we call this the "12-week-low." This is the lowest price that item will appear at during the price cycle. Why is it a good idea to watch for these 12-week-lows? That 12-week-low

price is typically 50 percent lower than the regular shelf price. Anytime we're able to buy something for half the original price, even without a coupon, it's time to buy it. Of course, we also want to use coupons at that point to bring the price down even more. With coupons we can often save 70 percent or more off the original price. Here's an example. A box of granola bars is usually \$3.29 at my large supermarket. The same brand of granola bars is \$2.99 at an "every-day low price" grocery store in town. The grocery store doesn't change or cycle its prices; the granola bars are \$2.99 every single day. But at the supermarket, the granola bars will go on sale numerous times over the next 12 weeks. Some weeks the bars will be the full \$3.29, but other weeks the price will be lower and lower still. I watched the bars over several weeks and saw them go on sale for \$2.99, and

\$2.49 and \$1.99. But one week, the bars dropped again, to "2 for \$3," or \$1.50 a box. During this entire time, I was holding onto a \$1 coupon for the granola bars. When the bars hit \$1.50, they were now on sale for less than half their original price. I used my \$1 coupon and took the box home for 50 cents. If I had purchased the granola bars at the "every-day low price" store with my \$1 coupon, I would still have paid \$1.99 a box. But I picked them up for a quarter of that price... at the larger, so-called "more expensive" supermarket.

*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.*

### BUY ONE BREAKFAST, GET ONE FREE

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## Community calendar

### 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.

### SATURDAY, SEPT. 19

• **US Navy Armed Guard & Merchant Marine Veterans** who served in World War II will meet at 9 a.m. at the Marsh Landing Restaurant at 44 North Broadway, Fellsmere. Open menu, come early and start with coffee. Every one is welcome to come.

### 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, State Road 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

• **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 See **CALENDAR, B6**

## Salisbury steak, marvelous meatloaf



**ROMANCING THE STOVE**  
with the Grammy Guru **ARLENE BORG**

### SALISBURY STEAK (NIB)

1-1/2 pounds ground beef

(fresh ground, virtually fat free is my preference)  
1 medium onion,  
See **GRAMMY, B6**

**H**ello smart shoppers. Hope you enjoyed my hurricane survival column as much as Jim Moore did. Jim made an excellent point: "Don't forget to get a good, manual can opener, not a cheapie. It can make the difference between opening a can or having to use a pocket knife."

I remember when TV dinners came on the market one of the first was Salisbury steak with mushroom gravy and baked macaroni.

Although we had them rarely (there was never enough to eat), this one was always my favorite. Before the Internet, it was impossible to find a recipe and now I find it baked, broiled, fried and in a cream of mushroom sauce. Remembering the flavor, I created my own.

When you like meat loaf, many times, it's not worth the effort for just one; Salisbury steak is actually meatloaf patties shaped like rib steaks. It was created by James Salisbury, a doctor known for his comments on diet and nutrition during Civil War times. He recommended that people eat hamburger frequently. Interesting!

*real estate auctions*

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Sebastian River Medical Center's Health Series

## Fit for Life

Dr. Patrick Domkowski Presents

### Surgical Weight Loss

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Tuesday, October 6th  
6:30 p.m.  
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Reservations Necessary  
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Dr. Domkowski also accepts patients who had the LapBand done elsewhere and require follow up.

13695 N. U.S.1, Sebastian • www.sebastianrivermedical.com

# Grammy

From page B5

chopped  
1/2 medium green bell pepper, chopped  
1/2-cup plain, dry breadcrumbs  
1 large egg  
2 tablespoons ketchup  
1/2-teaspoon each of salt and pepper  
1 teaspoon dried parsley

## SAUCE

1 can (8-ounce) mushrooms, stems and pieces  
Two 14-1/2 ounce cans of beef broth  
1 teaspoon Worcestershire sauce  
1 tablespoon cornstarch

Mix meat ingredients together, shape into ovals about 1/2-inch thick. Brown each side in skillet in a tad of olive oil or cooking spray. Remove from pan.

Pour out excess grease. Add all but 1/2-cup broth to the skillet along with the mushroom liquid. Bring to a boil, scraping up browned pieces. Add mushrooms and Worcestershire sauce, heat. Mix cornstarch with remaining 1/2-cup broth and slowly add to skillet, allowing it to come to a boil slowly, until desired thickness is attained.

Add steaks, cover; reduce heat. Cook for about 10 minutes, turning steaks once.

NOTE: Prepare individual portions and freeze. Be sure to add lots of gravy. Microwave to heat.

Salisbury steak was originally served with mashed potatoes, green

beans, black-eyed peas and fried apples.

## JEANNIE'S MARVELOUS MEATLOAF (NIB) Regular and low fat

My cousin Jeannie came up with an idea for a delicious meatloaf using stuffing mix, such as Stove Top, moistened with any cream soup on hand, and go from there. How creative can you get? She said she used onions, ketchup, etc. I made a giant meat loaf that was great and froze the extra for another meal.

A box of stuffing mix contains 2-1/2 cups. Using Jeannie's ratio of 1 pound ground beef to 1 cup of stuffing to 1 egg per pound, plus other stuff, I created this recipe.

Since you can't cut an egg in half I used a whole one for the half pound.

2-1/2 cups stuffing mix (try the store brand)  
1 10-ounce can concentrated cream soup (I used cream of celery, 98 percent fat free)  
1/2-cup ketchup  
2-1/2 pounds fat-free ground beef  
3 large eggs or 3/4-cup egg substitute  
1 cup chopped onion (1 large onion)  
1 tablespoon Worcestershire sauce  
Several sprigs fresh Italian parsley, chopped, or 1 tablespoon, dried  
1 teaspoon each of salt and pepper  
3 tablespoons extra virgin olive oil (use only for fat-free choice)  
1/2-teaspoon garlic powder, optional

Place stuffing, soup and ketchup in a medium bowl, mix to moisten stuffing, and let sit for 15 minutes.

Meanwhile, in a large bowl, place meat and remaining ingredients. Add stuffing blend, scrub your hands real well and mix all together thoroughly. Making two loaves, place in a large baking pan.

With oven rack in center of oven, broil until top of loaves are brown (helps make better gravy).

Remove pan from oven. Preheat oven to 350-degrees. For a one pot meal, place cut up potatoes (large chunks) and halved carrots around meat and bake for 1 hour or until vegetables are almost tender.

Add 1/2-cup water or beef broth to the pan and cover with foil. Continue baking for 15 minutes or until veggies are tender.

Using a slotted spoon, remove vegetables. Place meatloaf on platter and pour remaining juices into a small saucepan. If you used regular ground beef, de-fat by using ice cubes and removing any left when the fat has congealed.

Prepare gravy as explained in previous recipe, using 1 rounded tablespoon flour instead of cornstarch.

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

For an autographed cookbook send \$19.50 (\$15 book, \$1 tax, \$3.50 for shipping and handling). For multiple books, it's \$3.50 S&H for 1 book, add \$2 postage for each additional book (\$15 plus \$2). Send to: Arlene M. Borg, 265 SW Port St. Lucie Blvd, No. 149, Port St. Lucie, FL 34984.

# Calendar

From page B5

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.mckeegarden.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, butterfly garden, native plant garden, wet labs and more. Also there are canoe

tours, workshops and other activities. It's open daily, with one-hour tours offered throughout the week. There is no admission charge. Visitors can also see the Florida crack-cracker-style home of poet Laura Riding Jackson on Saturdays from 9 a.m. to noon. The center is located at 255 Live Oak Drive, Vero Beach, south of the Wabasso Bridge. For more information call (772) 589-5050, or visit www.elcweb.org.

•**ORCA:** Enjoy the Oslo Riverfront Conservation Area, 350 acres along the Indian River Lagoon in southern Indian River County. The trail system takes you through a variety of distinct natural communities. A canopy of live oaks, orchids, wild coffee bushes, mangrove wetlands and wildlife are part of the experience. There is a bird watching observation platform and tower and the "awesome pine," the largest slash pine tree in the world. Park is open daily from dawn to dusk, with weekly and monthly-guided nature walks. There is no admission charge. For more information, call (772) 778-7200, Ext. 173.

•**St. Sebastian River buffer preserve:** Hiking, jogging, walking and nature study are permitted throughout the preserve, except in areas posted as closed or restricted. Access point is off County Road 512, just west of Sebastian Middle School. The preserve is open for daily use only, except for overnight camping by permit. Horseback riding is allowed on Wednesday. Contact the preserve office to make camping reservations and obtain a permit at (321) 953-5004.

•**Environmental viewing area** gives a close-up view of manatees and other wildlife during the winter months. Limited parking is available; see signage. It is west of the Vero Beach Municipal Power Plant on Indian River Boulevard, near the 17th Street Bridge, in Vero Beach.

To submit a calendar event, e-mail the information to news@hometown-newsol.com or fax it to (772) 465-5301 or (772) 467-4384. Information must be received two weeks prior to the desired publication date.

# Series

From page B2

Dreams," the Emmy-winning PBS documentary, is based on Mr. Mormino's book about Florida history since World War II.

On Feb. 25, Myron Jackson, drummer and story-

teller, presents "Talking Drums," a combination of the history and sound of African drumming as it changed and spread from Africa to America.

"In Their Own Words" will be presented on March 11, by Michael Jepson. Audiences will explore, through the use of oral history and photo journalism,

a documentary with stories of fishing families from Cortez and Cedar Key, and what is happening in their communities as a result of new regulations and development pressures.

Concluding the six-performance series on April 8 is "From Hard Times to Hard Rock," with Seminole scholar Patsy West.

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