

# Hometown News

SEBASTIAN RIVER AREA

TALKIN' TURKEY



Put that leftover turkey to good use  
Page B4

Vol. 9, No. 15

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

Friday, Jan. 6, 2012



**BEST OF THE BLOTTER**  
JAY MEISEL

Some criminal cases are unusual, humorous or just outright odd. And there's no shortage of them on the Treasure Coast. This column highlights cases that often leave observers shaking their heads.

## Convicting yourself

It's been said that most liars eventually trip themselves up.

That appears to be the case with a Port St. Lucie man.

The man claimed he thought someone had burglarized his mobile home and in the darkness he fired a shot at a burglar he never saw.

But a woman told police that the man's girlfriend had given her a key to the mobile home so she could pick up a baby jumper she let a girlfriend borrow.

She said she knocked on the door and no one answered. So she used the key and retrieved the baby jumper.

As she and a friend were leaving, the man confronted her and threatened her with a gun.

When confronted with what the woman and her friend said, the man told police "she" didn't have any right to be in the home.

The problem with that was the police officer never mentioned the victim was a female, yet the man claimed he never saw the supposed burglar.

And still having not learned his lesson, the man, as he was being arrested, maintained his

See **BLOTTER, A3**

## Center to accept construction, demolition debris

By Jessica Tuggle  
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY—Recyclers wanting to add construction and demolition debris to their recycling center got the OK from Indian River County commissioners in late December.

Indian River County Recyclers, operated by Fernando Sartor and his

wife, Beatrice Garcia-Sartor, succeeded in preparing a plan that the board could agree to that included collecting, but not crushing, heavy concrete blocks from demolition or construction sites.

The commission voted 4-1, with Commissioner Peter O'Bryan dissenting, to allow the company to

See **DEBRIS, A3**

## Shelter fundraiser to feature surprise speaker

By Jessica Tuggle  
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY—A solution to help some of the homeless community in Indian River County is coming closer to reality every day, and project leaders are looking for support.

The Camp Haven project, an effort to build a safe, legal, temporary housing tent camp for homeless in the community, has the support of many community leaders, and

See **SHELTER, A2**

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## Golf balls to raise money for kids

New fundraiser in the works for Youth Guidance

By Jessica Tuggle  
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY—What do kickball, golf balls and a helicopter have in common? They are all part of the newest and fun-filled fundraiser for Youth Guidance of Indian River County.

The Heli-Drop Ball Bash and Barbeque will be held on Feb. 11 from 4:30 p.m. to 10 p.m. at the Vero Beach Sports Village in Vero Beach. In addition to donating money for the programs that help about 700 children each year, participants have the opportunity to win cash prizes, event organizers said.

Golf balls purchased from the nonprofit will be numbered and dropped from a helicopter onto an open field. The ball that lands closest to a set target will win \$5,000, second closest wins \$2,500 and third closest wins \$1,000. Fourth, fifth and sixth closest will receive \$500.

Admission for one person and a golf ball is \$100, while admission for two and two golf balls is \$150.

Barbara Schlitt Ford, executive director of Youth Guidance, said the new fundraiser was necessary this year to compensate for the loss of other funding throughout the year.

"So many fundraisers are out there and we wanted to put one together that was really fun and unique. We hope to be able to sell 750 golf balls," Ms. Schlitt Ford said.

A competitive kickball game between Indian River County and Vero Beach government officials will start the event off with a bang and continue with the golf ball drop. Dinner will be catered by Bono's BBQ and live music will be played by Crooked Creek.

"We thought it would be great to have a game with a friendly rivalry and kick-

See **GOLF, A3**

## Improvements to county shooting range in works



Cliff Partlow/staff photographer

Gregg Cosmar, a retired Ccty of Plantation range master, takes aim at targets during the 2011 Florida Police and Fire Games at the Indian River County public shooting range in June. Improvements are planned to keep up with growing demand at the range.

## Range to add skeet and trap courses

By Jessica Tuggle  
jtuggle@hometownnewsol.com

SEBASTIAN—A new range and expanded hours are coming to the Indian River County shooting range in Sebastian, after a

recent vote by county commissioners.

The commissioners approved a plan to send an expansion project for the increasingly popular outdoor shooting range out for bid. The capital improvements project is expected to cost about \$750,000.

Holden Kriss, range manager, said the project will include constructing a sporting clays shotgun

course, combination skeet and trap range, new parking area, additional lighting and a new multi-purpose building for hunter's education classes.

The shooting range opened a little more than 10 years ago and each year the range becomes more popular. Now it has about 70,000 registered shooters in the books, and about 100 new members sign up each

week, he said.

Saturdays are the busiest business days many times, with more than 500 shooters, while Mondays, the slowest days, have about 125 shooters in a day using the facilities.

Mr. Kriss said the master plan for the shooting range was always to expand it as needed by demand.

See **RANGE, A4**

## Airshow pilot to speak at breakfast

By Jessica Tuggle  
jtuggle@hometownnewsol.com

SEBASTIAN—Stories of war birds flying in airshows will be the talk of the town this weekend.

"Captain" Chris Avery of Commemorative Air Force, a nonprofit organization, will be the guest speaker at the first Saturday breakfast of 2012 at the LoPresti hangar in the Sebastian airport on Jan. 7 at 9 a.m.

A full breakfast spread, including coffee, juice, eggs, bacon, fruit and more, precede Mr. Avery's talk about flying in airshows in renovated mili-

tary planes.

A recent resident of Vero Beach, Mr. Avery will fly in on one of the renovated planes, a Corsair, and be available to talk about the machine and its capabilities, said David LoPresti, event coordinator and owner of LoPresti Aviation.

An \$8 donation per person for the morning event will go to Operation Hope, a local nonprofit organization close to Mr. LoPresti's heart.

Operation Hope is located in Fellsmere and has helped needy families, many of them migrant families, in the

area for nearly 15 years. As the need in the community has grown since the economic downturn, so have the applicants coming to Operation Hope looking for help, Mr. LoPresti said.

Mr. Avery will also speak about his organization and their efforts to keep history alive for future generations.

The Commemorative Air Force is a nonprofit organization and was founded to acquire, restore and preserve, in flying condition, combat aircraft flown by U.S. military members around the world.

The fleet of aircraft, known as the "CAF Ghost Squadron," are restored with as many original parts as are available, and kept in flying condition so that others can enjoy the living history, said Mr. LoPresti.

"They are not satisfied to have them on display, they need to restore them to flying condition," he said.

All are welcome at the breakfast, from children to retired pilots, Mr. LoPresti said.

The first Saturday events were the brain-

See **PILOT, A2**

ENTERTAINMENT B6

## PHANTOM



Tom Trenney to play organ to 'The Phantom of the Opera'

GOLF B6

## 2012 IN GOLF



Here are some golfing predictions for the upcoming year

## WEEKEND WEATHER



Friday: Sunny; high: 70; low: 48; high tide: 6:10 a.m.; low tide: 12:08 p.m.  
Saturday: Sunny; high: 73; low: 50; high tide: 6:56 a.m.; low tide: 12:50 p.m.

Sunday: Sunny; high: 77; low: 57; high tide: 7:39 a.m.; low tide: 1:31 p.m.  
Weather courtesy of www.weather.com

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# Genealogy seminar to be held in February

For Hometown News  
NewsFP@hometownnewsol.com

INDIAN RIVER COUNTY — The Indian River Genealogical Society along with the Brevard Genealogical Society, Genealogical Society of South Brevard and the Treasure Coast Genealogical Society will present a valentine genealogy seminar on Feb. 11 from 9 a.m. to 4 p.m. in the Richardson Center of Indian River State College Mueller Campus in Vero Beach.

Like the popular television program, "Who Do You Think You Are," the seminar will feature four elements found in each episode. Experienced genealogists Kim Garvey and Cindy

Hineman will follow the programs' format and present segments titled: placing your ancestor in historical context; developing a research plan; using oral history and family/private archives and using data bases to find information. Registration is \$30 and includes snacks and a boxed lunch. After Jan. 15, the price

increases to \$35. Seating is limited to the first 140 registrants. To obtain a registration form, visit [www.irgs.org](http://www.irgs.org) or visit the genealogy department of the main library in Vero Beach. For more information, call (772) 234-8686 or email [garveyt@bellsouth.net](mailto:garveyt@bellsouth.net).

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Cliff Partlow/staff photographer

Dan Johnson, president and chairman of the board of the Light Aircraft Manufacturers Association spoke at the LoPresti LSA holiday/salsa fly-in on Oct. 8 at Sebastian Airport.

**Pilot**  
From page A1  
child of Roy LoPresti, founder of LoPresti Avia-

tion. He wanted to facilitate an environment where aviation enthusiasts and the general public could come and learn more about the industry and

meet interesting people with unique stories to tell. Passing along a love of aviation to the next generation was important to him, Mr. LoPresti said.

For more information, call (772) 562-4757 or visit [www.speedmods.com/firstaturday/firstaturday.htm](http://www.speedmods.com/firstaturday/firstaturday.htm) or search for LoPresti Aviation on Facebook.

**Shelter**  
From page A1  
now project directors are hoping for support at a grassroots level. They will host the first Camp Haven fundraiser on Jan. 26, said Sonya Morrison, a leader in the Camp Haven project and executive director of The Source, a non-

profit organization reaching out to the homeless or near homeless in the community. The fundraiser will take place at the Holy Cross Catholic Church Parish Hall in Vero Beach on Jan. 26, but no time has been confirmed. Free tickets will be available, but space is limited, so reservations are required. A call for donations during the event will be given, said Pat Geyer, Camp Haven project manager.

The identity of a special guest speaker at the event is being kept secret until the fundraiser. The secret guest is billed as an internationally known speaker who will be recognizable when he or she appears. "Even I don't know who it is," Ms. Geyer said with a laugh. Heavy hors d'oeuvre and dessert will be served during the fundraiser with bistro seating. Dress is business casual and after the event is over, guests will have an opportunity to take individ-

ual photos with the special speaker, Ms. Geyer said. The fundraiser is the next step in making Camp Haven a reality, she said. "This is a very important juncture for us. It's the beginning of the serious work of building of Camp Haven and we want to invite people to join with us," said Ms. Geyer. "We want them to be charter adventurers with us and bring this opportunity to our homeless neighbors, because that's who they are, our neighbors who have fallen on hard times. We can give them the opportunity to get them back on their feet," she said. The Camp Haven project has been in the works for more than a year, and recently received a generous financial donation to get them started, Ms. Morrison said. Philanthropists Walter and Lalita Janke of Vero Beach gave a charter donation of \$25,000, making it possible for the project to move forward with finding a workable site to meet its vision and

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Photo courtesy Youth Guidance of Indian River County

Youth Guidance mentor Michael Gibbons paddles with Thomas W. and Mekhi W. during a recent outing.

### Golf

From page A1

ball is making a big comeback in the country," Ms. Schlitt Ford said.

Tickets to the event, minus the golf ball drop

and chance to win a cash prize, is \$25.

"We really hope this is an event our grassroots followers and supporters will come out for; a night out with the tickets only at \$25," she said.

Youth Guidance volun-

teer mentors works primarily with children from kindergarten to 12th grade from single-parent, low-income homes in the county.

"We don't want them to be held back from their full potential by the circum-

stances they were born into," Ms. Schlitt Ford said.

To purchase golf balls, event tickets, make a donation or simply for more information, call (772) 770-5040 or visit www.iricyouth.com.

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### Blotter

From page A1

innocence, but added, "I should have killed the bi—," a report said.

#### Give him his sauce

If a server brings food and a customer finds the order doesn't match what he or she ordered, the customer usually will ask that food be returned and the order be corrected.

Perhaps a Martin County man wishes he would have done that.

Instead, the man, who was enraged over not getting a sauce he want-

ed, started throwing money around. After being escorted out of the restaurant by friends, the man returned, hit a man in the back of the head, knocked down glasses stacked on the bar and then knocked some people to the floor.

And if that wasn't enough, he exited the restaurant and fought people in the parking lot.

When arrested, he yelled obscenities at the officer and said that one day someone would shoot the officer in the head.

One must wonder what the man would have done if his entire food order had been wrong.

### Debris

From page A1

move into the property on 74th Avenue, which is currently zoned for agriculture, near the county's recycling center and begin their business.

Commissioner O'Bryan said he wasn't comfortable voting yes with the project because he was unsure of the dimensions of the other stockpiled material on the site.

While some business owners had objections to the special-use permit being granted, a neighborhood that greatly objected to the project when it was proposed last spring had no objections this time around.

The project, which was then known as the A1 Walee

Recycling Center, was vehemently opposed by the South County Preservation Society when it was located closer to residential homes and included concrete crushing. Residents had grave concerns about the air quality and ground water cleanliness should hazardous materials be released into the air through dust or through rain washing it into the ground.

The commissioners denied the request then for those reasons.

Indian River County Recyclers will be allowed to collect the concrete in piles, up to 14-feet high, and will then remove the concrete to other facilities to recycle it.

For more information about upcoming county government meetings, visit www.irgov.com.

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**Range**

From page A1

Since the beginning, visitors have asked for skeet and trap combination courses, and now the range has the full demand and income to make it happen.

"On those busy days, it's rockin' out here," Mr. Kriss said.

"I just want to build a range that meets the needs of the public out there," he said.

The plans call for three skeet and trap ranges and 15 shooting stations for a new sporting clays shotgun course. The project is being designed in-house and the construction project will go to the lowest most responsive bidder, Mike Zito, assistant county administrator, said in a memo.

The estimated cost of the project is \$490,000, plus \$250,000 for lighting that would enable the range to expand its hours of operation. Any additional operating costs are expected to be covered by increased revenues at the shooting range, Mr. Zito said.

The new shooting areas will allow more events to come to the shooting range, including adding

more shooting events to the annual police and fire games that take over the range once a year, Mr. Kriss said.

"We'll be able to have everything here," he said.

The Florida Wildlife Conservation Commission and the shooting range staff offer hunter-education courses at the range that draw people from surrounding counties. Recently, the free classes have grown to 50 to 60 people in each class, which is far too many to fit in the current office building on campus, Mr. Kriss said.

The Florida Wildlife Conservation Commission has agreed to pay for the costs of constructing a new building, which will include bathrooms, Mr. Kriss said.

Many times, the people who come for class will sign up and become regular shooters at the range, spreading the word about it to even more people.

"It gets really busy out here," he said.

*For more information about rates, shooting areas and other events at the range, call (772)581-4944 or visit www.goshootingirc.com.*

**Hospice VP becomes certified in hospice, palliative care**

For Hometown News newsfp@hometownnewsol.com

**TREASURE COAST** — Karen Ritchie, vice president of Hospice, has become a certified hospice and palliative care administrator recognized by the National Board for Certification of Hospice and Palliative Nurses.

To earn the CHPCA credential, Ms. Ritchie was tested on her competency of eight different fields of hospice and palliative care administration including leadership, fiscal management and operations. "We are very proud of Karen. She is raising the bar on the quality of leadership in our healthcare community. With her advanced certification, the VNA will be able to foresee and plan for advances in improving the healthcare experience for our patients and their families," said Joyce Baldrice, president and CEO of the VNA.

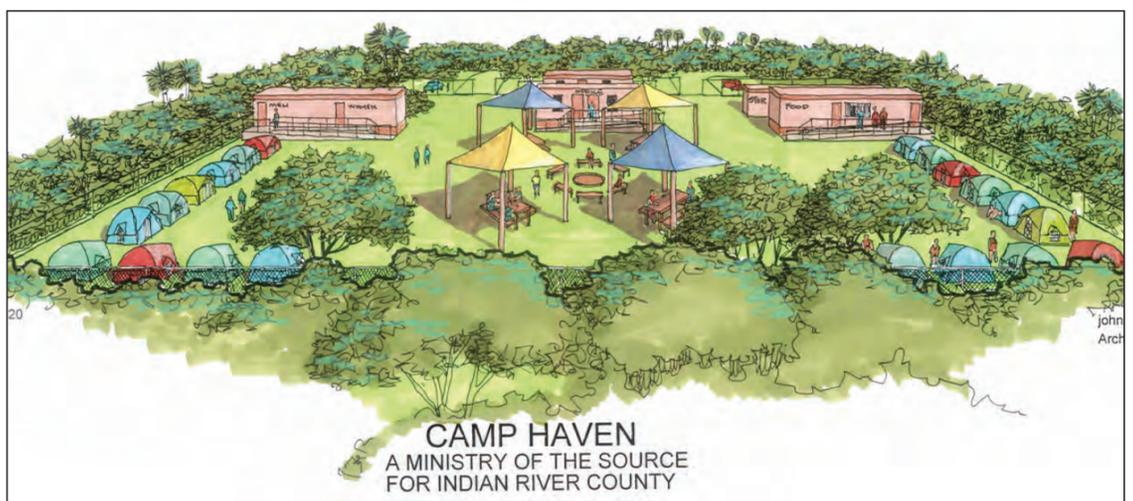
In June, Ms. Ritchie became the vice president of Hospice for the VNA. In this position, she is responsible for the management and

direction of all aspects of the VNA's hospice program. This includes focus on quality patient care, overseeing all aspect of the VNA Hospice House and supervising all hospice services and programs such as bereavement and caregiver support groups, Camp Chrysalis bereavement day camp and ceremony of remembrance events.

Ms. Ritchie's knowledge of hospice and palliative care also stems from her 14-year career within the healthcare field.

She has served as the director of patient care with the hospice of Lancaster County in Lancaster, Pa., where she was responsible for all direct patient care operations from referrals and admissions through inpatient and home hospice.

She also worked as the Martin County division director at the Treasure Coast Hospice in Stuart, where she provided leadership, program development and patient-centered care to the staff and management team.



This artist rendering shows how the Haven Camp for the homeless could look.

Rendering courtesy of the Source

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**Shelter**

From page A2

Camp Haven, but nothing is set in stone at the moment. The site would need to be between 2.5 and 5 acres to hold everything project leaders have in mind.

The camp would eventually hold a maximum of 100

housing units, but to start, the camp would be open to fewer than 10 people, Ms. Geyer said.

Negotiations are ongoing with a landowner, and should things move forward, the neighbors will be the first to hear about the plans for the land.

Ms. Geyer said the land was located near a light industrial

area, not a residential area.

The homeless population in Indian River County is estimated to be about 200 people, including children, Ms. Geyer said.

Not all of those 200 people will qualify to live in Camp Haven, but it will meet some people's needs. The camp will be limited to homeless married or single men and women older than 18 without dependent children.

Adults with dependent children already have an option at the Homeless Family Center or the Samaritan Center, both in Vero Beach, Ms. Morrison said.

Camp residents will be screened for psychological fitness, health, substance abuse and criminal history and must be Indian River County residents for a minimum of 90 days prior to enrollment.

Participants must also be willing to implement self-sufficiency plans and work one-on-one with a case manager to help them get out of the downward spiral of chronic homelessness.

The project timeline includes going public with a location by June, identifying potential campers from July to September and opening the camp in October or November.

The project is definitely moving in a forward direction, but sometimes the progress seems painfully slow to Ms. Morrison.

At The Source, she sees the need for temporary housing for the homeless in Indian River County. When people come to her looking for help, the best she can do is offer

them some blankets and a tent, but she cannot tell them where to set up camp.

"People are losing jobs, homes, and we have no shelter for them," Ms. Morrison said.

"It is so important to create a working solution for them so they don't have to make their way into the woods," she said.

People come to The Source to heat meals, use the showers or laundry facilities, request food from the food pantry to take back to their families or even request clothing.

Not all of them are homeless yet, but many are on the brink of homelessness, Ms. Morrison said.

The "working poor" also have their needs met by The Source, and that goes beyond physical help. The Source also offers several programs that are designed to meet their other needs, spiritual and psychological.

During the 2010-11 fiscal year, The Source helped 4,504 unduplicated clients. Sixty-nine percent of the clients were unemployed and looking for work. Of the total, 60 percent had been homeless less than three months.

Not all of those who come to The Source will be able to be helped by Camp Haven, but meeting the needs of some, and potentially helping them get back on their feet is what it's all about, Ms. Morrison said.

*For more information, call Ms. Geyer at (772) 205-1995 or visit www.buildcamp-haven.org.*

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# Police report

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

## Sebastian Police Department

•Maria Ann Ricci, 35, 111 Duban St., Sebastian, was arrested Dec. 22 and charged with battery of on a person 65 years old or older.  
 •James Jacob Bradley III, 24, 3845 44th Manor, Vero Beach, was arrested Dec. 22 and charged with being a habitual traffic offender.  
 •Robert Michael Boyssel, 19, 719 Bayharbor Terrace, Sebastian, was arrested Dec. 27 and charged with burglary of a structure and second-degree petit theft.

## Indian River County Sheriff's Office

•Randal Alan Mills, 15, 1555 29th St., Vero Beach, was arrested Dec. 21 and charged with possession of a

controlled substance without a prescription.  
 •Alex J. Parnell, 14, 535 12th Road, Vero Beach, was arrested Dec. 21 and charged with burglary of a residence and grand theft.  
 •Shaquille T. Demeritte, 17, 2210 Vero Circle S.W., Vero Beach, was arrested Dec. 21 and charged with burglary of an automobile.  
 •Tyler James Aycock, 19, 555 12th Road, Unit 107, Vero Beach, was arrested Dec. 21 and charged with aggravated domestic battery.  
 •Ashley N. Michalsi, 26, 1084 N.E. Crown Terrace, Jensen Beach, was arrested Dec. 21 and charged with two counts of possession of a controlled substance without a prescription.  
 •Edward Lewis Gibson, 22, 2825 44th St., Vero Beach, was arrested Dec. 21 and charged with aggravated assault.  
 •James Kevin McNulty, 24, 315 10th Court, Vero Beach, was arrested Dec. 26 and charged with grand theft of a firearm.  
 •David Keith Cox Jr., 25,

6707 Woodsmere Way, Fort Pierce, was arrested Dec. 25 and charged with possession of hydrocodone without a prescription and driving under the influence.  
 •David Allyn Record, 25, no street address given, was arrested Dec. 25 and charged with possession of cocaine, possession of drug paraphernalia and driving while license suspended.  
 •Robert Allen Holzhauser, 29, 2555 Old Farmington Road, Lewisburg, Texas, was arrested Dec. 25 and charged with burglary.  
 •Angel Manuel Lopez, 28, 2732 Northwest 202nd Lane, Miami Gardens, was arrested Dec. 25 and charged with burglary.  
 •John Michael Bear, 44, 1621 Fifth Court, Vero Beach, was arrested Dec. 25 and charged with burglary.  
 •Nicholas Louis Chandler, 23, 541 Quarry Lane, Sebastian, was arrested Dec. 23 and charged with three counts of credit card fraud, dealing in stolen property and resisting an officer without violence.  
 •Andrea Elizabeth Paz, 39,

1265 35th Ave., Vero Beach, was arrested Dec. 24 and charged with felony retail theft, possession of a controlled substance and resisting an officer without violence.  
 •Sonja D. Dorothy, 31, 8295 129th St., Roseland, was arrested Dec. 24 and charged with three counts of fraudulent use of a credit card, grand theft, resisting an officer without violence and two counts of petit theft.  
 •Dennis Boyles, 49, 591 10th Place, Vero Beach, was arrested Dec. 23 and charged with third-degree grand theft, dealing in stolen property and exploitation of an elderly or disabled person.  
 •Maryanne Bourbon, 46, 1599 Seventh Ave. Southwest, Vero Beach, was arrested Dec. 23 and charged with possession of drug paraphernalia, possession of cocaine and possession of oxycodone without a prescription.  
 •Claude Alex Watkins, 43, 130 N. G St., Hillsboro, Tenn., was arrested Dec. 23

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and charged with theft and violation of probation. He was on probation for two counts of contracting without a license during a state of emergency.  
 •Cheryl Stevechellenico Robinson, aka Cheryl Nicole Robinson, 25, 2290 10th Road S.W., Unit 205, Vero Beach, was arrested Dec. 23 and charged with possession of a firearm by a convicted felon and discharging a firearm in public.  
 •Richard Joseph Eisen, 27, 2305 19th Ave., Vero Beach, was arrested Dec. 22 and

charged with grand theft.  
 •Orlaundra Pryor, 38, 4052 42nd Square, Vero Beach, was arrested Dec. 22 and charged with making a false statement for public aid and third-degree grand theft and  
 •Shepherd Lawrence Knapp, 59, 786 Holly Road, Vero Beach, was arrested Dec. 27 and charged with felony driving under the influence.  
 •Melinda F. Espinoza, 24, no address given, was arrested Dec. 27 and charged with child abuse.

# USDA-approved feline treatments now available

For Hometown News  
 NewsFP@hometownnewsol.com

TREASURE COAST — A new website with a simplified process for veterinarians to order lymphocyte T-cell immunomodulator, the first USDA-approved treatment for the feline leukemia and feline immunodeficiency viruses was launched recently.  
 FeLV and FIV infections

are two of the most common and fatal feline diseases worldwide. Infections can cause severe immune suppression and anemia and result in increased risk of other infections.  
 LTCI is the first and only approved treatment aid in the United States for cats suffering from FeLV and FIV infections.  
 LTCI enhances the immune status of FeLV/FIV-

infected cats with a corresponding, significant improvement in clinical symptoms. The therapeutic effects appear to be long-lasting and without any side effects.  
 T-Cyte Therapeutics' website, www.TCyte.com, and new online capabilities mean that both pet owners and veterinarians can keep up-to-date on advances in the care and treatment of

FeLV and FIV, and animal clinics can directly order and manage timely shipments of LTCI, particularly in cases of critically ill patients.  
 The site also features educational and product information on retroviral health care and plans to add a searchable database of veterinary clinics across the country that offer LTCI for cats with FeLV and/or FIV.  
 T-Cyte Therapeutics is

dedicated to providing safe, effective, science-based products that enhance the health of animals, allowing owners to enjoy their longer-lived and healthier animals.  
 Terry Beardsley, founder and principal clinical researcher behind LTCI, while a faculty member at UCLA, demonstrated that retrovirus infection alters the structure of the thymus gland and its ability to pro-

duce mature functional T-cells; that retrovirus infection of thymic epithelial cells caused defective T-cell development, leading to immune deficiency and/or leukemia.  
 Dr. Beardsley's studies showed that his lymphocyte T-cell immunomodulator molecule could be used as a therapy for treating immunocompromised cats.

Forever Young  
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 Is 60 the new 40? PAGE 6  
 Boot camp! Get fit like a soldier PAGE 27  
 Calendar: Summer fun in the sun PAGE 4  
 The time of their lives  
 Baby Boomers — raised on rock n' roll and rebellion — are growing old, but not like their parents did. PAGE 7

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# VIEWPOINT

FRIDAY, JANUARY 6, 2012 • HOMETOWN NEWS • WWW.HOMETOWNNEWSOL.COM

## An answer to the never-ending question

Happy New Year. It looks like 2012 is going to be a much better year.

On the business side of things, with the addition of Vernon and Chris Smith's leadership and support to our management team, Hometown News has made some great strides in several key areas. We also have some very exciting news we will be announcing soon.

On the personal side of things, anything would be better than the year my wife, my family and I have gone through this past year.

The year started with the passing of my father on Dec 23, a few days before 2011 began and then, of course, the terrible and tragic accident that took the life of my incredible 16-year-old son, Austin, in July.

The 150 days that have followed, have been sheer agony. There has not been one day that tears have not been shed by both my wife, Elaine, and myself. I know it has been tougher for her, as she was always proud of her status as a stay-at-home mom. Now she stays home, but stays there alone. I, on the other hand, am able to block the saddening thoughts through out most of the day as I focus on the challenges and successes we have experienced here at the paper.

Everyday we spend time talking to Austin and praying to God that he is OK and doing the work that God took him to do.

We talk, but you always wonder if anyone is listening. Is there really something else after you leave your physical body? Is there really another chapter? You want to believe, but you always wonder if it is real or just religions way of keeping people on the straight and narrow while we are here on earth.

Let me tell you of a couple of recent experiences that have taken those questions away from us and have pretty much given us hard-core proof that this life is just the beginning.

The first incident happened this past November. I had been having some chest

### PUBLISHER/ C.O.O.

STEVE  
ERLANGER



pains. Not all the time but they would come at any time, last for anywhere from 5 minutes to 20 minutes; very uncomfortable and somewhat painful. Being the tough guy that I am, I put off going to the doctor until it was happening so often that it was becoming a problem to do all the things that I needed to do.

I went in, had the first round of tests, and the doc said I better come back for another round as something didn't look right. The second round of tests led to a third visit to go in with the heart catheter to see exactly where the blockage was and to put in a stint. I didn't think of it as any real big deal. It runs in the family. My father had a pacemaker implanted in his late 40s.

The night before I went in, I had a talk with Austin and God. I don't want to go into details, but I would imagine it was pretty standard dialogue any of us would have in a situation like this. The next morning, Elaine took me to the hospital for the procedure. The doc was ready to go and even was bragging to the other doctors that he could tell them where the blockage was to save them some time. They put me under and slid the catheter up and into the heart. Much to the amazement of all the personnel in the room, there was no blockage, it was gone.

This gave me cause to pause. Did Austin and God fix my heart? I wanted to think so but...

Then it happened. The event so blatant, so obvious, in black and white, that it could not be explained away. Austin sent me a text. That's right. Austin texted me. Let me back up.

Friday night, Dec.23 Elaine and I were sitting on the back patio, watching TV and

See **QUESTION, A7**

## Watching for traffic



Cliff Partlow/staff photographer

A pair of baby raccoons made their way across 77th Street after waiting for traffic to clear and the coast was clear. The pair's brothers and a parent were crying for them after they had already made it to the woods.

## Rants & Raves

### Got something to say?

Call the Hometown Rants & Raves line at  
**(772) 465-5504**

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.

### Thinking about the primaries

The primaries are for Americans to vote for who they think is best to serve this nation. The election will be a vote against President Obama and his job killing war on the middle class. Unjust regulation, litigation, taxation and mandated health care are big boots on the necks of small businesses and small banks, which by the way, employ the vast majority of the middle class.

Only the big corporations and big banks can afford the burdensome costs that Obamination has caused.

So yes, America, even though he says he is for the middle class, President Obama is destroying the middle class with his policies and it has always been the middle class that has made America prosperous and free.

Many, if not all, of the world's greatest leaders were womanizers, but they improved the lives of regular people. A man's sex life is none of our business and what was done to Herman Cain and his family is unforgivable. If Mr. Cain had been another bankrupt career politician, he would have sacrificed his family's well-being, but he is not a career politician.

I live in Florida and Mr. Cain is on the ballot here. I will be voting for the true outsider. I will be voting for a man who knows what a small business needs to grow and provide jobs for all Americans. I will be voting for the 9-9-9 plan, which will take power and control and corrupt cronyism out of Washington. No deductions, no loopholes, no subsidies to the powerful. No special interests payoff to corrupt, entitled politicians. I will be voting for a man who knows how to solve problems. I like a president with a clear view of foreign policy. Why do we make nice and give money to our enemies? I will be voting for a man who wants to make America energy independent. I will be voting for a man who will support a fair and just immigration policy. I will be voting for a man who will neutralize class and race warfare by just being himself, a man who has lived the true American dream.

I will be voting for a true leader, Herman Cain, in the primary. Americans have said we want change in Washington, a much smaller and fiscally sound government and one whose programs work properly, while providing the service they were originally meant to do. This man can bring us together and lead us back to prosperity. Herman Cain can and will get America back on its feet. He loves America and will never hurt her.

### Repeal Obamacare

If we accomplish just one thing in 2012 it should be to repeal Obamacare. When we allow political ideology to trump the health of the individual, we have made a terrible mistake.

The federal government response to Hurricane Katrina compounded a natural disaster. The present recession is an example of how politicians permitted political correctness to bring down the economy of the entire nation.

The post office annually loses \$5 billion and has no idea of how to correct the situation.

Hopefully, we can make more than one improvement next year, but getting rid of a federal mandate controlling our health would be super.

### Scare tactics didn't work

Despite the scare tactics of environmentalists, shale gas is shaving energy bills for an increasing number of customers. And the savings are huge.

Reflecting improving technology and significant increases in supply, in some places, prices have fallen by almost half in three years. As the industry expands, expect to hear even more positive news.

### Justice system failure

Michael Plumadore, a 39-year-old, is another example of how the Florida system of so-called justice is a colossal mess. Living in a trailer park in Fort Wayne, Ind., Mr. Plumadore has admitted to killing and using a chain saw to cut up the remains of a 9-year-old girl.

This despicable murderer had a criminal record here for assault and trespassing. The Florida legal system allowed him to walk free with disastrous results. It's time for reform.

### Illegal aliens have it easy

You want free health care, public schooling, in-state tuition, welfare and driver licenses for illegal aliens, all in hope of votes and what you see as loyal minions.

Did it ever occur to you and some Republicans that you will all be voted out?

Wake up. They already have their own people ready to step in.

I know how hard you fight for felons and illegal aliens to vote, just about as hard as you try to block our brave soldier's votes. At least some felons are legal citizens.

What part of illegal is so hard to understand? Crossing our borders is just the first law that is broken. I consider it invading a sovereign country. Driving and holding a license is a privilege. I know a few people who have been jailed for losing this privilege. What about the issue of identity theft and giving out false Social Security numbers?

Again, American citizens are jailed for this crime. My daughters could not cross lines to attend public schools, yet illegal aliens are welcomed with open arms. My children could not travel to an out-of-state school and expect to get in-state tuition, yet we give it to illegal aliens, not to mention every form of public aid and top priority for scholarships.

There is absolutely no respect for this country. Now the Mexican flag is flown over ours. They have the right to be patriotic to a country they fled, in our homeland, yet we have to fight to be patriotic in our own country.

Enough is enough, I'd move my family to Mexico when it finally empties out, but guess what, you can never become a full citizen there. Funny, their southern border is protected by the military.

### Stay warm in chilly weather

This is a grandmother giving advice to some younger people.

Please cover up the little children. It gets chilly in the stores and we have a couple more months of cooler weather. And the older folks should keep warm, too. We don't want you getting sick and passing your germs along.

### Native American discrimination?

We are entering 2012 and the group most discriminated against is Native Americans. Everybody is worried about where they are from and what continent they were born on, but the truth is, the most discriminated group is the group who was here before everyone.

The Indian people need to get their land back and everyone else needs to stop thinking it's theirs. Go back to where you came from. You brought poverty and crime. Give the land back to who deserves it.

### More ways to conserve

I'd like to give a couple more ideas on how to conserve water.

I keep water in the refrigerator so I don't have to wait for the tap water to get cold, and I turn the faucet under the sink in the bathroom to low, so I don't waste water when I brush my teeth.

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

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**BUSINESS**

# Spirit award



Marine Bank & Trust Co. received the 2011 Spirit of Indian River County award for companies with less than 50 employees by the United Way of Indian River County. From left: Gerry Thistle, United Way board chairman, presenting the award to Bill Penney, president and CEO of Marine Bank & Trust.

Photo courtesy of Marine Bank

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## Question

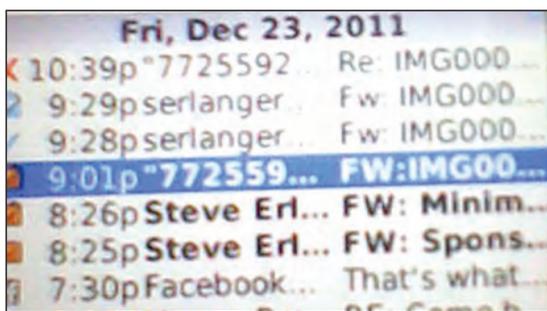
From page A6

talking. Most evenings, at the end of the day, Elaine gets upset. She misses our son. She can look up to see his bedroom door where he would come out and lean over the railing to ask us a question or tell her he loved her. She was upset.

We talked about him for a few minutes and I tried to make her feel better. I then set my phone down on the patio table and went inside to get something out of our room. Inside the bedroom I continued to talk to Austin.

"Son, we love you. We wish you were here with us. Austin, you have to let your mom know you are OK. Come to her, do something, please just let her know you are OK."

I went back out to the patio and noticed the phone flashing that I had a message. I clicked on the message and saw that there was an



attachment. I didn't recognize the number so I asked, "Elaine, do you know this number? (772) 559-2567."

She said, "That sounds so familiar," she paused, squinting her eyes as she dug deep in her brain for the owner of that number. Then she looked at me and said, "Steve, that is Austin's number."

What? What? Austin's number? Austin's phone has not had service for five months, his phone is in a zip bag under the counter. How could that be Austin's

number?

There is a ton of strange things surrounding this miracle. The fact that it was sent to my email but never went to our email server, only my phone was one of them. I could not open the attachment on my phone so I had to forward it to my email. I went inside to open the attachment on our computer.

Opening this attachment has changed our life and our outlook on the never-ending question, is there life after death?

I opened the attachment

and was shocked to see that it was a picture of Austin's grandpa. His grandfather passed away last Dec. 23, one year to the day. This picture was pulled up attached to a "photo gallery" that resides on our computer. I clicked on the arrow to see the next picture. It was Austin. Nearly every other picture on this photo gallery was a picture of Austin, back when everything was OK. He let his mother know that he was OK, he let us know he was with grandpa.

Actually, the photo shows you what we first saw when the message came to the phone, 9:01p "772559...FW:IMG00."

Was he telling us...I am good? Just for the record. I went to the ATT store to see how this could have possibly happen. According to them, it couldn't. There is no service to that number. No one else has that number. That number does not exist, at least not in this world.

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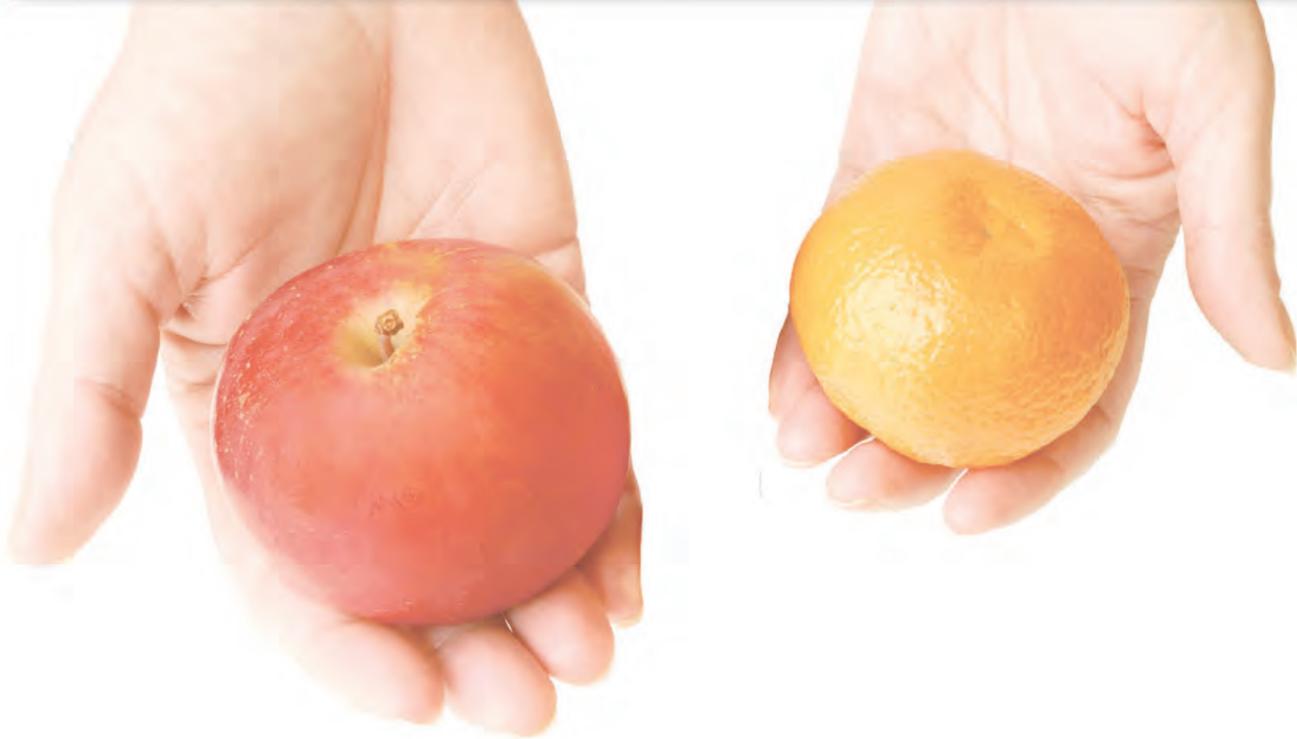
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# Dining & Entertainment

Sebastian

## Classified INSIDE

SECTION B • WWW.HOMETOWNNEWSOL.COM • FRIDAY, JANUARY 6, 2012

### Out & about

FRIDAY, JAN. 6

• **Space Coast Symphony Orchestra concert series, "New Year's with the Three Tenors,"** Trinity Episcopal Church, Vero Beach, 7 p.m. The orchestra will play waltzes, polkas, mazurkas and marches, and three tenor vocalists will join the orchestra to perform arias from popular operas. Visit [www.spacecoastsymphony.org](http://www.spacecoastsymphony.org).

• **Library coffee house,** North Indian River County Library, Sebastian, 7 p.m. Featuring Atlantic Bluegrass. Cost: free. Visit [www.sebastianlibrary.com](http://www.sebastianlibrary.com).

SATURDAY, JAN. 7

• **Night sounds at Sebastian Inlet concert series,** Coconut Point, Sebastian Inlet State Park, Sebastian, 7 p.m. Featuring Jim Wegman and Don Austin as Velveeta Underground, a mixture of classic rock, country, blues and folk cover tunes.

• **Star party, Sebastian Inlet State Park,** Sebastian, 6:30 p.m. The Indian River Astronomy Society will host a stargazing party at the day-use area, a half mile south of the bridge, weather and clouds permitting. Telescopes will be provided, or bring your own. Cost: park entry fees apply. Visit [www.floridastateparks.org/sebastianinlet/events.cfm](http://www.floridastateparks.org/sebastianinlet/events.cfm).

• **Craft show,** Riverview Park, Sebastian, 9 a.m. Hosted by the Craft Club of Sebastian, this event features a selection of handmade crafts, including, but not limited to: handbags, woodworking, soaps and jewelry. Rain date: Jan. 8. Cost: free. Visit <http://sebastiancraftclub.com>.

• **Concert by the Royal Philharmonic Orchestra,** Community Church, Vero Beach, 7:30 p.m. Organized by the Indian River Symphony Association. Cost: Individual concert tickets \$50, season subscription \$290. Visit [www.irsavero.org](http://www.irsavero.org).

• **CrossFit fitness class, Treasure Coast CrossFit,** Sebastian, 10 a.m. Cost: free. Visit [www.treasurecoastcrossfit.com](http://www.treasurecoastcrossfit.com).

SUNDAY, JAN. 8

• **Art in the Park, Humiston Park,** Vero Beach, 10 a.m. Outdoor fine art and craft show by the Vero Beach Art Club. Cost: free. Visit [www.verobeachart.com](http://www.verobeachart.com). See **OUT, B3**

## Organist to accompany silent film for movie concert

'Phantom of the Opera' from 1924 to play in Vero Beach

By Jessica Tuggle  
jtuggle@hometownnewsol.com

VERO BEACH — Murder, mystery and music are coming to Vero Beach.

The Community Church of Vero Beach concert series will start off 2012 with an organ concert with a special twist.

Renowned organist Thomas Trenney of Lincoln, Neb., has been engaged to accompany the showing of the 1925 silent film "Phantom of the Opera," starring Lon Chaney as the Phantom, on Jan. 13 at 7:30 p.m. at the church, said Ryan Kasten, executive director of the concert series.

Mr. Trenney is an incredible improviser on the organ, and will improvise during the entire 90 minutes of the movie, Mr. Kasten said.

Mr. Trenney is minister of music at First-Plymouth Congregational Church (United Church of Christ) in Lincoln and is the artistic director of Abendmusik, the Lincoln Concert Series, and music director of a chamber choir he helped create in Birmingham, Mich.

Last year's concert series was all about showcasing the church's new Lively-Fulcher organ, but not all the ideas were able to be used, including an idea to show a silent film accom-



Tom Trenney

panied by the organ, Mr. Kasten said.

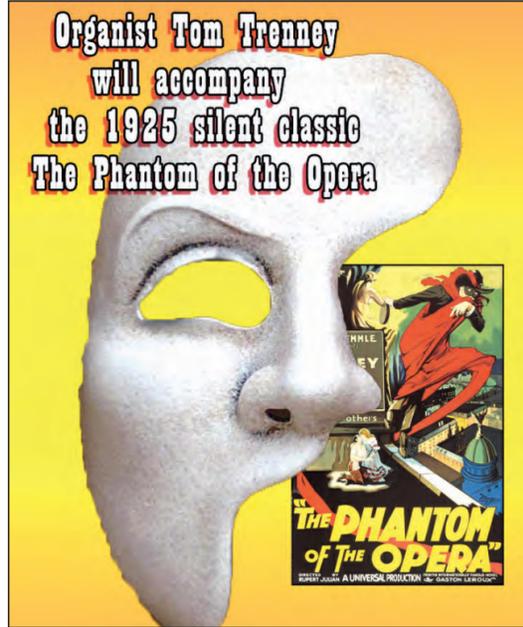
Having live musicians accompany a movie is not a new idea, in fact, it's how silent films in many theaters around the country would be made more entertaining, he said.

"Old Fox Theaters had pipe organs and that's how silent films used to be accompanied, with a live organist that would watch the movie and improvise to match what was happening on the screen. It was a seamless transition, moving from moment to moment," Mr. Kasten said.

"That's how our parents and grandparents would watch movies," he said.

Typical improvisation includes such things as playing a section of "How Much is that Doggy in the Window" when the film shows a pet store.

Mr. Trenney will accompany the whole film, which is about one-and-a-half hours in length, and may incorporate some recognizable sections of Andrew Lloyd Weber's "Phantom of the Opera" music, but will likely make it up as he goes



Graphic by Cliff Partlow

The Community Church of Vero Beach will present the 1925 silent classic film 'The Phantom of the Opera' accompanied by organist Tom Trenney.

"Old Fox Theatres had pipe organs and that's how silent films used to be accompanied, with a live organist..."

Ryan Kasten  
Executive director, concert series

along, Mr. Kasten said. "As a listener, you'll have to really pay attention to hear them, I think," he said.

A large screen will be set up in the sanctuary of the church to show the film. The movie was a box office success for its time, grossing more than \$2 million.

Tickets are \$25 for adults, \$10 for students.

For tickets, or more information about the Community Church of Vero Beach 2011-12 concert series, call (772) 778-1070 or visit [www.communityconcertseries.org](http://www.communityconcertseries.org).

## Garden fest to take place in February

For Hometown News  
NewsFP@hometownnewsol.com

INDIAN RIVER COUNTY — Gardenfest! Nature's Finest Marketplace will take place Feb. 4-5 at Riverside Park in Vero Beach.

The two-day event is rain or shine. Admission is free. Vendors will display a wide variety of plants and garden accessories.

Plants for sale will include: palms, ferns, orchids, natives, herbs, succulents, bamboo, roses and more comple-

mented with garden accessories such as pottery, fountains, furniture and lighting.

On both days, experts will be available to answer questions about gardening challenges. Mel Bartholomew of Square Foot Gardening will be at the event.

Here is the ask-the-experts schedule:

**Saturday, Feb. 4**  
• 10 a.m. Herbs, growing and cooking with Dennis Gretton, D & D Growers.  
• Noon Mel Bartholomew, author and

television host and inventor of Square Foot Gardening.

• 2 p.m. Bats are beneficial, Cyndi Marks from Florida Bat Conservancy.

• 4 p.m., Native plants, protecting the lagoon, Kathleen Hill, education coordinator, Indian River Lagoon National Estuary Program

**On Sunday, Feb. 5**  
• 10 a.m. All about orchids, Paul Price from Odom's Orchids.

• Noon Mel Bartholomew, author and television host and inven-

tor of Square Foot Gardening

• 2 p.m. Cold hardy palms and native trees, Richard Bamlet, senior forester of Florida Forest Service.

There will be youth activities, a food court and raffle prizes.

The event is presented by the Garden Club of Indian River County. Portions of the proceeds support civic projects.

For more information, visit [www.gardenclubofirc.org](http://www.gardenclubofirc.org) or call (772) 567-4602.

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STAR SCOPES  
James Tucker  
Week of 1-6-2012

**Aries-March 21-April 19**  
Count your blessings. This is a New Year. The past one has given both challenges and blessings. This year will be better with the rewards outweighing the challenges. Make an accounting on a regular basis about how much good is coming your way and you will increase the odds of success and put them in your favor.

**Taurus-April 20-May 20**  
Making wise decisions based on your instincts will keep you focused on the main issues that need to be addressed. You are at your best when you follow your heart not the head. Stay firm in your basic beliefs. Others around you may not always agree, but they will respect you for your firm resolve.

**Gemini-May 21-June 21**  
You are a creative, free spirit. Use your powerful gift of communicating when life gets sticky or begins to slow down. Be sure to make quality time for yourself each week and keep your mental batteries charged. The beginning of the year is no time to start feeling burned out. Strong concentration on your main objectives will bring positive results.

**Cancer-June 22-July 22**  
This will be a good year for you. You are more relaxed, your mind is clear, your heart is open and your visions are strong. This balanced life will help you expand your goals and help them grow earlier than usual. It's good to see you taking better care of yourself. You are well known for taking care of everyone else first.

**Leo-July 23-Aug. 22**  
You have the power of positive influence like few others. Why? Because of your fiery nature. You get a good idea and you put it into action. Two thousand eleven will be a year of continued action and many new adventures. Your good nature and encouragement is a large part of your success. It's part of your natural leadership

See SCOPES, B3

# Enjoy Holiday DINING

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Employees at Becker Holdings purchased holiday gifts for children in foster care and for young adults who age out of foster care at 18, and who are served through Children's Home Society of Florida programs and services. From left: Melissa Shine, CHS board member, Michelle Roberts and Rick Hurley of Becker Holdings.



Photo courtesy of Children's Home Society

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## Company celebrates 20 years fulfilling holiday wishes

For Hometown News  
NewsFP@hometownnewsol.com

INDIAN RIVER COUNTY — Since 1991, employees at Becker Holdings have opened their hearts to a

very special need in the community. They have purchased holiday gifts for children in foster care and for young adults who age out of foster care at 18, who are served through

the Children's Home Society of Florida programs and services.

"These vulnerable young people represent a unique segment of our community that are separated from their families due to neglect, abuse and abandonment," said Jan Swink, executive director of Children's Home Society, Treasure Coast Division.

"For many, these gifts will be the only gifts that they receive this year and for some, the first gifts they will receive in several years.

"The children will know that a 'secret Santa' somewhere in their community, cares for them."

In addition to fulfilling the specific holiday wishes of 20 children, the staff also donated several additional fun gifts, which are high-demand items this season that will help to fill in the gap for many more children who will celebrate the holidays without the love and support of a family.

One such example is a young woman who is enrolled in the organization's transitional living program. She recently moved into the Youth Transition Center in Vero Beach after she aged out of foster care with little more than the clothing on her back. This will be the first time in four years that she will receive holiday presents.

Caseworkers work closely with their young clients to help them assemble their wish list. The list for each individual is then distributed to donors throughout the community. Caseworkers then either deliver the gifts to foster parents or wrap them and deliver them personally to the clients.

The transitional living program provides young adults, ages 18-23, with a continuum of care after they age out of the foster care system.

Clients receive financial assistance, job training and mentoring to prevent homelessness and break the cycle of abuse and neglect that have been part of their lives.

The Youth Transition Center, located on the Vero Beach Campus is a residential component of this program.

For more information about donations to support Children's Home Society of Florida programs and services in Indian River County, contact Dee Benjamin, development specialist, at (772) 778-6340 or Dee.Benjamin@chsfl.org.

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Linda 321-727-5389

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Capone's Hideaway	Grand Island Athletic Club	Tradewinds
Celebrity 1	Hayes Gourmets	Treasure Coast Boat Rentals
Limousines	Ian's Tropical Grill	The Landing
Clarion Inn - Stuart	Joseph's Breakfast Tower	The Taste
Coastal Paddle Boarding	La Borgota	Tutto Fresco - Stuart
Coffman's Tobacco	Luna Italian Cuisine	Uncle Sam's Brau Haus
Connie's Flowers	Michelena's	US Sailing Center
Dee Stefano's	Mrs. Claus' Christmas Store	Vic's Pizza & Italian Restaurant
Di Michelli's at Meadow Wood	Nature's Pocket	

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# Museum's senior art class helps at risk teens



Linda Badgley, an instructor at Vero Beach Museum of Art, left, helps a student from the DATA Hayslip program for at-risk youth in Fort Pierce, bring colors to life during a weekly art class at the museum. The program helps students learn about art.

Cliff Partlow  
staff photographer

## Out

From page B1

club.org.

• **Spaghetti Dinner at Vero Beach Italian American Club**, 1600 25th St., Vero Beach. Spaghetti and meatballs, salad bar, bread, coffee and dessert for \$8.

Dinner will be served from 3-6 p.m. For more information, call (772) 778-1522 or visit iacavb.com

### THURSDAY, JAN. 12

• **Antiques show and sale preview party**, Vero Beach Museum of Art, Vero Beach, 6 p.m. Cost: \$75 per person, reservations only. Website: www.vero-beachmuseum.org.

### ONGOING EVENTS

• **Vero Beach Elks Lodge sends cookies to soldiers.** Homemade or store-bought cookies may be dropped off at 10 a.m. on the third Thursday of every month. Money donations for shipping costs are also appreciated. Bring cookies to Vero Beach Elks Lodge 1774 1350 26th St. Vero Beach.

• **Friday Farmer's Market in downtown Vero Beach.** For more information, call (772) 581-2746.

• **Men's singles tennis**

**pyramid:** Play runs from 6-8 p.m. every Thursday at the Riverside Racquet Complex, 350 Dahlia Lane, Vero Beach. This is an adult league for ages 18 and older; men's levels of 3.5/4.0. The fees are \$2 per week for members and \$5 per week for non-members (plus \$1 light fee per hour when applicable). Participants must check inside the pro shop with the attendant on duty and pay before going to the courts. Players must register weekly by sending an e-mail to Brian Orzel, singles pyramid coordinator at orzelbp@gmail.com by noon on Thursdays. A maximum of 14 players will be accepted for these pyramid or ladder format sets against three different opponents. For more information contact Gaby Dwyer, tennis supervisor, at (772) 231-4787 or contact Brian Orzel at (772) 538-0465.

• **Sunset Saturday night concerts:** The Oceanside Business Association of Vero Beach's sunset Saturday night concerts moves to Humiston Park and Ocean Drive through November. The Idol Gossip swing/Big Band will perform from 6:30-9:30 p.m. It's free, bring your friends and family. For more information, visit www.VeroBeachOBA.com.

• **Sunset at the plaza sponsored by Mulligan's Beach House** will have arts, crafts, live music, kids eat free and more every Thursday from 5-8 p.m. at the Vero Beach Mulligan's, 1025 Beachland Blvd., Vero Beach.

### ART GALLERIES

• **Artists Guild Gallery**, 1974 14th Ave., Vero Beach. Call (772) 299-1234 or visit www.artistsguildgalleryvero-beach.com.

• **The Gallery at Wind-sor**, 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. Call (772) 569-4400.

• **Capt. Hiram's Resort**, 1580 U.S. 1, Sebastian. For a look at the full entertainment lineup, visit

See **OUT**, B5



Christopher Loughlin, an art instructor at the Vero Beach Museum of Art, hangs a student's pastel artwork on the wall during a class for at-risk students recently. The students are from the DATA Hayslip program in Fort Pierce. Each week instructors and volunteers at the museum mentor the students, not in just art, but in life.

Cliff Partlow  
staff photographer

## Scopes

From page B1

### Virgo-Aug. 23-Sept. 22

You have done a lot of healing, changing and growing the past year. The key to success is to get a second wind when you begin to tire and use it to help you finish your projects in a timely manner. Your desire and visions are focused and strong. Stay on this edge and your life will be so magical that it will surprise even you.

### Libra-Sept. 23-Oct. 22

You have created many new exciting changes in life. Your spirit is strong and your attitude is positive. Keep your life tools honed and sharp. The main one is balance. You are our leader in this area. You have the patience, faith and trust in spirit. Stay focused on your passions and get ready for an exciting ride all year.

### Scorpio-Oct. 23-Nov. 21

Your self-confidence is growing. You worry less. You live a day at a time. You are happier. Why? Because you continue to release the past and plan for the future. You are creating your own reality. You are a player in the game of life, not a spectator. The greatest is your open heart to receive and give love. In the game of life you are a winner.

### Sagittarius-Nov. 22-Dec. 21

Where do you get all the energy? You amaze your

friends. You have a never-ending supply of determination. You know what you want. You usually get what you desire. The key for stamina is to pace yourself. Make a list of your top priorities every day, and take care of the most important ones first.

### Capricorn-Dec. 22-Jan. 19

You have a rare universal blessing. This gives you a highly focused mirror into your own inner universe. The greatest thing you could do would be to meditate every day and listen closely to this rare guidance. Then, take action to create a great reality in the days and months ahead.

### Aquarius-Jan. 20-Feb. 18

Few can keep up with you at the beginning of the year. Your sign is coming up next. The anticipation and joy of achievement is the fuel that fires your soul. The timing is perfect to launch your new projects. Your hard work has paid off. Nothing can stop you now.

### Pisces-Feb. 19-March 20

It is time to show gratitude every day. Say this out loud every day: "I am continually fed by the unlimited good in the universe. I am thankful for my many friends who bring me great joy and love. I see good in everyone I meet. I am thankful when they see it in me. My heart is filled to overflowing. Thank you, universe."

Have a starry week every-one.

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For more information, visit us online at [www.sebastianrivermedical.com](http://www.sebastianrivermedical.com).

# A cook-a-cabulary, great ways with leftover turkey

**H**ello smart shoppers, Today we're gonna' make some delicious meals with leftover turkey.

First, let's get even smarter by learning what cooking terms mean with my cook-a-cabulary, a vocabulary about cooking.

Alphabetically speaking, here we go!

**BASTE:** to moisten food while cooking with pan drippings to prevent dryness.

**BLANCH:** to precook in steam or boiling water to remove skin or to prepare food for canning or freezing.

**BLEND:** to thoroughly mix ingredients with an electric mixer or a whisk until smooth.

**BRAISE:** to cook slowly in a little liquid with the pan tightly covered.

**BREAD:** to coat with breadcrumbs before cooking.

**BROIL:** to cook by direct heat under the broiler of a stove.

**BUTTERFLY:** to split foods horizontally, such as chicken breasts or meat, without separating the sections then laying flat.

**CARAMELIZE:** to melt sugar slowly over low heat

until it becomes brown in color. To caramelize onions the same process is followed using a little shortening or water until they become lightly golden and translucent.

**COAT:** to cover foods with crumbs, flour or batter before cooking.

**DREDGE:** pressing food firmly into seasoned flour to coat heavily.

**FOLD:** to add ingredients gently, such as folding in beaten egg whites by placing a spatula down into the mixture at the side of the bowl scraping along the bottom then coming up and over turning the bowl often until well incorporated.

**GLAZE:** to brush a mixture over top of food to give it a shine or hard finish.

**KNEAD:** to work dough with the heel of your hand in a pressing and folding motion.

**PUREE:** to convert food into a liquid or paste using a blender, food processor or food mill.

**REDUCE:** to boil a mixture to evaporate liquid so it becomes thicker.

**SCORE:** to cut narrow criss-cross slits on each side of meat or poultry without



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

cutting through. Any more questions? Can't you feel yourself getting smarter by the minute? Enjoy. Next week it's turkey soup.

## LEFTOVER TURKEY OR CHICKEN CURRY Serves 4 to 6, regular or low fat

This curry is a simple variation of the real thing. It is a winner and takes almost no time to prepare.

- 1/2 cup each finely chopped onion and celery
- 1 tsp. canola oil or water
- 2 cups chicken broth, homemade or canned
- 1/2 cup tomato sauce and 1/2 cup water
- 1/2 tsp. Worcestershire sauce
- Several sprigs fresh Italian parsley, chopped or 1 tsp. dried

- Salt and pepper
- 1 tsp. to 1 tbsp. curry powder depending on how strong a flavor you want
- 3 to 4 cups cooked turkey or chicken, cut up
- 1/4 cup flour
- 3 to 4 cups cooked rice or noodles
- Cooked broccoli spears

Lightly brown onion and celery in oil, adding water if necessary. Add broth, reserving 1/2 cup, tomato sauce, water, a little salt and pepper, Worcestershire sauce, parsley and curry powder. Cook covered about 10 minutes. Add turkey; cook 10 minutes longer. Shake remaining broth with flour and add to the pot, stirring until thickened, adding more water or flour and water if necessary. Serve in individual dishes or any way you choose. Try broccoli spears over rice or noodles, then ladle on the curry.

## MOCK TURKEY OR CHICKEN DIVAN Regular or low fat

Leftover turkey or chicken

- Leftover gravy
- Fresh or frozen broccoli, cooked
- Cooked medium or wide noodles\*

Thaw cooked poultry; let sit out one hour to reach room temperature. Thaw gravy, bring to a boil; whisk to reconstitute.

Add cut up poultry; heat though. Serve in individual au-gratin dishes, topping a serving of noodles with a couple of broccoli spears, turkey and gravy.

\* Beware of noodles. They're first name is egg; they're high in fat and cholesterol. Use no-yolk noodles instead. Season with salt and pepper and a little butter substitute.

## GRANDMA'S ICE BOX CAKE Serves 6 or more Regular or low fat

I bet most of you remember grandma's icebox cake. Now by following my lead, you can make it low fat.

Remember, pudding is and always has been fat

free. By using fat-free milk or evaporated skim milk undiluted and fat-free topping you will have a fat and cholesterol-free dessert.

- 2 4-serving packages chocolate pudding, cook and serve, not instant, regular or sugar free
- 4 cups milk
- Graham crackers, regular or low fat
- Whipped cream or topping

Prepare pudding according to package directions. The microwave method is great, no pot to wash. Place a layer of graham crackers in an 8-inch square pan. Top with half the pudding, crackers and then the rest of the pudding. Crumble some crackers on top; refrigerate until cold. Cut in squares and serve with whipped cream.

For an autographed cookbook, "Romancing The Stove with the Grammy Guru," visit [www.romancingthestove.net](http://www.romancingthestove.net) or e-mail [arlene@romancingthestove.net](mailto:arlene@romancingthestove.net).

## Auction makes big difference

For Hometown News  
NewsFP@hometownnewsol.com

**TREASURE COAST** — Nancy Kratzer and Tony Fitzgerald from Vero Beach Auction made an impact on the lives of local children at the annual Big Brothers Big Sisters of Palm Beach and Martin counties Santa Claus Open golf tournament on Dec. 9, hosted by Hobe Sound Golf Club.

Ms. Kratzer and Mr. Fitzgerald opened their hearts and wallets for the children.

They didn't purchase the lovely jewelry, which they donated for the event, or a foursome at an outstanding golf course or even the trip to Vegas for

two, all of which were available at the auction.

Instead, Ms. Kratzer and Mr. Fitzgerald bid \$1,500 to purchase a stocking full of toys to donate to the children in Big Brothers Big Sisters.

"Ms. Kratzer's and Mr. Fitzgerald's generosity is inspiring," said

Bill Bee, BBBS president and CEO.

"We are blessed with such truly giving supporters, especially this time of year. Those toys will help dozens of children enjoy the holiday season."

"It is our pleasure to support such an important cause," said Mr. Fitzgerald.

"Especially during the holidays, it is important to

help the children in our community. Big Brothers Big Sisters does so much for these kids, and I am proud to be a part of their impact this holiday season."

Ms. Kratzer and Mr. Fitzgerald are longtime supporters of Big Brothers Big Sisters. They have given jewelry and gifts for auction items, participated in events and donated to the agency for more than five years.

Ms. Kratzer and Mr. Fitzgerald own and operate Vero Beach Auction in Vero Beach Florida.

For more information on Vero Beach Auction, visit [www.verobeachauction.com](http://www.verobeachauction.com).

## Community notes

### Exercise classes offered

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

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

• Qi gong for mind, body and spirit at Kashi Studio on Roseland Road. Saturdays at 8 a.m., and Tuesday at 10 a.m.

All classes cost \$7. For more information, call (722) 581-2629 or email [namaste52bellsouth.net](mailto:namaste52bellsouth.net).

### Tips on disaster planning

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

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

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

### Try a water class at aquatic center

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

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

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

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

### Medical center offers outpatient nutrition counseling

Do you have diabetes,

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

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

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

### League meetings scheduled

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

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

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

### Group posts presentations to Internet

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

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

— For Hometown News

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# 2011 brings many blessings



File photo

Nearly 20 animals, mostly dogs and cats, were brought to St. Elizabeth's Episcopal Church in Sebastian for a blessing of the animals in October. The Rev. Dave Newhart quickly made a friend of Nellie, a shepherd mix from HALO Animal Rescue. For more information, call (772) 589-7297.

## Animal clinic opened Jan. 2

For Hometown News  
NewsFP@hometownnewsol.com

INDIAN RIVER COUNTY — The Humane Society of Vero Beach and Indian River County opened an animal wellness clinic on Jan. 2 in its adoption and education building, located at 6230 77th St., Vero Beach. "Our new animal wellness clinic will offer affordable services to keep our community's pets healthy," said Mari Ramirez, HSVB and IRC director of animal care.

Spaying and neutering, basic animal health tests for heartworm, feline leukemia and FIV, core vaccinations, pet examinations, microchips and preventative medications to combat fleas, ticks and heartworms will all be available at the clinic.

Appointments can now be made with all medical services provided by the shelter's veterinary team.

All pet parents, regardless of income or county, are encouraged to take advantage of the clinic, which

even offers cost-saving wellness packages for dogs, cats, puppies and kittens.

County residents suffering from economic hardship can also receive aid for their pets through the Humane Society's financial assistance program.

"Our animal wellness clinic allows us to fulfill our mission to help every animal," said Chalmers Morse, HSVB and IRC executive director.

The clinic will serve a dual purpose of keeping

pets in the pink while hopefully generating funds to help the not-for-profit animal shelter care for the more than 6,000 homeless, injured, abused and abandoned animals it takes in annually.

The Humane Society of Vero Beach and Indian River County is a nonprofit organization dedicated to helping and protecting animals.

For more information, visit [www.hsvb.org](http://www.hsvb.org) or call (772) 388-3331, Ext. 40.

## The case of the frosted cupcake

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!



HOW WEIRD IS THAT?  
SEAN MCCARTHY

churros had a good chance of exploding.

### virtual sword

Who pays for virtual tools to grow a better virtual garden or to slay a virtual dragon, you ask? Plenty of people, despite what Zynga's IPO tells you.

A man in China recently spent \$16,000 for a virtual sword on a game that has not even been released yet.

"Age of Wulin," by California-based company Snail Games, has not been released on mainland China but that isn't stopping some from spending serious cash on the game.

The game is a massively multiplayer online role-playing game, better known as MMORPGs. A study released earlier in the year valued the virtual economy for MMORPGs at \$3 billion.

### Man divorcing wife of 77 years over affair in the 1940s

A 99-year-old Italian man is divorcing his 96-year-old wife after discovering that she conducted an affair in the 1940s, reports the *Telegraph*.

The couple have been together for 77 years, but time was no healer when the husband, referred to by Italian lawyers as Antonio C, found evidence of the affair while rummaging through a chest of drawers. Having confronted his wife, who confessed to the affair, he is now seeking a divorce.

According to UPI, Antonio came across letters his wife had received from an old lover more than 50 years ago. It is also reported that the couple have five children, 12 grandchildren and a great grandchild.

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

### Woman says TSA confiscated frosted cupcake

A woman who flew back home from Las Vegas said an airport security officer confiscated her frosted cupcake.

Rebecca Hains said the Transportation Security Administration agent at McCarran International Airport took her cupcake and told her its frosting was enough like a gel to violate TSA restrictions on allowing liquids and gels onto flights.

Hains, who lives just north of Boston, said the agent didn't seem concerned that the cupcake could actually be explosive, just that it fit some bureaucratic definition about what was prohibited.

The TSA was reviewing the situation, agency spokesman Nico Melendez said. Passengers are allowed to take cakes and cupcakes through checkpoints, he said.

Hains surrendered the cupcake, but she said the situation highlighted a lack of common sense by the agent and the ludicrousness of TSA policies. "It's not really about the cupcake; I can get another cupcake," she said. "It's about an encroachment on civil liberties. We're just building up a resistance and tolerance to all these things they're doing in the name of security, when it's really theater. It is not keeping us safe."

From [nbcbayarea.com](http://nbcbayarea.com): Man spends \$16,000 on

### Deputies: Man returned to beer after bank robbery

Authorities said a Tampa Bay area man ordered a beer at a bar, left to rob a nearby bank then came back to finish his beer. The Pasco County Sheriff's Office said 52-year-old John Robin Whittle was arrested at the Hayloft Bar in Port Richey. Deputies said he robbed a Wells-Fargo bank branch, but not before stopping off at the Hayloft for a brew. A bartender there said Whittle ordered a beer, disappeared for about 30 minutes and then returned to his beer.

Deputies said they arrested him at the bar about 10 minutes after he left the bank.

### Chile daily must pay readers for exploding churros

Chile's Supreme Court has ordered a daily newspaper to pay \$125,000 to 13 people who suffered burns while trying out a published recipe for churros, a popular Latin American snack of dough fried in hot oil.

The publisher of *La Tercera* must pay individual damages ranging from as little as \$279 to \$48,000. The high court's ruling was announced seven years after the readers burned themselves.

Judges determined the newspaper failed to fully test it before publication, and that if readers followed the recipe exactly, the

## Obituaries

### Pauline Jewel Phillips Hummon

Pauline Jewel Phillips Hummon, 86, died Dec. 17, 2011.

She was born in Ardmore, Okla., and lived in Sebastian for five years.

She was a homemaker. She survived a daughter, Sue (Bruce); son, Gary (Jean); three grandchildren and three great-grandchildren.

She was preceded in death by her husband, Keith.

Arrangements by *Strunk Funeral Home and Crematory*.

### Dominick Carrano

Dominick Carrano, 86, died Dec. 20, 2011.

He was born in New York and lived in Barefoot Bay for 15 years.

He served in the U.S. Navy during World War II.

He was a member of St. Sebastian Catholic Church.

He is survived by a son, John (Laila) and a daughter, Antoinette.

He was preceded in death by his wife, Frances.

Arrangements by *Strunk Funeral Home and Crematory*.

### Anna M. Essig

Anna M. Essig, 97, died Dec. 19, 2011.

She was born in New York and lived in Barefoot Bay for 37 years.

She was a member of St. Luke's Catholic Church.

She is survived by a son,

William (Chrys); a sister, Elizabeth and a grandson.

She was preceded in death by her husband, William and a brother, Frederick.

Arrangements by *Strunk Funeral Home and Crematory*.

### Joseph F. Thomas

Joseph F. Thomas, 89, died Dec. 20, 2011.

He was born in Lowell, Mass., and lived in Barefoot Bay for 27 years.

He served in the U.S. Army during World War II.

He is survived by his wife of 63 years, Leah; two sons, Joseph and Mark; two daughters, Alicia and Tricia; a brother, Raymond; five grandchildren and three great-grandchildren.

Arrangements by *Strunk Funeral Home and Crematory*.

### Eleanor Ruth Murray

Eleanor Ruth Murray, 92, of Barefoot Bay, died Dec. 25, 2011.

She was a nurse's aide for more than 30 years in New York.

She is survived by two sons, David and Brian; three daughters, Donna, Sandra and Linda and numerous grandchildren and great-grandchildren.

She was preceded in death by her husband of 60 years, David and a daughter, Carol.

Arrangements by *Strunk Funeral Home and Crematory of Sebastian*.

## Out

From page B3

[www.hiras.com](http://www.hiras.com). (772) 589-4345

• **Duke's Lounge**, every Friday night, alternative night club. 4700 N. A1A, Vero Beach. 9 p.m.-1 a.m. Call (772) 231-1600.

• **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.

• **Kilted Mermaid**,

1937 Old Dixie Highway Vero Beach. Open Tuesday-Saturday, 5 p.m.-1 a.m. Wednesday, open mic jam session; Thursday, trivia with Jason; Friday, live music; Saturday, live music. Call (772) 569-5533.

• **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.

• **Morrissey's Irish Pub**, live music every Saturday night from 8 p.m.-midnight. 740 S. Fleming St., Sebastian. (772) 589-1238.



**Steady, Now** Edited by Linda and Charles Preston

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<b>ACROSS</b>	1 Vestige	5 Butcher shop purchase	10 Seance sound	13 Alphabet	17 Small stream	19 Proverb	20 Black gold	21 Spirit, in Siena	22 Psychoanalyst's clue	24 School quitters	26 Top limit	27 Pindar's specialty	28 Rose holders	30 Stringed instrument	31 Beach	34 Poplar	36 Locales	37 Hebrew measure	38 Univ. degrees	39 Degrade	42 Boxing has-been	46 Bulling bellow	47 Snoop	50 Zero	51 Collection	52 Banquet	55 Weary	56 Put 2 and 2 together	57 Shrewd	59 Los Angeles suburb	60 Assistants	61 Incited to action	63 More judicious	65 Foot part	67 1929 disaster	70 Two-part sultanate	72 Al-... Iraq port city	73 Reese	77 "Doesn't know"	78 Treatises	80 Bridge seat	82 Bucket wood?	83 Resounded	84 Court VIPs	85 U.S. Army security gp.	86 San	87 Diving bird	88 After twelve fifty-nine	89 Cheap hotels	92 Final authority	94 Smash sign	95 "Leapin' ___!"	96 Porter	99 Speedy	101 Pressed	104 Revolutionary battle lake	105 evil	107 Charge																							
<b>DOWN</b>	1 Fermented palm juices	2 Incompetent	3 Antelope	4 Sparks, for one	5 Sugar	6 Commercials	7 "Joey"	8 Arches	9 Tibet's neighbor	10 Used wheels	11 Tunes	12 Mideast support org.	13 Concerning	14 Savage	15 Mentions	16 Mayday!	17 New Deal agcy.	18 Hobby trains	23 Gettysburg, for one	25 Ballet bend	29 "... a ___ of troubles..."	32 It wasn't built in a day	33 For, diplomat	34 Adjoin	35 Brooklyn music cntr.	36 Opp. of NNW	40 Warrant off.	41 Star in Aquilae	42 Obstruction	43 Fuss	44 Destroy	45 Complaints	47 Kind of stroke	48 Certain school, for short	49 "I do" alternative	52 Woods	53 Eastern VIPs	54 Major vessel	55 Contribution commitment	57 Frees from dependence	58 Run in neutral	59 Maritime larceny	60 Useful thing	62 Went for a good pitch	64 Ready to belt one	66 Takes ten	68 Prayer form	69 Sphere or lactic lead-in	70 Brummell	71 Authority level	74 Courts	75 Facilitate	76 out; manages	77 Bikini top	79 Itin. items	81 Utilizer	85 Dullard	86 Don	88 Propulsion device	89 Part of TGIF	90 At this time	91 Yoko	92 Wise guy?	93 Gold holder	94 Rots	96 Canines	97 Speak	98 Hyperion, for one	100 Miss Hannigan's prey	102 Entry island	103 Takes out	105 Firehouse dog?	106 Noble Ferrara family name	107 Groupies	109 Silly one	110 Stitch	111 Inc. acct.	113 Quant.	114 Command to Dobbie	115 Watch pendant	116 Honest

**Answers located in Classified Section**

# The future's bright for Sharks

Gustavo Mendez, left, and Julia Alonzo were among the hundreds of students attending the 'Shark Frenzy' last November. The Shark's homecoming game was against Forrest Hill. The Sharks won 59-13.



File photo

# Golf predictions for 2012

Happy New Year everyone! I hope the holidays left you with pleasant memories and new-found promise for 2012.

**GOLF**  
JAMES  
STAMMER



For us, a successful year in golf may mean just getting out a few more times to play. It may mean a new set of irons or a trip to a course you've longed to play. Perhaps it means a career-best round or one with an old friend or relative. Whatever it is, I hope that you find it.

For the more famous people in golf, I have a few predictions for 2012. While I am nowhere near as famous as Nostradamus, I hope I can be just a bit more accurate with my crystal ball.

With that, here are my top predictions for 2012.

In a move to increase his slipping chances of catching Jack Nicklaus, Tiger Woods petitions the powers-that-be at Augusta National to trim their invite list for The Masters to 18 players.

Seeing as Tiger's lone win in the last two years came at his own, limited-field event, he hopes the same-size field at Augusta will better his odds of winning at put him that much closer to Jack's record for major wins.

Alas, despite protests by Al Sharpton and the Rev. Jessie Jackson outside Magnolia Lane, the Green Jackets will politely turn down Tiger's request. While Tiger will be in the hunt, it will be Jason Day who holds off Luke Donald to slip on the coat come week's end. To which Tiger will comment sorely, "I wouldn't have even invited him."

At the U.S. Open, we will witness the most tightly packed leaderboard in decades. With the Olympic Club playing to a mere 7,060 yards, nearly the entire field will find themselves in the hunt.

Not having to hit long irons and fairway woods into concrete-hard greens will help the short hitters stay in contention. I look for a short-but-accurate player to win this major. We may even see someone from the Champions Tour hoist the cup by nightfall on Fathers Day.

On the flip side, I expect to see the youngest champion in history win a major on the ladies side of golf. Lexi Thompson will win a major this year and become the youngest woman to do so by nearly a year. That is if Yani Tseng cools off long enough for anyone other than her to win any tournament.

At the Open Championship, Sergio Garcia will finally get that giant gorilla off his back. He will claim his first major in style

beating the hottest youngster in golf, Rory McIlroy and the man everyone thought he'd be rival to, Tiger Woods, in a playoff at Royal Lytham & St. Anne's.

For Garcia it will complete his career comeback that began with back-to-back wins on the European Tour late this past year. For Tiger, it will be his second near miss of the year, something that will begin to eat at him as the year progresses.

At the year's final major, we will see a shootout between no less than six 20-somethings. In the end, Rickie Fowler will triumph. At his press conference after the tournament, he will show up sans hat and with a new haircut.

I think we will see the demise of a fine man and golfer this year. Ernie Els' putting woes will continue and he will go from the belly putter, to the long putter, to putting left-handed, to trying a wedge and then a hybrid in an effort to drop a putt.

Els slipped from 42nd in putting in 2010 to 180th in 2011. It's difficult to stay competitive and even harder to stay positive when you cannot make a 3-foot putt.

The final nail in the coffin for Els, and the beginning of a slide for others, will come when the Royal & Ancient actually bans the long putter.

There is currently a rule limiting how short a putter may be. While it's difficult to limit the overall length of a specific club, I expect to see the R&A make the swinging of a club by anchoring it to any spot on the body, other than the hands or the wrists, against the rules. With its usual aplomb, the USGA will wait another two years before implementing the same rule.

Finally, we will see a mainstay of the U.S. Ryder Cup team not make the squad. Sadly, Phil Mickelson, who has seen more than his fair share of mountains to climb, will slide out of the players qualifying for the team on points. It's unlikely that captain Davis Love III, will pick him with so many hot, young players to choose from.

*James Stammer has been an avid golfer and golf enthusiast for nearly 40 years. He hosts the Thursday Night Golf Show on WSTU 1450-AM. Contact him at stammeregolf@yahoo.com.*



Photo courtesy of Jan J Binney

From left: Exchangites Andrew Molloy, Scott Wallace, Joan Barcus, Karen Lewis, Marlyn Justice, Aaron Bowles and Warren Lewis presented a \$5,000 check to Theresa Garbarino-May and Chris Robertson of CASTLE.

## Club receives donation

For Hometown News  
NewsFP@hometownnewsol.com

INDIAN RIVER COUNTY — Members of Exchange Club of Indian River recently toured the new Indian River County offices of CASTLE, located at 148 Vista Royale Square in Vero Beach.

They enjoyed presentations by staff members, including Theresa Garbarino-May, executive director and Chris Robertson, development associate and a luncheon catered by Culinary Capers.

The Exchange Club of Indian River's Foundation presented a check for

\$5,000 to the CASTLE. Glenn Grevenoged and Kurt Wallach, members of CASTLE's newly formed Indian River County board of directors, were special guests.

Exchangites provide the community with programs in youth activities, service and Americanism. The Exchange Club of Indian River's Foundation supports a number of youth-related charities in the county.

Club members meet for lunch at Culinary Capers each Wednesday at noon to enjoy programs on a wide range of civic, charitable, professional, personal and business topics.

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**Email: classified@HometownNewsOL.com Logon to www.HometownNewsOL.com**

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**114 Lost & Found**  
**LOST MACAW** - Blue and Gold. "Bucky" has been missing since 12/23 2011. Family is heartbroken and very worried. Last seen in S.E. Palm Bay. Please call if seen. OFFERING REWARD! 321-729-4293  
Tell 'em you saw it in **HOMETOWN NEWS CLASSIFIEDS!** 800-823-0466

**128 Cemetery Lots & Crypts**  
**PALM BAY 2 Side By Side Niches** - Fountainhead Memorial Park, level 3 in Chapel of Peace, w/bronze plates. Current value \$3k, asking \$1995 for both! 321-725-3320  
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**130 Entertainment**  
**\*REDUCE YOUR CABLE BILL!** Get a 4-Room All Digital Satellite system installed for Free and programming starting \$19.99/mo. Free HD/DVR upgrade for new callers. So Call now 1-800-725-1835  
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**131 Personals**  
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**131 Personals**  
**ARE YOU PREGNANT?** A childless married couple seeks to adopt. Large extended family. Financial Security. Expenses Paid. Theresa & Steve 1-877-801-7256. FL Bar #0150789  
**ARE YOU PREGNANT?** Childless couple offers unending love/financial security. Stay-at-Home mom/devoted dad. Expenses Paid. www.adoption-is-love.com. Lorraine & Daniel (866)944-4847 (Hugs). Adam B. Sklar, Esq FL Bar Lic # 0150789  
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**WHITE MALE** 60yrs old, alternative lifestyle, new to area, looking for new friends. 772-584-7932  
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**132 Special Notices**  
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**A-1 DONATE YOUR CAR!** Breast Cancer Research foundation! Most highly rated breast cancer charity in America! Tax Deductible/Fast Free Pick Up. 800-771-9551 www.cardonationsforbreastcancer.org

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- No more than 2 ads per month.
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**CHIHUAHUA PUPPY** - AKC Registered. Champion Bloodlines. Call 321-427-1616 Palm Bay  
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Hometown News

Indian River County ■ January 2012

# Forever Young

A monthly publication celebrating the active lifestyle of Florida's boomers

No boredom  
for this man

Page 8

Starting  
over  
after 50

Boomers tell their stories  
of re-inventing themselves

Inside

Florida  
Republicans  
may sway  
Election 2012

Page 9

# New year a chance to try something new

By Shelley Koppel  
Associate news editor

It's a new year and many of us have made resolutions. Some of us have already broken them. We may want to exercise more, eat better or lose weight. Perhaps we want to reconnect with friends and family. Some of us may want to try something new. That's our focus this month.

In this issue of Forever Young, you'll meet people who tried something they hadn't done before. In some cases it was exercising or taking up a sport. In other cases, it was a change in career or a new pursuit after retirement. Some of the people had physical limitations. Others had survived cancer and rethought their priorities.

The common thread for all the stories is that it is never too late to try something new. It doesn't have to be a life-changing

move. Sometimes it's as simple as taking up bridge or ballroom dancing.

All of the people interviewed for these pages have taken that first step, the hardest one of all. Most were apprehensive. Many were afraid they'd make fools of themselves. They decided not let that bother them.

What they found was that challenging themselves kept them young, gave them confidence and made them feel better about themselves.

We hope you will take that message to heart. If there is something you've always wanted to do, perhaps this is the year you give it a try.

As a reminder, you can read all the stories in this month's edition by visiting our website, [www.hometownnewsol.com](http://www.hometownnewsol.com). Click on the Forever Young symbol. You can follow your neighbors throughout the Space and Treasure Coast this way.

We hope you'll take the time to check



## ON THE COVER

Oleg Dimitrov, owner of Royal Ballroom, and Vero Beach resident Christina Branigan strike a pose. Ms. Branigan recently began studying ballroom dancing and plans to enter competitions.

Photo by Jen Campbell

# HometownNews Indian River County ForeverYoung

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Published monthly by Hometown News, L.C., 1102 South U.S. 1, Fort Pierce, FL 34950  
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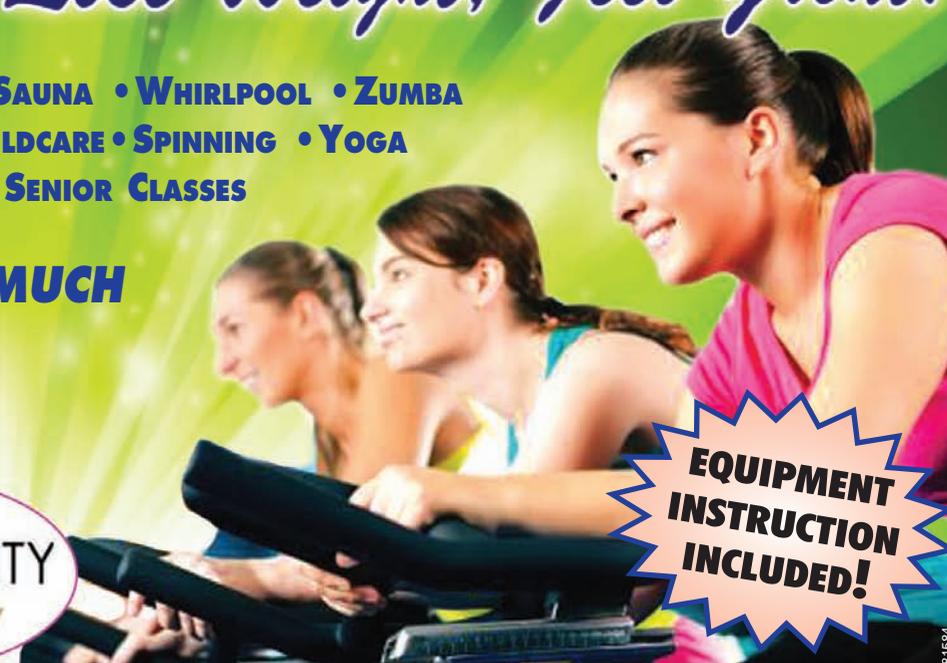
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Avoid the administrative red tape of the emergency room and the hospital affiliated urgent care centers or the corporate business approach of chain urgent care centers. By being seen by a board certified physician, Dr. Olenek, at every visit (no PA's or Nurse Practitioners), consistency and continuity of your medical care is ensured, unlike at the ER or other Urgent Care centers.

As an urgent care physician, Dr. Olenek has treated many patients who have primary care physicians but often cannot get an appointment on demand when they are sick or injured. Dr. Olenek can see any patient any day with little or no wait time. As a courtesy to the patient, he will fax all medical notes to the patient's primary doctor at the patient's request on the day of their visit.

East Side Urgent Care provides increased access to care with it's extended hours Monday through Friday 8:45am-6pm, Saturday 9am-3pm & Sunday 9am-1pm. However, every patient who arrives before closing will be seen even if the staff stays late.

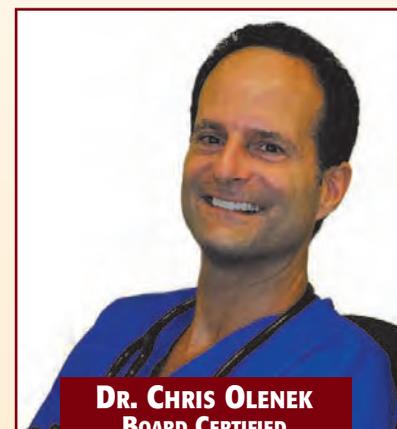
East Side Urgent Care is conveniently located across from the Medical Center in Vero Beach just behind Perkins Pharmacy 37th street location at 960 37th Place, Suite 102, Vero Beach, FL 32960. Dr. Olenek's patients range from infants to geriatrics. Their number is (772) 770-6225.

East Side Urgent Care manages a multitude of medical conditions from infections to serious injury ie. sore throats, sinusitis, ear infections, asthma, pneumonia, urinary tract infections, gout, insect bites to lacerations and incision and drainage of MRSA skin infections. Dr. Olenek administers IV fluid hydration, injectable antibiotics, injectable medications, oxygen and nebulizer breathing treatments, skin cancer screening, school, camp, sports and DOT physicals, pre-employment, random and post accident drug screens, and worker compensation evaluations.

Dr. Christopher Olenek completed internship training at Long Beach Medical Center/ MT Sinai Hospital System New York. He performed residency training at Columbia University Medical Center in New York City and Broward General Medical Center in Ft. Lauderdale, FL.

Dr. Olenek worked as an Emergency Room Physician, is Board Certified in Family Medicine, has additional training in Sports Medicine and has worked over eight years in Urgent Care. He returned to graduate school for his Masters in Public Health with a focus on the medical prevention and response as it relates to Bio terrorism, Chemical terrorism, Nuclear terrorism and Agro terrorism. Dr. Olenek has provided medical services in Vero Beach for the last six years and recently opened East Side Urgent Care in October 2010. Dr. Olenek engages his patients in their health care and is a strong proponent of preventive medicine.

So the next time you are sick or injured, don't waste time and money at the emergency room, come to East Side Urgent Care for prompt, courteous and effective care at affordable prices.



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# EXERCISE

is ageless



**By Shelley Koppel**  
Associate news editor

VERO BEACH — If you think you're too old to exercise, or you have too many health problems, you should meet Mary Chames.

At 88, Ms. Chames had fallen and hurt her back. She had also had knee replacement surgery.

"The best thing to do was small exercises," she said. "After the back brace came off, I kept going with them so that I could walk better and be more agile."

Now almost 90, she goes to the Vero Beach Athletic Club two or three times a week to do exercise to improve her balance, walk better and prevent falls.

"It's helped me a great deal," she said. "I'm not like I was when I was 60 or 70, but I'm so much better than I was. Even if you do a few things, you make progress. The old bones want to keep moving if we give them a chance. We have limitations we must accept and do the best with what we have."

Bob and Carole Del Vecchio own the Vero Beach Athletic Club.

Mr. Del Vecchio said that he often asks new clients when the best time to start exercising would be. If they're 70, they're likely to say that it's between 30-40 years of age.

"I come back with, 'the best time to start is today,'" Mr. Del Vecchio said. "It's never too late. Your body will overcome and adapt. Research shows even people in wheelchairs could use walkers or they went from canes to walking."

The most important element in an exercise program is that first step, walking through the door.

"You can lead a horse to water, but you can't make them drink," Mr. Del Vecchio said. "They have to have the gumption, willpower and indomitable spirit to walk in the door. Anything worthwhile has hard work behind it, but you will succeed."

A lot of older people have had their lives defined by their medical problems and limitations.

"Life becomes medicalized," Mr. Del Vecchio said. "There's no control. Through exercise and activity, people live longer and are much happier."

See **EXERCISE**, Page 16

# Woman sets sights on competitive dancing

By Shelley Koppel  
Associate news editor

VERO BEACH — Christina Branigan and her husband, Edward, an ophthalmologist, have owned Vero Eye Center and Branigan Optical for many years. Several years ago, Mrs. Branigan had colon cancer. It made her appreciate life even more.

the surgery, when everything was cleared, we were at a restaurant," she said. "I saw a postcard for dance lessons. My husband said, 'You should do that.'"

Mrs. Branigan went to a lesson at the Royal Ballroom Dance Studio in Vero Beach and was hooked.

"I went and fell in love with it," she said. "It was just what I needed. It made me feel great. It was magic."

Dr. Branigan is a triathlete and was not interested in ballroom dancing. Mrs. Branigan was a little apprehensive about going alone to the class for the first time, but her shyness left quickly.

"They were so welcoming," she said. "It's such a good feeling and you're not a stranger there. A lot of people don't have partners."

The dances run the gamut of ballroom dancing, from waltzes and fox trots to jives and quicksteps to rumbas and merengues. Right now, the Argentine tango is very popular, Mrs. Branigan said.

"On Fridays, there's a social, and everybody who's taking lessons can dance with each other," she said. "It's like a wedding or a party every Friday. You meet and greet and practice your steps."

Now Mrs. Branigan is doing something she never thought possible. She's preparing for competitive dancing.

"We Baby Boomers don't want to give in. We're not going softly into the night. (Dancing) keeps me forever young."

**Christina Branigan**

"I'm honing my skills, trying to get ready for competitions," she said. "There are competitions all over Florida. My instructor will take several students. I'm looking forward to it. It's very exciting."

"When I started this, if anybody had told me I'd get up in front of people and dance ... it's like a completely different person. You never know what's budding inside you."

Mrs. Branigan practices in the kitchen and says her husband is a big supporter.

"He says he'd never know how to do the steps," she said.

While Mrs. Branigan loves the dancing and the movement, her enjoyment goes deeper than that.

"It makes you feel good that you've mastered the steps and the techniques," she said. "We Baby Boomers don't want to give in. We're not going softly into the night. It keeps me forever young."

Having survived cancer, Mrs. Branigan savors her accomplishments and urges others to do something new.

"You realize how precious life is and how every day is such a gift," she said. "People shouldn't be afraid to try. You might like it and you might not. I went for it and loved it. You can't take yourself too seriously. If you enjoy it, just do it

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## CALENDAR

## Ongoing Events

•**Round Dance (like ballroom):** 6 p.m. – 7 p.m., every Wednesday, Jan. 4, 11, 18, 25 at 4405 N. A1A (Across from Jaycee Park), Vero Beach.

A couple's dance: Two step, waltz, Cha Cha, Tango and more. This is going to be easy and fun.

Cost is \$6 per night per person, the first night is free.

•**Square Dance Beginner Class:** 7 p.m. – 8:30 p.m., every Wednesday, Jan. 4, 11, 18, 25 at 4405 N. A1A (Across from Jaycee Park), Vero Beach.

•**Farmers Market Beachside:** at 8 a.m. – noon every Saturday at the corner of Ocean Drive and Dahlia Lane across from Humiston Park.

Fresh and locally grown produce, poultry, honey citrus seafood and plants.

There will be local artisans creating breads, spices, cheeses, sausages, and spreads. Also, local food vendors offering coffee, baked goods, breakfast and lunch items.

Live music by David Potter – banjo, vocals and guitar.

•**2012 King of the Hill Tennis Tournament:** at 6 p.m. every Thursday in January starting Jan. 12 through to Feb. 2, 9, and 16 at the boulevard Village and Tennis Club, 1620 Boulevard Village Lane, Vero Beach.

Area tennis pros compete against one another in high-level doubles competition.

For more information, contact Gigi Casapu at [gcasapu@aol.com](mailto:gcasapu@aol.com).

## Friday, Jan. 6

•**New Year's with the Three Tenors:** 7 p.m. on Friday, Jan. 6 at the Trinity Episcopal Church, 2365 Pine Ave, Vero Beach.

Ring in the New Year with the Space Coast Symphony Orchestra performing popular works including waltzes, polkas, marzurkas, and marches. Joining the Orchestra will be the Three Tenors, then a concert filled with thrilling music and surprises.

Admission is \$20 and may be purchased in advance online at [www.spacecoastsymphony.org](http://www.spacecoastsymphony.org), purchased at ticket outlets, or by

calling (321) 536-8580. Tickets at the door are an additional \$5. Students 18 years of age and under are admitted free. For those unable to afford the price of general admission, the New SCSO Symphony for Everyone program will provide discounted tickets to anyone wishing to attend the symphony performance.

•**Disney's My Son Pinocchio:** at 6 p.m. Friday Jan. 6 and at 1:30 p.m. Jan. 7 and 8 at the Anne Morton Theatre at Riverside Children's Theatre, 3280 Riverside Park Drive, Vero Beach.

Disney takes the classic tale and reinvigorates it with music and humor for modern audiences.

Tickets are \$10-\$16 for adults, children \$5-\$8.

For more information, call (772) 234-8052 or visit [www.riversidetheatre.com](http://www.riversidetheatre.com).

•**The Comedy Zone:** at 7:30 p.m. and 9:30 p.m. Friday, Jan. 6 at the Waxlax Stage at Riverside Theatre, 3250 Riverside Park Drive, Vero Beach.

This is Riverside's monthly showcase of up-and-coming comedians touring

the comedy circuit.

Tickets are \$15 each.

For more information, call (772) 231-6990.

## Saturday, Jan. 7

•**Royal Philharmonic Orchestra:** at 7:30 p.m. Saturday, Jan. 7 at the Community Church of Vero Beach, 1901 23rd St., Vero Beach.

Pinchas Zukerman, conductor and violin soloist leads the Orchestra in renditions of Beethoven's Egmont Overture, Op. 84, Beethoven's Violin Concerto in D Major, Op. 61 and Elgar Enigma Variations for Orchestra, Op. 36.

For ticket information or to purchase tickets, call (772) 778-1070.

## Thursday, Jan. 12

•**The Full Monty:** at 8 p.m. Jan 12, 13 and 14 and Jan. 14 and 15 at 2 p.m. at the Stark Stage at Riverside Theatre,

See **CALENDAR, Page 12**



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Dr. Prinsen received her medical degree from and completed her family medicine residency at the University of Montreal Faculty of Medicine in Montreal, Quebec, Canada.

Prior to joining Indian River Medical Center, Dr. Prinsen was affiliated with Hospital Maisonneuve-Rosemont in Montreal, Quebec, Canada; Northwest Medical Center in Thief River Falls, MN; Valley Regional Hospital in Claremont, NH; Catholic Medical Center in Manchester, NH; and New London Hospital in New London, NH. Most recently she served as preceptor for the On Doctoring Program for first and second year medical students at Dartmouth Medical School in Hanover, NH.

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# Bridge: Keeping your mind exercised

By Shelley Koppel  
Associate news editor

VERO BEACH — Research has shown that keeping the brain active by doing puzzles or crosswords or playing games such as bridge may stave off age-related dementia.

Now scientists think that card games like bridge may be the best plan for protecting the brain. It appears that the interaction with other people is as important as the intellectual challenge.

An article by Benedict Carey in the May 22, 2009, issue of The New York Times, entitled "At the Bridge Table, Clues to a Lucid Old Age," cited research by Dr. Claudia Kawas, a neurologist at the University of California, Irvine.

"We think, for example, that it's very important to use your brain, to keep challenging your mind, but all mental

activities may not be equal. We're seeing some evidence that a social component may be crucial."

Those findings are welcome news to the many bridge players in the area. David Lambie of Vero Beach, a college student, teaches bridge to classes filled with seniors.

"Some learned to play in college but haven't played in years," he said. "Some say they don't know a thing but want to play with friends."

Mr. Lambie teaches bridge at Barefoot Bay. His classes are open to the public. He suggests to students that they start with his Fundamentals course.

"The way I designed it, if you know nothing about cards, by the end of the eight-session class, you'll know some of the fundamentals.

"I've found that even for students who took lessons in college, things

have changed in 30 years. There are new ideas on bidding. Taking classes periodically is an important part of learning. There's always new material."

For those who are worried bridge is too complicated, Mr. Lambie offered reassurance.

"If you can do basic addition and subtraction and like socializing, there's no reason why you can't like it," he said. "It takes a little bit of work, but once you learn it, you can go to a bridge club or social bridge setting. You don't have to have a regular partner.

"I can't extol the benefits enough. It's a mental activity that reinforces positive relationships."

Joyce Pacific of Barefoot Bay began studying bridge with Mr. Lambie last year.

"Friends tried to teach me, but they

confused me," she said. "I'm determined with David. I love it. It challenges your brain. It's a very serious game, not like Bingo.

"You have to remember what you're supposed to know. I'm almost 80. I can't exercise a lot and I thought it was a good way to keep my brain active. I know it's difficult, but I do like it and I want to learn more. You never stop learning."

*David Lambie's next series of bridge classes begin in January at Barefoot Bay's Community Center. Barefoot Bay is located in southern Brevard County. The classes are open to the public.*

*For information about class schedules and cost, visit the website [www.directordavidlambie.wordpress.com](http://www.directordavidlambie.wordpress.com) or call (772) 231-5663. Mr. Lambie is available to teach classes in other communities.*

*He also has a free monthly online newsletter. Sign up at his website.*

# Fitness for building muscle and confidence

By Shelley Koppel  
Associate news editor

VERO BEACH – Marcia Nevins, 74, has peripheral neuropathy and has had two operations on herniated discs. She used a cane or a walker to get around.

"I just felt the next stage was a wheelchair and I didn't like the idea of that," she said.

She decided to enroll at Longevity for Women in Vero Beach because Ginger Stewart, the general manager, had experience working with neuropathy patients.

"I just wanted to do the treadmill," Ms. Nevins said. "I just wanted to get walking. She suggested upper body exercises. They're very simple, with 2 pound weights. On the treadmill, I started at 1/8 of a mile. After seven weeks, I'm up to half a mile in 20 minutes. I'm very pleased. I feel much better and I'm

not as dependent on my cane."

Ginger Stewart, general manager at Longevity for Women, sees this all the time. People come in who are discouraged and depressed at the limitations placed on them by their bodies.

"They're building confidence," she said.

"They start volunteering again. They thought they would have to live this way for the rest of their lives.

"We had a lady a while back who used a cane. It took 15 minutes to get through the front door. Her voice was hoarse and she was hardly able to talk. She said, 'I have not talked to a living human in five weeks.'

The woman had withdrawn because she was depressed about her life.

"She saw an ad and came in," Ms. Stewart said. "She said, 'I just

came in to throw money away. I know it's not for me.' Within five-six weeks, she was flying in, still dragging her leg, but without her cane."

She noted that exercise has many benefits, regardless of age.

"There is increased energy, stamina, a reduced risk of falling, better balance, cardiovascular fitness, osteoporosis prevention and increased muscle strength. Above all is the improvement in attitude."

Richard Barattini, the center's executive director said that it's important to be realistic.

"You can't make changes by snapping your fingers," he said. "It goes little by little. The name of the game is not how many pounds you lift today, but coming in over a long period of time and making a lifestyle change."

Mr. Barattini said that progress is measure in many ways. Changes in mobility, in range of motion and in

stamina may be measured in small steps. Changes in attitude and confidence are even harder to quantify.

"I saw a lady the other day who joined a month ago. She came in with her hair not cared for and no make-up. After two-three visits, she's putting on make-up and fixing her hair. If that's not results, what it?"

Ms. Stewart echoed the thought.

"You're never too old and it's never too late. You have to take that step."

*Longevity for Women is located at 650 12th St., Vero Beach. Call (772) 778-6800 or visit the website [www.longevityclubs.com](http://www.longevityclubs.com).*





# A man of many interests is never bored

I am a man of many interests and hobbies. Since I was a kid, I have been a serious fisherman and I have pursued that hobby all across the United States. I have fly fished for brook trout in the rushing streams of the high Rocky Mountains, trolled for salmon and walleye in the Great Lakes, trapped crawfish in the swamps of Louisiana, and caught horned pout in Maine. I have landed bonito in Southern California and scooped up grunion from the beach. I have caught cutthroat trout in Idaho and large mouth bass from the Santee Cooper in South Carolina. With a fly rod I caught small mouth, northern and white bass in the Wolf River west of Green Bay, Wisconsin. Of course, I have caught most of the fish that swim in Florida waters both fresh and salt.

I have given fishing my all. For most of my life I have also been a car guy and have restored many classic autos. I did a 1959 Chevy pick-up, a very rare 1960 Facel Vega, one of only 200 hand-made in Paris, France. I had a 1970 Mercedes, a 1977 Lincoln Versailles, a '47 Chrysler sedan, a 1966 Plymouth Valiant, and a Bricklin gull wing sports car. I did a fabulous 1949 Chrysler Woody Convertible and many more. I loved each and every one of them.

I am a lifelong sports fan and chased most of the balls when I was a young man. It was my honor to see Roberto Clemente play in Pittsburgh's venerable Forbes Field and I saw Sandy Koufax pitch in Chavez Ravine. I watched Stan Musial play a game against Willie



## LAND LINES

DAN SMITH

Mays in the original Bush Stadium in St. Louis. As a young man I saw a game between the old Washington Senators and the Philadelphia Athletics in D.C. I saw Harmon Killebrew hit one out in Minneapolis, and Ernie Banks do the same in Wrigley Field.

Always a football fan, I once watched a game between the Houston Oilers and Boston Patriots before each changed their names. In Chicago's Soldier Field I watched the great Walter Payton



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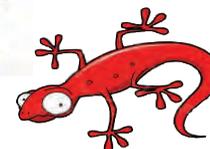
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# An easy way to stay informed on the election

By **Jeff Johnson**  
Interim State Director of AARP Florida

On Jan. 31, Florida Republican voters go to the polls to say who'll get Florida's delegates to the GOP national convention in Tampa this August.

While Florida Democrats won't vote in a presidential primary – most observers say it's virtually certain that the Democratic national convention will nominate President Obama – Florida's Jan. 31 primary election could play a major role in the outcome of the race for the Republican nomination.

To help older Floridians sort out where candidates stand on issues important to voters 50+, AARP Florida is helping voters to track the candidates' positions – especially on critical pocketbook issues such as protecting and strengthening Social Security and Medicare.

AARP is nonpartisan and does not endorse candidates for any election or contribute money to any political-

action committee or campaign. AARP does work to educate its 37 million members, including 2.7 million members in Florida, on key issues.

In October, an AARP Florida poll showed a significant and troubling gap between where some Republican candidates stood on cuts to Social Security and Medicare and where Florida Republican voters stood.

The poll showed that by huge margins – at least two to one– GOP voters stoutly opposed cuts to future recipients' Social Security benefits, or cuts to Medicare benefits, as a way to reduce the federal deficit.

For example, Florida Republicans who identified themselves as Tea Party supporters, and who also said they had attended Tea Party events, opposed cuts to Social Security for future beneficiaries as a way to reduce the deficit by a margin of 56.1 to 37.9 percent. The same voters opposed cuts to Medicare as a way to reduce the deficit by 62.1 to 31.8 percent, almost exactly two to one.

In other groups of Florida Republican voters, the margins were far more lopsided. Hispanic Republicans opposed Social Security cuts as a deficit-reduction measure by 84.5 percent to 13.5 percent, a crushing six-to-one margin. While Florida Republicans overall opposed cuts to Medicare as a means of reducing the deficit by 70.4 percent to 22.2 percent, Hispanic Republicans opposed Medicare cuts 77 percent to 16.5 percent, more than a four-to-one margin.

Yet much of the political buzz about the GOP primary has centered on ideas for cutting Social Security benefits for future retirees, or reductions to Medicare reimbursements, as a way of lowering the federal government's operating deficit.

AARP believes this poll shows a startling disconnect between what Washington and the candidates are thinking about Social Security and Medicare, and what Florida GOP voters want them to do.

The poll showed that those Florida

Republicans likely to vote in the Jan. 31 primary are overwhelmingly 50+, for whom Social Security and Medicare are very important issues.

AARP Florida believes it can play an important role by helping voters learn where candidates stand on these critical issues.

To make sure voters are getting accurate information, we have posted unedited video voters' guides in which several candidates explain their views on Social Security and Medicare in their own words. The voters' guide can be found at [www.aarp.org/youearnedit](http://www.aarp.org/youearnedit)

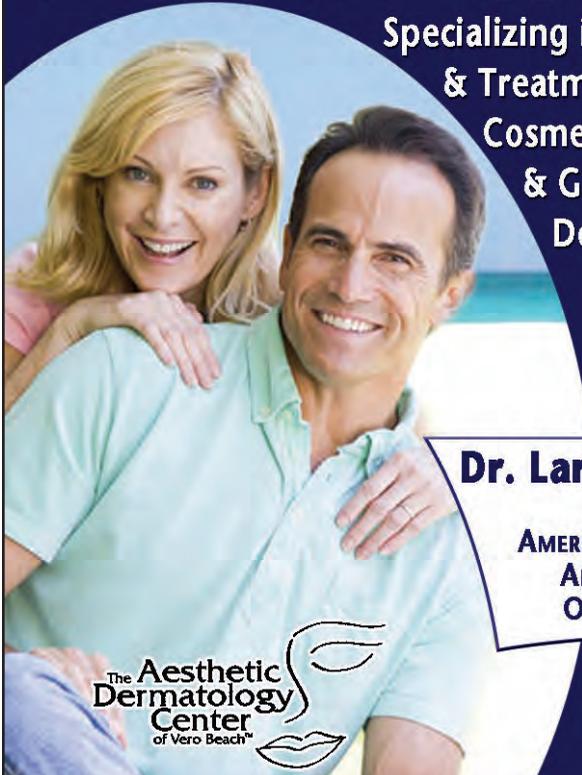
If you're registered as a Democrat or independent, stay tuned for AARP's voter-education efforts later in the year. Our association will focus on helping voters get access to important information on state and Congressional candidates and issues in preparation for primary elections in August and general elections in November.

*Jeff Johnson is interim state director of AARP Florida.*

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Use the numbers provided in the puzzle below to help you fill in the empty squares. When you are finished, every row, every column, and every block of nine puzzle squares should include each of the numbers 1 to 9.

						1		
3	5		6		9	8		
		1			5			
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		6	1	4				

GO AND DO

# Racecars, resorts and beacons of light

**By Andreas Butler**

For Hometown News

VOLUSIA COUNTY — Daytona Beach Shores is a small community with 4,500 residents, but it is capable of hosting up to 30,000 visitors during special events like Bike Week.

The city is also home to the Shores Spa Resort and Hotel and the Living Legends of Auto Racing Hall of Fame Brick Walk.

The Living Legends of Racing Inc. is a nonprofit organization that oversees the Walk of Fame located at 3050 South Atlantic Ave.

The bricks are dedicated to former great racing pioneers and highlights the area's racing legacy.

"The history of the whole racing thing started here," said Olin Hopes, a member of Living Legends of Auto Racing. "It started up in Ormond back and reached Daytona by the '30s, then came down in this area in the '40s. The sport went inland in the '50s when the Speedway was built."

Many great racing legends are commemorated in the bricks, including William 'Bill' France, Mad Marion MacDonald, Rapid Roy Hall, Ethel Flock Mobley, Vicki Wood, James Jerome 'Red' Voigt and more.

"If you are a racing fan it's nice to see," Mr. Hopes said. "People don't realize that where City Hall sits at in the Shores is part of the old racetrack and grand stand. A1A was also part of the old track. It all had to be moved basically because people could not make it to their homes."

The group also runs the Living Legends of Auto Racing Museum located in the Sunshine Park Mall in South Daytona.

The Shores Spa & Resort is the Daytona area's premier resort and spa. It offers luxurious rooms with spectacular views of Daytona Beach, the Atlantic Ocean and Intercoastal waterway.

"We have a 10 -story luxury resort and spa that is Daytona's only four-diamond hotel. It is really an unex-

**Randy Barber/staff photographer**

The Living Legends of Auto Racing Memorial Brick Walk of Fame in Daytona Beach Shores features inscribed bricks honoring the pioneers of auto racing.

pected luxury," said Susan Keavbney, the resort's marketing director. "Actually we have a lot of locals who live in Port Orange, Daytona and Ormond come take advantage of our Indulge Spa and Azure fine dining restaurant."

The resort contains warm hues, Italian marble restrooms, pillowtop beds and chic furnishes. Rates start at \$109 per night.

"It's really a cool and fun undiscovered hang out space," Ms. Keavbney said. "It is refreshing and quiet and at this time of year we are not as busy, so locals can really take advantage."

Just south of the Shores, in Ponce Inlet, is one of the state's most recognizable attraction — The Ponce de Leon Inlet Light Station, located at

4391 Peninsula Drive. It stands 175 feet and is the tallest lighthouse in Florida. It is also the second tallest masonry lighthouse in the nation.

The 203-step structure attracts 175,000 visitors a year. Admission is \$5 per adult and \$1.50 per child under 11. It opens every day at 10 a.m. Closing times vary per time of year.

Today the structure consists of the tower and a museum with memorabilia and historic facts on the lighthouse and the surrounding community.

The lighthouse was constructed in 1883 and opened in 1887 as the Mosquito Inlet Lighthouse, which was the name for the surrounding area. The lighthouse name changed

in 1927 when Mosquito Inlet was renamed Ponce Inlet.

Kerosene lit the structure up until 1920 when a generator was installed making the transition to electricity.

In 1998 the structure became a National Historic Landmark. The Ponce Inlet Lighthouse Preservation Association maintains and runs the structure.

"Those who visit will see on of the largest collections of lighthouse optics in the world," director of operations Mike Bennett said. "The Lighthouse also gives visitors a sense and feel of what life was like at the turn of the century for Florida's coastal residents."

For more information, visit [www.livinglegendsofautoracing.com](http://www.livinglegendsofautoracing.com).

## Shores

From page <None>

### CLUBS

• **Cancer support group** at Indian River Medical Center for patients with all types of cancer, their families and friends at the Cancer Center. The meetings will be the third Tuesday of each month from 5- 6:30 p.m. The Cancer Center is the first building on the right past the hospital. For more information, call (772) 567-4311, Ext. 1529.

• **Exchange Club of Indian River** meets Wednesdays from noon-1 p.m. at Culinary Capers, 737 22nd Street, Vero Beach. This civic club is a group of men and women working together to make our community a better place to live. For more information, call (772) 532-4398, e-mail bluewateropen@gmail.com or visit, www.exchangeclubofindianriver.org and www.bluewateropen.org.

• **The HIV support group** meets on the fourth Tuesday of every month. Meetings are for HIV positive clients

only. For more information, call Yvonne Lane, at (772) 794-7471, or John May, at (772) 794-7477

• **The Mental Health Association in Indian River County's** new bipolar support group which will meet at the Mental Health Association offices, located at, 820 37th Place, Vero Beach, on the second and fourth Wednesday of each month, from 6:30 to 8 p.m. Family members and loved ones are also welcome to attend. For more information, call the MHA at (772) 569-9788.

• **The Vero Beach Shuffleboard Club** practice games are played Monday, Tuesday, Wednesday and Friday, from 9:15 a.m. until noon, at the Pocahontas Park courts, located at 14th Avenue and 21st Street, across from the main Post Office. The club provides the necessary equipment, and club members will provide instruction. For more information, call Ernie Henzler at (772) 569-8111.

• **The GFWC Treasure Coast Women** meet the first Monday of each month at the Community Center, 2266 14th

Ave., at 7 p.m. Women over 18 are welcome. This is a community service volunteer organization and we promote fellowship among women.

For more information, visit [www.gfwctreasurecoastwomen.org](http://www.gfwctreasurecoastwomen.org)

• **Treasure Coast Archeological Society for Treasure Hunting and Metal Detecting** meets the first Wednesday of each month at 7:30 p.m. in the North County Indian River Library on County Road 512 in Sebastian. Anyone interested is welcome. For more information, call (321) 388-9047.

• **Humanists at Barefoot Bay** meets the second Saturday of every month at the South Mainland Library, 7921 Ron Beatty Blvd., Micco, at 2 p.m. All compassionate and critical thinkers are invited.

For more information, call (772) 664-0170, or e-mail [downeast\\_ggo@bellsouth.net](mailto:downeast_ggo@bellsouth.net).

• **The Treasure Coast Navy League** holds dinner meetings on the second Thursday of each month, at the Best Western dining facility, on State Road

60, in Vero Beach. The public may attend these meetings to learn about the Navy League. For more information, call (772) 492-6790.

• **The Sebastian Fishin' Chic's** meet the last Thursday of the month, at the Sebastian Entertainment Center. For more information, call Michelle Barkley, at (772) 473-9462, Kristen Beck, at (772) 794-9900, or Karen Herndon, at (772) 633-2043.

• **The Florida Irish-American Society:** The group meets on the second Thursday of the month, September through June, at 4 p.m., in their clubhouse, located at 1316 20th St., Vero Beach.

• **The Polish American Social Club** has dinner and ballroom dancing every Friday night, with live bands. Dinner is from 6 to 7 p.m., followed by dancing from 7-10:30 p.m. Cost for members is \$14 and \$16 for guests. The club is located at 7500 North U.S. 1, Vero Beach.

• **Gifford Girls Tennis Club** meets on Tuesdays and Thursdays at the

See **CLUBS, Page 15**

## CLUBS & CLASSES



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# Calendar

From page 6

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Based on the smash-hit British film, *The Full Monty* is a feel-good, uproarious musical comedy about six unemployed Buffalo steelworkers who come up with a bold way to make some fast money. Nominated for nine Tony Awards, *The Full Monty* will make you laugh and cry, but mostly stand and cheer.

Music and lyrics by David Yazbek based on the book by Terrence McNally.

ly.  
Tickets are \$36 - \$70.  
For more information, call (772) 231-6990.

## Friday, Jan. 13

•**Antiques Show and Sale:** at 10 a.m. – 3 p.m. Friday, Jan. 13 and Saturday, Jan. 14, Sunday, Jan. 15 from noon – 2 p.m. at the Vero Beach Museum of Art, 3001 Riverside Park Drive, Vero Beach.

The Antiques Show and Sale's intimate preview events provide buyers with the best selection and

dealer access before the show opens to the public. This evening offers you the opportunity to mingle with friends, enjoy hors d'oeuvres and cocktails, and gain the expertise of the 28 dealers on site.

The Antiques Show preview party patron reception is \$150 per person and includes early admission and a champagne reception from 5 – 6 p.m. and unlimited show re-entry.

The Antiques Show preview party is \$100 per person and includes admission from 6 – 8:30 p.m. including cocktails and hors d'oeuvres; and unlimited show re-entry.

General admission to the show is \$10 per person and includes unlimited show re-entry.

For more information, contact the Museum at (772) 231-0707.

## Saturday, Jan. 14

•**Environmental Learning Center's 19th Annual Charity Golf Tournament:** at 11 a.m. Saturday, Jan. 14 at the Bent Pine Golf Club, 6001 Clubhouse Drive, Winter Beach.

Check-in and buffet lunch starts at 11 a.m. with a shotgun start at 12:30 p.m.

Players have the chance to get lucky with many raffle opportunities as well as a chance at a \$10,000 putting contest and a \$50,000 hole-in-one contest.

A cocktails and awards reception will follow the game.

\$300 per player includes: golf cart, player fees, lunch, entry into hole-in-one contest and cocktails and awards reception with open bar.

Proceeds benefit ELC's education programs.

To register or for more information,

contact Heather Askeew, event coordinator at (772) 589-5050 ext. 105 or heathera@discoverelc.org.

•**Emerson Center Celebrated Speaker Series:** at 4 p.m. and 7 p.m. Saturday, Jan. 14 at The Emerson Center, 1590 27th Ave., Vero Beach (on the S.E. corner of 16th St. and 27th Ave.).

Arianna Huffington, an international best-selling author and the co-founder and editor-in-chief of the nationally syndicated *The Huffington Post*, recently purchased in a multi-million dollar deal by AOL.

Known as "one of the most influential women in media," she also co-hosts public radio's Left, Right and Center.

Series ticket buyers have the option of subscribing to the first four speakers for \$220 or all five speakers for \$275. Single seats are available at \$65 per seat.

For more information, contact the Emerson Center at (772) 778-5249 or visit <http://theemersoncenter.org>.

•**Quail Valley Charity Cup 2012 5k Walk/Run and Kid's 1-Mile fun run:** at 7 a.m. for registration Saturday, Jan. 14 at the Quail Valley River Club, 2345 Highway A1A, Vero Beach.

The Kid's 1-Mile fun-run starts at 7:30 a.m. and the 5k starts at 8:15 a.m.

This is the kick-off event for the Quail Valley Charity Cup 2012 week. Breakfast pastries, fresh fruit, beverages and awards are offered immediately following the races.

Tickets are \$25 for adults, \$15 for children.

For more information or to register, contact Anne Patrick, Quail Valley Fitness Director at (772) 492-2033 or [apatrick@quailvalleygolfclub.com](mailto:apatrick@quailvalleygolfclub.com).

See **CALENDAR, Page 18**

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# Document your sources in genealogy

You've been researching your family and entering names, dates and other pieces of the puzzle, but have you noted where you obtained this information? Will you remember where you found it, next month, next year, or 10 years from now? The answer is a guaranteed "No." So, starting today, document everything before you get too far down the road and have to backtrack. This will help your research tremendously in the future, when you need to find that elusive bit of information that will help you climb the inevitable brick wall. It also gives other researchers confidence in your work.

When I first started researching, I excitedly took down every fact I found. Of course it was correct, it was right there on the official document, in the book at the library, or Grandmother told me. Fortunately, I did get copies of most of the official documents, or can remember where the tombstone is, but I didn't actually document it in my database. There are still many facts in my database that are not documented properly. It is still one of my major downfalls, getting caught up in the story and not wanting to take the time to document.

Sending your genealogy out into the world without citing your sources is sending it out with no validation. Almost invariably, when I find some exciting new fact about my ancestor, there is no source given. This leaves me totally in the dark. Exactly where did this date, spouse name, etc., come from? Someone must have known, but chances are, the person that put the information on the Internet, or in the book, just copied it from someone else, who also copied it from someone. As far as I know, it could have, and might as well be, just made up to suit the purpose.

Each fact recorded for your ancestor should be documented with the exact location from where it was obtained. A source, regardless of how informal, is where we obtained the information. It may have come from a probate record, family Bible, census record, or from Grandma Bessy. Everything needed for another researcher to find this source, should be included. This leaves a trail for

**GENEALOGY**  
BRENDA K. SMITH



you, as well as others who want to follow your line of descent.

Traditionally, sources have been classified as primary and secondary. A primary record is one created close to the event, such a birth or marriage record or by a person reasonably knowledgeable about the event. A secondary record is one that was created sometime later. The secondary source is not viewed as being as accurate as a primary source, since time and distance often dims memories and distorts the facts. So a secondary source should always be backed up with as many other sources as possible, including a primary one when available.

All that said, there are no sources that are guaranteed as being correct. Death certificates often contain wrong information, with the informant not knowing the deceased birth date or parent's names. Tombstones also frequently contain incorrect information. A relative in our family is actually buried under the wrong name. This makes a strong case for thoroughly researching each person and finding as many sources as you can. The more sources you find, the closer you can come to deciding which is the correct data.

With the tremendous amount of information being put on the web, you must always remember that it is all suspect until you have personally verified that it is correct. Never download someone else's information into your work until you document it and are satisfied that the preponderance of evidence shows that this data belongs to your family. Trying to sort out unrelated individuals, much less whole family groups, from your database, is a nightmare.

Brenda Knight Smith  
Treasure Coast Genealogical Society  
BrendaKSmith@Prodigy.net

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# A champagne and cinnamon toast New Year!

A New Year! A new calendar! All the doctor's appointments have been crossed off – birthdays celebrated – holidays enjoyed ... Time to do it all over again!

There was a time in my life that I thought New Year's Eve was the mother of all adult parties. Celebrating with friends, wearing spandex and heels and feeling like I had a terrible flu the next day were the norm.

Until motherhood descended.

When my fledglings were still in the nest and snuggled in by 9 p.m. I was the Waker. I woke them all to come sit with me and watch the ball drop, and was usually rewarded with daughter No. 1 moaning, "That's nice Mom... can we go back to bed now?" And mumbled grumblings from daughters No. 2 through four concerning thea sanity of waking someone up in the middle of the night to watch TV when the waker informs them daily that they watch too much

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TV.

As they will ... years and life events fly past in a blur of school plays, report cards, (theirs) job transfers and the gaining of a few pounds (Mine). Now I'm the Wakee. "Mom! You said you would come and celebrate with us! The ball is going to drop in five minutes and we are making raisin toast, do you want yours with cream cheese?" When I asked this enthusiastic 12-year-old why we were celebrating with raisin toast, the answer made perfect sense. "Partiers sip champagne to celebrate, champagne is made from grapes, and grapes turn into raisins!"

This champagne cousin makes a wonderful toast, literally. Especially

if enjoyed snuggled on the couch with loved ones and hot tea served in the good china.

More life changing events for my offspring ... graduations, coming of age, starting college, two of them living on their own - more poundage added to my hips — and I have become both the Waker and the Wakee. This provided me with the opportunity to to question the mental stability of the Wakers. I answered the giggly midnight call with, "What the heck are you doing out on the worst night of the year?! You're not drinking, are you? Do you really think calling the one person who worries about you with each breath is the most mentally balanced thing to do? Yes, I love you, and I thank you from the bottom my heart for thinking about your mother and raisin bread when you could be kissing someone. Can I go back to bed now?"

The tears that flowed when

the doorbell rang and my offspring walked in toting loaves of raisin bread and cream cheese while I was still holding the phone dried quickly as we woke their siblings to join us. Only now it was child No. 5 who was declaring the loss of mental cognizance by the three of us. To this day he still allows he had to eat six pieces of toast because he feared for his health should he refuse. The rest of us allow we feared for his health should he eat the seventh. A word to the wise: Chasing-a-caffeine-and-raisin-filled 6-year-old around the couch to rip a smashed piece of toast from his hand is best not done in a nylon gown and bunny slippers, while laughing hysterically.

The New Year's Eve that rolled around after several more graduations, a couple of new additions to our little clan, and more than a couple of additional pounds was for

See **YEAR**, Page 18

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## Clubs

From page 11

Gifford Park Tennis Court on the corner of 43rd Avenue and 49th Street in Vero Beach. *For more information call, Freddie L. Woolfork at (772) 794-1005 Ext. 34, or Crystal Bujol at (772) 778-5118.*

• **Alzheimer Caregiver Support Group:** Meets the second Monday of every month at 11 a.m. at Alterra/Clairbridge Cottage, 420 Fourth Court, Vero Beach, and the fourth Friday of every month at 4 p.m. at 2501 27th Ave., Suite A-8, Vero Beach. *For more information, call (772) 563-0505.*

• **General Cancer Group** meets every Thursday at 7 p.m. at Vero Beach Hematology Oncology, 981 37th Place, Vero Beach.

• **Man-to-Man Vero Beach** meets the last Tuesday of the month at 7 p.m. at the Indian River Unit Office, 3375 20th St., No.100, Vero Beach. *For more information call (772) 562-2272*

• **Liberty Forum IRC** presents "Constitution 101." Meetings are held once a month on the third Thursday of each month at the Vero Beach Community Center located at 2266 14th Avenue. It's a free interactive class that starts at 6:30 p.m. Nonprofit group's goal is to empower citizens by learning more about the Constitution and other founding documents.

• **Laryngectomee Club** meets the last Thursday of the month at 4 p.m. at the Indian River Unit Office, 3375 20th St., No.100, Vero Beach.

• **Rotary Club of Sebastian** meets at 12:15 p.m. every Thursday at Sebastian River Medical Center, 13695 U.S. 1, Sebastian. *For more information, call (772) 360-5837 or visit [www.sebastianrotaryclub.org](http://www.sebastianrotaryclub.org).*

• **Quilting bee:** Join the ladies of Christ the King Lutheran Church for quilting the second and fourth Wednesday of every month at 9:30 a.m. Christ the King is located at 1301 Sebastian Blvd., Sebastian. *For more information, call (772) 589-7117.*

• **Personal Computer Users Club** meets at 7 p.m. the second Wednesday of each month at the North County Library, 1001 County Road 512, Sebastian. *For more information, call (772) 388-5248.*

• **Look Good, Feel Better** program in

Vero Beach meet on the first Thursday of every month at 1:30 p.m. at the Cancer Center at Indian River Medical Center. The program teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments. Pre-registration is required. *To register for classes call (800) 227-9954.*

• **Treasure Coast Ovarian Cancer Support Group** meets the third Monday at 5 p.m., at Our Savior Lutheran Church, Room 7, 1850 Sixth Ave., Vero Beach. Call (772) 562-5373. The Lunch Bunch meets at Crispers, 1335 U.S. 1, Vero Beach at 1 p.m. on the first Wednesday of the month.

• **American Cancer Society, Indian River Unit,** board of directors meeting is held on the third Thursday at noon, at the First National Bank and Trust Company, 3730 Seventh Terrace, Vero Beach.

• **Relay for Life committee meeting** is held the last Monday of the month at 5:30 p.m., at the Indian River Unit Office, 3375 20th St., No.100, Vero Beach.

• **COPE Support Group:** The Indian River County Council on Aging with the Visiting Nurse Association offers a support group to help caregivers cope with the day-to-day care of a loved one. The group meets the third Thursday of every month. In Vero Beach, the group meets from 1:30 to 2:30 p.m. in the Adult Day Care house at the Council of Aging Senior Center, 686 14th St., Vero Beach. *For more information, call (772) 569-0760.*

• **Indian River Ostomy Association:** Meets the third Monday at 7:30 p.m., in Indian River Memorial Hospital cafeteria at 1000 36th St., Vero Beach.

• **The Vero Beach Chick Lit Book Club** focuses on the chick lit genre, featuring books written by women and focusing on young, quirky female characters. *For more information call (772) 770-1861*

• **Daughters of the British Empire:** People of British descent, or the wives of British men, are invited to meet the ladies of the Lord Byron Chapter in Vero Beach. The meetings are held on the second Tuesday of the month at 6:30 p.m. *For more information, call (772) 770-9684.*

• **Epilepsy Support Group**

See **CLUBS, Page 17**

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## Exercise

From page 4

er. They gain some control back. We're designed for movement. Even if life is limited, it doesn't mean it's over. I encourage people to fight."

Carol Del Vecchio said that programs have changed over the years.

"Retired people today are different from people 30-40 years ago," she said. "They're more active. Women then didn't do strength training, but there are benefits for both men and women. Strong muscles keep joints separated. When you have bone on bone on the knees, it's because the muscles are weak."

A misconception people often have is that exercise is for people who are athletic.

"People should think of exercise as making the activities of daily life easier," Ms. Del Vecchio

"People should think of exercise as making the activities of daily life easier."

### Carol Del Vecchio

said. "It helps to get in and out of a chair, on and off the toilet, reach up to cabinets and carry groceries. Strength and flexibility keep muscles pliable so that they don't become stiff and you lose range of motion. Simply, your body needs to stretch and move."

For Mary Chames, exercise has improved her quality of life.

"Even if I don't feel like going, I feel better when I do."

*The Vero Beach Athletic Club is located at 2300 5th Ave., Vero Beach. Call (772) 480-0321 or visit the website [www.verobeachathletclub.com](http://www.verobeachathletclub.com).*

## Landlines

From page 8

score many times and in Tampa I saw the Bucs in their championship season. Once I even saw the legendary El Cordobes fight a bull in Barcelona Spain.

I am a pretty fair amateur historian and some consider me to be an authority on beach racing. From time to time I am called on to speak publicly about some of my hobbies. Somehow, with all of that going on, I found time to run a construction business for 26 years and help Lana, my wife of nearly 38 years, raise two great children.

WOW! I have really been busy.

As most of you have guessed, these days my most rewarding hobby is what I am doing right now — writing. Since I was in fifth grade I have been told that I have the ability to spin a pretty good tale on paper. I used that talent to cruise through the English classes while in school, so if some of you detect flaws in my composition it

is a result of my youthful laziness. In my life I have emptied hundreds of ballpoints and covered reams of paper with words that no one will ever read. That's OK, for I do it mostly for myself.

Since I have been writing for this newspaper I have met many of you who have been kind enough to tell me that you enjoy what I do. That, to me, is priceless. Hopefully, some of you have discovered through my simple style just how easy it is to write and will consider trying it for yourself. Writing is good for your psyche. It is a release that can cleanse the mind and perhaps even the soul. Everyone has a story to tell. Maybe it is your own life story or maybe the accomplishments of your grandchildren. Your subject need not be interesting to the masses. Do it for yourself. I am certain many of you have thought about it. You may have even said to yourself, "I bet I could do what that Dan guy does." You know what? You are right.

See **LANDLINES, 19**



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## Clubs

From page 15

meetings are held every month at the Vero Beach Health Department auditorium, 1900 27th St., Vero Beach. *For times and dates, call (561) 478-6515.*

• **Exchange Club of the Treasure Coast:** Business and professional individuals volunteer for community service and the clubs national project, the prevention of child abuse. Meetings are held the first and third Thursday of every month at Culinary Capers in Vero Beach. *For more information, contact Ted Zamerski at (772) 532-6630.*

• **Grief support group** meets Monday at 7 p.m., at the Redeemer Lutheran Church, 900 27th Ave., Vero Beach. All sessions and lectures are free. *For more information, call (772) 567-8193.*

• **Parkinson Support Group** meets the second Friday of every month at 1 p.m. at Indian River Estates, 2250 Indian Creek Blvd., West, Vero Beach. *For more information, call (772) 563-0505, or Contact Lois Struck at (772)*

388-5248.

• **PFLAG:** Parents, Families and Friends of Lesbians and Gays meet on the second Monday and the fourth Tuesday each month from 7-9 p.m. at the Unitarian Universalist Fellowship, 1590 27th Ave., Vero Beach.

• **The Rotary Club of Vero Beach** meets every Thursday, from noon-1 p.m. at the Quail Valley River Club on A1A. This "mother club" of Vero Beach rotary clubs, consisting of men and women, in existence since 1926, contributes to the youth of our community as well as to its Rotary International global projects which include Polio Plus, the almost eradication of polio worldwide. *For more information, e-mail [www.rotaryclubofverobeach.com](http://www.rotaryclubofverobeach.com) or call (772) 569-2141.*

• **Sebastian Senior Center:**

The Sebastian Senior Center is located at 815 Davis St., Sebastian. Live music Tuesday through Friday from 9-11 a.m. Refreshments will be served. Classes of interest:

Mondays: nutrition bingo meets at 10 a.m.; Mahjong classes meet at 12:30 p.m.; art class meets at 1 p.m.; Weight Watchers meets at 5 p.m.;

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

• **Scottish Society of the Treasure Coast** holds monthly luncheon meetings on Wednesdays. Annual dues are \$25. *For more information, call Richard Crawford, at (772) 589-3049, or Joyce Smith at (772) 231-5425.*

• **Scrap bookers:** Meet other Vero Beach scrap bookers to trade tips and talk about albums and page layouts. The monthly gathering is the last Saturday of every month from 5-10 p.m. The fee is \$10 when you arrive, \$5 each if you bring a friend who has not attended before. Bring eight to 12 photos of one subject or theme. *Call Velena Thompson at (772) 567-4615 for more details and directions to Vero Beach Highlands.*

• **Active Singles 50 Plus Club** meets every Monday evening at 7:30 p.m. in the Senior Center, 694 14th St., Vero Beach. *For more information, call*

*Judith Robertson at (772) 569-1691.*

• **Indian River Stamp Club** meets the second and fourth Monday each month at 7:30 p.m. at First Presbyterian Church, Indian River Boulevard and Royal Palm Boulevard in Vero Beach. *For more information, call Dick Rustin at (772) 778-8426 or Jack Taylor at (772) 562-5247.*

• **Surgical weight loss support group:** Treasure Coast Bariatric at Indian River Memorial Hospital holds its meeting on the third Tuesday of every month in the Ambulatory Services Center (the building diagonally across the street from the main entrance of IRMH) from 6-7 p.m. A surgical weight loss informational seminar is held on the first Thursday of every month, from 6-7:30 p.m. in the fourth floor classroom of Indian River Memorial Hospital. The seminar is free and open to those who want to learn more about weight loss surgery. *For more information, call (772) 794-1437.*

• **Tai chi on the beach** meets with Danny Quaranto from 5-6 p.m., Sundays at Jaycee Park, North A1A, in See **CLUBS, Page 20**



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# Year

From page 14

me one of the more memorable ones. Due to "certain changes" involving Power Surges, sleepless nights and Empty Nest Syndrome I went full circle and am once again the Waker and once again the subject of my mental stability came up in the conversation.

Beginning with daughter No. 1 and working my way down I struck gold on my third telephone try.

My "Happy New Year!!" was met with, "Mom! I totally understand you are having problems sleeping and your thermostat is on the fritz, but menopause is not supposed to make me miserable for 10 more years! And then it's supposed to be mine!"

I not so gently reminded her that when she was under the influence of morphine following surgery, she had called me 14 times in six hours complaining the fish in the bathroom were making too much noise.

Sipping tea and chewing toast is almost as good via the modern technology of cell phones as it is in person.

I can't think of another person for whom the bumper sticker "Please be patient – God's not done with me yet" is more appropriate than me, I have been perpetually unfinished for many decades. Evolving and revolving around those that I love and whatever the world hands me is a full-time job for me and I'm thoroughly enjoying every moment. Sometimes it is to the consternation of those who take life more seriously than I do.

This year I'm resolving to not resolve. I am replacing resolves with wishes. I wish my bathroom scale would take a backward slide. I wish my tongue would freeze in place at certain times. I wish I could remember to buy books on disks so I could "read" them on the way to work

But most of all I wish you raise toast, hot tea and hearts full of enough love to enjoy them.

# Calendar

From page 12

•**Elk's Lodge-DOE's Present a Hawaiian Luau:** at 5 p.m. Saturday, Jan. 14 at the Sebastian Elk's Lodge 2714, 731 S. Fleming St., Sebastian.

Cocktails will be served at 5 p.m. (cash bar) and dinner at 6 p.m.

Dinner will be fresh roast pork, flavored rice, green beans and dessert. Music will be provided by "Lady Grayson."

Proceeds from this event will go to the Children's Therapy Services of Florida.

Admission is \$12.50 per person for members and guests.

For more information, contact the Sebastian Elk's Lodge at (772) 589-1516.

## Sunday, Jan. 15

•**Brevard Symphony Orchestra:** at 7:30 p.m. Sunday, Jan. 15 at the Community Church of Vero Beach, 1901 23rd St., Vero Beach.

Christopher Confessore, the conductor will lead the Pops Concert:

A Salute to John Williams.

For more ticket information or to purchase tickets, call (772) 778-1070.

## Monday, Jan. 16

•**Quail Valley Charity Cup Gourmet Wine and Guest Chef Dinner:** at 6 p.m. Jan. 16 at the Quail Valley River club, 2345 Highway A1A, Vero Beach.

This gourmet dinner has sold out each year and offers our members and guests the opportunity to enjoy fine cuisine created by the hands of very talented guest chefs from around the country.

Cocktails start at 6 p.m. with dinner served at 7:15 p.m.

This charity event is \$200 a person. Participants are also able to purchase "Ritzy Chances," with the opportunity to win a secret prize in each glitzy bag.

For more information, contact Martha Redner at (772) 492-2020 or mredner@quailvalleygolfclub.com.

## Thursday, Jan. 19

See **CALENDAR, Page 19**

Hometown News  
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July 2011

Is 60 the new 40? PAGE 6

Boot camp: Get fit like a soldier PAGE 27

Calendar: Summer fun in the sun PAGE 4

The time of their lives

Baby Boomers — raised on rock 'n' roll and rebellion — are growing old but not like their parents did PAGE

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Boomers (born from 1946 to 1964) are the fastest growing demographic in Florida!

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# Calendar

From page 18

•**Fellsmere Frog Leg Festival:** at 4 p.m. – 11 p.m. Thursday, Jan. 19 and 20, at 10 a.m. – 11 p.m. Saturday, Jan. 21 and 11 a.m. – 6 p.m. Sunday, Jan. 22 at Mesa Park, 21 South Cypress Street, Fellsmere.

It's fun for the entire family. There are frog leg and gator tail dinners. There is also a variety of food available for sausage and peppers to candy apples. There are also Midway Rides for the young as well as the more adventurous and plenty of games, Pony Rides and other animals.

There is a full schedule of entertainment on stage including several bands and more.

For more information, visit [www.froglegfestival.com](http://www.froglegfestival.com).

## Monday, Jan. 23

•**The Distinguished Lecturer Series 'General Stanley McChrystal':** at 4 p.m. and 6 p.m. Monday, Jan. 23 at Stark Stage and the Waxlax Stage at Riverside Theatre, 3250 Riverside Park Drive, Vero Beach.

Gen. McChrystal is a Retired four-star general in the United States Army and former Commander, U.S. Forces in Afghanistan.

Tickets are \$75 & \$65 (lectures on the Stark Stage are sold out. Tickets are available in the simulcast room on the Waxlax Stage).

Call the box office for details at (772) 231-6990.

## Thursday, Jan. 26

•**Sebastian Senior Activities Fair:** from 2 p.m. – 4 p.m. Thursday, Jan. 26 at the Sebastian City Hall Council chambers, 1225 Main Street, Sebastian.

Are you looking for something fun and exciting to do? Do you know someone who could use a new hobby or would benefit from meeting new friends? Come explore the many classes and programs available to the Sebastian commu-

nity.

Call the Senior Center Manager, Kelly deLong with any question at (772) 469-2062.

## Saturday, Jan. 28

•**Tschaikowski St. Petersburg Symphony Orchestra:** at 7:30 p.m. Saturday, Jan. 28 at the community Church of Vero Beach, 1901 23rd St., Vero Beach.

Roman Leontiev will conduct Ravel Daphnis and Chloe, Suite No. 2, Prokofiev Concerto No. 1 in D flat major, Op. 10, Mussorgsky Pictures at an Exhibition – arr. M. Ravel.

Alexandre Pirozhenko is the piano soloist.

For ticket and other information, call (772) 778-1070.

*-If you would like your event featured in Forever Young, please email your events to ForeverYoungIRC@Hometownnewsol.com. Deadline for the February publication is Jan. 15.*

# Landlines

From page 16

Take a close look at my columns. Nothing complicated, right? I try to write as though I am talking with a friend. I work hard to keep out pretentious words that I would not use in everyday conversation. It seems to work. You need not have a huge vocabulary and if you do you certainly shouldn't hit people over the head with it. Words that are inserted to show off your language skills tend to remind your reader that someone is writing at them; not talking to them. As I said before, I write for myself. I am very fortunate to have my musings published, but if that ended tomorrow I would continue to write. I just like doing it. I encourage you to find something you enjoy doing and do the hell out of it. Who knows you may even find someone who will allow you to do it professionally.

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Please include a contact name  
and daytime phone number.

## Clubs

From page 17  
Vero Beach.

*For more information, call Alternative Medicine Family Care Center, (772) 778-8877.*

• **Toastmasters of Vero Beach** meets every second and fourth Wednesday at 6:15 p.m. at St. Francis Manor. *For more information, call Frank at (772) 778-3437.*

• **Vero Beach Area Travel Professionals:** Meetings are regularly scheduled for the second Thursday of each month. *Call (772) 562-7771 for more information.*

• **Vero Beach Christian Business Association** meets the fourth Thursday of the month at 11:30 a.m. at Carrabba's on U.S. 1. Cost is \$12 with advance reservations, \$15 at the door. *For more information, log onto www.vbcba.org or call (772) 299-4295.*

• **Women's Co-dependents Anonymous group:** meets at Unity Church of Vero Beach located at 950 43rd Ave., Vero Beach, on Tuesdays, from 7

to 8:30 p.m. *For more information, contact Angie at (772) 532-4218*

## CLASSES

• **Hatha yoga class** will be held every Thursday in Vero Beach, at the Bethel Creek House Community Center on A1A, near Jaycee Beach, from 5:45-7 p.m. All levels are welcome. *For information, call (772) 643-2213.*

• **Introduction to yoga** presented by Living Yoga, located at 333 17th St., Suite K, Vero Beach, from 1-3 p.m. It is a free workshop. Attendees receive a free class pass. Elise Mahovlich certified Kripalu yoga instructor will be the presenter.

• **Vero Equine Services and Training Center** offers new classes and events. All take place at 8130 Eighth St., Vero Beach. Adult bareback classes for those 18 and older, will be held on Thursdays from 5:30-6:30 p.m. Cost is \$20; youth bareback class is held on Saturday Mornings at 10 a.m. The class costs \$15 for current students and \$20 for non- students. No

See **CLUBS, Page 21**

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## Clubs

From page 20

reservations required; bareback riding classes every Friday at 5:30 p.m. This is a group class. Cost is \$20. For information, call (772) 564-2703.

• **Gifford Youth Activity Center** has programs for seniors. All classes are free and all seniors are welcome to Gifford Youth Activity Center, 4875 43rd Ave, Vero Beach.

Senior blood screening: provided by VNA; please do not eat breakfast. 8:30 a.m. on the first Tuesday and third Thursday of every month.

Senior beginner computer classes: Every Monday and Friday at 9:30 a.m.

Senior advanced computer classes: Every Wednesday at 9:30 a.m.

Senior intermediate computer classes: Every Friday at 11:30 a.m.

Senior Bible study: Every Tuesday at 10:15 a.m.

Senior quilting/sewing classes: Every Tuesday at 12:30 p.m.

Senior arts & crafts classes: held the second Thursday of month at 10:15 a.m.

Senior presentations: Topics of senior interest is held the first and third Thursday of each month at 10 a.m.

Senior birthday celebration: covered dish lunch and movie; please bring dish to share on the last Thursday of month at 10:30 a.m.

For more information, call (772) 794-1005, Ext.27

• **Coping with stress, anxiety and depression therapy group** is being formed by the Mental Health Association in Indian River County. The Mental Health Association is located at the Kurtell Medical Center, 777 37th St., Suite D-104, Vero Beach. For more information, or to register contact Carolyn Kravitz at the Mental Health Association at (772) 569-9788.

• **Riverside Racquet Complex** round robins, adult and youth clinics. Round robins:

Tuesday 9:30-11 a.m. (six courts);  
Wednesday 9:30-11 a.m. (six courts);  
Thursday 9:30-11 a.m. (six courts),  
and Thursday night 6 and 7:30 p.m. (four courts).

There is a light fee of \$1 per hour, per court, per person. There is no fee for city members, \$2 for county members, \$4 for non-city members and \$5 for non-county members. Call (772)

231-4787 Tuesday at 8 a.m. to sign up for the following week.

Adult clinics: adult skills and drills, Monday and Friday with Ken MacDougall from 10:30-11:30 a.m.

Mixed and split doubles clinics: Wednesday, from 11 a.m.-noon. A minimum of four people is required to run clinics. Sign up in tennis pro-shop. All levels welcome. Cost is \$10 for city members, \$11 for county members, \$12 for non-members from the city and \$14 for non-members from the county. Private lessons are available. Call the pro shop at (772) 231-4787.

• **First step fitness:** Classes for personal training for the plus-size woman who wants private attention without feeling insecure about the gym setting. For more information call (772) 713-7476

• **Dogs for Life training classes:** Hearing ear dogs assist with alerting their owners to the telephone, someone knocking at the door, alarm clocks and smoke alarms.

Mobility assistance training dogs are trained to bring the phone, pick up dropped items and balance stabilization.

Pet assisted therapy Volunteers and dogs are trained to sit quietly while children read or offer comfort and companionship.

Outreach programs:

Leash dog park. Qualifying dogs must be inoculated, neutered and social. Call for orientation schedule. The cost is \$250 annually.

Dog obedience classes at the Off-Leash Dog Park located at 12th Street and 16th Avenue in Vero Beach.

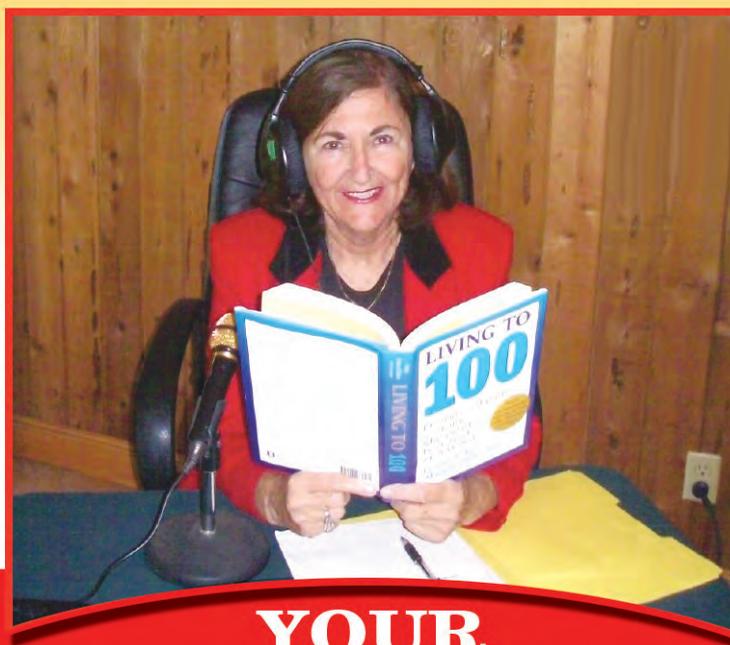
Registration is \$50. Drop in class is \$10. For more information call (772) 567-8969.

• **Square dance class:** Bring a partner to the Vero Beach Community Center on 14th Avenue on Wednesday evenings from 6:30-8 p.m. The first night is free and thereafter, \$4 per person. Casual dress. Call instructor Gib Mattson for more information at (772) 778-2054.

• **Vero Beach Exchange Club** meets every Tuesday at noon at the River House in McWilliams Park. For more information call John Wurzbarger, (772) 713-3245.

• **Arthritis water exercises** meets Tuesdays and Thursdays at the

See **CLUBS, Page 22**



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# Clubs

From page 21

Wabasso Elementary School at 4 p.m. Adult Education of Indian River County sponsors this.

For more information, call (772) 564-4940.

• **Schumann Hall Senior Center:** Monday, 10 a.m.-1:45 p.m. just for fun Bridge; 2-3 p.m. Zumba; 7-8:30 p.m. singles group.

Tuesday, 9-11 a.m. swing band dancing; noon- 3 p.m. card and board games; 3:15-4:15 p.m. Pilates.

Wednesday, 2-3 p.m. Zumba.

Thursday, 1-3 p.m. Dawn Mill's paint studio.

Friday, 9-11 a.m. Swing band dancing; 2 -3:15 p.m.; Pilates. For more information, call (772) 469-2062.

• **The Academy for the Performing Arts** is offering music instruction for the beginner to the advanced student. Classes are available for anyone age 4 and older. Professional instructors are available for piano, voice, guitar, brass, woodwinds and percus-

sion. For more information call (772) 562-7265, or visit [academyinvero.org](http://academyinvero.org).

• **Living Yoga Studio** will have gift classes on Fridays, from 5:30-7 p.m. All levels may attend. Class fee is by donations only. The studio is located at 333 17th St., Vero Beach. For more information, call (772) 978-1099 or visit the website

[www.LivingYogaStudio.com](http://www.LivingYogaStudio.com)

• **Drawing and sketching** classes meet at 1 p.m. each Thursday. Structured lessons are taught by Mary Bennett. Held in the multimedia room at the Indian River County Main Library, located at 1600 21st St., Vero Beach. Both classes designed for adults and teens.

• **The Vero Beach Recreation Department** offers the following ongoing classes and activities at its community center, located at 2266 14th Ave., Vero Beach.

A.M. aerobics classes are held at 9 a.m. on Mondays, Wednesdays and Thursdays.

Qigong (chi kung) Mondays from 5:30 to 6:30 p.m. Cost is \$5 per person. Peggy Thomas will be instructing this class.

Tai chi class at 5:30 p.m. Cost is \$5. Instructor is Steve Hansen.

Country line dancing with Dottie, every Monday, from 11:30 a.m. to 12:30 p.m. This is an ongoing class that can be joined at anytime. Cost is \$3 per person.

Intermediate country line dancing every Tuesday, at 7 p.m. This is an ongoing class that can be joined at anytime. Instructor is Lisa Johns-Grose. Cost is \$5 per person.

Duplicate bridge every Thursday, from 12:30-4 p.m. Cost is \$4 per person. Bridge director Sidney Stein runs this ongoing session.

For more information on any activity, call (772) 770-6517.

• **Advanced dance lessons** every Wednesday, at 7 p.m. These classes are designed for advanced dancers only. To attend, you should have a good knowledge of the dance and its basic patterns from the Tuesday night classes. Advanced lessons in waltz, salsa, two-step, swing, cha-cha and foxtrot are offered call for the dance lesson that are being taught. This is a group dance lesson, you do not have to have a partner. Certified dance

instructor Ray Duryea will teach the class. Cost is \$7 per person, per lesson.

• **Friday night dance parties** are held every Friday night at 7:45 p.m. Cost is \$10 per person. D.J Ray Duryea will be playing the music of the 50s through today's popular dance tunes. BYOB, with mixers and munchies for sale. For more information, call *The Vero Beach Community Center* at (772) 770-6517, or Ray Duryea, at (772) 559-1137.

• **Group dance lessons** every Tuesday at 5:30 p.m., and 7 p.m. Lessons in waltz, salsa, two-step, swing, cha-cha and foxtrot are offered. This is a group dance lesson; you do not have to have a partner. Certified dance instructor Ray Duryea will teach the class. Cost is \$7 per person, per lesson. For more information call *the Vero Beach Community Center* at (772) 770-6517 or Ray Duryea, at (772) 559-1137.

-To include an organization in Clubs and Classes, send e-mail to [ForeverYoungIRC@HometownNewsOL.com](mailto:ForeverYoungIRC@HometownNewsOL.com). Deadline for submissions is Jan. 15.

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1	2	8	3	5	6	4	7	9
7	6	5	4	9	1	2	8	3
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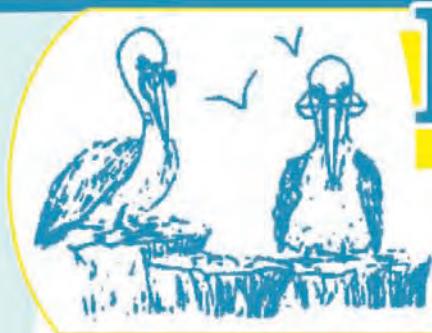
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