Center to accept construction, demolition debris
By Jessica Tuggle
jtuggle@hometownnewsol.com

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

SEBASTIAN — Kickball players and golfers will be able to see the ground a little differently when the new Indian River County shooting range opens.

Shelter fundraiser to feature surprise speaker
By Jessica Tuggle
jtuggle@hometownnewsol.com

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

Improvements to county shooting range in works
By Jessica Tuggle
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Indian River County
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INDIAN RIVER COUNTY When do kickball, golf balls and a helicopter have in common? They are all part of the newest and funniest fundraiser for Youth Guidance of Indian River County.

Golf balls purchased from the non-profit will be numbered and dropped from the helicopter onto an open field. The ball that lands closest to a set target will win $5,000, second closest wins $2,500 and third closest wins $1,000. Fourteen of the first 100 tickets will receive $500.

A one-day event for one person and a golf ball is $100, while two golf balls is $150. Golf balls purchased from the non-profit will be numbered and dropped from the helicopter onto an open field. The ball that lands closest to a set target will win $5,000, second closest wins $2,500 and third closest wins $1,000. Fourteen of the first 100 tickets will receive $500.

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Genealogy seminar to be held in February

Dean A. Lusardi, MD is a board-certified Orthopedic Surgeon specializing in sports medicine and trauma care.

With extensive training and years of experience, Dr. Lusardi provides exceptional care for patients of all ages with a wide range of orthopedic conditions. Dr. Lusardi provides comprehensive non-surgical and surgical treatments for general orthopedic conditions of the hip, knee, shoulder and more. In addition, Dr. Lusardi understands the challenges and unique requirements of patients in the Treasure Coast area. He integrates care, quality and value into a personalized orthopedic care plan.

For more information, call (772) 562-4757 or visit www.irgs.org or email vreyt@bellsouth.net.

For more information, call (772) 562-4757 or visit www.speedmods.com/firstsaturday.htm or search for LSA Avia- tion on Facebook.

Pilot

From page A1

new project directors are hoping for support at a passing level. They will host the first Camp Haven fundraiser on Jan. 26, said Staci Moresi, a leader in the Camp Haven project and executive director of The Sear, a non-profit organization reaching out to the homeless or near homeless in the community.

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

The identity of a special guest speaker at the event is being kept secret until the fundraiser. The secret guest is billed as an internacional known speaker who will be recognizable when he or she appears.

“I don’t know who it is,” Ms. Geyer said with a laugh.

Heavy hearts of everyone and devastation will be shared during the fundraiser with bistro seating. Dinner is business casual and after the event, guests will have an opportunity to take individual photos with the special speaker Ms. Geyer said.

The fundraiser is the next step in making Camp Haven a reality, she said.

“This is a very important juncture for us. It’s the beginning of the serious work of building of Camp Haven and we want to invite people to join us with us,” said Ms. Geyer.

“We want them to be key adventurers with us and bring this opportunity to our homeless neighbors, because that’s who they are, our neighbors who have fallen on hard times. We can give them opportunity to get them back on their feet,” she said.

The Camp Haven project has been in the works for more than a year, and recently received a generous financial donation to get them moving forward.

Philanthropists Walter and Lila Uske of Vero Beach gave a charter donation of $20,000, making it possible for the project to move forward with finding a workable site to meet its vision and address some of the concerns already voiced by the community.

Listening to the community is something Ms. Moresi and other community leaders on the Camp Haven project take very seriously, Ms. Geyer said.

The community had real concerns about the temporary residents at Camp Haven moving back and forth to The Source for meals and laundry, so the current site plans and conceptual drawings have the whole camp self-contained.

Camp Haven’s design is to be a tent camp with kitchens, restrooms, picnic tables, an office and a meeting room.

A site plan developed by architect John Dean shows a proposal to encircle the site and trees will be allowed to remain.

To learn more about the fundraiser, visit the genealogy department of the main library in Vero Beach.

CALL FOR AN APPOINTMENT
Youth Guidance mentor Michaela Gibbons paddles with Thomas W. and Mekhi W. during a recent outing. Youth Guidance volunteer mentors works primarily with children from kindergarten to 12th grade from single-parent, low-income homes in the county.

“We don’t want them to be held back from their full potential by the circumstances they were born into,” Ms. Schlitt Ford said.

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

Golf
From page A1

Golf ball is making a big comeback in the country,” Ms. Schlitt Ford said. Tickets in the event, minus the golf ball drop and chance to win a cash prize, is $25.

“We really hope this is an event our grassroots followers and supporters will come out for a night out with the tickets only at $25,” she said. Youth Guidance volunteer mentors works primarily with children from kindergarten to 12th grade from single-parent, low-income homes in the county.

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Blotter
From page A1

innocence, but added, “I should have killed the bi—-,” a report said.

Give him his sauce
When a server brings food and a customer finds the order doesn’t match what he or she ordered, the customer usually will ask that food be returned and the order be corrected.

Perhaps a Martin County man wishes he would have done that. Instead, the man, who was enraged over not getting a sauce he wanted, started throwing money around. After being escorted out of the restaurant by friends, the man returned, hit a man in the back of the head, knocked down glasses stacked on the bar and then knocked some people to the floor.

If that wasn’t enough, he exited the restaurant by friends, the man returned, hit a man in the back of the head, knocked down glasses stacked on the bar and then knocked some people to the floor.

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

Shelter

From page A2

Camp Haven, nothing but is set to open at the moment. The site would need to be between 2.5 and 5 acres to hold every project leader's chase in mind.

The camp would eventually hold a minimum of 100 housing units, but to start, the camp would be open to fewer than 10 people, Ms. Geary said.

Negotiations are ongoing with a landlord, and should things move forward, the neighbors will be the first to hear about the plans for the land. Ms. Geary said the land was located near a light industrial area, net a residential area.

The homeless population in Indian River County is estimated to be about 250 people, including children, Ms. Geary said.

Not all of those 200 people will qualify to live in Camp Haven, but it will meet some people’s needs. A campground be limited to homeless mar-ried or single men and women older than 18 without dependent children.

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

Camp residents will be screened for psychological health, food, substance abuse, and criminal history and must be Indian River County residents for at least 90 days prior to enrollment.

Participants must also be willing to live in a drug- and alcohol-free environment. They are not required to be in recovery.

The project timeline includes mobilizing volunteers with a location by June, identifying property by September and opening the camp in October or November.

Not all of those who come to Camp Haven will be able to stay there.

The new care facility, which will offer assistance and treatment services, is intended for individuals who are in the recovery process and want to continue their sobriety in a voluntary setting.

The facility will be able to accommodate up to 12 clients at a time, Ms. Morrison said.

For more information, call 772-562-8111 or visit www.VocelleBerg.com.

Hospice VP becomes certified in hospice, palliative care

For Hometown News
news@hometownnewsonline.com

TREASURE COAST — Karen Ritchie was formerly the program director for a certified hospice and palliative care program run by the National Board for Certification of Hospice and Palliative Nurses.

To earn the CHPCA certificate, Ms. Ritchie was tested on her competency of eight different fields of hospice and palliative care including, leadership, fiscal management, and educational.

“We are very proud of Karen. She is raising the bar on the quality of leadership in our healthcare community,” said Judy Kriss, president and CEO of the VNA.

Karen Ritchie, vice president of Hospice for the VNA, said she was very honored to be named the new hospice certified in hospice, palliative care specialist.

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

“It gets really busy out here,” he said.

For more information about shooting, see other events at the range: 772-551-8444 or www.goshootingirc.com.

From page A1

HOSPICE

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From page A3

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NewsFP@hometownnewsol.com
For Hometown News

Randal Alan Mills, 15,1055 29th St., Vero Beach, was arrested Dec. 21 and charged with possession of a controlled substance without a prescription.

Shelby M. Nigh, 20, 555 12th St., Vero Beach, was arrested Dec. 21 and charged with burglary of an automobile.

Tyler James Aycock, 19, 15 220th Circle S.W., Vero Beach, was arrested Dec. 21 and charged with aggravated domestic battery.

Akelely N. Michaels, 28, 1064 N. Crook Terrace, Jensen Beach, was arrested Dec. 21 and charged with two counts of possession of a controlled substance without a prescription.

Gerald Lewis Glasson, 22, 2825 44th St., Vero Beach, was arrested Dec. 21 and charged with aggravated assault.

Steven Kevin McNulty, 24, 313 10th Court, Vero Beach, was arrested Dec. 21 and charged with grand theft of a firearm.

David Keith Bear, 44, 130 N. G. St., Hillstrom, Texas, was arrested Dec. 23 and charged with burglary.

Alex J. Parnell, 14, 535 Duban St., Sebastian, was arrested Dec. 26 and charged with third-degree grand theft, dealing in property and exploitation of an elderly or disabled person.

Maryanne Bourbon, 40, 1159 Seventh Ave. South-West, Vero Beach, was arrested Dec. 25 and charged with burglary.

Nicholas Louis Chandler, 63, 541 Quarry Lane, Sebastian, was arrested Dec. 25 and charged with three counts of credit card fraud, dealing in stolen property and resisting an officer without violence.

Andrea Elizabeth Paz, 39, 1265 35th Ave., Vero Beach, was arrested Dec. 25 and charged with felony retail theft, possession of a controlled substance and resisting an officer without violence.

David M. Dorn, 31, 8295 129th St., Roseland, was arrested Dec. 25 and charged with three counts of fraudulently using a credit card, grand theft, resisting an officer without violence and two counts of petit theft.

Donna Boyet, 49, 591 10th Place, Vero Beach, was arrested Dec. 23 and charged with third-degree grand theft, dealing in property and exploitation of an elderly or disabled person.

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Edward Lewis Gibson, 22, 315 19th Ave., Vero Beach, was arrested Dec. 21 and charged with petit theft and anemia and symptoms. The therapeutic intervention of LTCI, particularly in cases of immuno-compromised cats, can directly order and manage timely shipments of FeLV and FIV positive cats.

T-Cyte Therapeutics’ website offers FeLV/FIV databases and new online capabilities for cat owners which veterinarians can keep track of the care and treatment of FeLV and FIV infected cats with a cross-referenced retrovirus and antigen improvement in clinical retrovirus testing efforts appear to be long-standing and any sale of effective therapeutic options.

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

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

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

The year started with the passing of my father on Dec. 25, a few days before 2011 began and, of course, the terrible and tragic accident that took the life of my incredible 16-year-old son, Justin, in all.

The 150 days that have followed have been extremely tough. There has not been a day that tears have not been shed by both my wife, Diane, and myself. I have known to be proud of, and to love, my son, but I never knew the depth of love, like what I have felt these days. I can only imagine what my wife has been through.

This past November, I began to question life. I questioned why things happen the way they do. I questioned if there is a higher power and if so, why would He allow suffering and loss that He allows. I questioned if I was right in thinking that we are living life on earth.

This gave me cause to question, ‘Is God just and fair?’ My heart was broken, but I refused to believe that there would be such a thing as a higher power. I was on a straight and narrow while we were here on earth. I was striving to do the best by my family and loved ones. I was doing my best to live the way I thought God had taught us.

We talk, but you always wonder if anyone is listening. Is there really something else out there amongst the place we live? Is there really another chance? You can see it’s believable, but you always wonder if it is real or just religion in a way of keeping people on the straight and narrow while we are here on earth.

I recently met with a couple of recent experiences that have taken us to the brink and some closer away from us and have pretty much made us realize what proof that this is just a random chance.

The first incident happened right before Thanksgiving. We had been having some chunt.

We were entering 2012 and the group most discriminated against is Native Americans. Everyday is worried about where they are from and what continent they were born in, but the truth is, the most discriminated group is the group we are born here by our own. The Indian people need to get past the fact that the sick in the bathroom is to low, so I don’t waste water when I brush my teeth.

Stay warm in chilly weather

This is a grandmother going after some young people.

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

Native American discrimination

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More ways to conserve

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

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

Illegal aliens have it easy

You want free health care, public schooling, in-state tuition, welfare and driver’s licenses for illegal aliens, all in hopes of votes and what you see as our loyalty?

Is there really something else to God that he is OK and even is bragging to the room, there was no blockages, it was gone. The heart was pumping as pure as a pump and the blood was rushing to every cell in his body.

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

Question

From page 46

Talking. Most evenings, at the end of the day, Elaine gets upset. She misses our son. She can look up to see his bedroom door where he would come out and bang over the railing to ask us a question or tell her he loved her. She was upset. We talked about him for a few minutes and I tried to make her feel better. I then set my phone down on the patio table and went inside to get something out of our room. Inside the bedroom I continued to talk to Austin. “Son, we love you. We wish to forward it to my email. I didn’t recognize the number so I asked, “Steve, that is Austin’s number?” She said, “What sounds so familiar?” she paused, squinting her eyes as she dug in her brain for the number. Then she looked at me and said, “Steve, that’s Austin’s number!” What? What? Austin’s number? Austin’s phone has not had service for five months, his phone is in a zip bag under the counter. How could that be Austin’s number? There is a ton of strange things surrounding this attachment. I didn’t recognize the number so I asked, “Elaine, do you know this number?” (772) 559-2567.” She said, “That sounds so familiar!” she paused, squinting her eyes as she dug deep in her brain for the number of that number. Then she looked at me and said, “Steve, that is Austin’s number!” What? What? Austin’s number? Austin’s phone has not had service for five months, his phone is in a zip bag under the counter. How could that be Austin’s number?

And was shocked to see that it was an email from Austin’s grandpa. His grandfather passed away (not Dec. 25), one year to the day. This picture was pulled up attached to a “photo gallery” that resides on our computer. I clicked on the arrow to see the next picture. It was Austin. Nearly every other picture on this photo gallery was a picture of Austin, back when everything was OK. I let his mother know that was OK, he let us know he was with grandpa.

Actually, the photo shows you what we see every time we receive a call from our cell service provider. 911 772-559-2567. “WOMG” Was he telling us... I am good! Just for the record. I went to the ATT store to see how this number does not exist, at least not in this world.

On our computer. I clicked on the message and was shocked to see that it was email from Austin’s grandpa. His grandfather passed away (not Dec. 25), one year to the day. This picture was pulled up attached to a “photo gallery” that resides on our computer. I clicked on the arrow to see the next picture. It was Austin. Nearly every other picture on this photo gallery was a picture of Austin, back when everything was OK. I let his mother know that was OK, he let us know he was with grandpa.

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ATTENTION FORMER QUALITY HEALTH PLANS MEMBERS:

If you’re looking for another option than what you were automatically enrolled in, CarePlus has got you covered.

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South Florida, Tampa Area, Orlando Area, Treasure, Space, and Gulf Coast. A Health plan with a Medicare contract. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan. Benefits, formulary and premium may change on January 1, 2013. Limitations, copayments and restrictions may apply. *Not available in all areas.
Organist to accompany silent film for movie concert

Tom Tremony

The Community Church of Vero Beach will present the 1925 silent film “The Phantom of the Opera” accompanied by organist Tom Tremony.

“Old Fox Theatres had pipe organs and that’s how silent films used to be accompanied, with a live organist that would watch the movie and interpret what was happening on the screen. It was a无缝transition, almost a无缝interpretation of what would happen next,” Tremony said.

That’s how our parents and grandparents would watch movies,” he said. “It included such things as operatic sections, as part of a program of ‘Foxxy’ which did the Vidoes when the film started a piece.

This year’s concert series was all about the church’s new Lively- man and the church will be performing the whole film, which is about three-and-a-half hours in length, and may incorporate some recognizable sections of Andrew Lloyd Webber’s “The Phantom of the Opera” but will likely make it up as goes paned by the organist, Mr. Kasten said.

“Let’s be honest, you’ll have to really pay attention to hear them, I thank you,” said.

A large-screen set will be set up in the sanctuary of the church to show the film. The movie was a hit for its success in its time, grossing more than $12 million.

Tickets are $25 for adults, $15 for students.

For tickets, or more information about the Community Church of Vero Beach 2011-2012 concert series, call (772) 778-1070 or visit www.communityconcert.org.

Garden fest to take place in February

Sebastian River Area

This year’s Gardenfest is an annual event. The past one has been a huge success and this year will be no different with the town’s outstanding challenges. Let’s focus on the basic regularity of how much time you have to start as we can and will increase the effects of success and put them in your favor.

Taurus—April 20-May 20

Making up an already based on your instincts you will keep focused on the main issues that need to be addressed. You are at your best when you follow your heart not the head. Stay firm in your basic beliefs. Others around you may not always agree but they will respect you for your firm resolve.

Gemini—May 21-June 21

You are a creative, free spirit. Use your powerful gift of communicating when life gets sticky by staying in the flow as you make quality time for yourself. Life gets easier when you keep your mental batteries charged.

The beginning of the year is no time to start leaving things hanging. Communication on your main objectives will bring positive results.

Cancer—June 22-July 22

This will be a good year for you but your mind is not clear, your horoscope does not show. Your visions are strong. This balanced. He will help you expand your goals and help them come true.

Honor and duty are where it’s at.

Leo—July 23-Aug. 22

You have more positive influence like few others. Why? Because of your fiery nature. You get a good idea and you put it into action. Two thousand dollars will be a new level of continued action and many new areas an accord on a nature and encouragement in a future year or two. It’s part of your natural leadership.

See SCOPES, B3
Company celebrates 20 years fulfilling holiday wishes

For Hometown News
Newspaper@hometownnewsol.com

INDIAN RIVER COUNTY — Since 1992, employees at Becker Holdings have opened their hearts to a very special need in the community. They have purchased holiday gifts for children in foster care and for young adults who age out of foster care and are served through the Children’s Home Society of Florida programs and services.

“The children are special young people who represent a unique support of our community that are separated from their family of origin due to neglect, abuse and abandonment. Chef Scott, our executive director of Children’s Home Society Treasure Coast Division,” said Foster Care.

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

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

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

“The transitional living program provides young adults, ages 18-23, with a continuum of care after they age out of the foster care system. Clients receive financial assistance, job training and mentoring to prevent homeless youth from breaking the cycle of abuse and neglect that has been part of their lives. The Youth Transition Center, located on the Vero Beach campus, is an integral component of this program. For more information about donations to support Children’s Home Society of Florida programs and services in the Indian River Area please contact Debra Benjamin, development specialist, at (772) 778-6240 or Debra.Benjamin@chsfl.org.

Photo courtesy of Children’s Home Society

Hometown News
Friday, January 6, 2012
Museum’s senior art class helps at risk teens

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

Christopher Loughlin, an art instructor at the Vero Beach Museum of Art, hangs a student’s pastel artwork on the wall during a class for at-risk students.

OUT

From page B1

Out

From page B1

Scopes

From page 81

Virgin-Aug. 23-Sept. 22

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

Libra-Sept. 23-Oct. 22

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

Scorpio-Oct. 23-Nov. 21

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

Sagittarius-Nov. 22-Dec. 21

Where do you get all the energy? You amaze your friends. You have a never-ending source of determination. You know what you want. You usually get what you desire. The key for stamina is knowing yourself. Make a list of your top priorities; changing and growing and care of the most important times.

Capricorn-Dec. 22-Jan. 19

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

Aquarius-Jan. 20-Feb. 18

You can keep up with you at the beginning of the year. Your creative spirit is on fire. The anticipation and joy of achievement will continue around that fires your soul. The timing is perfect to the busy, changing and growing projects. Your hard work has paid off. Nothing can stop you now.

Pisces-Feb. 19-March 20

It is okay to carry a star of guidance every day. Say this out loud every day. ”I am continuously led by the unlimited good in the universe. I am thankful for my many friends who bring me great joy and love. I see good in everyone; I love each one. I am grateful when they see it in me. My heart is filled to overflowing. Thank you, universe.”

Prostate Specific Antigen (PSA) Screening $15

18th Annual Health Expo

8:30 - 11:30 a.m. • SRMC Diagnostic Center

Your Next Surgery Should Be Robotically Assisted

10:30 a.m. • Hospital Dining Room

Presented by a panel of Dr. Vincini certified physicians:

EXHIBITS

• Cadillac & Pulmonary Rehab
• Dietitian/Diabetes
• Sebastian Family Wish-in-Care
• Sebastian Rehab Services
• Sebastian River Home Health
• Sleep Disorders Center
• Solaris Urgent Care
• Surgical Weight Loss Program

Strobe Center
• Wound Care & Hyperbaric Medicine

Florida Eye Institute

All attendees should enter the Men’s Health Expo through the Diagnostic Center’s main entrance located just north of the Emergency Room in the main parking lot.

9th Annual Men’s Health Expo

Saturday, January 14

8:30 - 11:30 a.m. • SRMC Diagnostic Center

Why Your Next Surgery Should Be Robotically Assisted

10:30 a.m. • Hospital Dining Room

Presented by a panel of Dr. Vincini certified physicians:

EXHIBITS

• Cadillac & Pulmonary Rehab
• Dietitian/Diabetes
• Sebastian Family Wish-in-Care
• Sebastian Rehab Services
• Sebastian River Home Health
• Sleep Disorders Center
• Solaris Urgent Care
• Surgical Weight Loss Program

Strobe Center
• Wound Care & Hyperbaric Medicine

Florida Eye Institute

All attendees should enter the Men’s Health Expo through the Diagnostic Center’s main entrance located just north of the Emergency Room in the main parking lot.
Hollis smart shoppers. Today's the day to go! Make some delicious meals out of leftover turkey. First, let's get some smart shopping tips to create delicious and versatile cooking tips. Let's keep their vocabulary about cooking. Alphabetically speaking, here we go:

**BLEND** to mix or combine
**BRUSH** to clean or polish
**BROIL** to cook by direct heat under the broiler of a stove
**BUTTERFLY** to split foods horizontally, such as chicken breasts or meat, without separating the sections then leaving fat. **CARAMELIZE** to melt sugar slowly over low heat until it becomes brown in color. To continue the same process is followed using a little shortening or water until they turn a light brown color and transparencies. **COOK** to cook foods with cream, flour or butter before cooking.

**DENGLIE** to press food gently between two layers of wax paper and place on a plate. **FOLD** to add ingredients partially mixed into other ingredients to folding layers of cake or bread into petals. **FOLDOVER** to make the mixture at the side of the bowl touching up and down until well incorporated. **KNEAD** to work dough over mixture over top of food to give it a shine or hard finish. **REDUCE** to boil a mixture to evaporate liquid so it becomes thicker. **SCARECROW** to cut cross-slices on each side of meat or poultry over rice or noodles, then ladle on the curry. **TEFLON** to remove skin or to prepare drippings to prevent sticking. **BRAISE** to cook slowly in a little liquid with the pan tightly covered. **BRAISE** to cook by direct heat under the broiler of a stove. _Butterfly_ is a word

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

**SALTED** and paper 1 to 1 to 1; b) curry powder depending on how low fat and low sodium you want 2% cups cooked turkey or chicken, cut up 1 lb. 4 cups or 4 cups rice or noodles. Cooked broccoli spears

Lightly brown on onion and celery in a little undiluted or evaporated skim milk. Reserve 1 1/2 cups tomato sauce, tomato paste, and pepper. While tomatoes are cooking, add 1 1/2 cups cooked turkey. Cook covered about 15 minutes. Add turkey; cook 10 minutes longer. Serve over rice or noodles with flour and add to dot, stirring until thickening, then add additional water or flour if necessary. Serve in individual dish or any one you choose. Try broccoli: heat over rice or noodles, then ladle on the curry.

Leftover turkey or chicken

For Hometown News
www.hometownnewsol.com

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**Tip** on disaster planning

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

The brochure covers topsix including pet identification, determining if you and your pets live in a disaster zone, just pets supplied needed if something happens, what to do with your animals and how to create a pet first aid kit.

The free brochure can be obtained from The Humane Society at 6201 77th Street, Vero Beach, Florida 32968 (772) 583-3333, Ext. 18

Try a water class at aquatic center

The North County Aquatics Center is offering Aquafit classes designed to strengthen and improve cardiovascular fitness and increase flexibility. Other benefits include better balance and coordination. Participants benefit from the water less strain on the joints and bones. The classes are coed. The classes are offered Tuesdays and Thursdays, from 6:15 a.m. and 8:30 a.m. To make an appointment, call (772) 388-3331, ext. 18 or e-mail namaste52bellsouth.net.

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S

y

ever any time surfing

and you are

found to fast

in the dark

just because

it’s online doesn’t mean it’s true!

From houstond2.op.gov

Deputies: Deputies said that the man ordered a beer at a bar, left to rob a Wells-Fargo branch, and was not seen before stopping off at the Humane Society for a beer. A bartender said a man approached a beer at about 10 minutes after he used the bar.

Deputies said they arrested him at the bar for about 30 minutes and then drove him to a home.

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

spawning and recruiting

best for heartburn, feline leukemia

and IVF, or even cupcakes.

Betrayed: Hains said the Transportation Security Administration agent at McCarran International Airport took her cupcake and told her it was frozen. It was enough for her to victory.

TSA restrictions on allowing

for MMORPGs at $3 billion.

the game is a massively

the virtual economy

must pay individual

The game is a massively

the virtual economy

must pay individual

The game is a massively

the virtual economy

must pay individual
Golf predictions for 2012

Tiger's New Year
Everyone I hope you had a fantastic holiday and a happy new year. I hope you had a good Christmas and are looking forward to 2012. Yes it's that time of year again. I'm sure many of you are eager to see how the season unfolds. I see the Masters and the Open Championship both returning to Augusta National in 2012. That means the best of the best will be vying for the prestigious green jacket that goes with such a win. The Open Championship returns to Royal Lytham & St. Anne's.

For 2012, I have a few predictions. For 2012, I believe Tiger Woods will finally win a major. He has been close on several occasions, but this year, I believe he will finally break through. I also believe that Yani Tseng will win a major this year. She has come close in the past, but this year, I believe she will finally break through.

For the U.S. Open, I expect Tiger Woods to defend his title. He has won the U.S. Open twice, and I believe he will win again this year. I also believe that Tiger Woods will win the PGA Championship as well. He has won this tournament in the past, and I believe he will win again this year.

For the PGA Championship, I expect Tiger Woods to win as well. He has won this tournament multiple times, and I believe he will win again this year. I also believe that Yani Tseng will win a major this year.

For the Open Championship, I expect Tiger Woods to win as well. He has won this tournament multiple times, and I believe he will win again this year. I also believe that Yani Tseng will win a major this year.

For the Masters, I expect Tiger Woods to win as well. He has won this tournament multiple times, and I believe he will win again this year. I also believe that Yani Tseng will win a major this year.

Overall, I believe that 2012 will be a great year for golf. I believe that Tiger Woods will win multiple majors, and Yani Tseng will win a major as well.

Happy New Year, and I hope you have a great 2012.
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TO PLACE YOUR AD: EMAIL classified@HometownNewsOL.com
Put private party only in bold, all others may be sold by us.
1. Up to 2 items per ad at no more than $200 total.
2. Each ad runs for 2 weeks.
3. No more than 2 ads per month.
4. All FREE ads must be submitted by mail, fax or email. Please include your name and address with your ad.
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New year a chance to try something new

By Shelley Koppel
Associate news editor

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

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

The common thread for all the stories is that it is never too late to try something new. It doesn't have to be a life-changing move. Sometimes it's as simple as taking up bridge or ballroom dancing.

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

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

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

As a reminder, you can read all the stories in this month's edition by visiting our website, www.hometownewsol.com. Click on the Forever Young symbol. You can follow your neighbors throughout the Space and Treasure Coast this way.
WHY GO TO THE ER!

EAST SIDE URGENT CARE
Same day appointments

An Affordable & Efficient Alternative To The Emergency Room

- Medical Services
- Urgent Treatments
- Same Day Appointments
- Consistent Care Provided By One Doctor
- Compassionate Courteous Prompt
- Effective Care
- Cash Prices are Capped at Affordable Rates

FREE TESTING FOR Blood Sugar • Blood Pressure • Anemia

Pertussis Vaccine (Tdap Vaccine) $60.00 To All Grandparents.
Prevention of Whooping cough for your grandchildren. Starting in 2010 The Center for Disease Control initiated its recommendation for Adults 65 years and older who have not previously received a dose of Tdap and have close contact with infants should receive one dose of Tdap. Other adults in this age group who have not previously received a dose of Tdap and will not have close contact with infants may receive a dose of Tdap. Receiving Tdap may be especially important during community outbreak and/or if caring for an infant.

Come to East Side Urgent Care owned by Dr. Christopher Olenek, where the focus is on prompt, courteous and effective care at affordable prices. (Major insurance accepted)

Avoid the administrative red tape of the emergency room and the hospital affiliated urgent care centers or the corporate business approach of chain urgent care centers. By being seen by a board certified physician, Dr. Olenek, at every visit (no PA’s or Nurse Practitioners), consistency and continuity of your medical care is ensured, unlike at the ER or other Urgent Care centers.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"Life becomes medicalized," Mr. Del Vecchio said. "There's no control. Through exercise and activity, people live longer and are much happy-
Woman sets sights on competitive dancing

By Shelley Koppel
Associate news editor

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

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

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

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

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

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

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

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

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

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

Christina Branigan

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

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

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

“He says he’d never know how to do the steps,” she said.

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

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

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

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

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• Board Certified by the American Board of Dermatology
• Voluntary Associate Professor, University of Miami
• Fellow, American Society for Mohs Surgery
• Fellow, American Academy of Dermatology
• Fellow, American Society for Dermatologic Surgery

Jonathan Sanders, MD, JD
• Board Certified by the American Board of Dermatology
• Fellow, American Society for Mohs Surgery
• Fellow, American Academy of Dermatology
• Fellow, American Society for Dermatologic Surgery
• Member, Florida Society of Dermatology and Dermatologic Surgery

Laura DeStefano, DO
• Member, American Osteopathic Association
• Member, American Osteopathic College of Dermatology
• Member, American Academy of Dermatology
• Member, American Society for Mohs Surgery

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Ongoing Events

• Round Dance (like ballroom): 6 p.m. – 7 p.m., every Wednesday, Jan. 4, 11, 18, 25 at 4405 N. A1A (Across from Jaycee Park), Vero Beach.
  A couple’s dance: Two step, waltz, Cha Cha, Tango and more. This is going to be easy and fun.
  Cost is $6 per night per person, the first night is free.

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

• Farmers Market Beachside: at 8 a.m. – noon every Saturday at the corner of Ocean Drive and Dahlia Lane across from Humiston Park.
  Fresh and locally grown produce, poultry, honey citrus seafood and plants.
  There will be local artisans creating breads, spices, cheeses, sausages, and spreads. Also, local food vendors offering coffee, baked goods, breakfast and lunch items.
  Live music by David Potter – banjo, vocals and guitar.

• 2012 King of the Hill Tennis Tournament: at 6 p.m. every Thursday in January starting Jan. 12 through to Feb. 2, 9, and 16 at the boulevard Village and Tennis Club, 1620 Boulevard Village Lane, Vero Beach.
  Area tennis pros compete against one another in high-level doubles competition.
  For more information, contact Gigi Casapu at gcasapu@aol.com.

Friday, Jan. 6

• New Year’s with the Three Tenors: 7 p.m. on Friday, Jan. 6 at the Trinity Episcopal Church, 2365 Pine Ave, Vero Beach.
  Ring in the New Year with the Space Coast Symphony Orchestra performing popular works including waltzes, polkas, marzurkas, and marches. Joining the Orchestra will the Three Tenors, then a concert filled with thrilling music and surprises.
  Tickets are $10-$16 for adults, children $5-$8.
  For more information, call (772) 234-8052 or visit www.spacecoastsymphony.org.

• The Comedy Zone: at 7:30 p.m. and 9:30 p.m. Friday, Jan. 6 at the Waxlax Stage at Riverside Theatre, 3250 Riverside Park Drive, Vero Beach.
  This is Riverside’s monthly showcase of up-and-coming comedians touring the comedy circuit.
  Tickets are $15 each.
  For more information, call (772) 231-6990.

Saturday, Jan. 7

• Royal Philharmonic Orchestra: at 7:30 p.m. Saturday, Jan. 7 at the Community Church of Vero Beach, 1901 23rd St., Vero Beach.
  For ticket information or to purchase tickets, call (772) 778-1070.

Thursday, Jan. 12

• The Full Monty: at 8 p.m. Jan 12, 13 and 14 and Jan. 14 and 15 at 2 p.m. at the Stark Stage at Riverside Theatre,
Bridge: Keeping your mind exercised

By Shelley Koppel  
Associate news editor

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

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

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

“We think, for example, that it’s very important to use your brain, to keep challenging your mind, but all mental activities may not be equal. We’re seeing some evidence that a social component may be crucial.’

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

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

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

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

“I’ve found that even for students who took lessons in college, things have changed in 30 years. There are new ideas on bidding. Taking classes periodically is an important part of learning. There’s always new material.”

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

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

“I can’t extol the benefits enough. It’s a mental activity that reinforces positive relationships.”

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

“Friends tried to teach me, but they confused me,” she said. “I’m determined with David. I love it. It challenges your brain. It’s a very serious game, not like Bingo.

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

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

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

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

Fitness for building muscle and confidence

By Shelley Koppel  
Associate news editor

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

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

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

“I just wanted to do the treadmill,” Ms. Nevins said. “I just wanted to get walking. She suggested upper body exercises. They’re very simple, with 2 pound weights. On the treadmill, I started at 1/8 of a mile. After seven weeks, I’m up to half a mile in 20 minutes. I’m very pleased. I feel much better and I’m not as dependent on my cane.”

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

“They’re building confidence,” she said. “They start volunteering again. They thought they would have to live this way for the rest of their lives.

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

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

“She saw an ad and came in,” Ms. Stewart said. “She said, ‘I just came in to throw money away. I know it’s not for me.’ Within five-six weeks, she was flying in, still dragging her leg, but without her cane.”

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

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

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

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

Mr. Barattini said that progress is measured in small steps. Changes in attitude and confidence are even harder to quantify.

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

Ms. Stewart echoed the thought.

“You’re never too old and its’ never too late. You have to take that step.”

Longevity for Women is located at 650 12th St., Vero Beach. Call (772) 778-6800 or visit the website www.longevityclubs.com.
A man of many interests is never bored

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

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

I am a lifelong sports fan and chased most of the balls when I was a young man. It was my honor to see Roberto Clemente play in Pittsburgh’s venerable Forbes Field and I saw Sandy Koufax pitch in Chavez Ravine. I watched Stan Musial play a game against Willie Mays in the original Bush Stadium in St. Louis. As a young man I saw a game between the old Washington Senators and the Philadelphia Athletics in D.C. I saw Harmon Killebrew hit one out in Minneapolis, and Ernie Banks do the same in Wrigley Field.

Always a football fan, I once watched a game between the Houston Oilers and Boston Patriots before each changed their names. In Chicago’s Soldier Field I watched the great Walter Payton...
An easy way to stay informed on the election

By Jeff Johnson
Interim State Director of AARP Florida

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

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

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

AARP is nonpartisan and does not endorse candidates for any election or contribute money to any political-action committee or campaign. AARP does work to educate its 37 million members, including 2.7 million members in Florida, on key issues.

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

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

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

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

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

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

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

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

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

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

Jeff Johnson is interim state director of AARP Florida.
Racecars, resorts and beacons of light

By Andreas Butler
For Hometown News

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

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

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

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

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

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

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

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

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

“We have a 10-story luxury resort and spa that is Daytona’s only four-diamond hotel. It is really an unexpected luxury,” said Susan Keavney, the resort’s marketing director.

“Actually we have a lot of locals who live in Port Orange, Daytona and Ormond come take advantage of our Indulge Spa and Azure fine dining restaurant.”

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

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

Just south of the Shores, in Ponce Inlet, is one of the state’s most recognizable attraction — The Ponce de Leon Inlet Light Station, located at 4391 Peninsula Drive. It stands 175 feet and is the tallest lighthouse in Florida. It is also the second tallest masonry lighthouse in the nation.

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

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

The lighthouse was constructed in 1883 and opened in 1887 as the Mosquito Inlet Lighthouse, which was the name for the surrounding area. The lighthouse name changed in 1927 when Mosquito Inlet was renamed Ponce Inlet.

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

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

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

For more information, visit www.livinglegendsofautoracing.com.
**CLUBS & CLASSES**

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

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

- **The HIV support group** meets on the fourth Tuesday of every month. Meetings are for HIV positive clients only. For more information, call Yvonne Lane, at (772) 794-7471, or John May, at (772) 794-7477

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

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

- **The GFWC Treasure Coast Women** meet the first Monday of each month at the Community Center, 2266 14th Ave., at 7 p.m. Women over 18 are welcome. This is a community service volunteer organization and we promote fellowship among women. For more information, visit www.gfwtreasurecoastwomen.org

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

- **Humanists at Barefoot Bay** meets the second Saturday of every month at the South Mainland Library, 7921 Ron Beatty Blvd., Micco, at 2 p.m. All compassionate and critical thinkers are invited. For more information, call (772) 664-0170, or e-mail downeast_ggo@bellsouth.net.

- **The Treasure Coast Navy League** holds dinner meetings on the second Thursday of each month, at the Best Western dining facility, on State Road 60, in Vero Beach. The public may attend these meetings to learn about the Navy League. For more information, call (772) 492-6790.

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

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

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

- **Gifford Girls Tennis Club** meets on Tuesdays and Thursdays at the See **CLUBS, Page 15**
Friday, Jan. 13

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

The Antiques Show and Sale's intimate preview events provide buyers with the best selection and dealer access before the show opens to the public. This evening offers you the opportunity to mingle with friends, enjoy hors d’oeuvres and cocktails, and gain the expertise of the 28 dealers on site.

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

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

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

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

Saturday, Jan. 14

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

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

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

A cocktails and awards reception will follow the game.

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

Proceeds benefit ELC's education programs.

To register or for more information, contact Heather Askew, event coordinator at (772) 589-5050 ext. 105 or heathera@discoverelc.org.

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

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

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

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

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

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

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

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

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

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

See CALENDAR, Page 18
Document your sources in genealogy

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

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

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

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

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

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

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

Brenda Knight Smith
Treasure Coast Genealogical Society
BrendaKSmith@Prodigy.net
A New Year! A new calendar! All the doctor’s appointments have been crossed off – birthdays celebrated – holidays enjoyed … Time to do it all over again!

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

Until motherhood descended.

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

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

This champagne cousin makes a wonderful toast, literally. Especially if enjoyed snuggled on the couch with loved ones and hot tea served in the good china.

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

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

The New Year’s Eve that rolled around after several more graduations, a couple of new additions to our little clan, and more than a couple of additional pounds was for...
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See CLUBS, Page 17
Exercise
From page 4

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

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

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

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

“People should think of exercise as making the activities of daily life easier,” Ms. Del Vecchio said. “It helps to get in and out of a chair, on and off the toilet, reach up to cabinets and carry groceries. Strength and flexibility keep muscles pliable so that they don't become stiff and you lose range of motion. Simply, your body needs to stretch and move.”

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

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

The Vero Beach Athletic Club is located at 2300 5th Ave., Vero Beach. Call (772) 480-0321 or visit the website www.verobeachathleticclub.com.

Landlines
From page 8

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

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

WOW! I have really been busy.

As most of you have guessed, these days my most rewarding hobby is what I am doing right now — writing. Since I was in fifth grade I have been told that I have the ability to spin a pretty good tale on paper. I used that talent to cruise through the English classes while in school, so if some of you detect flaws in my composition it is a result of my youthful laziness. In my life I have emptied hundreds of ballpoints and covered reams of paper with words that no one will ever read. That's OK, for I do it mostly for myself.

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

See LANDLINES, 19

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

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

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

- Parkinson Support Group meets the second Friday of every month at 1 p.m. at Indian River Estates, 2250 Indian Creek Blvd., West, Vero Beach. For more information, call (772) 563-0505, or Contact Lois Struck at (772) 388-5248.

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

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

- Sebastian Senior Center: The Sebastian Senior Center is located at 815 Davis St., Sebastian. Live music Tuesday through Friday from 9-11 a.m. Refreshments will be served. Classes of interest:
  - Mondays: nutrition bingo meets at 10 a.m.; Mahjong classes meet at 12:30 p.m.; art class meets at 1 p.m.; Weight Watchers meets at 5 p.m.;
  - Tuesday: mindful breathing meets at 1 p.m.; lectures on wellness meets at 1 p.m; Wednesday: chi-kung meets at 11 a.m.; cribbage and pinochle meets at 12:30 p.m.; Friday: TOPS meeting at 8 a.m.; Weight Watchers meets at 9 a.m.; sing-a-longs with Bill and Jane at 9:30 a.m. For more information, call (772) 469-2062.

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

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

- Active Singles 50 Plus Club meets every Monday evening at 7:30 p.m. in the Senior Center, 694 14th St., Vero Beach. For more information, call Judith Robertson at (772) 569-1691.

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

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

- Tai chi on the beach meets with Danny Quaranto from 5-6 p.m., Sundays at Jaycee Park, North A1A, in Sebastian.

See CLUBS, Page 20

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

Beginning with daughter No. 1 and working my way down I struck gold on my third telephone try. My “Happy New Year!!” was met with, “Mom! I totally understand you are having problems sleeping and your thermostat is on the fritz, but menopause is not supposed to make me miserable for 10 more years! And then it’s supposed to be mine!”

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

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

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

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

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

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Calendar
From page 18

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

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

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

  For more information, visit www.froglegfestival.com.

Monday, Jan. 23

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

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

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

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

Thursday, Jan. 26

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

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

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

Saturday, Jan. 28

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


  Alexandre Pirozhenko is the piano soloist.

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

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

Landlines
From page 16

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

Thank you, Hometown News.
Send us your stuff

To submit items for Forever Young, email the information to foreveryoungBR@hometownnewsol.com or fax it to (321) 242-1281.

Please include a contact name and daytime phone number.

Clubs

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Vero Beach.

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

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

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

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

• Women’s Co-dependents Anonymous group: meets at Unity Church of Vero Beach located at 950 43rd Ave., Vero Beach, on Tuesdays, from 7 to 8:30 p.m. For more information, contact Angie at (772) 532-4218.

CLASSES

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

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

• Vero Equine Services and Training Center offers new classes and events. All take place at 8130 Eighth St., Vero Beach. Adult bareback classes for those 18 and older, will be held on Thursdays from 5:30-6:30 p.m. Cost is $20; youth bareback class is held on Saturday Mornings at 10 a.m. The class costs $15 for current students and $20 for non-students. No See CLUBS, Page 21

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

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

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

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

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

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

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

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

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

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

  Senior birthday celebration: covered dish lunch and movie; please bring dish to share on the last Thursday of month at 10:30 a.m. For more information, call (772) 794-1005, Ext. 27

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

- **Riverside Racquet Complex** round robins, adult and youth clinics. Round robins:
  - Tuesday 9:30-11 a.m. (six courts);
  - Wednesday 9:30-11 a.m. (six courts);
  - Thursday 9:30-11 a.m. (six courts), and Thursday night 6 and 7:30 p.m. (four courts).

  There is a light fee of $1 per hour, per court, per person. There is no fee for city members, $2 for county members, $4 for non-city members and $5 for non-county members. Call (772) 231-4787 Tuesday at 8 a.m. to sign up for the following week.

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

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

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

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

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

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

  Outreach programs:

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

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

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

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

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

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

See CLUBS, Page 22
Clubs

From page 21

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

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

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

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

Wednesday, 2-3 p.m. Zumba.

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

Friday, 9-11 a.m. Swing band dancing; 2-3:15 p.m.; Pilates. For more information, call (772) 469-564-4940.

• The Academy for the Performing Arts is offering music instruction for piano, voice, age 4 and older. Professional instructor. Classes are available for anyone from the beginner to the advanced student.

Arts is offering music instruction for piano, voice, age 4 and older. Professional instructor. Classes are available for anyone from the beginner to the advanced student.

For more information call (772) 978-1099 or visit the website www.LivingYogaStudio.com

• Drawing and sketching classes meet at 1 p.m. each Thursday. Structured lessons are taught by Mary Bennett. Held in the multimedia room at the Indian River County Main Library, located at 1600 21st St., Vero Beach. Both classes designed for adults and teens.

• The Vero Beach Recreation Department offers the following ongoing classes and activities at its community center, located at 2266 14th Ave., Vero Beach.

A.M. aerobics classes are held at 9 a.m. on Mondays, Wednesdays and Thursdays.

Qigong (chi kung) Mondays from 5:30 to 6:30 p.m. Cost is $5 per person. Peggy Thomas will be instructing this class.

T’ai chi class at 5:30 p.m. Cost is $5. Instructor is Steve Hansen.

Country line dancing with Dottie, every Monday, from 11:30 a.m. to 12:30 p.m. This is an ongoing class that can be joined at anytime. Cost is $3 per person.

Intermediate country line dancing every Tuesday, at 7 p.m. This is an ongoing class that can be joined at anytime. Instructor is Lisa Johns-Grose. Cost is $5 per person.

Duplicate bridge every Thursday, from 12:30-4 p.m. Cost is $4 per person. Bridge director Sidney Stein runs this ongoing session.

For more information on any activity, call (772) 770-6517.

• Advanced dance lessons every Wednesday, at 7 p.m. These classes are designed for advanced dancers only. To attend, you should have a good knowledge of the dance and its basic patterns from the Tuesday night classes. Advanced lessons in waltz, salsa, two-step, swing, cha-cha and foxtrot are offered. This is a group dance lesson; you do not have to have a partner. Certified dance instructor Ray Duryea will teach the class. Cost is $7 per person, per lesson.

• Friday night dance parties are held every Friday night at 7:45 p.m. Cost is $10 per person. DJ Ray Duryea will be playing the music of the 50s through today’s popular dance tunes. BYOB, with mixers and munchies for sale. For more information, call The Vero Beach Community Center at (772) 770-6517, or Ray Duryea, at (772) 559-1137.

• Group dance lessons every Tuesday at 5:30 p.m., and 7 p.m. Lessons in waltz, salsa, two-step, swing, cha-cha and foxtrot are offered. This is a group dance lesson; you do not have to have a partner. Certified dance instructor Ray Duryea will teach the class. Cost is $7 per person, per lesson.

For more information call the Vero Beach Community Center at (772) 770-6517 or Ray Duryea, at (772) 559-1137.

-To include an organization in Clubs and Classes, send e-mail to ForeverYoungIRC@HometownNewsOL.com. Deadline for submissions is Jan. 15.
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