



Need to know

Yard sale, market to become monthly event

The Kashi Sunday Market and Yard sale will be held on the second Sunday of every month. This will be primarily a fundraiser to raise money to update and expand the Ashram, especially the Visitor Center and Kitchens.

The new monthly Markets will include tours of our grounds, children's tours of the goats and chickens that are being raised, as well as free mini yoga classes. There will also be many booths featuring local artists, crafts and food vendors.

The event will be held from 8 a.m. - 2 p.m. at Kashi Ashram, 11155 Roseland Road, Sebastian.

For more information, call (404) 308 8392.

Cancer education series taking place July 18

Jeffrey M. Greeson, Ph.D., assistant professor in Psychiatry and Behavioral Sciences at Duke University School of Medicine, will give tips to maintain optimal health after a cancer diagnosis at the upcoming Indian River Medical Center Community Cancer Education Series talk on July 18 from 4-5:30 p.m.

The lecture, titled Mindfulness-based Stress Reduction, features Dr. Greeson, whose clinical interests have centered on the effects of stress on health, includ-

See **KNOW, A2**

ENTERTAINMENT B1

ENSEMBLE



Ensemble blows through Vero Beach with the sounds of Italy

GARDEN NOOK B3

HERB GARDEN



A quick guide to growing your own herbs

WEEKEND WEATHER



Friday: Partly cloudy, chance of storms; high: 88; low: 72; high tide: 11:50 a.m.; low tide: 5:39 p.m.
Saturday: Partly cloudy; high: 88; low: 73; high tide: 12:34 p.m.; low tide: 6:22 p.m.
Sunday: Mostly cloudy, chance of storms; high: 88; low: 75; high tide: 1:21 p.m.; low tide: 7:11 p.m.
Weather courtesy of www.weather.com

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Veterans honor one of their own at Navy Seal museum

By Jessica Tuggle
jtuggle@hometownnewsol.com

TREASURE COAST — Veterans travel from around the state and nation to visit the National Navy UDT-Seal Museum in Fort Pierce, but not many of them can say they witnessed a medal ceremony for a veteran there.

Last week, museum administrators worked with Congressman Bill Posey and his office staff to organize a special ceremony to

honor a Vietnam veteran who was being awarded his Bronze Star Medal 43 years after being initially recommended for it.

Rick Keiser, executive director of the museum said he was glad to provide such a fitting place to honor a veteran.

Jack Proctor of Cocoa, retired U.S. Army veteran who fought in Vietnam from 1971-72, accepted his medal from Congressman Posey on July 11 in front of veterans from the Vietnam Veterans of

America and other special guests.

One of the best parts about his job in Congress is having the opportunity to help people like Mr. Proctor get the honor due to them, Congressman Posey said.

After he finished his service, Mr. Proctor was recommended for the Bronze Star Medal for exceptionally meritorious con-

duct but like many other veterans before him, the medals

See **HONOR, A2**

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Celebrating Independence Day!

Arnie Schwichtenberg, one of the few remaining Pearl Harbor Survivors, was honored in the Sebastian July 4 Parade.

More parade photos can be found on A8.



Cliff Partlow staff photographer



Cliff Partlow/staff photographer
Kirsten Farmer, 7, was diagnosed with acute lymphoblastic leukemia in February. Stevie B's will hold a fundraiser July 20 from 11:00 a.m. to 8:00 p.m. where 10 percent of sales will go to help Kirsten fight the disease. Go to Facebook.com/ACureForKirsten for more information.

District continues to provide free breakfasts at select schools

By Jessica Tuggle
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — Four schools in the Indian River County School District will once again provide free breakfast to all students this coming school year.

Fellsmere, Vero Beach, Highlands and Dodgertown elementary schools will all offer free breakfast to their entire student population in the 2013-14 school year.

"The district has been providing free breakfast for all students in

these schools for more than two years, but a new federal mandate from the Department of Agriculture requires that the district announce the schools in the program," said Patrick McCarty, director of food and nutrition services.

"Those four schools were chosen as a result of their overwhelming majority of students on the free and reduced lunch program," Mr. McCarty said.

The school food programs are

See **BREAKFAST, A2**

Morning phone calls to seniors now available

New service is a daily check-up on vulnerable seniors

By Jessica Tuggle
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — A friendly soul on the other line of a telephone call is just the right thing to help jumpstart a good morning for anyone, and a new service in Indian River County will do just that for isolated and vulnerable senior citizens.

The nonprofit 211 Palm Beach/Treasure Coast operates a free "Sunshine" daily telephone reassurance program for seniors

age 60 and older and the program has now been expanded into Indian River County, thanks to the support of major funders, the United Way of Indian River County, the Indian River County Board of County Commissioners and community partner, the Senior Resource Association.

"We are excited to partner with 211 to bring the Helpline's Sunshine program to Indian River County because there is a great need for this type of reassurance

See **CALLS, A3**

Book center combines locations for convenience

By Jessica Tuggle
jtuggle@hometownnewsol.com

VERO BEACH — The consensus is in: with all the tomes in one big home, Vero Beach Book Center is an even better place to find the next great summer read, to visit with famous authors or to discuss books with friends.

This summer, the landmark independent book center in Vero Beach consolidated their main stand-alone adult bookstore to the ground floor of the children's bookstore across the parking lot and moved the children's books upstairs.

Chad Leonard, son of store founders Tom and Linda Leonard, said the move surprisingly took about one month to complete, shorter than the staff was anticipating.

"It fit better than we expected it to. We're still moving things and renovating a bit, but the main part of the move is all done," Mr. Leonard said.

Customers have commented how nice it is to have everything in one space, allowing parents and children to search for books and other products geared for them in a one-stop loca-

See **BOOK, A3**



Three-year-old Ruby Hall, left, gets Thomas the Train over the bridge as her brother Jackson, 7, sets up the station to take visitors upstairs in the Vero Beach Book Center Wednesday, July 3.

Cliff Partlow staff photographer

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Jack Proctor of Cocoa thanks Congressman Bill Posey, R-Rockledge, and his staff for working with him to secure his Bronze Star Medal, an honor he was recommended for 43 years ago by his superior officers in Vietnam. He was finally awarded his medal by the congressman on July 1 at the National Navy USAT-Seal Museum in Fort Pierce in front of a crowd of fellow veterans and special guests.

Photo courtesy of Patrick Gavin



Bronze

From page A1

were never presented to him.

Victor G. Diaz, veteran service representative for the Vietnam Veterans of America, said people that are awarded the Bronze Star have reached a high standard of heroism.

"It's for an act of bravery where someone shuts their brain off and puts their heart in gear and as a result, lives are saved," Mr. Diaz said.

At the suggestion of a friend, Mr. Proctor took his medal story to the congressman's office and the staff helped them work through the issue until all the papers were signed and the medal finally made ready.

One of the hurdles they faced was finding living commanding officers that could verify Mr. Proctor's

account of the events that led to the recommendation.

"Congressman Posey didn't give up on me. Thank you very much," Mr. Proctor said.

During a Vietnam battle where two soldiers were seriously wounded, Mr. Proctor, as section leader, took creative action to secure medical care was given to the wounded men, Congressman Posey said.

When he heard a requested Medevac team could not fly in meet them, Mr. Proctor helped administer aid to the men and requested assistance from another helicopter team nearby. The helicopter team terminated their own mission to take the wounded men to a nearby hospital for treatment.

Though one of the men was pronounced dead at the hospital, it was clear that Mr. Proctor did every-

thing within his power to protect his men, Congressman Posey said.

At the end of the ceremony, all of the veterans in the crowd gave Mr. Proctor a solemn and dignified hand salute.

Marty Zickert, president of the Veterans Council of Indian River County and the Vietnam Veterans of America Chapter 1038, said he was very proud to be a part of the special occasion.

"Whenever we can honor a veteran, especially a Vietnam veteran, it's a good day," Mr. Zickert said.

To contact Congressman Posey's Indian River County office, call (772) 778-3534.

For more information about the National Navy UDT-Seal Museum, call (772) 595-5845 or visit www.navysealmuseum.com.

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Breakfast

From page A1

all produced by the Department of Agriculture and require the school district to meet special nutrition standards and benchmarks.

Yogurt parfaits, last year's hot ticket breakfast item, will be brought back on select days during the week

as a breakfast menu option, Mr. McCarty said.

Typical breakfast options are fat-free milk, fresh fruit, egg, cheese and sausage tacos and assorted cereals.

"The kids really like the cereals and they have different options to eat every day," Mr. McCarty said. "It's about what the kids want and will eat, but at the same time, we can't always give

them everything they want."

The final menu for all the school meals was not finalized by press time, but many items on last year's menu will be returning, and several new items will be added, he said.

For more information about the Indian River County School District, visit www.indianriverschools.org.

Know

From page A1

ing how mindfulness medi-

tation can relieve stress-related symptoms and improve quality of life.

Dr. Greeson received his Master of Science degree in

biomedical chemistry from Thomas Jefferson University in Pennsylvania. He completed his Doctor of Philosophy degree at the University of Miami, followed by his medical psychology internship at Duke University Medical Center and health psychology fellowship at Duke Integrative Medicine.

Light refreshments; space limited. This free community service is held in IRMC's Medical Conference Room on the first floor, 1000 36th St.

For reservations, call (772) 563-4459.

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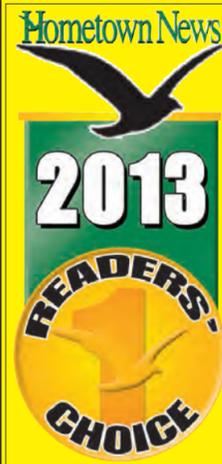
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HEALTHCARE SPOTLIGHT



Practice offers more than primary care

The Dean Wellness Institute, Center for Regenerative Medicine, is a well-rounded establishment providing the best of care and treatments from a variety of specialists and backgrounds. Dr. Melissa Dean is the founder of the institute, bringing a wealth of knowledge and experience from nursing, metabolic and nutritional medicine, primary care, doctor of medicine and more to the practice.

"My practice is an integrative practice," Dr. Dean said. "I'm trained in primary care and internal medicine. I've done a fellowship in alternative and regenerative medicine and completed another master's degree in metabolic and nutritional medicine."

Starting as a nurse in the area, Dr. Dean uses all of the information and knowledge to make a practice that is half primary care focusing on diabetes and blood pressure as well as other ailments.

The other half of the practice focuses on preventative medicines including nutritional care, bio-identical hormone replacement, nutritional support for cancer patients, detoxification, adrenal fatigue and more.

The institute is located less than a mile from the Indian River Medical Center, making it an easy and accessible practice. They have been in their location for the past two years.

When walking into the office, Dr. Dean had removed a lot of the regular 'clinic' feel of a primary care office.

Instead of white walls, stiff chairs and a glass window to talk to the receptionists, the walls are warm and decorated with calming fountains, comfortable seating and an open reception area to give the whole office a personal feel.

"I wanted people to feel more comfortable when they walk-in the door," she said.

The practice is currently accepting patients.

For those looking for a primary care physician, the unique aspect to Dr. Dean is that she focuses on prevention and preventative measures first to stop whatever ailments might arise. With the experience she brings to the office, she is able to empower her patients.

"People really need to be responsible for their own health care," she said. "I don't have any magic wand to cure them but I give them every bit of information and option that is available so that they can figure out what is the best route for themselves. It's about teaching them things about nutrition and minerals that can treat blood pressure and diabetes."

The practice and Dr. Dean are constantly seeking new and integrative treatments to help their patients.

"I have a machine here called Ondamed," she said. "It is bio-feedback and also kinesiology to help with treatments and what supplements would help the patient."

The benefits of having a primary care physician are numerous.

Instead of just seeing a doctor when you're sick or feeling pain, seeing a doctor regularly for check-ups and consultations can allow for preventative measures to be taken.

"Make sure that you're doing the wellness checkups such as mammograms, colonoscopies and pap smears," Dr. Dean said. "We can catch things early on and prevent ailments and detect risk factors."

For those who are interested in nutrition, weight loss or dietary medicines, the practice also has a lifestyle consultant.

There is a short wait for those who wish to set up appointments for any procedure or consultations.

The Dean Wellness Institute is located at 1345 36th Street, Suite B, Vero Beach. For more information, call (772) 567-1500 or visit www.deanwellnessinstitute.com.



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Company continues services after budget cuts

By Brittany Llorente
bllorente@hometownnewsol.com

VERO BEACH — When out of a job, turning to a job placement agency is ideal.

When jobs and the economy start moving in a positive direction, the funding for these programs decrease.

This is the issue that Workforce Solutions has had to face this year with a nearly \$4.85 million decrease from last year's budget. Because of this decrease, the job placement center laid off 16 employees last month.

"Our budgets have always had an inverse relationship with the economy," Richard Stetson, Workforce Solutions President/CEO said in a press release. "In tough economic conditions like those experienced recently, funding swells with increase in program funding and special

initiatives and in good economic conditions, our budgets don't fare well."

During the last several years, the budget for Workforce Solutions has fluctuated dramatically.

In the 2008/09 program year, the budget was a little over \$7 million. The next year's budget hit a high of \$12.6 million during the peak of the recession, falling back to pre-recession budgets this past year.

Of the 16 employees who were laid off, seven were employed by Workforce Solutions. The other nine were employees of the State of Florida whose positions were no longer funded by the state.

These layoffs impacted all of the regional offices in Indian River, St. Lucie, Martin and Okeechobee counties. Odaly Victorio, communi-

cations coordinator for Workforce Solutions, said that with the unemployment rate dropping, those who have been out of work are seeking ways to get into the job field.

"We have full centers," Ms. Victorio said. "The cutbacks don't mean that less people are coming in to use our services. It just means less money for training, but we will still assist in every way possible."

The center is has found ways to make the center maintain their quality service with the cutbacks.

"We try to ensure that they don't notice a difference," Ms. Victorio said. "The system we use is able to be accessed at home, which cuts back on visits to the centers. In time there might be some consolidations, but we're not there yet."

In the month of June, just after the layoffs, Workforce Solutions had 943 people register for their services and helped 11,858 people who were already registered.

Services include workshops at partner schools including Keiser University and Indian River State College, local food banks and the Department of Children and Families.

Workforce Solutions will continue to work with companies through the region, helping those who have been laid off or have received a notice from their employer.

Assistance is available online at www.yourworkforcesolutions.com.

Workforce Solutions is located at 1880 82nd Ave., Suite 101, Vero Beach.

For more information, call (772) 494-2100.

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Cliff Partlow/staff photographer

The Children's Store and the Bargain Book center now occupy the second story of the Vero Beach Book Center.

Book

From page A1

tion, he said.

One of the most difficult things to move was the fixtures and shelving from the ground floor to the second floor. Mr. Leonard and his father had several late nights using a forklift to move the large structures over the railing.

The old main bookstore is currently empty.

"The plan is to lease the other space, but there is nothing concrete yet. People ask me 'what is going in there next,' and I say, 'I don't know, do you want to use

it?" Mr. Leonard said with a smile.

Even though the bookstore has consolidated, there are no plans to cut back on the events scheduled for the children's or the adult departments.

By having the bookshelves on wheels, staff will be able to manipulate the space on the ground floor level to accommodate large groups of people for book signings and author meet 'n greets, said Cynthia Callander, marketing director for the book center.

The façade of the iconic children's stage was also preserved and moved upstairs to the new children's space, and has an

addition that children are sure to love, she said.

The Vero Beach Bookies, a book club, will continue to meet once a month, and two adult authors have scheduled stops in Vero Beach as part of their book tours.

Stephanie Evanovich will be promoting her novel, "Big Girl Panties," a feel-good romantic comedy, on July 18 at 6 p.m. and John Dufresne will be presenting "No Regrets, Coyote" a crime novel set in South Florida, on Aug. 10 at 3 p.m.

For more information about the Vero Beach Book Center, call (772) 569-2050 or visit www.verobeach-bookcenter.com.

Calls

From page A1

for homebound elders," said Karen Deigl, president and CEO of the Senior Resource Association, in a press release.

With a "Good morning, how are you?" phone call, volunteers, not automated voice recordings, at 211 can check on the well-being of seniors in the program and provide them with some company, even if it's just through a short phone call, said Patrice Schroeder, community relations specialist with the local 211.

For some seniors, the phone call is a way for them to be assured someone will know what is going on inside their home if they are homebound. For others, it's a check-up to make sure they made it through the night OK and are ready to take on the day with a variety of activities outside of the house, Ms. Schroeder said.

The reality is that some seniors live alone, or live

with other elderly caregivers and have no one checking on their welfare. There have been recorded cases in South Florida where seniors were discovered long deceased in their homes, she said.

With the daily call, if someone does have a medical emergency, or does pass away, the volunteers can send out emergency responders to check on them, Ms. Schroeder said.

Since December 2012, 211 has recorded three lives saved by the morning call, she said.

Norman (whose last name was not provided by 211) answered his phone call as usual, but the cadence and clarity of his speech was definitely unusual, said staff member Rosalie DeLibero in a press release.

While keeping their client on the line, the volunteers and staff at 211 called emergency responders to Norman's house and it was determined he was having a stroke. Norman was able to receive medical attention and rehab.

"I would not be here if it

weren't for my Sunshine call. They did a great job and covered all the bases," Norman said in a press release.

The free daily call program is not designed for clients with dementia or Alzheimer's who could be confused at who is calling them, Ms. Schroeder said.

The 211 Helpline uses volunteers and some paid staff to handle the wide variety of calls for crisis intervention, suicide prevention, information, assessment and referral to community services 24 hours a day, 365 days a year.

The Sunshine program has been in use in Palm Beach and Martin counties for more than 25 years and has recently added Indian River County to its qualifying seniors list. Expansion into St. Lucie and Okeechobee counties is desired in the future, Ms. Schroeder said.

For more information about the Sunshine Helpline or any other services by 211 Palm Beach/Treasure Coast, dial 211 or visit www.211treasurecoast.org.

Seniors receive grant

For Hometown News
NewsFP@hometownnewsol.com

INDIAN RIVER COUNTY — The Senior Resource Association recently received a \$15,000 grant for its Adult Day Care Scholarship Program for Women from the John's Island Community Service League.

The Adult Day Care Program, open from 7:30 a.m. to 5:30 p.m. Monday through Friday from is an affordable alternative to nursing care and in-home care. The program is designed for adults who have physical and/or cognitive limitations or who need to be professionally supervised.

"We see so many families who are making tremendous sacrifices to

care for a loved one at home, and their efforts need to be supported," said Ginna O'Connor, vice president of programs at the Senior Resource Association. "Adult Day Care is a wonderful solution for many of the families that we see. We truly appreciate the John's Island Community Service League's recognition of this program and its importance to both participants and family caregivers."

Clients enjoy activities with others throughout the day, and receive health monitoring as well as enjoy nutritious snacks and meals. Equally important, the program provides respite to caregivers and families seeking to keep a loved one home.

"The John's Island Community Service League has been a supporter of the Senior Resource Association since 2004," said Anne Melanson, co-chairwoman of the JICSL Philanthropy Committee. "In April, we awarded a grant of \$15,000 to provide scholarships for individual day-care services. This program provides supervision for the seniors and respite for the caregivers, many of whom are working families. We believe this program will help keep families together and prevent seniors from going prematurely to a nursing home."

For more information, visit www.seniorresource-association.org or call (772) 569-0760.

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Back row, from left: Andy Bowler, Matthew Miller and Phillip McLaughlin. Front row, from left: Peggy Gibbs, Hala Laviolette and Robin Benjouali.

Photo courtesy of Sam Baita

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For Hometown News
NewsFP@hometownnewsol.com

INDIAN RIVER COUNTY

Representatives of Bank of America presented Indian River Habitat for Humanity with a check for \$3,000 on June 28.

Present from Bank of America were Hala Laviolette, vice president - Small Business Banking; Phillip McLaughlin, vice president, Banking Center Leader; and Matthew S. Miller, assistant vice president, Financial Solutions Advisor.

Receiving the donation were Andy Bowler, Habitat president/CEO; Peggy Gibbs, development director, and Robin Benjouali, grant coordinator.

Through the branches, Bank of America Charitable Foundation and the Bank of America Matching Gift Program, the Bank of America family has donated close to \$34,000 to Indian River Habitat for Humanity.

The majority of funds

have been received for the operating budget, but Habitat home construction and the scholarship program have also been supported through these donations. Two of the local bank's employees are Habitat homeowners.

For more information, call (772) 562-9860, Ext. 209.

Organization receives national recognition

For Hometown News
NewsFP@hometownnewsol.com

INDIAN RIVER COUNTY

The Senior Resource Association has been awarded a \$650 grant from the Meals On Wheels Association of America for its 2013 March For Meals campaign during which it engaged local officials and community leaders in the fight to end senior hunger.

This year, the MOWAA recognized 199 programs' campaigns for their success. During March for Meals month

this year, the Senior Resource Association hosted its annual 'Mayors For Meals' event with five mayors including Susan Adams, Fellsmere mayor; Brian Barefoot, Indian River Shores Mayor; Tracy Carroll, Vero Beach vice mayor; Bob McPartlan, Sebastian mayor; and Harold Ostfie, Town of Orchid mayor.

Matched with veteran Meals on Wheels volunteers, the public officials went out into the community and delivered meals, bringing recognition to senior hunger.

March For Meals is an annual campaign to raise awareness and generate community support around

the importance of a nutritious meal and social connection to keeping homebound and hungry seniors more healthy and independent in their own homes. The campaign takes place in the month of March due to the law enactment for senior meal programs in the Older Americans Act.

"We applaud all of our programs that leveraged this campaign to spotlight the issue of senior hunger in their communities," said Ellie Hollander, Meals On Wheels Association president and CEO. "In these tough times, when so many of our Meals on Wheels programs are facing the loss of

federal funds, community support and engagement is vital to ensuring that no senior goes hungry."

SRA provides Meals On Wheels throughout Indian River County, coordinating volunteers to deliver hot, nutritious meals each week-day to homebound seniors who are unable to shop for food or prepare meals. Though Meals On Wheels is primarily funded through grants from the Area Agency on Aging, Palm Beach/Treasure Coast and the United Way of Indian River County, demand for the program far exceeds the dollars available.

The Meals On Wheels Association of America is the only national association and network dedicated solely to ending senior hunger in America.

The Senior Resource Association is a nonprofit organization that has been the leading provider agency meeting the needs of seniors in Indian River County for almost four decades. SRA strives to be recognized as the most valuable resource for seniors in the county.

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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.

Arrests listed were made from June 28 to July 2, 2013

Sebastian Police Department

- Tiffany Lynn Bishop, 28, 122 Ormond Court, Sebastian, was charged with aggravated battery with a deadly weapon.
- Daniel Talamantez, 27, 114 Filbert St., Sebastian, was charged with driving while license suspended, habitual offender and driving while license suspended, revoked or cancelled.
- Maria Gina Demelio, 44, 830 Juniper Drive, Barefoot Bay, was charged with possession of cocaine and three counts of the misdemeanor charge of possession of drug paraphernalia.
- Damion John Rohrback, 29, 8126 U.S. 1, Sebastian, was charged with domestic violence battery by strangulation.
- Alissa Ann Goodman, 33, 854 Angle St. N.E., Palm Bay, was charged with grand theft.
- Jody Marie Schwartz, 39, 862 Angle St. N.E., Palm Bay, was charged with grand theft.
- Frederick Smith, 42, 854 Angle St. N.E., Palm Bay, was charged with grand theft.

Fellsmere Police Department

- Jesus Becerra, 31, 68 S. Elm St., Fellsmere, was charged with violation of probation and a misdemeanor charge of battery. He was

on probation for battery by strangulation.

Vero Beach Police Department

- Jacob Dillon Geib, 23, 1727 Highway A1A Apt. 202, Vero Beach, was charged with possession of a controlled substance, psilocybin.
- Lee R. Rathbun, 57, 695 29th Ave., Vero Beach, was charged with violation of probation, aggravated battery on a pregnant woman, possession of marijuana and misdemeanor charges of possession of drug paraphernalia and two counts of violation of pre-trial release. He was on probation for possession of cannabis and use or possession of drug paraphernalia.
- Matthew Dean Nesby, 48, 1816 64th Court, Wabasso, was charged with two counts of felony petit theft.
- Jason Henry Rodriguez, 29, 7555 58th Court, Vero Beach, was charged with possession of methamphetamine and oxycodone, grand theft, dealing in stolen property, burglary, giving false ownership or identification information to a dealer and a misdemeanor charge of possession of drug paraphernalia.
- Ryan Daniel Denniston, 29, 825 Flamevine Lane, Vero Beach, was charged with aggravated assault.
- Talbert James West, 43, 1228 24th St., Apt. 7, Vero Beach, was charged with two counts of domestic violence battery.

Indian River County Sheriff's Office

- Robert Luther Barnes, 50, 13675 103rd St., Fellsmere, was

charged with third-degree grand theft, dealing in stolen property and giving false information to a secondary metals recycler.

- Wesley Lavonne Edwards, 22, 575 13th Place Apt., Vero Beach, was charged with two counts of violation of probation and a misdemeanor charge of battery. He was on probation for dealing in stolen property.
- Robert William Killingsworth, 20, 2595 55th Square, Vero Beach, was charged with burglary and grand theft.
- Adrian Alexander Lester, 25, 743 Fifth Place S.W., Vero Beach, was charged with possession of ecstasy, two counts of trafficking a controlled substance, conspiring to traffic cocaine, driving with a suspended license, habitual offender and a misdemeanor charge of being a habitual traffic offender.
- Dallas Tyler Seroski, 19, 1165 17th Lane S.W., Vero Beach, was charged with burglary and grand theft.
- Lamontez Demetri Terry, 38, 1504 West 10th St., Riviera Beach, was charged with violation of probation. He was on probation for carrying a concealed firearm.
- Donna Marie Tingcang, 55, 1057 Sixth Ave., Apt. B-4, Vero Beach, was charged with two counts of violation of community control. She was on community control for grand theft.
- Neely Alyce Brown, 28, 1115 33rd Ave. Southwest, Vero Beach, was charged with possession and sale of oxycodone.
- Bryan Patrick Dodson, 27, 901 23rd Ave., Vero Beach, was

charged with felony petit theft.

- Henry Von'Sha Ross, 37, 1510 Avenue M, Fort Pierce, was charged with violation of probation. He was on probation for fleeing or eluding and driving while license suspended, habitual traffic offender.
- Joel Alberto Viveros, 23, 4631 54th Terrace, Vero Beach, was charged with possession of cocaine and a misdemeanor charge of driving while license suspended, revoked or cancelled.
- Philip White, 49, 708 Fifth St. Southwest, Vero Beach, was charged with domestic violence aggravated child abuse.
- Amanda Lynn Hallock, 33, 695 Ninth St., Vero Beach, was charged with third-degree grand theft.
- Johnny Eugene Lott, 20, 8370 S.E. Windham Lane, Apt. 8, Hobe Sound, was charged with violation of probation. He was on probation for aggravated battery on a pregnant woman.
- Richard Brandon Simmons, 28, 5876 58th Court, Vero Beach, was charged with illegal prescription of a controlled substance, alprazolam, by a practitioner, possession of a controlled substance and misdemeanor charges of possession of marijuana and driving while license suspended, revoked or cancelled.
- Jenna Leanne Essa, 19, 890 Pecan Circle, Barefoot Bay, was charged with violation of probation. She was on probation for uttering a forged instrument.
- Russ Joshua Galvan, 19, homeless, Vero Beach, was charged with grand theft.

If you have information about a crime, call Treasure Coast Crimestoppers at (800) 273-TIPS.

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- Wanda Renee Hughes, 41, 9145 107th Court, Vero Beach, was charged with possession of a firearm, ammunition or electric device by a convicted felon.
- Dan Barrett McKinney, 47, 1041 Second St., Vero Beach, was charged with violation of probation. He was on probation for possession of a firearm or ammunition by a convicted felon.
- Denzil Olajuwon, 18, 2302 11th Court, S.W., Vero Beach, was charged with four counts of violation of community control and possession of a firearm, ammunition or electric device by a convicted felon. He was on community control for two counts of burglary of a dwelling, burglary of a conveyance and attempted burglary of a structure.
- Duran Winston Wright, 29, 1483 Damon Road, Palm Bay, was charged with violation of probation. He was on probation for felony retail theft in concert with others.
- Mitchell Andrew Greulich, 22, 1120 S.W. Irving St., Port St. Lucie, was charged with possession of a controlled substance, methilone, and a misdemeanor charge of possession of marijuana.
- Tayovious Louis Hullett, 22, 5030 33rd Ave., Apt. H30, Vero Beach, was charged with fleeing and eluding and a misdemeanor charge of resisting arrest without
- Doris Louise Knowles, 45, 2056 42nd Place, Vero Beach, was charged attempted murder.
- Joseph Paul Skinner, 24, 1600 20th Ave. Southwest, Vero Beach, was charged with burglary of an occupied dwelling, aggravated battery and misdemeanor charges of first-degree petit theft and domestic violence battery.
- Ginal Causland, 46, 3166 First St., Vero Beach, was charged with dealing in stolen property and a misdemeanor charge of shoplifting/retail theft.
- Christopher Dean Fultz, 39, 2050 11th Place, Apt. 4, Vero Beach, was charged with dealing in stolen property, third-degree grand theft and burglary of a dwelling, structure or conveyance with assault and battery while armed.
- Michael Sheldon Oliver, 47, 1075 U.S. 1, Sebastian, was charged with violation of probation. He was on probation for battery and resisting arrest with violence.
- Jekeria Lamontia Patterson, 27, 4125 30th Ave., Vero Beach, was charged with grand theft.
- James Stinson, 40, 4790 38th Circle, Apt. 108, Vero Beach, was charged with failure to appear in court on charges of sale of marijuana and possession of marijuana with intent to sell.

Tips for staying safe during summer temperatures

For Hometown News
NewsFP@hometownnewsol.com

TREASURE COAST
— Summer is here, bringing with it dangerous excessive heat. The American Red Cross has steps to follow to stay safe as the temperatures soar.

“Excessive heat can be deadly; it has caused more deaths in recent years than all other weather events,” said Rob Levine, regional executive. “We want everyone to stay safe during the hot, summer weather and we have some reminders for them to follow when the weather is hot and humid.”

One of the most stressed messages from the Red Cross is to never leave children or pets inside a car.

The inside temperature of a vehicle can quickly reach 120 degrees.

Other heat safety steps include:

- Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the



sun's rays.

• Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.

• Postpone outdoor games and activities.

• Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.

• Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.

• Check on animals frequently to ensure that they are not suffering from the heat. Make sure they have

plenty of cool water.

• If someone doesn't have air conditioning, they should choose places to go to for relief from the heat during the warmest part of the day (schools, libraries, theaters, malls).

Excessive heat can lead to sunburn, heat cramps, heat exhaustion and heat stroke.

If someone is experiencing heat cramps in the legs or abdomen, get them to a cooler place, have them rest, lightly stretch the affected muscle, and replenish their fluids with a half a glass (about 4 ounces) of cool water every 15 minutes.

If someone is exhibiting signs of heat exhaustion (cool, moist, pale or flushed skin, heavy sweating, headache, nausea, dizziness, weakness exhaustion), move them to a cooler place, remove or loosen tight clothing and spray the person with water or apply cool, wet cloths or towels to the skin. Fan the person. If they are conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition. If the person refuses water,

vomits or begins to lose consciousness, call 9-1-1 or the local emergency number.

Heat stroke is life threatening.

Signs include hot, red skin which may be dry or moist; changes in consciousness; vomiting and high body temperature. Call 9-1-1 or the local emergency number immediately if someone shows signs of heat stroke. Move the person to a cooler

place. Quickly cool the person's body by immersing them up to their neck in cold water if possible. Otherwise, douse or spray the person with cold water, or cover the person with cold, wet towels or bags of ice.

For more information on what to do when temperatures rise, visit redcross.org, download the Red Cross Heat Wave Safety Checklist, or download the free Red Cross

First Aid. The app is available for iPhone and Android smart phone and tablet users in the Apple App Store and the Google Play Store for Android by searching for American Red Cross.

To learn how to treat heat-related and other emergencies, take First Aid and CPR/AED training online or in person. Visit redcross.org/takeaclass for information and to register.

Chambers partner, offer residents travel opportunity

For Hometown News
NewsFP@hometownnewsol.com

INDIAN RIVER COUNTY

The Indian River County and Sebastian River Area Chambers of Commerce are offering the second of two travel opportunities to their members and area residents. A trip to Tuscany is slated for Nov.1-9 of this year.

Chamber and community members are invited on this unique travel opportunity to immerse themselves into the Italian culture and gain a new perspective on Italy's unique history, people and cuisine. Tour price is \$2,899 per person (double occupancy) and includes roundtrip airfare from Orlando, first class hotel accommodations, 9 meals, professional tour escort, baggage handling, sight-seeing and admission to all attractions per itinerary.

Chamber Explorations, a group travel provider specializing in working with Chambers of Commerce

throughout the U.S., will oversee the planning and arrangements for this trip to the Tuscany region of Italy.

The trip includes six nights in Montecatini with tours of Florence, Sienna and San Gimignano, and Orvieto. A guided tour of Florence will take visitors to see architecture from the Middle Ages to the Renaissance and include Michelangelo's Statue of David and the open air museum of Piazza Della Signoria and Santa Croce.

The historic centre of Siena, the capital of the province of Siena, is a UNESCO World Heritage Site. One of Italy's most visited cities, Siena is famous for its cuisine, art, museums, and medieval cityscape. San Gimignano, a small walled medieval hill town in the Sienna province is known as the Town of Fine Towers known for its medieval architecture, unique in the preservation of about a dozen of its tower houses,

which, with its hilltop setting and encircling walls form an unforgettable skyline.

The trip also offers optional excursions to the famed marble quarries of Carrara or the picturesque countryside of the Chianti region.

A scenic drive to Rome includes a stop in Orvieto, a city in southwestern Umbria, is among the most dramatic in Europe, rising above the almost-vertical faces of tuff cliffs that are completed by defensive walls built of the same stone called Tufa.

For more information, call Penny Chandler at the Indian River County Chamber at (772) 567-3491 or Beth Mitchell at the Sebastian River Area Chamber of Commerce at (772) 589-5969 or visit www.indianriverchamber.com or www.sebastian-chamber.com for details along with a schedule of activities and highlights of the trips that are being offered.

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VIEWPOINT

FRIDAY, JULY 12, 2013 • HOMETOWN NEWS • WWW.HOMETOWNNEWSOL.COM



Got something to say?

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

Time to evaluate

Mid-year is a time for looking forward and looking back to evaluate progress and problems. In foreign affairs we have done nothing to stop Iran's push for nuclear weapons. Our military victory in Iraq has turned sour as Iraq is now controlled by Iran. In Afghanistan we've declared victory and are pulling out with our tail between our legs. Our accomplishments in the North Korean tinderbox are exactly zero. Domestically the last six months have been tarnished by three major scandals. Perhaps, worst of all, because of irresponsible government spending, the United States has the largest national debt in the history of the planet.

Not a pretty picture

Get off welfare

So, you want a family? Well, by now it's like beating your head against a wall. Let's see, these young mothers dropped out of school, and the only thing they know is how to have kids and apply to the government for assistance for their living expenses. Once again, the national average is what \$350 per child, per month? Poor kid. In today's economy and given what the local economy is based off of, when you see a young mother with at least two kids, you know darn well that they're on that lovely Gov. lottery. No wonder the poverty level is so high. And the elected officials say they want to help. Well, get these people into a learning facility that offers them an education other than being a burden on the common tax payer. Good luck! I'm pretty much done attempting to open their eyes.

Government Vs. private industries

I had occasion to drive daily from Hobe Sound to Port St. Lucie for the last seven days. Around Baker Road in Martin County is a large flashing temporary sign advertising a Martin County Summer camp.

Also along this route were several people carrying signs advertising "hopefully for profit" businesses. If there was any doubt that there is not disconnect between Martin County government and the businesses paying taxes, this should clear it up. Let any of those businesses with people out front of their establishments try to put up a sign like Martin County has and code enforcement will be there, with a new pen, writing them a summons. But, the issue is bigger than it appears. This is just another example of government competing with private business without any restraints that private businesses are bound by. Is Anti-trust legal, in Florida, as long as the Government is part of it?

Up north, the courts have stopped a lot of governments from competing with private industries. As rampant as it is in Martin County, hopefully it will happen here soon. I chose Martin County 10 years ago because the county was then being run with fiscal common sense. That is all gone now.

Regarding plea to drivers

Unfortunately the ones who should read these rants are too selfish to be concerned with others. My grown grand-

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SEBASTIAN

Learning from dear ol' dad



Cliff Partlow/staff photographer

Stephen Stewart and his son Trevor, 10, spend some father and son time together fishing in Wabasso. With school being out and the rain finally slowing down, what could be more fun than going fishing?

daughter who lives in Chicago was recently T-boned on the passenger side. Thankfully no one else was in the car and she wasn't seriously hurt. A man passed a stopped bus on the right and blew right thru a stop sign. The car was totaled, passenger door was in the passenger seat, and they couldn't even get the key out of the ignition. Are these idiots so self-righteous that other people's lives don't have any value? Every day on the road I see red light runners; some even fly thru while police are at the red light. Nothing done, runners just keep going. To the rest of us, you must be diligent and watch every intersection. Stay safe.

Good job, governor

There have been so many people who don't think Governor Scott is doing a good job for the state of Florida. I just want him to know that I speak for many people in our state who do think he is doing a wonderful job in Tallahassee. God bless you, Governor Scott!

A liberal-based education?

If you wonder what kids are being taught in college, a survey of commencement speakers indicates almost all addresses were given by liberals. Mitt Romney at Southern Virginia University, a Mormon school, is a notable exception. He spoke about marriage as a gift from God, and the blessings and wonders of parenthood.

For his trouble, he was roundly condemned by the liberal-left, a Columbia University professor labeling him "a religious fanatic."

Reduce gun violence

States are toughening laws prohibiting so-called straw purchases of guns for criminals. In the past it has been far too easy for criminals to evade the law and acquire guns. Now it is up to the courts to make sure we take advantage of this new tool to keep the bad guys in prison where they belong. Reducing gun violence should be a top priority.

Answers to some common questions regarding viruses and anti-viruses

Cleaning viruses has become an almost daily task. Hardly a week goes by where I don't have to go head to head with yet another infected system and it seems like I hear the same questions just about every time. I thought I would gather some of the most common questions that I hear and (without getting too technical) try to answer them here.

First question; why do people take the time to create these things in the first place?

Well, outright theft is one reason. The rogue antivirus epidemic that has been going on for some time now makes a first attempt right off the bat to trick the end user into giving up the credit card number with the false promise of fixing an infection that doesn't exist. Yet.

Some viruses forward SPAM at an exponential rate by using infected systems as relays and one of the most widespread viruses will actually conscript your machine into a vast "zombie" army called a "Bot-Net" which is controlled (along with millions of other infected machines) by a "Bot-Herder." The Bot-Herder can then use all of these machines at once to attack a corporate or government network, spread out power needed



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SEAN MCCARTHY

to crack passwords, harvest information for identity theft and more.

Those are just a couple reasons but one thing is clear, there is often a great deal of sophistication in many of these infections that isn't readily visible from the infected machine.

Some questions I hear often aren't really questions but more like assumption; "I don't open email attachments so I should be OK, right? And "I don't go to anyplace "unseemly" so I'm safe, right?"

It is true viruses still rely on email to replicate so it's good not to open attachments from people you don't know but if you are running a typical machine there are certain security exploits that viruses will look for if you are connected to the network. Also, you don't have to go anywhere unseemly to run into an infected advertisement. One strategy they use is to run a legitimate ad on a popular website and switch the ad out with infected code.

Just about every machine I clean has an

antivirus program installed so I hear this question all the time; "I have an up to date antivirus program installed? How did I get infected?"

Not all antivirus programs are up to the job. Popular programs like McAfee, Norton and others cost money for a subscription but rate very poorly on the protection level and often bring a computer to a halt by using up so many resources. Without hesitation I remove these programs and replace them with a free antivirus that is light weight and effective. Even AVG (which I have been recommending here for years) has become too bloated and now causes more problems than it fixes. I have three free antivirus alternatives that I currently recommend - Avast, Avira and Microsoft's Security Essentials. All three are free, self-maintaining and use very little resources - they won't slow your machine down.

The next thing to consider is that new viruses are released daily but it can often take an antivirus company several days to come up with a definition leaving all of us vulnerable in the meantime.

And finally; how can I keep my system safe in

the future?

Use an antivirus that works and make sure it is updating itself daily. Then, keep your operating system up to date as many security holes are patched in the updates. Don't load up on multiple security programs! More is not better; most security programs are bloated and they all expect to be the "final authority" on what goes on in a machine. They don't share that responsibility easily and often will "cancel each other out." One antivirus along with the operating system's built in firewall is fine. Be wary of any pop ups that appear claiming that you have infections or Registry Errors. No, you don't want to clean them and no their program is not there to help you. Press "ALT+F4" to close the window or kill it with the task manager. Clicking in the pop up can possibly trigger an exploit.

Well, that's just a few of the questions I get asked all the time, I know there are more. I hope I answered them to your satisfaction. If you have more questions or need clarification on something, email me; I'll be happy to answer.

Sean McCarthy fixes computers. He can be reached at (888)752-9049 or help@ComputeThisOnline.com (No Hyphens!)

Business

Bank supports small business growth



Cedrick Gibson, Indian River State College Assistant Dean of Business Technology, left, is presented a donation check by Beth Giannone, Small Business Banker manager, right, on behalf of Bank of America to help fund SBDC Certified Small Business Analyst positions for the SBDC at IRSC as part of ongoing efforts by Bank of America to support small business growth locally. Shown in the back row from Bank of America are, from left: Mary Anne Gioia, vice president, Small Business Banker; Tammy Matthew, vice president, Small Business Banker; and Ross Lizars, vice president, Small Business Banker.

Photo courtesy of Indian River State College

For Hometown News
NewsFP@hometownnewsol.com

TREASURE COAST — As part of its ongoing efforts to support small business growth locally, Bank of America has generously supported the Small

Business Development Center at Indian River State College by helping to fund the salaries of SBDC Certified Business Analysts. The work of SBDC Certified Business Analysts with the SBDC at IRSC allows for substantive professional

business consulting to qualified emerging and growth businesses. The SBDC at IRSC staff is comprised of dedicated professionals with unique credentials and past experiences, making them well-qualified to assist with gen-

eral and specialized business needs. Most consultants have operated their own small business and have advanced business degrees. They regularly participate in professional development activities. Consultants draw from

their educational and business experience to provide practical, relevant advice in their role of providing guidance and education to help business owners identify the challenges they face and the solutions to overcome them.

For more information on the SBDC at IRSC or how a business can qualify for consultation with an SBDC Small Business Analyst, call (888) 283-1177 or email Vicki Storck at vstorck@irsc.edu.

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Local businessman, volunteer elected as chairman

For Hometown News
NewsFP@hometownnewsol.com

INDIAN RIVER COUNTY — C.J. Kip Jacoby, CPA, Morgan, Jacoby, Thurn, Boyle, & Associates, P.A. of Vero Beach, has been elected to chairman the board of governors for United Way of Florida. The United Way of Florida works with Florida's 32 United Ways to address the most challenging issues communities across the state face every day. Mr. Jacoby's understanding of how United Ways can

most effectively and efficiently use donated dollars to improve the quality of life in the communities they serve is grounded in his work with the United Way of Indian River County. He brings that knowledge to the United Way of Florida Board of Governors, where he can use it to help move the entire statewide United Way system forward. Mr. Jacoby was elected to the United Way of Indian River County Board of Directors in 2000, serving two consecutive three-year terms and holding the office of treasurer before serving



Kip Jacoby

as board chairman through the hurricanes and the community recovery efforts of 2004-05.

Mr. Jacoby has gone on to serve in various aspects including chairman of the Community Investment Process and the Annual Campaign, and currently serves on the United Way Foundation Board as treasurer. Consistent volunteer service in all aspects of United Way, along with regular and generous contributions, are evidence of his inspirational philanthropy. He received the Ralph T. King award in 2007 for extraordinary service and commitment to Indian River County. Mr. Jacoby currently

serves as an ex-officio member of the local United Way Board representing the United Way of Florida. In addition to his United Way commitment, Mr. Jacoby is also a member of the Indian River County Children Services Advisory Council, Florida Institute of CPAs and the National Society of Accountants for Cooperatives. "Kip has great insight into the United Way system and a passion for its work. We are thrilled to see that his leadership and ability to help the state United Way move through a major reorganiza-

tion has been recognized by all of Florida's United Ways," said Michael Kint, CEO, United Way of Indian River County. "We consider Kip a great friend and a tremendous asset to our work." United Way of Indian River County recruits people and organizations who bring the passion, expertise and resources needed to get things done. We invite you to be part of the change. You can give, you can advocate and you can volunteer. For more information, call (772) 567-8900 or visit www.unitedwayirc.org.

Website offers energy efficiency tips

Interactive, online site provides specific steps consumers can take to save money and energy

For Hometown News
NewsFP@hometownnewsol.com

TREASURE COAST — The Florida Department of Agriculture and Consumer Services launched a new interactive website, www.myfloridahomeenergy.com, that will walk homeowners through steps to conserve energy in their homes. The "My Florida Home Energy" tool was built to provide homeowners with a user-friendly application to analyze their current energy use and identify energy-efficient products and services that will potentially reduce their energy use, along with their utility bills. "This tool will help Floridians across the state by evaluating their energy use and giving them a variety of options to save energy in

their homes," said Adam H. Putnam, Commissioner of Agriculture. "The site is easy to navigate and will help many Florida consumers put those energy savings right back into their own pockets." The interactive application takes information provided by the homeowner as well as publicly accessible data to determine potential energy-efficient products, improvements or modifications that may be beneficial to consumers in their specific regions. The results are then ranked by cost and anticipated energy savings. The tool was developed through a contract with the University of Florida as required by legislation passed in 2012. The tool also identifies resources to help the homeowner put recommenda-

tions into action, including:

- Home energy-efficient products, improvements or modifications.
- On-site, third-party home energy audits (free utility company audits and fee-based professional audits).
- Best practices for hiring licensed contractors in their area.
- Applicable local, state and federal financial incentives related to the upgrades recommended for their home.
- Project financing options that may impact the feasibility and monetary payback for recommended upgrades.

 For more information about the Florida Department of Agriculture and Consumer Services, visit www.FreshFromFlorida.com.

Auto payment plan receives highest dealer ratings

For Hometown News
NewsFP@hometownnewsol.com

TREASURE COAST — Auto Dealer Monthly announced in its April issue that SMART Payment Plan has received the Diamond Award in the Biweekly Payment category for outstanding customer support, service and value. The Diamond Award is the highest rated honor awarded through a polling of U.S. auto dealers conducted by Auto Dealer Monthly. SMART Payment Plan, represented locally by David Jackson of Jackson Associates, takes the biweekly concept beyond what other tra-

ditional programs offer by automatically deducting smaller auto loan payments from a customer's bank account on a schedule that matches their pay schedule. Dealers laud the program because it's a very attractive payment option for their customers and satisfied customers are loyal customers. The Diamond Dealers' Award is given annually to the highest rated vendors, suppliers and financial companies in the automotive industry. Each company is rated on its product or service, customer service, its overall value and if the dealer would recommend the product or service to a customer

or other dealer. Three awards are given in each category: Diamond, Platinum and Gold. To receive the honor, dealership personnel who have first-hand knowledge and experience with a nominee must rate them among the top three highest performing companies in each category. The highest rated provider that receives a score above the category average wins the Diamond Award. For more information about SMART Payment Plan, contact David Jackson at (772) 559-5876, djackson@yaho.com or visit www.smartpaymentplan.com.

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Celebrating the anniversary of our Independence

The City of Sebastian has hosted a July 4 Celebration and Parade for more years than most can remember. This year was no different. An estimated 2,000 people got up early and found a good spot along Indian River Drive for viewing the annual parade. Afterwards, Riverview Park was home to music, food and fun until Thursday evening's fireworks.

The Boy Scout Troop 589 of Sebastian got more than they bargained when it came to water gun warfare during the July 4 Parade. Bystanders had water guns of their own and returned fire.

Cliff Partlow
staff photographer



Cliff Partlow/staff photographer

Josh Alderton, 7, of Sebastian, gets a high-five from Uncle Sam also known as David Cortez during the Sebastian's July 4 Parade Thursday.



Cliff Partlow/staff photographer

One of the more elaborate floats belonged to the Vero Beach Veterans.



Cliff Partlow/staff photographer

Sebastian City Council member Andrea Coy was the parade's Grand Marshall.

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SECTION B • WWW.HOMETOWNNEWSOL.COM • FRIDAY, JULY 12, 2013

International ensemble to perform in Vero Beach



Photo courtesy of Christ-by-the-Sea

The I Musici Chamber Orchestra of Italy will perform at Christ-by-the-Sea United Methodist Church in Vero Beach. The ensemble includes both musicians from Europe and local musicians.

By Jessica Tuggle
jtuggle@hometownnewsol.com

INDIAN RIVER COUNTY — The sounds of Italy will blow into Vero Beach later this month.

A professional ensemble from Italy will present works by Antonin Dvorak, Georg Philipp Telemann and other classical and contemporary composers for an evening of spectacular string music accented with piano and flute.

The I Musici Chamber Orchestra of Italy is the featured group on tour for "Summerfest 2013," organized by Fort Lauderdale's Symphony of the Americas. In an international exchange program, members of the Symphony of the Americas have joined I Musici on tour in Europe, Florida and Central America.

The concert will take place at Christ-by-the-Sea United Methodist Church in Vero Beach on July 30 at 7:30

p.m.

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

"The ensemble is a combination of musicians from Europe and some local musicians. I'm privileged to be a guest conductor for one of the pieces," said Marcos Daniel Flores, director of worship arts at Christ-by-the-Sea.

One of the musical works to be performed is "Remembering Naples," which pays tribute to the Napolitano culture whose government controlled all of Italy in the 19th Century, a press release said.

The composer, Guido Galterio, repurposed melodies of folk songs and famous Napolitano tunes, such as "Funiculi, Funicula" to create a new body of work. It was recently arranged for piano and string orchestra specifically for Summerfest 2013.

"Suite for String Orchestra," is an original composition making its debut in

Florida with the Summerfest tour, and was commissioned for the tour by Italian composer and soloist Lorenzo Turchi-Floris, who is also the tour's composer in residence.

Part of I Musici's mission to bring high quality music to great concert halls, but also to small venues in corners of the world that may not have experienced live orchestral performances by great composers, a press release said.

Education is also part of the ensemble's mission and one that is held by Symphony of the Americas as well.

Megan Mash of Sebastian United Methodist, Jason Hobratchik of Trinity Episcopal Church of Vero Beach and Jacob Craig of First Presbyterian Church of Vero Beach will have a master class in conducting from James Brooks-Bruzzese, the artistic director of the Symphony of the Americas,

See PERFORM, B2

Learning about animals



Cliff Partlow/staff photographer
Animal educator Cheryl Wise holds a ball python for the children to look at.

Cheryl Wise, of the Busch Wildlife Sanctuary, brought the world of animals to the North County Library Friday for a Children's Special like no other. The nearly 200 children and parents got to see and learn about the gopher tortoise, a baby alligator, a not so noisy screech owl, not to mention a snake called a ball python. The opossum drew a big yuck but the skunk had everybody ready to head to the exits. For more information call about North County Library events call (772) 589-1355.



Cliff Partlow/staff photographer
From left, foreground, Ily Nyman, 3, her sister Hannah, 6 and Hailey Rush, 6, watch as Cheryl Wise brings out a screech owl during the Friday's Children's Special, the Busch Wildlife Sanctuary animal education program.

Out & about

SATURDAY, JULY 13

• **Kids fishing clinic training event:** 9-11 a.m. at the Roseland Center, 12973 83rd Ave., Roseland. Hosted by the Sebastian Fishin' Chics. Learn the basics: knot tying, casting, safety, identifying common salt water fish. Free rod and reel combination and a tackle box for the first 30 children

who register and attend the training. The event is limited to 30 children, and ages 7-12 only. Register by emailing all needed information (your name, contact information, child's name and their age) to sebfishinchics@aol.com - refer to the kids clinic. You will be emailed back if you have successfully registered. Each child must have an adult chaperone,

preferably a parent. If you are registering two children, you must have two chaperones. For more information, visit www.sebastianfishinchics.org.

• **Met Summer Opera Series:** 'Armida' will be presented at 10 a.m. at the Majestic Theatre, 940 14th Lane, Vero Beach. Tickets are \$12.50 per person and are available at the

conierge desk at the theatre. For more information, visit www.cwtheaters.com/vero

• **Humanists at Barefoot Bay** will meet at noon at the South Mainland Library, 7921 Ron Beatty Boulevard, Micco to continue watching Penn and Teller's "Bull*****". Free. For more information on the program and how to join, call Tom Jennings at (772) 567-3416 or email erikabab@hotmail.com.

• **'Oldies' music by Fred Cook and The North Stars:** Do you miss the "oldies" - music going back to the 50s? Visit the Sebastian Elks Lodge located at 731 S. Fleming St and C.R. 512 and hear Fred Cook and The North Stars perform your favorite
See OUT, B2



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DINING & ENTERTAINMENT

July 12 Horoscopes

Aries-March 21-April 19
You don't need to hide behind a mask, Aries. Let your true feelings be shown and you will gain more respect for having done so. If you meet resistance, try again.

Taurus-April 20-May 20
Don't worry about a missed opportunity this week, Taurus. You will get a second chance and make the most of that well-deserved opportunity.

Gemini-May 21-June 21
Gemini, you will need to find

ways to sure up a plan of action before you can start to move forward. You may want to seek advice from Pisces.

Cancer-June 22-July 22
Cancer, keep trying even if you feel as though your efforts are getting you nowhere. Eventually you will make a breakthrough, and all that hard work will pay off.

Leo-July 23-Aug. 22
Leo, take care of a few things early in the week and then enjoy some much-needed

and well-deserved rest and relaxation. Put travel at the top of your to-do list.

Virgo-Aug. 23-Sept. 22
Virgo, you may experience a scare, but it will be short-lived and you will recover quickly. The rest of the week may prove uneventful, but do your best to stay busy.

Libra-Sept. 23-Oct. 22
Libra, you may be second-guessing an earlier decision that you now find isn't work-

ing out exactly as you had hoped. It is not too late to take a different path.

Scorpio-Oct. 23-Nov. 21
Scorpio, spend some quality time at home if you have been away for awhile. Time spent with your loved ones will reinvigorate you and put some hop back in your step.

Sagittarius-Nov. 22-Dec. 21
Sagittarius, step out of the shadows for a bit this week to get the praise and recognition you deserve. There's no shame in accepting the gratitude of others.

Capricorn-Dec. 22-Jan. 19
Capricorn, your focus on the

future may be making it difficult for you to see what is right in front of you. Take stock of your immediate future and you'll be glad you did.

Aquarius-Jan. 20-Feb. 18
Aquarius, expect to tackle many things on your to-do list this week. While you are feeling motivated, keep going. You may accomplish a lot more.

Pisces-Feb. 19-March 20
Pisces, sometimes you will have to make sacrifices, and this week you may find yourself putting others first. You thrive at being selfless.

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Out
From page B1

music of the '50s, '60s, '70s, up to the present. Fred Cook and The North Star Band will start the music and dancing at 6 pm and tickets are \$7 per person. The tickets are available at the lodge from Monday through Saturday after 3 p.m. The proceeds of this event will go to the many Elks charities such as the Children's Therapy Services, the Youth Camp in Umatilla, local scholarships and to support several other youth activities. For more information, call (772) 589-1516.

Sgt. Gary Morales Charity Golf Tournament will be held at PGA Golf Club on Perfect Drive in Port St. Lucie on July 13 (Gary's 36th birthday). The tournament will benefit slain St. Lucie County sheriff deputy Sgt. Morales' wife and daughters. Registration begins at 7:30 a.m. with continental breakfast. Shotgun start is at 8:30 a.m. Lunch will be served following the tournament. Cost is \$110 per golfer or \$400 per four-person team. To sign up or make a donation, contact Jeff Whelan at (772) 579-5553 or email golforgary166@gmail.com.

View nesting sea turtles: The Pelican Island National Wildlife Refuge staff will be holding a guided walk to view nesting sea turtles. Sea turtles are an endangered species, therefore the public must be on a guided walk to view them nesting on our area beaches. The walk will be held July 13 at 9 p.m. and reservations are required. The event lasts until about midnight and may not be appropriate for young children. Be prepared for hot, humid weather and mosquitoes. This is a reserved, special event for Pelican Island Preservation Society (PIPS) members only. If you wish to join PIPS, visit www.firstrefuge.org. For walk reservations, please call (772) 581-5557, ext. 4.

'Hooked on Blues' event: 7-10 p.m. at Terra Fermata, 26 S.E. Sixth Street, Stuart. A Blues Alliance of the Treasure Coast event, featuring member band Gregg Jackson and the Mojo Band, with food available. For more information or directions, call (772) 286-5252.

SUNDAY, JULY 14

Kashi Sunday Market and Yard Sale: 8 a.m. to 2 p.m. at Kashi Ashram, 11155 Roseland Road, Sebastian. First event, will be held on second Sunday of each month. Yard sale treasures, baked goods, organic coffees and juices, organic veggies, plus tours of the grounds, tarot readings, free short yoga classes, booths featuring local artists and crafters, tours for children to see the goats and chickens, food vendors, more. Fundraiser to update and expand the Ashram as well as becoming more involved in the community. To donate yard sale items call Asha, (772) 940-3394. For booth information, call Miki, (404) 308-8392. For general information, call Gina, (772) 913-5184.

THROUGH FRIDAY, AUG. 9

GYAC Walter M. Jackson Haven Camp: Open to students entering grades 1-12. Mornings are academic instruction followed by fun activities and field trips. Cost is \$45 per week for first child and at a sliding scale for additional children in same family; June 10-August 9. Applications are

See OUT, B3



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Living on the Treasure Coast has its benefits

With school out and the summer heat beating down, nothing refreshes like a cool ride in a boat, a short paddle in a kayak or a dip in the cool water along the Wabasso Causeway. Boating, fishing or just relaxing in the shade under the Australian pine trees, is a sure way to beat the heat.



Cliff Partlow/staff photographer
Mike and Misty Sanders of Sebastian enjoy some leisure time on their standup paddleboards along the Wabasso Causeway recently.



Ton Manuel maneuvers his sailboat into the wind and heads for the shore along the Wabasso Causeway recently.

Cliff Partlow staff photographer

Growing your own herbs

I think one of the greatest thrills is to be able to pick and use your own herbs right from your garden. Many herbs can be easily grown either in the ground or in small containers on a windowsill right in your kitchen. Let's explore some of those possibilities.

The first thing you will need to decide is whether you will dedicate an area outside for your garden or if you want to plant in containers inside or on your porch. Your next step is to decide what types of herbs you want to grow. Basil is by far one of the most sought after herbs out there but many people also like to grow oregano, thyme, sage, mint and lavender.

The best way to grow your own herbs is to plant them from seed. Depending on the type of herbs you plant, most seed germinate in about 7 to 10 days.

The first herb we will talk about is basil (*Ocimum basilicum*). Basil is probably one of the easiest herbs out there to grow. Use a good quality potting mix such as Miracle Gro if you plant in containers or high quality topsoil such as Hyponex if you sow your seeds in the ground. Basil seeds will take about 10 days to germinate and you can use the small peat pots to start them out



GARDEN NOOK
JOE ZELENAK

if you prefer. Since they are easily transplanted, you can start them out wherever it is most convenient for you. The "Dark Opal" variety has deep red foliage and boasts pink flowers. This variety can also be used for decorative purposes as an accent plant!

If you decided to plant in the ground, space your plants about 12 inches apart to allow room for the plants to grow and mature.

Basil has many uses but is most commonly used in Italian dishes and as a seasoning in sauces.

Thyme (*Thymus vulgaris*) is another common herb that is used for flavoring soups and sauces. Since thyme needs a very rich soil, be sure to opt for the best. I always prefer Miracle Gro since it already has a small amount of fertilizer already added to the soil and it is loose enough for easily starting seeds. Unlike basil, thyme will take almost 30 days for germination to occur and it will grow very slow at first. Thyme can also be grown in containers but since it is

more of a shrub like plant, be sure to use a container that is at least 12 inches in diameter. If you plant in the ground, space your plants at least 8 inches apart.

Once your herbs have grown and matured, you might want to dry them out for use at a future date. This is easily done and is actually a lot of fun to do. Simply cut off the tops of the leafy varieties and wash them in cold water. Hang them in an area indoors just long enough for the water to evaporate from the leaves. You can then tie the stems together with twist ties designed for gardening. Place the plants in a paper bag, leafy side first. Secure the end of the bag with a rubber band and hang the bags indoors for about 3 weeks. You can now remove the dried leaves and crumble them in a shallow baking pan. Dry them out for a short time in your oven at the lowest setting. (About 100 degrees) That's it! You can now store your herbs in glass jars or containers and enjoy them whenever you need them for a recipe.

Joe Zelenak has more than 30 years experience in gardening and landscape. Send e-mails to hometowngarden@gmail.com or visit his Web site www.hometowngarden.com.



Cliff Partlow/staff photographer
Karen Gandolf and her daughter Holly paddle their inflatable kayak to the shore during an outing along the Wabasso Causeway Wednesday, July 3.

Out

From page B2

available Monday-Friday from 9 a.m. to 5:30 p.m. at Gifford Youth Activity Center, 4875 43rd Ave., Vero Beach. Call (772) 794-1005.

TUESDAY, JULY 16

• **Summer Card Party:** The Women's Guild of St. Sebastian Catholic Church is having their annual Summer games and card party in the Parish Hall at 1 p.m. The public is

welcome. There will be homemade desserts, drinks, gift basket raffles, door prizes, table prizes, and a 50/50 raffle. Tickets are \$6. Contact Anne at (772) 589-9030 or call the Parish Office at (772) 589-5790.

See **OUT, B4**

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July 19th at 8pm
July 20th at 2pm & 8pm
July 21st at 2pm

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Alzheimer & Parkinson Association honors volunteers

For Hometown News
NewsFP@hometownnewsol.com

INDIAN RIVER COUNTY — Alzheimer & Parkinson Association of Indian River County honored its volunteers, which are an integral part of the nonprofit organization's culture, at a luncheon at Oak Harbor Club on May 22.

Whether it's a kind word, listening ear, a touch, a smile, a hearty joke or an honest compliment, these are all acts of caring that volunteers provide that turn a life around at Alzheimer & Parkinson Association. It's this culture that serves as the core of the grassroots organization, which provides programs for caregivers, healthcare professionals and families of those affected with memory and motion disorders.

"Our volunteers are the creators of the relationships that weave the tapestry of our organization," said Peggy Cunningham, executive director of Alzheimer & Parkinson Association of Indian River County. "Relationships are about serving others and connecting with them to make sure they have been cheered, educated and relieved of their burden."

Cindy Bryant was honored as "Volunteer of the Year" and cited for her service on several committees, her tireless efforts to recruit

sponsors for events, lending her incredible talent to the organization and opening up her connections to key media in the market to promote the association through "Heartbeat of the Treasure Coast," a quarterly healthcare guide, and "Cindy's Health Beat and Where to Eat" radio talk show on WTTB 1490 AM.

But after all of that was said, it is what Ms. Bryant brings to the organization's culture and how she touches the lives of others that put her in the spotlight.

"She is the essence of what our organization aspires to be, a conduit for joy, peace, humor and compassion," said Ms. Cunningham. "Negativity is simply not allowed to factor itself in. In short, we are better for it when she walks through the door."

Other volunteers received special recognition including Linda Wells, owner of Promote You, for her passion, organizational skills and stamina. Wells serves on the board of directors and most recently chaired the 2012 Walk to Remember and 30th Birthday Celebration committees.

Diane Butler, director of community outreach for Home Instead Senior Care, was cited for her upbeat humor and her untiring work on behalf of the organization through her service on all major events commit-



Photo courtesy of Alzheimer & Parkinson Association of Indian River County
Cindy Bryant, right, was recently honored as "Volunteer of the Year" by Alzheimer & Parkinson Association of Indian River County. She is standing with Peggy Cunningham, left, executive director of the nonprofit organization.

tees and her fundraising initiatives hosted by Home Instead that have benefited Alzheimer & Parkinson Association.

Eileen O'Donnell, Director of Marketing & Public Relations at Douglas Health Services, was recognized for her tireless commitment to volunteering for Project Lifesaver and also serving on several fundraising event committees. She currently is serving as the chair for the 2013 Walk to Remember to

be held on November 9.

In addition, Becky and Dennis Lohran were honored for taking their volunteer commitment an extra mile and traveling to Project Lifesaver clients that can't make it to the office for monthly equipment maintenance.

Alzheimer & Parkinson Association of Indian River County is not an affiliate of a national organization. It is an independent, nonprofit organization founded in

Indian River County, which is 100 percent supported through generous donations derived from grants, events, individuals and businesses.

Programs are designed for those challenged by disorders affecting memory and movement, such as essential tremor, stroke, autism, lewy bodies and others in addition to Alzheimer and Parkinson diseases. Services provided to area residents include "Care for the Caregiver" respite programs,

support groups, a lending library resource center, monthly program meetings, caregiver training, Project Lifesaver Tracking Bracelets, an activity center, weekly exercise and movement classes, and free memory screening. In 2012, nearly 7,500 caregivers, clients, and professionals participated in the organization's programs.

For more information, visit www.alzpark.org or call (772) 563-0505.

Out

From page B3

• **Type II diabetes workshop:** 6-7 p.m. Free. Alternative Medicine Family Care

Center, 3408 Aviation Blvd., Vero Beach. Suggests natural solutions that may help diabetes and its symptoms. Call (772) 778-8877 for more information.

WEDNESDAY, JULY 17

• **Met Summer Opera Series:** 'Armida' will be presented at 10 a.m. at the Majestic Theatre, 940 14th Lane, Vero Beach. Tickets are \$12.50 per person and are available at the concierge desk at the theatre. For more information, visit www.cwtheaters.com/vero.

• **Treasure Coast Collectibles Road Show and Highwaymen Event:** 10 a.m. to 2 p.m. at the Fort Pierce Jetson TV and appliance showroom, 4145 S. U.S. 1. Bring your collectibles (no glass, weapons or furniture) for a free evaluation by Ralph Oko, The Treasure Finder. He may make an offer to buy or consign them. Doretha Hair, widow of Highwaymen founder Alfred Hair, will be painting a Florida scene, talking about the early days of the Highwaymen, and giving free autographs. Some of her artwork will be on display for sale. Enjoy complimentary refreshments served by Chef Travis of Wild Thyme Catering. Renee Clark of Just One More Specialty Nuts will have samples of her delicious homemade nut assortments. Taste unique coffees and lattes provided by Dominic DiGiorgio of Organo Gold. Colette Walega of Melaleuca will have samples and tastings of her all-natural products. For more information call Jetson TV and Appliance at 772-464-7050. Call Ralph Oko at (772) 794-0030.

WEDNESDAY, JULY 17 – THURSDAY, JULY 18

• **Lighthouse Art and Framing children's art workshops:** Megan Hoots will be teaching a series of two-day art workshops for children ages 6-14 this summer. Workshops will have educational input and hands-on classroom activity. One last class, Fantastic Fruit (pen and ink still life) will be July 17-18. The workshops are \$60 each and run from 1-5 p.m. For more information, contact Megan Hoots at Lighthouse Art and Framing, 1875 14th Ave., Vero Beach, at (772) 567-2212 or email lighthouse-galleryandevents@gmail.com.

THURSDAY, JULY 18

• **Barefoot Bay Marine Corps League Detachment 918** will meet in building D and E at 7 p.m. Public is welcome. For more information, call Commandant James McPheters at (772) 663-0036.

THURSDAY, JULY 18 – SUNDAY, JULY 21

• **'Pirates of Penzance':** The Vero Beach Theatre Guild's summer fundraiser and production of the Gilbert and Sullivan comic classic features 36 actors from the community. Five performances. Shows will be July 18 at 7 p.m., July 19 at 8 p.m., July 20 at 2 p.m. and at 8 p.m., and July 21 at 2 p.m. For the 8 p.m. show on July 20, patrons are invited to dress as pirates. Adult tickets are \$25. Youth 18 and younger are \$15. For tickets or more information, call the box office at (772) 562-8300 or visit

www.vero-beach-theatre-guild.com.

FRIDAY, JULY 19 – SUNDAY, JULY 21

• **Treasure Coast Lionfish Safari:** Captains and divers will work together to locate and capture the most, largest, and even smallest lionfish they can for cash prizes. Raffles will also be available. This safari is part of the state-wide lionfish control program supported by Florida Fish and Wildlife Commission. The mandatory Captains Meeting and safety instruction will be held at the Riverwalk Community Center, 600 North Indian River Drive, Fort Pierce, at 6:30 p.m. on July 19. The Safari will be held July 20-21. Teams of up to four divers plus crew and captains can leave from any port from Sebastian to St. Lucie Inlet at sunrise both days, but must be in the weigh-in station at Fort Pierce City Marina Plaza, 10 Avenue A by Cobb's Landing before 5 p.m. each day. Teams that sign up before July 15 are eligible for free ice and free or discounted air at participating area dive shops. Registration is \$80 for up to four person dive teams. Booths, vendors, live music, raffles, lionfish tasting and fun will be had until 8 p.m. each day. Winners will be announced Sunday after 6 p.m., with prizes and gifts totaling more than \$3,000. The FWC has suspended Saltwater Licensing requirements in an effort to promote reduction of lionfish numbers. All forms, registration and PayPal options are available at: www.treasure-coastlionfishsafari.com.

FRIDAY, JULY 19 – SUNDAY, JULY 28

• **Summer Stage '13 "Smile":** One of theatre's great lost musicals by Marvin Hamlisch and Howard Ashman, focusing on the backstage drama of a nervous teen beauty pageant. Presented in the Anne Morton Theatre at Riverside Theatre, 3280 Riverside Park Drive, Vero Beach. Ages 6 and over. Evening performances are July 19, July 26, and July 27 at 7:30 p.m. Afternoon performances are July 20, July 21, July 27 and July 28 at 1:30 p.m. Tickets are \$12 to \$18; half price for students. For more information, call (772) 231-6990 or visit www.riversidetheatre.com.

SATURDAY, JULY 20

• **'A Cure for Kirsten':** 11 a.m. to 8 p.m. at Stevi B's, 5945 20th Street, Vero Beach. Stevi B's will donate 10 percent of all sales, just mention you are there to support Kirsten Farmer, diagnosed with acute lymphoblastic leukemia in February. For more information, visit www.facebook.com/ACureForKirsten.

• **Boating Safety Course:** 9 a.m. to 5 p.m. Offered by the Vero Beach Power Squadron. Learn about navigation rules, boat handling, trailering and life saving equipment. If you were born after Jan. 1, 1988, you can get your operator's license. Many insurance

See OUT, B6

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Learning to craft the perfect palette

Each year the Vero Beach Museum of Art offers a wide range of summer activities during their Summer Art Camp. Anything a child can imagine can happen during the summer camps. Classes include more than watercolors and chalk. The classes work every part of the little Picasso's brains. For more information call (772) 231-0707 ext. 116.



Cliff Partlow/staff photographer
Samantha Feuerstein, 6, proudly displays the bracelet she made in Christine Thomas's Beaddazzling Designs class.



Art teacher Christine Thomas helps Hilah McCauley with her necklace.

Cliff Partlow staff photographer



Cliff Partlow/staff photographer
Lis Bech critiques Ryan Giulianotti's cartoon in her Japanese Manga Cartoon Drawing class.



Ten-year-old Morgan Barclay, left, works on a piece of jewelry as Hailey Fezell, 9 looks on.

Cliff Partlow staff photographer



Peter Wixon, 10, and other classmates share a laugh during Japanese Manga Cartoon Drawing.

Cliff Partlow staff photographer

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Torrents of Arabia

Edited by Linda and Charles Preston

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Don't let the heat ruin your game

The heat is on! My backyard and my oven have something in common - their temperature!

With a heat index in triple figures, playing an outdoor sport such as golf is likely not the best idea. However, should you insist on heading out to tee it up and play a few holes, please take the proper precautions.

While doing any activity in this heat, you should be properly prepared to avoid dehydration, heat exhaustion, and stroke.

Sweating is the most significant way that one's body cools itself to maintain a safe and stable temperature. In humid climates our sweat doesn't evaporate easily and our bodies don't cool efficiently. We sweat more and need to consume more fluids to help our body stay cool and perform at its best.

It's important that you drink before you're thirsty. You'll even play better when you're not constantly looking for the next water cooler. Sports drinks such as Gatorade and the like help to replenish your body with the fluids and electrolytes that your body loses while perspiring. These drinks are also loaded with



GOLF
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STAMMER

carbohydrates that provide energy your body needs.

Fruits are best for giving you a boost of long-lasting energy. Candy bars provide quick energy, but their effects diminish just as quickly. Bananas, apples or peaches are easy to carry and easy to eat. Bananas also help to prevent the buildup of cramp-causing lactic acid in the muscles, a frequent occurrence during exercise.

Your most important concern should be avoiding heat exhaustion or heat stroke. There are many ways to do that. Always wear shorts, and light colored shirts. It may sound crazy, but wearing an undershirt will also help. The undershirt helps get perspiration away from your body where it can evaporate more quickly, assisting in the cooling process. If you feel too warm at the turn, stop by the clubhouse, grab a cold drink and give your body time to cool.

While hats are great for

keeping the sun off of your head and face, they will make you warmer. Your body discharges most of its heat through your head. If your head is hot, so is the rest of your body. Therefore, if your head is cool, the rest of your body will be as well. I like to take my cap off when I'm riding along in the cart. The sun isn't beating down on me and the breeze created by the moving cart helps to cool me.

Some people like to take along an extra towel or two. They dampen these towels at every water cooler and lay them across the back of their necks or over their heads when not hitting a shot, or wipe their face and arms with them to keep cool.

If you are taking medication, your body may need even more assistance to keep cool. Some medications interfere with sweating, putting you at a greater risk. Check with your doctor to see if your medication could be putting you at risk and what measures you should take to lessen your chances of heat-induced illness.

If you begin to feel the effects of extreme thirst, nausea, dizziness, headache, elevated temperature, if your skin looks pale, your pupils appear dilated or your muscles start to cramp, there is a good chance that you are suffering from heat exhaustion. The best thing to do is immediately get to a cool place and rest. Replenish your body by drinking large amounts of fluids and eating generously salted foods to help your body return to its normal balance.

Heat stroke is much more serious and can quickly become deadly. Symptoms of heat stroke include hot, dry skin with a grayish tint, dilated pupils and a body temperature that may rise to more than 104 degrees. Anyone suffering from heat stroke must be treated quickly. Immerse the victim in a cool water or ice bath and call 911 immediately.

Finally, a step many of us forget: remember to put sunscreen on every exposed body part. The effects of sunlight on our skin can be deadly. Skin cancer is becoming more and more prevalent with the depletion of the Earth's protective ozone layer. A few minutes spent putting on sunscreen could save your life.

We all want to enjoy our round and play our best. If you're careful and follow a few of tips, you can make sure that your next round isn't your last.

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.

Does it smell?



The Busch Wildlife Sanctuary visited the North County Library for a Children's Special featuring several animals including a skunk. After the presentation, 3-year-old Nicholas Holpfer was slow to pet the animal.

Cliff Partlow
staff
photographer

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Out

From page B4

companies offer discounts if you have a boating course. Will be offered in the Vero Beach Power Squadron Building, 301 Acacia Road. Cost is \$35. For more information, call (772) 231-9543.

Bird Survey: 8 a.m. on the third Saturday of each month. Meet at the Pelican Island National Wildlife Refuge office, 4055 Wildlife Way, just south of the entrance to Jungle Trail and the Pelican Island refuge on A1A. Bring your own kayak for free. Kayaks will be provided by the Florida Outdoor Center for a fee of \$20 (which includes membership in Pelican Island Preservation Society); kayaks will be available at \$5 for current members. Dress in clothes and shoes that can get wet. Bring water, sunscreen, hat and binoculars if you have them. Birding experience not required. For more information or to reserve a kayak, contact Kristen Beck at (772) 202-0220 or kayaksetc@msn.com.

Turtle Walk at Archie Carr Refuge: Led by Refuge Manager Kristen Kneiff, group meets at 8:45 p.m. at the Barrier Island Center, Melbourne Beach for a presentation and night time walk finishing at approximately midnight. \$20 cash donation. Reservations required: (772) 242-2559. Ages 9 and up.

MONDAY, JULY 22 – FRIDAY, JULY 26

Church to host theatre camp: Saint Sebastian

Catholic Church will offer a Summer Theatre Camp the week of July 22-26 for kids ages 7-14. Kids learn a musical show in a week and then perform for their parents and friends. Camp is from 9 a.m. to 12:30 p.m. at Saint Sebastian Catholic Church, located at 13075 U.S. 1; just north of Walmart. Tuition is \$65 with early and extended day available for an additional charge. The camp is directed by Jennifer Patty. Register and pay online at www.stsebastian.com; registration forms are also available at the church office. For more information, call (772) 589-5790.

SATURDAY, JULY 27

Marketplace Event: 1-6 p.m. at the Keep Indian River Beautiful Reuse Center at the Indian River Mall, 6200 20th Street, Room 471, Vero Beach. Additional marketplace day is planned for Saturday, Aug. 24. Free. At this indoor farmer's market experience, vendors will be selling orchids, fresh fruit and vegetables, handmade soaps, plants, crafts, vintage furniture and more. KIRB will offer rain barrel workshops and information about the importance of reducing, recycling, rethinking and reusing materials for the good of the environment. Blue rain barrels will be available for \$55, while plain barrels to decorate are \$65. To register for the rain barrel workshops, call (772) 226-7738. For vendor information, contact Vicki Wild, executive director, at (772) 226-7738 or email keepirbeautiful@gmail.com.

226-7738 or email keepirbeautiful@gmail.com.

Met Summer Opera Series: 'Turandot' will be presented at 10 a.m. at the Majestic Theatre, 940 14th Lane, Vero Beach. Tickets are \$12.50 per person and are available at the concierge desk at the theatre. For more information, visit www.cwtheaters.com/vero

TUESDAY, JULY 30

Summerfest Concert: 7:30 p.m., Christ by the Sea United Methodist Church, 3755 Highway A1A, Vero Beach. Features Symphony of Americas musicians and I Musici Estensi, an ensemble from Milan, Italy. For more information, call the church at (772) 231-1661 or visit www.christbythesea.org

Natural allergy solutions workshop: 6-7 p.m. Free. Alternative Medicine Family Care Center, 3408 Aviation Blvd., Vero Beach. Suggests natural solutions that may help asthma, food allergies, sinus congestion, headaches, fatigue, environmental allergies, etc. Call (772) 778-8877 for more information.

WEDNESDAY, JULY 31

Met Summer Opera Series: 'Turandot' will be presented at 10 a.m. at the Majestic Theatre, 940 14th Lane, Vero Beach. Tickets are \$12.50 per person and are available at the concierge desk at the theatre. For more information, visit www.cwtheaters.com/vero

OBITUARIES

Clifford Arthur Wallace

Clifford Arthur Wallace, 91, of Barefoot Bay, died July 1, 2013.

He was born in Newburyport, Mass., and lived in Barefoot Bay for four years.

He served in the U.S. Army.

He is survived by his wife, Betsey; three sons, Dean, James and Scott; two daughters-in-law, Tina and Nancy; five grandchildren, Melissa, Kali, Connor, Rachel and Ryan; three great-grandchildren, Beyonce, Bianca and Mason.

Arrangements by Strunk Funeral Home.

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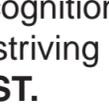
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5060 Notice of Sale

FAULKNER & Son's Inc. Will sell the following vehicles, pursuant to Ch. 713.(6)85.9 to the highest bidder, subject to all towing, storage, administrative, and miscellaneous charges, at 801 High Street, Sebastian, FL for the following auctions. These are cash sales. Proceeds are due the day of sales. Storage fees are accumulative. We reserve the right to reject all bids. At 8:00 am, Friday, August 3, 2013: 2002 Chrysler VIN# 3C8FY68822T296512 Pub: July 12, 2013

103 Adoptions

ADOPTION Give Your Baby the Best in Life! Many Kind, Loving, Educated & Financially Secure Couples Waiting. Living & Medical Expenses Paid. Counseling & Transportation Provided. Former Birth Moms on Staff!

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103 Adoptions

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128 Cemetery Lots & Crypts

LOOK

FORT PIERCE 2 CEMETERY LOTS At Hillcrest Memorial Gardens. \$4,000 Call 772-532-6802

131 Personals

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145 Wanted

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- Former Birth Moms on Staff
- Many Kind, Loving, Educated & Financially Secure Couples Waiting
- Counseling & Transportation Provided

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131 Personals

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145 Wanted

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201 Garage Sales

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WANTS TO PURCHASE minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, Co. 80201

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EMPLOYMENT

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You must be able to type 40 wpm and be very comfortable in a PC windows environment. Previous telephone sales experience is a must. Responsibilities include handling both inbound calls and making outbound calls to present our advertising opportunities.

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Hometown News

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450 Sales

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450 Sales

NEED TO HIRE?? Find the perfect fit in Hometown News 800-823-0466

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299 MISCELLANEOUS NATIONAL ADS

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2. Each ad runs for 2 weeks
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710 Houses for Sale

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FOR RENT

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Crossword Solution

Crossword Solution

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Crossword puzzle grid with words filled in: SHEM, ROPER, CARAT, PLUM, HERA, AGATE, OHARA, RENO, IRON, TITAN, NANCY, ENID, POSITIVE, ENDS, DELICATE, STRONG, PRESIDE, RIDENT, CRABS, MUM, TRICONS, SEVER, ROTA, CAMEL, TONS, SEMI, APE, SON, ATAS, OLDER, NEP, PELICANS, SPARE, AORTAS, CASA, STIRS, TISAR, TALENT, VISTA, REINSERT, ERA, TEPID, EDWARDS, DOR, NODS, RITES, ARISE, HIVE, SMEAR, PACTS, IDE, GALE, EASTER, LARIATS, MITERS, UVVA, RENTE, FEST, TORRENTS, SET, LITTERED, OVID, DOLES, ARENA, RIVE, SAGA, ENATE, CANAL, AMON, SLAY, REWED, HEELS, SEES

910 Antique/Classic

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0920 Automobiles Wanted

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0962 Boats/Watercraft

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