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32963 Insider

New wrinkle-free face in John's Island

The final newcomer of the decade to the barrier island is a physician whose name – if not a household word – will immediately be recognized by most beachside women.

Nicholas Perricone, MD, is a former Yale dermatologist who has received a great deal of attention over the past decade for his theories on causes and treatment of wrinkles. Author of several New York Times Best Sellers telling readers how to maintain the appearance of youth, Perricone has been a frequent guest on daytime television shows such as The View and Oprah.

Perricone's personal life also has received a fair amount of tabloid attention; his divorce from his fourth wife, Madeleine, has been described as one of the most expensive and litigious in Connecticut history.

But Perricone's skincare products and \$250-an-ounce cosmeceuticals – sold in high-end cosmetic stores including his own Madison Avenue boutique (he calls it his "flagship" wellness center) – clearly have been good for him, since he just purchased a 14,000-square-foot residence on the largest oceanfront lot in John's Island for \$8.65 million.

Perricone was brought to Vero Beach by Joe Caprio, a Broward County realtor who specializes in luxury estates in South Florida. The seller of the home was represented by Cindy O'Dare of Premier Estate Properties.

Does the arrival of the high-profile Perricone signal an impending change in the low-key barrier island over the next decade?

Ring in the new: The electrifying events of 2009



Three of the major actors in the 2009 Vero Beach drama are portrayed peering into the Mayor's Office. Our parody of the year's events starts on Page 6. Photo illustration by Dan Alexander

Changes made in electric contract State attorney denies 'whitewash'

BY LISA ZAHNER
STAFF WRITER

While top Vero Beach city leaders have said there were no changes to the contract signed with the Orlando Utilities Commission and the version that was shown to the City Council, Vero Beach 32963 has found 115 changes between the two.

In fact, the differences start at the Table of Contents where several sections of the contracts don't match up. By far the most troubling change

is how the contract defines which of the city's bond ratings would be scrutinized by OUC, potentially triggering the need for the city to put up extra collateral to ensure performance of the contract.

All the while, city staff has denied the existence of the changes. When questioned by the State Attorney's Office, City Manager Jim Gabbard told an investigator that no unauthorized changes were made between a redacted (or partially blacked out) con-

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BY LISA ZAHNER
STAFF WRITER

The eight-week investigation into the City of Vero Beach electric utility cherry-picked people to interview, failed to independently verify information offered by top city staff and their consultants, and wrote a final report that mirrored the city's own language in justifying its actions.

The State Attorney's Office closed the investigation on December 16, although Assistant State Attorney Tom

Bakkedahl said that while investigators found nothing criminal, it could choose to reopen the probe if more information surfaces that points to such acts.

Bakkedahl bristled at the suggestion that the probe had been merely perfunctory.

"The last thing I want is for this investigation to be viewed as a whitewash by the State Attorney to cover up for anyone at the City of Vero Beach," said Bakkedahl. "It is our job to look for criminal activity and

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14 pages of social and arts coverage starts on Page 10.

Contracts

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tract reviewed by the City Council in private meetings April 7, 2008 and an unredacted version signed by City Attorney Charlie Vitunac and Mayor Tom White on April 21, 2008.

Former Councilman Charlie Wilson has said he's looked at the contracts and found 25 differences between the redacted and unredacted versions. But he, too, was told by city staff that no changes had been made. Wilson said he's not surprised that even a superficial review by Vero Beach 32963 found so many alterations.

"This is just part of a series of things, a pattern of how things happen at the

city," he said, referring to the fact that he was assured by top city staff that no changes had been made to the contract.

"I don't think the Council ever approved the actual contract, there was no contract attached to the meeting agenda or minutes and the mayor exceeded his authority when he signed the contract," Wilson said. "Clearly the OUC contract, in my opinion, is not valid and I don't believe it would withstand a court challenge, but a court challenge is the only way to remedy the situation."

On Dec. 1, the City Council directed Vitunac to bring back a written opinion on whether the changes made to the OUC contract were "material." Vitunac said that he would need to con-

sult Boston attorney Meabh Purcell, whose firm worked on the contract.

Vitunac, and City Manager Jim Gabbard are on vacation and could not be reached for comment. Assistant City Attorney Wayne Coment said the document is in the works.

"What they're working on is a table showing the changes and the legal implications of the changes," Coment said.

Coment said a contract is not like an ordinance, which is legislation, so attorneys have more leeway in making minor changes after an elected body approves a contract.

"If it's just changes in language here and there, they can make certain changes that aren't significant," Coment said. "If the changes were made

only to clarify something, the wording could change and it could be just fine."

Should the contract be materially different, the legality of the executed document could be called into question.

What was changed?

In addition to the changing of page numbers for five sections of the contract on the Table of Contents, one does not need to look very far to find alterations to the document. On page 1, paragraph 3 of the introduction, the phrase "Vero Beach has an entitlement to approximately 48 MW of generation capacity" was changed to "Vero Beach has an entitlement to approximately 50 MW (not including CROD MW quantities) of generation capacity."

Changes exist throughout the document, ranging from altered punctuation and capitalization of words to the addition and rewording of entire sections. It's evident that what is marked "final draft" on April 7, 2008 was gone over again thoroughly by attorneys.

Nine of the changes involve the words "effective date" and "turnover date" as these were changed back and forth from effective to turnover and turnover to effective in describing the date when one or both of the parties must do something. The effective date is April 21, 2008, when Mayor Tom White signed the contract and the turnover date is Jan. 1, 2010.

Whole sections were added, including one on page 4 under the conditions of the contract. This section, Firm Transmission Service, states the condition that "Vero Beach obtains Firm Transmission Service from FPL within a reasonable period after the Effective Date, and the terms of such service are reasonably acceptable to Vero Beach."

This one means that the city had to negotiate rights to use FPL transmission lines to bring power from OUC to Vero Beach. An accompanying letter from OUC further clarifies this stating that "reasonable" shall be no more than \$4 million. Since this was not included in the original contract, is this \$4 million extra that the city is spending to switch to OUC?

Among the other changes:

Several changes alter the words "Units 1, 3 and 4" to "Vero Beach Power Plant." The entire power plant consists of five units, two of which work in combined cycle. Since different costs and controls are associated with the different units, this change could be important.

In at least two places, the words "OUC Contract capacity" were changed to "Supplemental Wholesale Electric Capacity" in referring to charges the city might incur during times of congestion on the power grid.

In a section labeled Payment, two changes were made adding the word

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“Monthly” to the description of charges. “Demand Charge” was changed to “Monthly Demand Charge” and “Energy Charge” was changed to “Monthly Energy Charge” but the terms ancillary services and fuel payments were left without the word “monthly.”

Some changes simply added one word, made a word plural or singular, abbreviated a word that was spelled out or spelled out a word that was abbreviated. Words became capitalized when they were not and some capitalized words became lowercase. Parenthesis were added or deleted. Words were underlined or underlining was removed. These small edits were found throughout the document.

Long-time critic of the city’s electric utility Dr. Stephen Faherty said he’s curious to see Vitunac’s report to the council.

“It will be interesting to see how they outline the changes and how they determine what is material, and if that materiality will have anything to do with the cost of whatever it is that was changed,” he said.

As an example of how any one of these changes could open up a veritable can of worms, take a look at one change in the Exhibit D - Definitions section of the contract.

On page D-1 a change altered the meaning of the word “bonds” in a way that could potentially cost the city millions of dollars. The redacted April 7, 2008 version states that “Bonds” shall mean the city’s obligations as they relate to ownership of part-interest in the Florida Municipal Power Agency and bonds held by FMPA:

The unredacted April 21, 2008 version, however, amends the definition of “Bonds” with the words “and (ii) Vero Beach Florida Electric Revenue Bonds.”

It is unclear why the city’s electric revenue bonds were specifically inserted into this definition and who asked for the insertion. The importance of this change is how it relates to another part of the contract, which lays out protections which cover the city and OUC against any financial instability that the other party may experience which would result in the downgrading of its bonds beyond an acceptable level.

The city currently holds \$60 plus million in bonds on the electric utility. Over the summer, consultant Henry Thomas of Public Resources Management Group warned city officials that the current cash situation of the city’s electric, water and sewer utilities put the city in danger of having its bonds downgraded.

At the time, the electric utility had burned through \$12.5 in reserves in about nine months and was described as “broke” by Finance Director Steve Maillet. The water and sewer utilities were borrowing cash from other city

funds to operate.

Thomas said his firm recommends utilities keep 90 days of operating cash to maintain good bond ratings because electric is a capital intense industry, with constant needs for repair and reinvestment.

Former Electric Utility Director R.B. Sloan has previously stated that the electric utility costs \$110,000 a day to run, meaning that the city would need to keep about \$10 million on hand at all times to have 90 days of operating cash.

At fiscal year end, the electric utility

had a little more than \$5 million in operating cash, thanks to hikes in electric bills bringing in increased revenues over the summer and early fall. During the quarterly budget review meeting on Dec. 8, Maillet said the electric utility had less than \$3 million in operating cash as of November 30.

“No one would probably go back and look at the existing bonds unless the city went out to borrow more money,” Thomas said. “But even without that being in a contract with OUC, they should be motivated to keep that up.”

Thomas said bond raters also look at the management and stability of a utility as a sign of fiscal health. With the steady procession of not only electric utility directors but also city managers, Vero might not score so high on that criterion.

Should the bond ratings slip and the city not be able to recover within a year, dollar amount that the city would need to provide in collateral to ensure “due performance” would be a matter for the attorneys to interpret, as the total value of the 20-year contract has been estimated to be about \$2 billion.

Our first sighting



It was our manatee, alright. She hovered just below the surface, calmly welcoming us all back. We realized the season had truly begun once again—and our first sighting surely confirmed it. It is always a thrill, coming back home to John’s Island. To a whole world of wonderful friends—even some who happen to float.

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State Attorney probe

CONTINUED FROM PAGE 1

we found nothing criminal here.”

Bakkedahl said it is not within the jurisdiction of the State Attorney to delve into things that might be civil matters or even matters that citizens or taxpayers would find egregious, but not criminal.

“I want to be clear, nothing ever is really closed,” he said. “Should further information come to light that is relevant, we would look at that.”

A review of the investigative records — now public since the probe is closed — shows a single investigator documented his questioning of a total of eight people, including City Manager Jim Gabbard, former Electric Utility Director R.B. Sloan, consultant Sue Hersey, attorney Meabh Purcell and four Florida Power & Light employees.

Topics of questioning included who had access to the contract; when and how the bid criteria was developed; whether or not anyone thought it was weighted against FPL; and whether or not the contract with Orlando Utilities Commission was altered after it was approved by council.

Records from the investigation show that investigator Ed Arens meticulously wrote down all the responses to basic questions, but the reports don't re-

fect the asking of follow-up questions at a later date based on subsequent research or the interviewing of witnesses with potentially differing viewpoints.

Arens collected several hundred pages of documents, but his reports do not indicate that he independently reviewed those documents.

The final memo reporting on the investigation is little more than a parroting of the staff's answers and Powerpoint presentations and “white papers” published by the city and its consultants to justify the decision to keep the power plant and to go with OUC.

Bakkedahl said that the public records amount to an “outline” of the investigation and might not reflect all the people who were questioned or all the questions that were asked. He admitted that city staff was most likely used as a source for information contained in those reports, especially the ones written in the early stages of the investigation.

Bakkedahl said the city's hired consultants were viewed as independent actors who provided a perspective from outside City Hall, despite the fact that they were paid millions to negotiate the deal by the city and the bidding process and the contract were both the product of the consultants' work. City Council members who approved the contract were not interviewed be-

cause it was seen as unnecessary.

“After we talked to the consultants who were there and who told us that they had these meetings with each City Council person and reviewed the contract and made their presentations, what information would the City Council members have been able to add to that?” he said.

The investigator on the case, Arens, is also a retired city of Vero Beach police officer who collects a pension from the city. When asked whether that could potentially create a conflict of interest, Bakkedahl said he would “stake his life” on the fact that Arens conducted a fair investigation.

“The truth of the matter is that once our investigators come to work with Bruce Colton, their loyalties lie with the State Attorney's Office,” he said. “Ed Arens would in no way fudge something on an investigation due to false loyalty to a former boss.”

It began with a citizen complaint

The investigation launched in late October after a seated member of the county's Grand Jury — the anonymous citizen — wrote a letter asking pointed questions about the electric utility.

“I understand that the State Attorney's Office has a lot of work to do and that the Grand Jury didn't volunteer to take on this issue, but I think it is important that somebody with authority look into this matter,” the letter states.

“We are talking about hundreds of millions of dollars that are at stake as well as constitutional issues. These are not trivial matters,” the grand juror continues.

The letter requests the State Attorney investigate six allegations that the grand juror had seen or heard in the media. The juror was concerned about reports that City Council members did not see the complete power contract prior to its approval and that council members relied on consultants to make decisions.

The juror asked, “Who were these ‘consultants’ and what were their motivations? Whose interests did they represent? The utility, the city employees, the taxpayers of the city, the county customers, the City Council?”

The citizen also asked how and why the city negotiated an up to \$50 million penalty in the OUC contract and why the city did not speak with FPL about selling the electric utility.

A small investigation in a very small town

The investigator assigned to the case is a retired Vero Beach police officer who once worked for City Manager Jim Gabbard while Gabbard served as police chief before becoming city manager in 2005. In addition, Gabbard has worked as special investigator for Colton's office and the two men worked closely on cases

Despite the connections between the investigating agency and the city, at no time did the State Attorney's Office consider asking another officer to conduct the investigation, said Assistant State Attorney Chris Taylor who handles Indian River County.

“Investigator Arens is a professional person and a professional investigator. There was never a feeling that he would not be impartial enough to do the investigation,” Taylor said.

Taylor said that he, Colton and Bakkedahl reviewed the reports submitted by Arens and a presentation based on Arens' final report was made to members of the grand jury on Dec. 16.

Taylor said there are no public transcripts available of the proceedings, as any testimony given before the grand jury is sealed and secret.

FPL employees interviewed, hands tied by bid documents

But just how deeply the investigation went remains questionable.

On Dec. 4, Arens met with FPL Staff Attorney David Lee, Senior Power Originator Edward Tammy, Energy Marketing and Trading Manager Tim Gerrish and Treasure Coast Area Manager N.L. Blount.

FPL staffers said that the bidding process was “uneventful” and that “all questions regarding the negotiations were channeled through Sue Hersey, the city's hired consultant.” FPL staffers said they had several meetings with Hersey and city electric staff and that “The City of Vero Beach provided all the information and answered any questions that were asked by the FPL negotiation team.”

Arens asked FPL representatives, “Did you ever get the impression that the bidding process was arranged to provide an unfair advantage to one of the other bidders?” and recorded the FPL answer as follows:

“No. No one from the Florida Power and Light negotiating team indicated a belief that Florida Power and Light was placed in an unfair advantage.”

Arens stated in his summary report dated Dec. 16 that “none of the bidders knew what the city was using to make its decision.”

Even if the FPL negotiating team did feel — based on what little they knew about how the bids were evaluated — that they were at an unfair disadvantage, they legally would not have been permitted to make that claim, to the State Attorney or anyone else, as it could have been construed as a protest.

It is unclear whether Arens knew that all bidders, including FPL were restricted by the bid documents from mounting any kind of protest of the decision.

Big questions were not asked



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At no point in the investigation was anyone asked whether or not they were ever asked or instructed to choose a certain bidder. More importantly, the players involved in the bid process were not asked if they were ever instructed — either directly or indirectly — *not* to choose Florida Power and Light.

Bakkedahl said that even if employees who rated the bidders were told not to choose FPL, that in and of itself, without other evidence of bid-rigging, would not necessarily be criminal.

No one was asked if the people involved in the process felt pressured to make a decision which would keep the city in the electric business in order to

preserve jobs and the revenue stream — \$6 million plus \$2 million in administrative fees — which the electric utility contributes to the city's general fund each year. That also would not be a crime.

Despite the findings, the basic questions asked by the anonymous grand juror remain.

"I can't think of anything more important than determining whether there has been incompetence, laxity or even unlawful acts on the part of elected officials or the city's institutions or whether the citizens' rights of non-city customers are being protected. It's our duty," he or she wrote in the original complaint.

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32963 Year in Review

BY MICHELLE GENZ AND
MILTON R. BENJAMIN
STAFF WRITERS

It was the best of times, it was the worst of times. *Okay, we're lying about 2009 being the best of times.* It was the age of wisdom, it was the age of foolishness. *Alright, we're lying about the wisdom part, too.* It was the epoch of belief, it was the epoch of incredulity. *Actually, we've been incredulous almost all year.*

We could go on with this *Tale of One Small Seaside City*, for even Charles Dickens – or Dave Barry – would find it hard to fathom all the bizarre goings on that have occurred in Vero Beach this past year. Dickens, after all, had the huge city of London for inspiration. As for Barry, what more is there to say once you have uttered the word “Miami.”

But who would have guessed that Vero Beach – *quiet, little Vero Beach* – in one year would have seen:

- Its major private employer, Piper Aircraft, sold to a Muslim kingdom known as the Abode of Peace;
- Its major tourist draw, Dodgertown, sitting empty after the Dodgers' defection to Arizona;
- Its electric utility, for years a source of power and pride, at the heart of a scandal over squandered dollars and soaring rates.

The electricity debacle – which had beachside residents last summer in a literal lather – ultimately became the defining story of what some now refer to as Vero's “Year of Living Sweatily.” Not since the 2004 hurricanes have so many houses been so warm, and not since the 2001 anthrax scare have envelopes – these containing utility bills – been so fearfully opened.

On the barrier island, 2009 brought a lot of good news as well – stories of the continuing amazing generosity of 32963 residents who did their best to support a variety of worthy causes and non-profits during these unsettling times. We carried a number of stories throughout the year on these laudable activities. Generosity, however, is praiseworthy – not funny.

So in this column, as we look back on stories Vero Beach 32963 covered during 2009, we are focusing on and parodying some of the events that left us scratching our heads. With apologies to Dave Barry, we offer this, our year-end review. As Barry would say: “We are not making this up. At least, not all of it.”

We should have known this was going to be a strange year in . . .

JANUARY

. . . when the year begins in painful

irony: Piper Aircraft announces it will not seek millions in taxpayer incentives that it never stood a chance of receiving.

With the stock market tanking, many of the high-fliers who had placed orders for new Piper planes are cancelling purchases in favor of 30-day Greyhound bus passes. As a result, the county's largest private employer is laying off and furloughing hundreds of local workers – not adding jobs as called for in the incentive agreement.

But Piper informs the county it will be expanding soon as the result of a contract with Boeing to build the new Dreamliner, and asks for another \$1.2 billion in new subsidies. Excited city officials immediately announce plans for a 4,000-foot extension to the Vero Beach Airport's main runway.



Meanwhile, negotiations aimed at bringing the Baltimore Orioles to Vero Beach to replace the Los Angeles Dodgers appear dead after it is revealed that Baltimore's owner is demanding that Holman Stadium be turned into a 38,000-seat sports complex.

The Orioles also are seeking a 50-year lease of the old city-owned Dodgertown golf course, which they want to turn into a new downtown rivaling West Palm Beach's City Place. “If we had approved what they wanted on the property, it probably would have brought back public hangings,” says Vice Mayor Tom White, one of the few who appears to feel public hangings are not a good idea.

Mayor Sabe Abell suggests that using the overgrown golf course, long fallow, for “walking trails” would be far more rewarding. Vero Beach City Attorney Charles Vitunac, who presides over a city legal staff approximately the size of that of Los Angeles, immediately hires a \$420-an-hour specialist in walking trails to assess the city's potential liability.

Meanwhile, Vero Beach managers push ahead with a plan to “save money” by creating a new part-time municipal health clinic for city employees. While the employees would retain the current health coverage

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Year in Review

CONTINUED FROM PAGE 6

that enables them to see the doctor of their choice at virtually no cost, city officials claim most would want to go to the municipal clinic so they would not have to take so much time away from their jobs.

It is not disclosed whether the clinic's rent-a-docs would be qualified to treat cases of uncontrollable laughter.

Speaking of uncontrollable laughter, in . . .

FEBRUARY

. . .the Vero Beach City Council decides to break with its 40-year tradition and shift its meeting time from

early Tuesday evenings to Tuesday mornings. The reason given: Having the meetings during the work day would be more convenient for city employees. The real reason: A couple of Council members are having trouble staying awake after 8 pm.

City management, meanwhile, continues its effort to win Council approval of the municipal health clinic. Consultants to the city – who claim they are working on the project at no cost – up their claims of potential savings from the clinic to three-quarters of a million annually. Alas, the methodology by which they arrive at this number, they insist, is a secret and cannot be revealed.

Also secret until we publish a story is news that Vice Mayor Tom White flew off on a junket to Washington — at Vero taxpayer expense – for a meeting of a Florida League of Cities committee on which he doesn't serve. His receipts, turned in for reimbursement to the city though no prior approval for the trip was given, include three nights at the Washington's four-star Hotel George.

That excursion turns out to be less costly than his trip to a resort in Oregon the previous fall for a "training" conference which cost Vero taxpayers \$1,200. Most of his fellow City Council members aren't aware of that trip, either. Even fewer seem interested in

inquiring into the nature of the "training."

Back in Vero, more than 4,000 residents attend Aviation Day at the Vero Beach Airport. The event includes flights in vintage bombers and a fighter plane. When Piper discovers that an hour in the P-51C Mustang two-seater goes for \$3,200, it announces it is opening a new assembly line for the Mustang – and asks Indian River County for \$1.6 billion in incentives.

Meanwhile, Baltimore Orioles owner Peter Angelos, an attorney who made his fortune suing people, makes a final effort to push through an agreement to conclude a spring-training deal with some Florida city by doing what he does best – threatening to sue Vero if it discloses any details of its aborted negotiations. Vero Beach City Attorney Vitunac immediately hires a \$460 an hour non-disclosure consultant.

Speaking of baseball, in . . .

MARCH

. . .Indian River County hints that major league baseball may indeed return to Dodgertown, though it won't say which team. That may be because no team – major league or minor league — is showing any interest. The confusion appears to stem from Angelos' warning that Vero Beach is looking at a "major league" lawsuit.

Meanwhile, self-proclaimed novelist, would-be movie producer, and ersatz architect Lewis Barton begins work in earnest on a 45,000-square-foot oceanfront home on a quiet street north of the Moorings, which he refers to as the Athena Marie Plantation.

Plans for the house call for it to have three windmills to generate electricity on the roof, as well as a helicopter landing pad.

Learning of this, Piper inquires whether Barton might be interested in ditching the helicopter pad and substituting a rooftop short-take-off-and-landing (STOL) strip. If so, Piper says it is ready to begin producing a new STOL aircraft, and asks Indian River County for \$1.8 billion in incentives.

With the economy continuing to tank and the price of gold soaring, gold buyers set up shop most every weekend in local hotels offering to pay top dollar for old jewelry.

A secret shopper who visits one of them is warmly greeted by the "jeweler," whom he recognizes as the used car salesman who sold him a 1985 Yugo. As the jeweler was taking his "outrageously generous" offer for a gold bracelet to his used car, er, used jewelry manager for approval, our shopper beats a retreat.

Back on the subject of baseball, in . . .

APRIL

. . . Minor League Baseball (the organization, not a minor league team which actually plays games fans can watch) is revealed as the entity that



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will take over Holman Stadium.

"You might not see 9,000 people like you did when the Red Sox came to town," said one county official, choking back sobs, "but if you take the totality of what will be coming over time you will be getting more use out of the facility."

The big rumor for a time is that the "totality" would include a new professional football league – the United Football League – which would train here in the early fall. Among the rumored stars of this rumored new league is quarterback Michael "Mad Dog" Vick. All these plans fall through shortly after City Attorney Vitunac hires a \$500 an hour dog-fighting consultant.

Meanwhile, Piper says the company – now down to 38 employees – is in a better position to come out of the recession than others in the aviation industry. "We already have plans for a new supersonic transport on the drawing board," a spokesperson says, adding that it would only take \$2.1 billion in incentives to keep Piper here to build that plane.

At the same time, Vero city management continues to press the effort to set up a health clinic for municipal workers. Various disinterested consultants – only one of whom hopes to make money operating the clinic – now contend it would save the city of Vero Beach \$2.1 million a year.

In an on-going effort to protect the health not just of city employees but all beachside residents, the state sends inspectors to the pantheon of peril, the new Saturday morning Farmers' Market. They give the heave-ho to countless high-risk items being sold by renegade under-licensed vendors, like homemade brownies and inadequately labeled jams and jellies.

Alarmed at this invasion of Vero Beach by state militia, City Attorney Vitunac hires a \$470 an hour food-and-drug consultant.

Speaking of crackdowns, in . . .

MAY

. . . County Administrator Joe Baird is stopped by police after leaving a dreadfully dull charity function. Understandably in need of a drink, he candidly tells the officer he was on his way to the Long Branch Saloon. That may not be the best way of avoiding arrest for DUI.

Meanwhile, the city of Vero Beach announces that residents can expect a 5 percent increase in their power bills in May, with another increase of 2 percent expected in July. John Lee, the utility's customer service representative, issues a heartfelt mea culpa, calling it "an unwelcome surprise."

Then in a stunning development, Piper Aircraft announces it has been

CONTINUED ON PAGE 68



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People



Jack Nutbrown and Harry Halbert of the Florida Garden Railway Society show Roz Allen the model train and Christmas village they constructed for "Holidays at McKee" Gatekeepers Preview Party. Photos: Tom McCarthy Jr.



Santa talks with volunteer coordinator Al Smith beneath the lit canopy at McKee Gardens as the party winds down.

McKee holiday party brings trains—and rain

BY MARY SCHENKEL
COLUMNIST

A few hearty souls braved the elements for a Gatekeepers Preview Party, getting a glimpse of a damp but decorative Holidays at McKee. Good

gardeners all, the volunteers and supporters of McKee Botanical Garden who attended were pragmatic about the rain, appreciating its contribution to the lush tropical landscape, even if it came at an inopportune time.

As a result of the inclement weather

festivities took place inside the Education Center, where guests looked on in fascination at the large scale model train display, set up by the Florida Garden Railway Society, Vero Beach Division.

According to member Harry Halbert of Vero Beach, enthralled by model trains since his first one at age 4, Brackett and Company sponsored the pur-

chase of the tracks five years ago and there has been a holiday display ever since. Halbert and the other four local members constructed all the buildings for the remarkable village using 1/24th scale lumber. The perfect little train station, shops and houses are fabricated to scale, just as full-sized buildings would look. It's an amazing work of craftsmanship, with three layers of

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Susan Schuyler Smith, Paul Landry and Roz Allen

Photos: Mary Schenkel



Paula and Fred Knier with Santa

People



Lella Miller and Marcy Porter

trains, an intricate trestle bridge, tunnels, and lots of little characters who bring the village to life.

"We try to set the town up a little differently each year," said Halbert. "Everything comes apart to be stored except the hills and the background which has to be done from scratch every year."

Jack Nutbrown, another Railway Society member noted that it takes approximately 12 hours just to set up the structure and scenery; then each train level is put in and tested before adding the next level. Total set-up time is about 30 hours, but it's worth it to see the delight as people try to take it all in.

Entertainment was provided by the talented young boys of the Stringsations Quartet, all eighth-grade students at Gifford Middle School. And of course, no Christmas celebration would be complete without Santa Claus. Santa at McKee is played by Ed Amaral, McKee's business manager.

"He makes the perfect Santa," laughed Christine Hobart, McKee's executive director. "It's the highlight of his year."

The Gatekeepers of the Garden, top supporters of McKee, were the evening's honored guests; many of them have been instrumental from the beginning. The original 80-acre McKee Jungle Gardens had been sold in 1976 and all but 18 acres were developed by Vista Properties. The purchase of McKee was the Indian River Land Trust's first project and there is a co-mingling of support between the organizations. Fundraising officially began in 1994 after obtaining the option to buy, and the land was purchased in December, 1995 for \$1.7 million. An additional \$9.1 million was then raised to restore the gardens and buildings.

Lella Miller of The Moorings has been a supporter since its inception. "It all started in the parking lot; we brought tools and started ripping vines and cutting trees. I got the worse case of poison ivy I've ever had. My doctor told me 'don't ever go there again' but I kept coming."

Miller brought her friend Marcy Porter along to entice her into becoming a Gatekeeper. Miller had been a guide for many years and, umbrellas in hand, the two happily went off for a walk around the gardens despite the rain.



Jill and Paul Kaneb

Susan Schuyler Smith, another long time Gatekeeper and former board president was chatting with relative newcomers Paul Landry and Roz Allen, who spend the other half of the year in Maine. The two are actively involved

with the Maine Botanical Gardens and say they never visit a city without going to the local gardens. "McKee is a great asset to the community," enthused Allen.

Smith first visited McKee when it was all overgrown and they were working to raise the money to save it. "I walked in to take a tour and thought; oh my, what can I do to help? Vista had fortunately kept this part, but it was about to become condos."

Walt Franca, a retired foreign-language teacher from New York who recently began training as a guide at McKee, said he fell in love with the gardens

the first time he saw them. He said with a laugh, "I was part of the Garden Club at St. Francis Hospital in Poughkeepsie and I like to play with dirt."

Another longtime supporter, Jill Kaneb currently serves on the board of the Indian River Land Trust. She noted that the gardens had originally been designed by William Lyman Phillips, who studied under Frederick Olmstead, designer of some of the nation's oldest public parks, including Central Park in New York. "It just seemed criminal that this could be plowed under for condos; it would be like plowing down a historic building."



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Brenda Carroll, Valerie Sasaki, Bob and Terry Walsh

Photos: Mark Schumann



Kris Gault, Randy and Chris Tremblay, Dee Gianotti

Christmas 'bright and shining' for needy area families

BY SAMATHA BAITA
COLUMNIST

As shamelessly commercial as the Christmas season has become in the U.S. of the 21st century, there remain a few places where you can still find the holiday magic, the Christmas Spirit, if you will. In Vero Beach on Christmas Day, one such was the Elks Lodge. For the second year in a row, Brian Gilbert, owner of the Pearl Restaurant, gath-

ered together friends, volunteers and local business partners to bring Pearl's Bright and Shining Christmas to struggling families.

Local child-related charities - Habitat for Humanity, Hibiscus Children's Center, the Homeless Family Center, the Gifford Youth Activities Center and Youth Guidance - were invited to bring families from within their various programs together for a special Christmas celebration.

For several hours on Christmas Day, the Elks Lodge was transformed into Christmas Central, filled with the laughter of hundreds of children, live music, cafeteria tables overflowing with bags and boxes of toys. Along one wall, a full turkey dinner was set out, buffet style.

As the herd of squealing, bouncing, uber-excited children bunched on the front walkway, a fire siren sounded in the distance. The kids and the siren

grew louder and then - a shiny, red fire truck pulled into the drive to unload its VIP passenger, who ho-ho-ho-ed his way through the eager crowd to his seat at the front of the room.

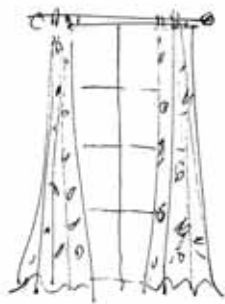
Let the party begin!!

Santa settled himself, lap at the ready, smiling out at the excited kids as they bumped against one another in a long, wiggling line. As each child relayed a Christmas wish to Santa, photographer Jay Andrews snapped a photo, later presented to each child. As last year, Brian's friend Tom Danaher of Statewide Insurance, happily channeled the Jolly Old Elf himself. Volunteers from the community and each of the participating non-profits, many sporting festive headgear, worked diligently as Santa's helpers, hurrying from table to table, making sure each child received a special gift. Jarvis Services, another business connection Brian has gotten on board, generously donates toys.

Jarvis manager Chris Smith was hard at work helping in the kitchen. Other "food elf" volunteers included friends from as far away as Pennsylvania, Virginia, Michigan and Miami, who braved weather and transportation challenges to help make this day an unforgettable one.

When asked "What are you going to say to Santa?" Curtis Smith, a bit older and a good bit taller than the other kids in line, replied, "I thought I'd just tell him, 'Happy Holidays.'" "

Kathy and her son Eric were among the Youth Guidance families and, as so many others, had been hit hard by the toppling economy. "We made a lot of presents this year, did a lot of baking. It's been a hard year. But," she smiled, "I love the thrift stores."



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Santa



Bob and Brenda Carroll, Valerie Sasaki



Deirdre McDonagh, Jerry Mapen, Brian Gilbert, Jeannie and Fran Chauncy

Another young man, D'Angelo Minnis, 12, attending with brother Jamal, cousin Ebony Durden and aunt Barbara Shelley, was serious as he explained what he believes is best about Christmas. "It's good to be with family and not argue because it's Christmas. Presents are good but we don't need presents, because we have salvation, peace and joy."

Barbara echoed D'Angelo's sentiments: "I tell my children Christmas is about Jesus. It's not all about them. It's about helping your community, helping others. They get gifts during the year, praise when they get good grades, but Christmas is not just a big whoopie. It is more."

Bob Carroll of the Elks Lodge was hard at work ensuring the day flowed smoothly. He and daughter Valerie, also an Elk member, had created a charming, delicate gingerbread house as a special prize in the drawing, which included a bicycle for each of the guest charities, donated by Napa Auto Parts. Brian had collected the other gifts and donations at his restaurant, then dispersed them to each charity for distribution at the party.

A familiar face on the local music scene, Kent Brown, played back-up for Santa with non-stop holiday tunes on keyboard and flute. "Well, it is a little early in the morning for me," he joked, "but I love playing Christmas music on Christmas Day."

Back in the kitchen, things were cookin' in more ways than one as volunteers zoomed about carrying steaming trays of food to the buffet line and hurrying back for refills. As he directed kitchen traffic, Brian talked about this project, obviously very dear to his heart.

"I've been in this business a long time and I wanted to give back."

He is obviously moved as he recalls moments which have touched his heart and which make it worth every-one bit of effort.

One boy accidentally took a gift from the wrong table. (each charity had its own gift table).

"He had grabbed a curling iron," Brian said. The lad was told about the mistake and asked if he wouldn't like to choose something more befitting a boy. "He was determined that he didn't want to exchange the curling iron because he wanted to take it home for his mom." Brian blinked back a tear. "Of course, the boy got to keep the curling iron."

So - just how much food does an undertaking such as this require? "We prepare enough to feed 600 people," Brian said. There's beef, some 20 turkeys, seven cases of potatoes (nope, not boxed flakes, they're the kind you

peel.) Then there's corn and tray upon tray of green beans. And, of course, stuffing. Lots of stuffing. Another of Brian's suppliers, US Food, provides desserts. "Everything is made from scratch," Brian hastens to note. "Standing in the warm, fragrant kitchen, there's no doubt about that."

Freddie Woolfork of the Gifford Youth Activity Center sought a donation of \$1,000 for \$20 gift certificates which would go to older children who were past the "toy" age. When Freddie explained just what the Bright and Shiny Christmas event was all about, the donor gave him \$2,000. Freddie himself has been active in and committed to community betterment for many years. He will take this day's

leftover meals and distribute them to needy elderly.

Habitat for Humanity President Andy Bowler stood waist deep in laughing, happy kids, handing out presents. "This is another fabulous morning - this outpouring of generosity. It's something we at Habitat see year round. And to see all these happy, smiling faces - a wonderful example of the generosity of this community." Indeed it was.

It was a hectic but uplifting way to spend Christmas Day - to see - up close and personal - how one individual's unselfish desire to "give back" still has the power to touch others, snowballing from heart to heart. Making a difference.

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Emeril brings his "BAM!" to Vero Beach

SAMANTHA BAITA
COLUMNIST

Hundreds of foodies and foodie spouses, parents and friends, chatted, laughed, read, or browsed the shelves as they waited in a line that wound through aisle upon aisle of books and continued out the door of the Vero Beach Book Center recently.

Never mind the hours-long wait, never mind the drizzly, soggy afternoon. The conversation was upbeat, the mood excited.

The reason? I'll give you a teeny hint: "BAM!"

See? Unless you just arrived from a remote outpost with no television you now know what could make a slew of folks happily spend their afternoon standing in line with strangers: Emeril John Lagasse, America's celebrity chef, restaurateur, TV personality and cookbook author.

So well known, all of America is on a first-name basis with him.

Emeril was there to autograph his new book - *Emeril 20-40-60: Fresh Food*

Fast. Not to give a talk, not to sign anything except that one book, (not your apron, or your arm, or any other of his books you might own.) And



Debbie and Christ Ellison have their books signed by chef Emeril Lagasse at the Vero Beach Book Center. Photo: Keith Carson

not to pose for photos. (The flash hurts his eyes.)

No matter. His celebrity is BIG.

The Book Center holds book-signing regularly but (except for Andy Williams' visit, held off-site) this one easily drew the biggest crowd, said staffer Teresa Rushworth, stationed at the entrance with a welcoming smile and a chef's hat.

Emeril fans were treated to snickerdoodle cookies courtesy of the Village Beach Market, and orange juice from Orchid Island Growers.

A tad before the appointed arrival time, media was escorted into what Book Center owner Tom Leonard laughingly called "the closet."

And it pretty much was: a tiny foyer with a door at one end. A chair sat

in front of a curtain which concealed a storage area. We crowded in, cameras were set up, notepads poised.

Here he comes," someone said. And through the door walked a pair of mildly intimidating "suits," impeccably groomed, shiny shoes and shinier gold badges - City of New York Police Department."

They had "cop hair," and gripped cell phones. Right behind came another suit escorting Emeril himself - stocky, slicked-back black hair, dressed neat and casual in slacks and shirtsleeves.

For a nanosecond, I felt as if I were in an episode of "The Sopranos" or, at least, "Sopranos Lite," and had come face to face with Big Tony himself. But then he sat - no bluster, no sass, no "Bam." Actually, he appeared reserved - even shy.

And here are some of Emeril's bites:

- Why write *20-40-60: Fresh Food Fast*: "When I started writing it, 18 months ago, the world wasn't such a great place and I didn't want to see the family table suffer."

- Favorite food: "A lot of comfort food - I eat very seasonal - right now it's apples, stews, like that."

- Next book: *Farm to Fork*.

- From the heart: Loves to cook with 6-year-old son E.J., with whom he's created a kickin' nacho recipe.

- Goal with his TV shows and books: "I really want to connect with people."

- Did you know: Emeril is a gifted musician - a percussionist who has played with Aerosmith? Me neither. He even won a full scholarship to the New England Conservatory of Music.

Time's up. The Suits synchronized watches, gave the high sign and Emeril rose, heading out to meet the fans and sign a ba-jillion books. As he zoomed by, he paused at my spot against a wall, behind the cameras, to ask if I needed anything else from him? No, thank you, though. Well, how nice was that? Perhaps the big, loud Celebrity Chef Personality is reserved for TV.

As the crowd plodded at a glacial pace toward The Table, the holiday mood continued. Samuel Nathans, 17, is an Emeril fan and a cook himself. "I like to experiment. I've created a pesto of my own: instead of cream, I use spinach, instead of pine nuts - pistachios."

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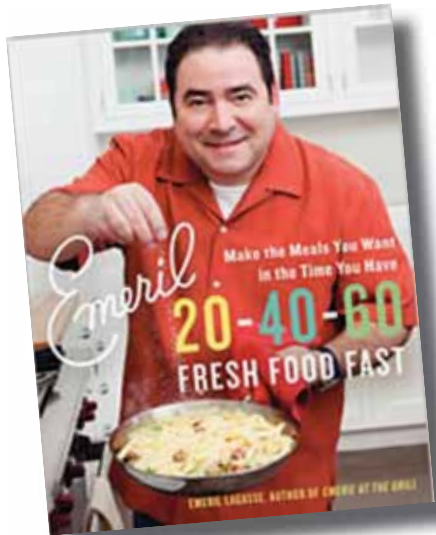
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People



Eddy Pennypacker bought Emeril's book as a gift for his sister - "and one for me," he added. "I collect autographed books and, as a single guy, I like to cook Italian for myself."

Judy Bogert was very excited. "This was a Christmas surprise. My husband didn't tell me where we were going. We live in Palm Bay."

Husband Dave, added, "I wouldn't tell her, not until we got to the parking lot." Way to go, Dave. (Husbands, make a note.)

Dorothy Hill waved a picture. "I can't believe it. I was in New York City last month at Cirque (restaurant) and there he was. At the very next table!"

Sure enough, her photo showed Dorothy with some friends and at the next table sat Emeril and a few pals.

Four women chatting like old friends had, in fact, been total strangers only a few hours earlier. "We've been here for hours but we're happy," said Mary Miller, in town from Buffalo. Joan Brown, Josie Gangloff and Susan Breckbill agreed, "we love Emeril!"

As Emeril might say, "Feel the love!"

Oh, and, "BAM!"

Said Katherine Solly, in line with Samuel. "Emeril's made cooking fun. He's taken Julia Child's mission a step further. When she was on his show, you could tell he had such a reverence for her."

Rosalie Dumich: "I watch the Food Network and Emeril's one of my favorites. My son-in-law is chef at Sailfish Point and he's going to be thrilled."

Tyee, 2 1/2, was draped snoozing over grandmother Suzanne Bertholf's shoulder. "This'll be to my sister-in-law. Me? Cook? Well, I try." She laughed.

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Incoming Tide

Sarah Duquette: New beginnings in Vero Beach

BY MICHELLE GENZ
STAFF WRITER

Be careful what you wish for. While Sarah Duquette was visiting her father and her old friend Leslie McGuirk in Vero Beach last February, McGuirk showed her a neighbor's house for sale. Smack on the ocean, the home had the air of intense creativity, and unending summer vacation, and her teenage daughter Abbie sensed it immediately. "Mom, I'd move," she piped up. Never mind that she was in the middle of high school, a time her parents thought was of the utmost importance to her, and were willing to postpone their move south until Abbie had graduated.

But with that declaration, the move from York Harbor, Maine was on.

Turns out, the house on the ocean was not the house they bought. There was another they found online that was a deal they could not pass up. Today they are in the midst of reno-



Sarah Duquette is in the process of remodeling her new waterfront home.

Photo: Tom McCarthy Jr.

vation, living in a rental on West Barefoot Place in the interim. As for

Abbie?

"She's actually very happy," says Duquette. "She's adjusted so well."

In Incoming Tide we look at newcomers to the barrier island. Here is the story of Sarah Duquette.

Sarah Duquette sees a structure and sees home. She is used to going into a house, breaking its bones and resetting them into soothing shapes and functional esthetics. Her interior design firm in the tiny town of York Harbor, Maine, will likely transition well from settings of snow to backdrops of sand, with the sea the common denominator.

So this year, she and her husband Bob, and Abbie, moved south, packing up the small Cape house on the York River they had renovated into a shingle-style showcase home and carriage house, its dramatic spaces featured in *Better Homes and Gardens*.

"We were not serial renovators," she said. That home was their home for 20 years.

Nevertheless, with remarkable calm, she undertakes another home-making, this time, a house with its living space on the second floor, overlooking the Indian River lagoon off the Wabasso Causeway. It was the extraordinary natural beauty of Vero that drew the family here. Tucked under huge live oaks, the house is surrounded with a thicket of tropical growth so dense that even the second-story bath has total privacy,

enough that a floor-to-ceiling window needs no cover.

Though she claims the renovation is nearly completed, the house still defies the notion of home. Furniture is crammed into downstairs storage space, walls are being rearranged and a kitchen installed, including glass-front cupboards over a plate glass window. A neighbor's chocolate lab wanders in and out the open doors as workmen wrap up a workday.

"Bob and I are nesters, so it was hard to leave our house in Maine," she says. "It was a real labor of love. But this also presents such a great challenge. We're both very creative and we both love to create a beautiful home. It's important to both of us."

Strikingly, the still waters edging a mangrove island just yards off the home's seawall stifles sounds like a snowfall. Duquette takes a break stepping through the rubble of renovation to perch on the deck watching her winged counterparts-in-nesting settling in for an evening roost on the mangroves.

It was not a heron, but a the familiar red cardinal that spoke to her recently. Mixed up and insistent, it flitted through the underbrush and pecked at her window in what Duquette feels was a certain sign that her late mother was issuing her stamp of approval on the house.

It wasn't the first time she felt that presence. It was there, over her shoul-

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Incoming Tide

der, the day she met her husband. She had graduated from Wellesley after an unconventional start on her own. Growing up in Weston, Mass., a suburb of Boston, her mother was a painter and a stained glass artist who sold her work on Boston's Newbury Street, while her father was an engineer at MIT. Sarah graduated early from high school and moved to Cambridge, working odd administrative jobs at Harvard and MIT. After a year of independence, she applied to Wellesley and was accepted into the fine arts department, commuting from Cambridge. She eventually double majored in psychology and studio art, and spent a term in the south of France, travelling afterwards through Italy, Greece and Yugoslavia.

On graduation she returned to Cambridge and worked in a quilt store, discovering that though she had studied sculpture and painting, textiles were her true love. "People would come in and I would design a quilt for them, I would go and pull from all these fabrics and put together a quilt, like, that. I would design 25 quilts in a day, never thinking it was any big deal. I realize now that's my true medium."

When Duquette was only 23, her beloved mother died. She had moved to New York City and back again, and a friend convinced her to work in a "very non-creative job."

Looking up from her desk on her first day on the job, she saw Bob Duquette. "We were both fish out of water, and this little voice said, 'You're going to marry this man.' Later it dawned on me: it must have been my mom."

They married, had a child soon after their first anniversary, and moved to Portsmouth, New Hampshire, where Duquette went to work

designing and selling ads for a lifestyle magazine. There she met Vero Beach author and illustrator Leslie McGuirk, who became a lifelong friend.

McGuirk encouraged Duquette to follow her urge to design. "She told me, 'you're the most creative person I've ever met,'" says a grate-

"Bob and I are nesters, so it was hard to leave our house in Maine," she says. "It was a real labor of love. But this also presents such a great challenge. We're both very creative and we both love to create a beautiful home. It's important to both of us."

ful Duquette. When the owner of the magazine company needed interior design help, she hired Duquette.

From that serendipitous start, Duquette and Co. Fine Interiors was born. From benefit showcase houses to magazine features, her designs have spread from Maine across the country, as clients have used her for second homes and relocations.

Her work has been featured in Traditional Home, Accent, House Beautiful, and Design Times magazines, along with several hardcover books. And among her favorite professional anecdotes is the fact that fabric designer Anna French came to visit her from the UK after learning Duquette had used her fabric and wall covering in her office renovation.

Along with providing her a creative outlet, she gets huge satisfaction by listening to people, putting to use her training in psychology, she believes. "People tell me I could charge \$250 an hour," she jokes. "It's really about listening to what people aren't saying. You pick up little cues about the way they respond to things. Pur-

suing something creative without that interpersonal part would not be good for me because I've always been a people person."

A favorite assignment was designing the home of a recently divorced man, whose tastes were a total departure from her own - and his ex's. "He had a 1980s beach house drip-

niture and roughewn case goods, and he loved it. For me it was really an artistic challenge."

These days, Duquette still travels to Maine for one week out of the month, tending to clients, staying with family and friends.

Meanwhile, daughter Abbie has settled in at St. Edward's and is interesting the music and theater. Her sister Eliza is just returning from studying in Vietnam; she is at Union College majoring in international relations. And son Nate is a musician, working in sound design.

Husband Bob is working here in information technology. Together they are looking forward to building a new life together in the near future, when the nesters find the nest empty.

"Marriage is interesting: you grow and you change," she says. "We have changed differently, but together, and we're really good friends. What's fun is the fact that now that our children are older, we have more time together."

"This move represents a new beginning for us as a couple."

ping with crystals, pink toile and green sinks. He went through the divorce and had a major personality change and said, 'Give me Southwest, give me a stud palace,' " she says, laughing. "And this was on the beach in New Hampshire.

It wasn't anything I personally would want, but it was really good design. It was embossed leather fur-

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Arts/Theatre

New art exhibit shows Florida's 'Faces and Places'

BY L.L. ANGELL
COLUMNIST

Every year, Quail Valley holds a Charity Cup Week that raises money to help kids in our community.

Every year Gallery 14 holds a special themed exhibit that benefits a specific charity.

Thanks to Jan Taylor, in 2010, the country club and the art gallery will work together.

That's because Taylor, a Gallery 14 artist and Quail Valley Country Club member, asked herself how she could combine the gallery's new exhibition, *Florida: Faces and Places* with Quail Valley's annual Charity Cup.

Taylor brainstormed a way to start the New Year right: buy a work of original art by a Vero Beach artist and help a needy child in our community at the same time. As a special component to this show, Gallery 14 is donating 10 percent of all sales from Jan. 7 through Jan. 9 to Quail Valley Charities as a jump-start to Quail Valley Charities Cup Week.

The kick-off starts on Jan. 7 from 4:30 p.m. to 7:30 p.m., when Gallery 14 will hold a complimentary reception of wine, champagne, and hors d'oeuvres by Quail Valley. While the Gallery 14 reception is a celebration for Quail Valley Charities Cup Week, it is open to the public. With food by Quail Valley, Florida-themed original art, and terrific people mingling about, it promises to be a great night all around. And it's a sensational way to acquire original, Florida-themed art and help local children too.

Since their inaugural golf tournament in 2002, Quail Valley has contributed over \$1.5 million to local charities, all of them focusing on



Jan Taylor, *Sunset*, oil



Dorothy Napp Schindel, *Seagrape Sky Diptych*, mixed media collage



Deborah Gooch, *Sponge Queens*

children. This year's Charity Cup Week, Jan. 9 through 16 is Quail Valley's eighth annual event. Proceeds will go to 23 charities, including the Sun Up Center in funding its Early Intervention Program, the Redlands Christian Migrant Association in funding a mentor teacher, and the Dasie Hope Center in funding an after-school literacy program.

Gallery 14 first opened its doors in October 2007 and, like Quail Valley, benefiting local charities has always been part of its mission. According to Gallery 14 artist and director of publicity, Dorothy Napp Schindel,



Cathy Fennell, *Celebration*, bronze sculpture

the gallery's first such event was in June 2008 and benefited the Heart Gallery of Okeechobee and the Treasure Coast. The Heart Gallery is a traveling exhibit of photos of older children who need permanent homes and is coordinated by the Children's Home Society of Florida.

The second charity exhibit was last April and benefited Save the Chimps in Ft. Pierce. Save the Chimps' mission is to provide permanent sanctuary for the lifelong care of chimpanzees rescued from research laboratories, entertainment and the pet trade.

"Last year's fundraiser did fabulously well," says Schindel. "Barbara Sharp, who paints portraits of chimpanzees, was a guest artist." In fact, paintings of chimpanzees and by chimpanzees sold so well that Gallery 14 continues to sell original work by the chimpanzee, Melody. A hundred percent of all proceeds go to Save the Chimps.

This year, Schindel says, the sale of Gallery 14 artists' works to benefit the charities of Quail Valley's Charity Cup.

"We're having this event because it's important to connect to the community through charities and through special themes," Schindel says.

While *Florida Faces and Places* might sound fairly traditional, Schindel is quick to elaborate.

"We're looking at Florida a little differently," she says. "It's not all palm trees and flowers."

Schindel believes the public will be delighted to see the variety of tropical flavors offered by the gallery's



Edgardo Abello, *Hat Series I*, watercolor

very diverse 14 artists. While it's a cliché to say that there's something for everyone, this gallery really does present a wonderfully varied assortment. It's 14 different artists and each has a unique point of view. And in this show, it's all about Florida.

Here's a sneak peak. For anyone seeking the serenity of Florida's natural beauty there's Jan Taylor's luminous oil, *Sunset*. Dorothy Napp Schindel offers a refreshing look at the iconic seagrape in her mixed media collage, *Seagrape Sky Diptych*. And for pure joy, there's Cathy Fennell's *Celebration*, a bronze sculpture of playful dolphins.

There's also Florida's fascinating faces, including Deborah Gooch's exuberant look at a Florida-style beauty contest in her oil painting, *Sponge Queens*. For pure relaxation in the sun, there's Edgardo Abello's elegant watercolor, *Hat Series I*.

Schindel notes that six of the gallery's 14 artists are beach-dwellers: Barbara du Pont, Barbara Rowles, Deborah Morrell Polackwich, Virginia Knapp, Dorothy Napp Schindel and Jan Taylor. Knapp and Taylor are also members of Quail Valley.

According to Schindel, some of the gallery's most devoted clients frequently venture across the bridge to visit the mainland gallery in Vero's historic downtown district.

"Our big receptions the past two years in collaboration with our unique guest artists and variety of partner artists have served to attract lots of repeat customers as well as some collectors of individual artists."

More than 100 pieces of original art will be on display in the gallery's January exhibit, *Florida: Faces and Places*. Gallery 14 is located at 1911 14th Avenue. For more information, call 772-562-5525 or visit www.gallery14verobeach.com.

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Arts/Theatre

Renaissance man: Artist unconventional in art and life

BY MICHELLE GENZ
STAFF WRITER

For a man whose art speaks to so many in Vero, an oeuvre of impressionistic local landscapes, Grayson Shelby Ryan Conroy's spoken language is full of enigmas.

The man who has become a fixture on the island pops up Cheshire cat-like to set his easel up before a sunrise on the boardwalk, or dusk under the Barber Bridge, to produce with astonishing rapidity, and consistency, work after work of impressionistic oils that for seven years have been a staple of the Meghan Candler Gallery in the Village Shops.

His slashing, heavily textured palette knife approach to plein-air painting has a temporal importance. He believes it seizes the moment in nature more urgently than a deliberate, worked endeavor.

So goes his discourse, with syllables his vivid verbal oils. A Dr. Suess-ian sensibility effuses his polemic on any number of topics: the environment, religion, relationships, human rights. Conroy comes down firmly to the left of those issues and others, even as he seems to make his own bio-fuel of foment, given the laid-back politics of most of his peers.

"It's all the illusions of the delusions of growing up in a place and thinking people are going to be like they seem," he says. "People are always judging you for your clothes, your cave, your car. I disappear and make discoveries," he says.

"I'm nobody from nowhere," he concludes.

In fact, Conroy is from Long Island and Connecticut, and at 49, having spent nearly two decades in Vero Beach, he may soon have to say he is a local. He moved to Vero Beach in 1991, to be near his parents, who had bought a home in John's Island four years earlier, and were coping with illness.

For a time, Conroy worked in real estate sales. "I don't know, I thought it would be a noble profession, he says, launching into an unctuous impression of a local broker. It turned out not to be his cup of tea.

"I always knew I'd be blue in a blazer," he says. "I found it so limiting. But then, the way of the world is, if I'm not going to be able to save it, at the same time, I can't sell out. I'm just not part of this car-clothes-cave, career-for-cash identity."

He didn't begin studying art formally until 1999, at the then-Center for the

Arts. His work immediately caught the attention of teachers, whom he says hesitated to give direction to a man so clearly headed in a good one. By 2002, he had won representation by Meghan Candler, whose Village Shops gallery has sold his gilt-framed paintings for serious sums: His 6" by 8" canvases sell for \$465; his 36" by 48" canvases sell for \$7,200.

The first sale of a painting was "kind of googly neat," he says, pausing to grin at his location. "I don't have any kids, so my paintings are like my kids, I guess. I always ask if they're going to a good home."

"I have the Catholic guilt thing: Am I worth it?" he asks. "Besides, I'd rather have everybody have a roof over their heads than do the capitalist thing."

Lest that impulse up rise up too strongly, Candler exists to safeguard consumer access. "Grayson has always done well," she says. She tells Grayson his talent is his "monumental simplicity."

Recently, a woman in a Range Rover pulled over (Conroy called her a "ranger roving strangely") to watch Conroy

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Arts/Theatre

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painting under the Barber Bridge, and expressed an interest in him doing a nude portrait of her with a snake. Conroy says she was taken a bit aback when he told her how much his work sold for in the gallery. "I told her your cars are going to end up as forks, your plane is going to be grounded one day, but your art will live on forever." She has not yet been back in contact.

Of late, Conroy's paintings focus more on tonal quality, composed of striations in the same hue. He likes to think they would appeal to the color blind. But in fact, color is their chief appeal, from the soft summer greens of his pasture lands to the jolt of yellow representing wildflowers, to the abstracted lavenders of a seascape shot through with reflections of an apricot sunset.

Conroy might never have taken up a brush, if his skill at acting, dance, or impersonation had ever found as eager an audience in New York as the island has proved to be for his artwork. Though he says he once worked as a model, it is his spot-on mimicry that is his trademark today, a talent which likely takes far more time to develop than his paintings: since childhood,



Artist Grayson Conroy works on a painting beneath the Merrill P. Barber Bridge.

Photo: Tom McCarthy Jr.

he followed in his grandmother's footsteps, making people laugh by copying others. Writing was also an interest, though he calls himself a "fourth grade

English class dropout," and his higher education amounted to a year at Wesleyan University, and in New York, he took classes at the American Academy of Dramatic Arts and the School of Visual Arts. A string of odd jobs included working at an ad agency.

Dance was also a passion. He always considered a night at Studio 54 as going to the gym. "Six, eight, 12 hours of dancing is a better workout, really," he says. Lately, he

has taken to the terrace of Costa D'Este on Sunday nights and anywhere else that gives him wide berth – he cites his talent for "loose hips." Partners are optional, though he regards his women friends as his "26,000 future ex-wives." "People with yachts and jets say they admire my freedom," he says. "I guess it's true. I can sing country music when I walk the bridge or I can dance to reggae. But I would like to have kids. I guess that's getting less likely. But I would marry somebody with kids."

Meanwhile, his goal of being a "peniless potential gajillionaire who gave it all away," eludes him still. He just sold his 142nd painting in seven seasons, he says. And selling is only half the fun – if that. Conroy loves being outdoors in nature, thrives on it, seeks it out and derives his inspiration. That may be the longest part of his process

– seeking a scene to paint. Once he sets up, opening up the back of his SUV (he calls that "toying with his Yoda"), and dabbing his paints on his palette, the actual work may take under an hour, though he may revisit it for weeks or months.



St. Augustine by Grayson Conroy

"I try to do it as quickly as possible, looking east and west to get the present of present, so that it feels undone, and you are there in the moment of it."

Conroy seems to listen to his observers, who often stop to watch him paint in public places.

"People say it's more emotionally impactful the quicker it looks," he says. "It hits you in the soul. When you look at this painting, I'm there, and I'm there, and I'm there. I look at a painting from 12 years ago, and I'm still there. You can feel the light going through it. The more quickly you can do it, the more real it is."

Today, with his brother living nearby as well now, he is freed up to travel much of the time to destinations around Florida, loading up his SUV with canvases and paints to join plein air groups in the Florida wilderness. Much of his work is for charity, for causes related to land preservation, the homeless, and animal shelters. "I've always believed I'm a social worker at heart," he says.

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Arts/Theatre

Snoopy!!! production bubbles over with charm

BY L.L. ANGELL
COLUMNIST

You say the holidays have sapped your energy? You can't tell a Lego from a Linzer torte?

For a genuine tonic that will get you on your feet in no time, go see the oh-so energizing "Snoopy!!!" at Riverside Children's Theatre. This ebullient little musical is playing at the Anne Morton Theatre through Jan 3. And while it is most definitely brimming with energy, it's never manic or frantic or irritatingly shrill. Every actor in this company is a pro and the Peanuts story bubbles along like a happy little river. Of course, it's a story that we all know and love.

Only three short weeks ago, the dynamite cast of 10 was just beginning rehearsal. Now, every one of these talented actors (all local kids) has got it down pat—and it's so much better than those dopey animated specials that used to run ad nauseum on TV every Christmas years ago.

The impressive cast, beautifully directed by Kevin Quillinan, owns the stage from the minute the house lights go down, and the music swells up. From beginning to end, this production is just plain perfect. Quillinan is a master director and he has cast his actors impeccably. With great choreography, and a swinging score, this happy production dramatizes a series of quintessential Peanuts moments.

Here is the spindly Woodstock, so fragile, floating about the stage. How do you make a human being look like a cartoon baby bird? With long legs, a bunched yellow dress, and sneakers, and those yellow feathers waving on top of the head, that's how. Costume Designer Kristin Meek makes it happen and the wonderfully wispy McKenzie Moses captures completely Woodstock's flimsy stature and clueless innocence. Moses is totally-bird throughout the play. She's especially enjoyable miming along to the amazing Megan Taylor Callahan who artlessly portrays Snoopy with all the doggy-insouciance that is his alone.

How wonderful that Taylor does not wear a dog mask or fake ears to give herself a canine-visage. Just by pulling her dark hair into doggy-ears, blackening her nose, and dressing in white, she is Snoopy—Snoopy atop his bright red dog house, the inspired author, his little dog paws hammering out the words "It was a dark and stormy night" on his portable typewriter while the dear Woodstock pantomimes each

momentous step of the story. When he receives his third or fourth rejection letter, Snoopy realizes that his talent may simply be too great for the short story form. He wonders aloud if he shouldn't write a novel.

"Why not?" he asks. "I've got the time. I've got the talent. I've got the plot."

Letting his imagination run wild,

Snoopy gamely spins a tale of ships at sea, a boy on a farm in Kansas, a shot ringing out in the night and so much more.

Peanuts' legions of devoted fans know that Snoopy is a wildly talented wunderkind. And a big part of his natural-cool flows directly from his inner-knowing of just exactly how wonderful he is. The very confidence that so pain-

fully eludes good old Charlie Brown just comes naturally to him. Callahan captures Snoopy's carefree self-confidence beautifully. Her Snoopy is effortlessly, numero uno.

It would be hard to find a more genuine and candid Charlie Brown than the very likable Nate Karabensh. What an earnest countenance. What

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Arts/Theatre

My Vero

CONTINUED FROM PAGE 21

a heartfelt delivery. It is impossible not to love the boy in his dopey zig-zag t-shirt, hoping for a girl to someday kiss his ear and call him Poor Sweet Baby. When Peppermint Patti hears this, she stops asking him if her nose is too big and flat out serenades him.

Yes, Peppermint Patty loves Charlie Brown whom she calls Chuck, and Sally Brown loves Linus and Woodstock loves Snoopy (although he briefly loves an earthworm) and each one of them has their all-too-human hopes and fears except for the irrepressible Snoopy who reminds us that when feeling distraught, nothing is so helpful as lying with one's head in the water dish.

And hats off to Quillinan, who gives the actors the confidence they need to take time with their parts. There's none of that amateurish haste to say their lines too quickly. No one tries to upstage another. These actors let their characters be who they really are. These kids are comfortable in their own skins and thanks to Quillinan, they make a wonderful working company.

There are some magic moments that all Peanuts-lovers will appreciate. Here's Linus (the very capable Johnny Garde) pacing in the sincerest pumpkin patch and waiting for the arrival of the Great Pumpkin. Garde, a long-



Megan Taylor Callahan as Snoopy on dog house, Nate Karabensh as Charlie Brown and Johnny Garde as Linus.

time performer at RCT, has a strong singing voice and is totally convincing in his devotion to the Great Pumpkin. Then there's cranky, old Lucy (the excellent Samantha Jackson) sitting in her version of a lemonade stand, except that it's psychiatric counseling she's selling, not lemonade. The sign

above her head reads "Psychiatric Help 5 Cents," and "The Doctor is In" is painted just below. What a grim face she shows Charlie Brown, when, without an ounce of empathy, she advises him to find a motto to live by and proclaims him a loser.

Lucy has a lot of particularly funny one-liners throughout the play and Jackson delivers them with perfect aplomb. Peppermint Patty (Shannon Maloney) and Sally Brown (Kimmy Zerega) are both lively, quick, and completely true to their characters as they despair about the inequities of school and love and life. Both girls are regular RCT performers have great singing voices too.

Speaking of singing, there are a few decidedly challenging numbers in this musical, especially "Don't Be Anything Less Than Everything You Can Be," which incorporates precision gestures and dance steps along with tongue-twister verbal gymnastics. Great work!

Richard Mason has designed a straight-forward and serviceable set—exactly what the story requires. Center-stage is a bright red dog house with a flat-top roof, plenty big enough

for a dog to lie lengthwise and gaze at the clouds floating by. Bright blue paw prints decorate the floorboards. When they're not actually moving, actors sit or stand on large, colorful cubes that are easy to stack, or stow depending on the scene.

Kudos to Deborah Quillinan, the musical director, for making this production one that resonates for the entire RCT Company. Kudos also to Shawn Webber for terrific lighting design, Karl G. Kern for his crisp, clear sound design, and Kristin Meek for striking just the right note with costumes: each character is instantly recognizable from the cartoon strip but it's never cliché. The stage crew does an admirable job making everything work so that we, in the audience, can sit back and enjoy the show. With music by Larry Grossman and lyrics by Hal Hackady this musical is a great holiday treat. Thanks to Linda Downey, Director of Education and last of all, the man himself, Charles M. Schultz, without whom none of this would be possible.

Performances of "Snoopy!!!" are Jan. 2, at 1:30 p.m. and 7:30 p.m. and Jan. 3, at 1:30 p.m.

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Nature watercolors highlight an upcoming gallery show

MARY SCHENKEL
COLUMNIST

Gallery Goodies

The Artists Guild Gallery is opening a new show, *A Natural View*, presenting works in watercolor by award-winning Vero artist Lillie Taylor, from Monday, Jan. 4 through Saturday, Jan. 30 in their Guest Artist gallery. A free opening reception to view her dramatic watercolors will be held on Friday, Jan. 8 from 5 to 7 p.m. and is also open to the public.



Lillie Taylor: Quiet Cove

Taylor was a top tennis and active-wear designer in the United States, but after a 22-year career in the fashion industry opted to embark on a seven-year sailing adventure with her husband, Bill. A renewed love of

painting with watercolors developed as she viewed colors and lights along the coastlines of the United States, the Caribbean and Mexico, and she honed her craft with classes and workshops at various on-shore stops along the way.

After moving to Vero Beach in 2002, Taylor threw herself into Vero's arts community and has spent time painting plein air, capturing the nuances of color and nature and the beauty of our natural surroundings.

The Artists Guild Gallery recently moved to 1974 14th Avenue, also in the Dine and Design District, and their hours are 10 a.m. to 5 p.m. Monday to Friday and until 4 p.m. on Saturday. www.artistsguildgalleryverobeach.com.

Gallery 14 artists will be opening a new show entitled: "Florida: Faces and Places - Interpretations by Gallery 14 Artists," that will run from Tuesday, January 5 through Saturday January 30, (see related story on page, 18).

There will be lots of new pieces done specifically for the show, along with a few that the artists had completed

My Vero

earlier, but that fit the overall theme. The group opted to steer clear of having one of the more standard Florida themed shows that offer traditional flora, fauna, palm trees and beaches.

This show gives its nod to the true multi-hued character of Florida, with its fascinating neighborhoods, inhabitants and history.

Gallery 14, located at 1911 14th Avenue, in the historic, 3-D Downtown, Dine and Design District, is open Monday through Saturday 10 a.m. to 5 p.m. www.gallery14verobeach.com.

Theatre Tidbits

The Vero Beach Theatre Guild's presentation of Cabaret will be a hard act to follow, but the comical farce, *Sin, Sex and the CIA* sounds intriguing. The show runs from **Thursday, Jan. 14 through Sunday Jan. 24** and they've got varying show times being offered to accommodate just about everyone.

The play is written by the husband and wife team of Michael and Susan Parker who will be on hand to greet patrons at a reception following the Guild's 8 p.m. performance on Friday, Jan. 15.

Sounding ripped from the pages of one of their plays, the playwrights met after Susan was cast in the role of the call girl, Fiona, in the *Sensuous Senator*, a play written by Michael and offered to acclaim during the Guild's 2004-05 season. The setting for the play is a secret hideaway, with Undersecretary of State Margaret Johnson, played by Bobbi Meadors, being guarded by Luke James, a muddle-headed CIA agent. James is played by newcomer Jonny Banek to protect newly discovered foreign oil reserves from OPEC interference.

Zany characters, from the military to evangelists create chaotic circumstances and provide surprises from beginning to end. The play is directed by Clara McCarthy, assisted by producer Edward Dessureau, stage manager Caitie Meadors, production manager Denise Lee and set designer Chuck Brooks. Other cast members include Ben Earman, Jason Avery, Connie Laws, Cassondra Veneziano and Phillip Brown.

The production is being sponsored anonymously in honor of the Hibiscus Children's Center. verobeachtheatre-guild.com.

Don't Forget

If you love collecting antiques, or just appreciate their workmanship and beauty you won't want to miss the annual **Antiques Show and Sale**, presented by the Vero Beach Museum of Art and the Friends of the Museum

and featuring antique dealers from all over the country.

The weekend event begins with a Patron Reception and Preview Party **Thursday, Jan. 7**. The main show runs from **Friday, Jan. 8 through Sunday, Jan. 10** and costs \$10, which includes unlimited re-entry throughout the entire show – in case you need to run home to get your checkbook, or bring back a treasure of your own to sell to an interested dealer. If you're curious about the value of that item you inherited from grandma, bring it in for an

appraisal, on Friday or Saturday from 10 a.m. to 3 p.m. Appraisals are \$15 per item with a three-item maximum

And, while you're at the Museum, do take a stroll in the Alice and Jim Beck-with Sculpture Park. You won't be able to miss the gigantic **Food For Thought** exhibit of outdoor sculpture by Luis Montoya and Leslie Ortiz. Looking a little like a scene from Woody Allen's movie *Sleeper*, the sculpture park is festooned with luscious, large scale fruits and vegetables – tomatoes, watermelon, citrus, asparagus and leeks

that all look good enough to eat. But don't attempt taking a bite; the 10 pieces on display are cast in bronze before being painted in their tempting, lifelike colors.

The Treasure Coast Jazz Society's **Jazz at Noon** concert, now at the Vero Beach Yacht Club, will present Bill Allred's Classic Jazz Band on **Saturday, Jan. 9**, with its collection of favorites from the 1920's to the present. The concert begins at 12:30 p.m. and doors open at 11 a.m. 234-4600 or www.treasurecoastjazzsociety.org.

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Health

Toughest resolution: Quit smoking

BY LISA ZAHNER
STAFF WRITER

Despite everything we have known for decades about the dangers of cigarette smoking and that smoking-related illnesses claim more than 400,000 American lives each year, 21 percent of people 18 years old or older still smoke cigarettes.

This figure is down from the 40 percent who smoked in the 1960's, but it has crept up about 1 percent just in the past year. A scarier statistic is the fact that 20 percent of high school students and 6 percent of middle school students in a nationwide survey admit to smoking in the past 30 days. A whopping 86 percent of smokers start smoking before the age of 21. Only second behind Native Americans, Caucasians are the most likely group to smoke, with the rate being about 22 percent of adults.

For the estimated 50 million Americans who smoke cigarettes, the New



Anita Warner smokes a cigarette outside of JC Penney's at the Indian River Mall. "I quit once for six years and missed it every day." Photo: Tom McCarthy Jr.

Year brings a great opportunity to quit.

Some people try to go "cold turkey" and can set themselves up not

only for failure, but for a miserable few weeks — both for themselves and for everyone around them.

Symptoms of nicotine withdrawal start right away, and depending on the extent and duration of the smoker's use of cigarettes, can be severe.

Medical studies tracking long-term success rates show that the best way to not become one of the 97 percent of people who stop smoking abruptly — without help — and quickly fail, is to have a plan which includes something to help with the physical addiction, combined with behavioral modification, emotional support and encouragement.

About two decades ago, Indian River Medical Center started hosting stop-smoking classes on its campus and elsewhere in the community. A new class begins on Jan. 11 and there are still spots open for those who want to join. The program was funded for a long time through an endowment established in the name of beachside resident Patrick Fitzpatrick, by his wife, after his death from smoking-related disease. The course is funded through the Florida tobacco settlement money and includes instruction, course materials and free over-the-counter stop smoking aids, doled out one week at a time as long as the participant attends regularly.

Respiratory Therapist Rebecca Abbott facilitates the twice-per-year classes, along with fellow respiratory therapist Karen Bleakley. Abbott was hesitant about taking on the task because she's never smoked herself,

but she was passionate about helping people quit smoking because of the sad, chronic cases of pulmonary disease that she sees at the hospital every day.

"I want to catch people before they become one of my patients," she said.

The class is not a quick-fix and Abbott said she does not recommend that students quit smoking the first week of class. She said it's better to get comfortable with the idea of quitting and have realistic expectations about what it will be like and what resources will be there when the going gets tough. The third class is normally "quit night," she said.



Bruce Deen takes a break from cutting hair at the JC Penney's salon to smoke a cigarette. Deen said he may try to quit smoking next year depending on how the year goes.

Nicotine is as addictive as heroin or cocaine, but even more insidious due to its legality and widespread availability. Addiction to nicotine, whether it's an occasional social habit or a constant, two-pack per day obsession, usually doesn't start overnight and can take weeks or several months to kick for good. But the health and economic benefits start right away — at today's prices which average \$4.25 per pack, a two-pack per day habit costs about \$3,100 per year.

Abbott said the economics of smoking has been driving more and more people to her class.



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“We get people who are out of work and just can’t afford their cigarettes anymore, these are people who have smoked two or three packs per day,” she said. “And some companies are now making employees who smoke pay more for their group health insurance.”

This can be motivating in one sense, but if the smoker doesn’t also want to quit for personal reasons, the resentment over having to quit can make the frustration and irritability even worse. Having the support of a group of other people struggling with kicking the smoking habit gives the class participants an outlet to vent these feelings, without making what may be an already stressful situation at home even worse.

Though the economics of becoming a non-smoker is more than compelling, the growing social ostracism of smokers and relegation to back alleys, porches and parking lots is another factor that drives a portion of smokers to quit.

“It can hurt someone’s chances of getting a job and I have had people tell me that they want to quit because they can’t get a date,” Abbott

said. “They say that no one wants to date a smoker and so people don’t take the time to get to know them,



Acupuncturist Angela King demonstrates the NADA 5 Needle Protocol, which consists of inserting 5 needles into the ear for the treatment addictions, with the help of assistant Erin Refsland.

but rule them out because they smoke.”

For people who can still afford their cigarettes but are moved to quit

smoking because of health, professional or social reasons, Abbott suggests they put away the money they

would have spent on cigarettes for a big reward for themselves after one year of being smoke free.

“They can take a cruise or go on

that dream vacation or buy something they’ve always wanted,” she said.

For the more practical person, that cash could be stashed in a retirement account or a college savings account for the kids or grandkids.

Kids and grandkids, by the way, are the impetus for many smokers who seek help in becoming non-smokers. Second-hand smoke has been shown to be harmful to people who breathe it, but especially to children. Plus, there’s the “role model” factor for people who don’t want their kids or grandkids picking up the habit of smoking because they’re emulating mom or dad or grandma. With 20 percent of high school students admitting to smoking cigarettes in the past 30 days, there must be someone out there who they think is “cool” who puffs away on cigarettes.

It’s not only tough, but hypocritical to tell young people not to smoke when lighting up is a major part of a parent’s or teacher’s daily routine.

The daily routine, Abbott said, is part of the thing that makes quitting so hard.

CONTINUED ON PAGE 26

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Health

CONTINUED FROM PAGE 25

"A lot of smokers wake up with having a cigarette being the first thing on their minds. They can't have a cup of coffee without a cigarette," she said. "Or some people only smoke when they drink and they can't have that drink without the cigarette."

Learning how to break those habitual connections can require time, patience and replacing the cigarette with something else, a new and hopefully healthier routine. Unfor-

tunately, for many people trying to quit, they satisfy the oral fixation with food, leading to discouraging weight gain.

"Some people set a limit, they'll say 10 pounds and if they gain more than 10 pounds, they'll go back to smoking," Abbott said. "I'm not saying that it's good to gain weight, but from a health perspective, you would have to gain 100 pounds to do the same amount of damage as smoking."

Most smokers claim that lighting

up relaxes them, but the feeling of relaxation is really just the satisfaction of the body's need for nicotine and the edginess experienced in the nicotine's absence is one symptom of withdrawal.

Other symptoms that people trying to quit may experience are dizziness, depression, anxiety, irritability, sleep disturbances, trouble concentrating, restlessness, headaches, fatigue, increased appetite, constipation, indigestion, cough, dry mouth, sore throat and chest tightness. These



symptoms peak on the second or third day after quitting but can last for weeks. They can be bad enough to lead the quitter back to being a smoker.

The good news is that once you're over that "hump" of the first few days, withdrawal symptoms begin to ease and get slightly better every day. Quitting smoking can lower blood pressure in less than one hour. After 12 hours tobacco free, the carbon monoxide levels in the blood drop back to normal. After only two to three weeks, circulation and lung function increases.

After just a few months, coughing and shortness of breath decrease and the lungs begin to regain normal function, provided that irreparable damage has not already been done.

For those who are truly ready to quit smoking, but need some help getting through the period of withdrawal, nicotine replacement products may not be enough. Acupuncture Therapist and Doctor of Chinese Medicine Angela King, owner of Indian River Acupuncture and Integrative Medicine in Vero Beach treats patients with acupuncture for smoking and other addictions and she said the treatments help give quitters the edge they need to get through the toughest first month without cigarettes.

"I fully believe in the role that Western medicine has to play, but what we do is different, we look at all the things that a patient is experiencing and see them as being related," she said. "Most people don't get seen by someone who is looking at the whole picture."

A lifelong resident of Vero Beach and valedictorian of her 1991 graduating class from Vero Beach High School, King returned to Vero Beach four years ago to establish her prac-

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tice. Her training involves 3,000 hours of study and treating 350 patients for various maladies.

Acupuncture taps into and channels the body's energy to focus on the problem issue or area. King uses five needles strategically placed in each ear. One needle helps with anxiety, restlessness and the mental aspects of addiction. The second needle aids in strengthening will power. The third helps detoxify the body. The fourth works on quelling frustration and irritability. The final needle deals specifically with rebuilding the function and capacity of the lungs. Together, this treatment, which is taken in 30 to 45-minute sessions several times each week for four weeks, can increase the quitter's chance of long-term success. The cost for the program is \$600 to \$650 and King said that investment in and of itself can help galvanize the smoker's decision to quit.

King said doing something proactive such as acupuncture can also help patients feel like they're tackling their addiction. Each treatment and each week that has gone by can mark a milestone and each patient "graduates" at the end of the treatments.

"Anytime you have accomplished something, your brain releases feel-good chemicals," she said.

Another therapy that can help with smoking cessation, should the patient be open to trying it, is hypnosis. Most people use a combination of tools to combat all the physical and emotional aspects of quitting in order to stay tobacco free for the rest of their lives, even during times of stress or turmoil, when it can be so easy to slip back into old habits.

One surprising emotional aspect of quitting smoking is the identification with the habit or with being "a smoker" and working toward becoming "a nonsmoker."

Abbott said a great number of her patients and students have smoked their entire adult lives and it is so much a part of who they are — their persona — that there is a certain amount of grief felt from giving that up, even with the best intentions for a better life.

Just as recovering alcoholics and drug addicts have to examine and sometimes alter the people with whom they socialize, newly minted "non smokers" sometimes lose part of all of their social network when they have no reason to go out to the parking lot for coffee breaks and lunch hours anymore. Smelling the smoke can either be entirely too tempting, or can sometimes be re-

volting to a former smoker and the smokers left behind might not be all that supportive of their former smoking buddy has now joined the ranks of the tobacco free.



Some of the 4,000 chemicals found in tobacco smoke

- ◆ Acetone, found in nail polish remover
- ◆ Ammonia, common household cleaner
- ◆ Arsenic, used in rat poison
- ◆ Benzene, found in rubber cement
- ◆ Butane, used in lighter fluid
- ◆ Cadmium, active component in battery acid
- ◆ Carbon Monoxide, released in car exhaust fumes
- ◆ Formaldehyde, embalming fluid
- ◆ Lead, used in batteries
- ◆ Methanol — main component in rocket fuel
- ◆ Napthalene, an ingredient in moth balls
- ◆ Nicotine, used as an insecticide
- ◆ Tar, material for paving roads
- ◆ Toluene, used to manufacture paint

Source: *The American Lung Association, www.lungusa.org*

Stop Smoking Therapies

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CONTINUED ON PAGE 28



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Health

CONTINUED FROM PAGE 27

doses in each patch. Can be used for up to three to six months.

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used for eight weeks at full strength and for another few weeks at weaker strength.

Inhalers — by prescription only, delivers a puff of nicotine as needed into the mouth.

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receptors in the brain.

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Vancouver and Whistler team up for an Olympic effort

From the slopes to the streets, Vancouver and Whistler have a lot to offer Winter Olympic visitors by day and by night.

BY HUGO MARTÍN
LOS ANGELES TIMES

After skiing down Whistler Mountain's 5,280 feet of vertical fun, I glanced at the summit and wondered why this massive, snow-topped peak had been rejected as a Winter Olympics host at least three times since the 1960s.

Always a bridesmaid . . . but wait.

Once Whistler teamed up with the city of Vancouver, 85 miles away, the International Olympic Committee gave the mountain and its neighboring city the nod to host the 21st Winter Olympics and Paralympics from Feb. 12 to 28.

The quality of the skiing and snowboarding on Whistler, a resort that nearly every ski and snowboarding magazine in North America ranked among the world's best, is not an issue, and my schussing experience tells me those accolades are well deserved.

But you don't have to be a powder hound to delight in Whistler and Vancouver. Whether you watch the Games from your couch or visit British Columbia before, during or after the Olympics, this Canadian tag team can delight foodies, joggers, tree-huggers, shopaholics, animal lovers and clean freaks, who will find the streets of Vancouver, a city of 2 million, so spotless they'll think Mr. Clean is the mayor.

One big drawback for Americans who visit Whistler and Vancouver: You sense you're in Canada because of the authentic Cuban cigars and the glut of televised hockey highlights, but otherwise, it's not always clear, thanks to



The Fairmont Hotel Vancouver, located in the heart of the city, is just one of the hotels, stores and restaurants gearing up for the 2010 Winter Olympics.

Starbucks outlets, McDonald's franchises, Eddie Bauer stores, overpriced souvenir shops and "Seinfeld" reruns. You don't even need an outlet converter.

But you will need a guide because the Great White North has much to offer. Here are some of the gems I gleaned on two visits this year (one winter, one fall) to Vancouver and Whistler.

Mass transit options

You have to love that new-transit smell, which permeated the rail line I rode from Vancouver International Airport to downtown Vancouver.

The new Canada Line that opened in August was representative of the

public transit system in Vancouver and Whistler: efficient, economical and easy to use.

No need for a rental car in Whistler or Vancouver. At Whistler, pedestrians can easily navigate the faux European village at the base of the mountain along a red brick walkway.

Downtown Vancouver, meanwhile, is about 68 square miles and rich in transportation options.

The transit choices were on display on my first day of sightseeing. From the rail line's waterfront station, I jumped on a "hop on, hop off" trolley (\$35 for a day pass) to the southern tip of Stanley Park, where I rented a bicycle (about \$20 for half a day). I followed the smooth, flat sea wall bike path for several miles to the Hornby Street pier and caught a cute, multicolored aquabus (\$3) across False Creek to Granville Island.

By taking public transit, you can pick up local insight from your driver. Bob Hunt, a gregarious trolley bus driver, told me where to get a great brewery tour (Granville Island Brew-

CONTINUED ON PAGE 54



The Gastown Steam Clock in Vancouver, Canada, is a treat for the tourists and locals who stop to watch the clock blow its whistles every 15 minutes.

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Travel



A jogger gets a view of Coal Harbor and the city of Vancouver during a run along the seawall in Stanley Park.

CONTINUED FROM PAGE 53

ing) and where to spot the Olympic rings (on a barge in the middle of Coal Harbour) and see traditional First Nation totem poles (Brockton Point on the east end of Stanley Park).

To get to Whistler from Vancouver, you take the Sea to Sky Highway, a twisting, scenic, 85-mile stretch of road that was once known as the "death highway" before it was repaved and widened to accommodate Olympic traffic. It is still a harrowing drive.

I recommend jumping on one of several charter buses so you can enjoy the views of Howe Sound, Anvil Island and the Stawamus Chief, the massive granite dome with the profile of an Indian chief, bordering the highway. During the Olympics, the road will be closed to everyone except fans with tickets and residents.

For the family

The display cases at the Granville Island public market pop with color, like a verdant rose garden. The copper of



The Olympic rings glow in Vancouver harbor, mounted on a floating barge near Brockton Point.

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the freshly baked breads. The greens of the vegetables and fruits. The reds and silvers of the seafood. And of course, the dark browns of the coffee beans. (Caffeine addicts need not look far in Vancouver to find a coffee shop.)

Getting on to Granville Island is half the fun. SUV-size aquabuses take visitors from the mainland to Granville Island, across False Creek.

If you are visiting with children, the market needs to be stop No. 1 on your visit. Stock up on picnic food at the market, and take a bus to Stanley Park, the well-manicured 1,000-acre playground that's home to several flower gardens and a grove of totem poles, each with a different story to tell.

While in Stanley Park, stop by the Vancouver Aquarium, where you'll see two young ghostly white beluga whales that seem to float like spirits across the dark blue waters.

For a bit of an education about the region's native people, check out the Museum of Anthropology at the University of British Columbia on the western tip of Vancouver. The accordion-shaped building is undergoing a \$55.5-million upgrade that is expected to be completed in time for the Olympics. Step into the 122,000-square-foot building to examine towering totem

poles, First Nation statues, colorful paintings and hand-woven rugs.

Where to eat, party, shop

On a soggy fall morning, I sat down to breakfast with Amber Sessions, a Tourism Vancouver representative, at a cozy eatery called Medina Café. I took out my city map and asked her to recommend places to eat, party and shop. She marked so many places I could barely read the map.

"Good luck seeing it all in three days," she said.

If I had to recommend a neighborhood for dining, it would be Yaletown, a former warehouse district that has been remade as a haven for loft-dwelling yuppies and upscale eateries, like Blue Water Café, Bacchus at the Wedgewood Hotel and Goldfish Pacific Kitchen. But if you want to save money and dine with the locals, check out Hon's Wun-Tun House on Robson Street, a noisy, crowded eatery where you can munch on a plate of pot stickers for about \$4.

For night life, Granville Street from Nelson Street to Robson Street throbs every weekend night with young, rowdy partygoers, bouncing from nightclub to nightclub. One of the longest lines on the street snaked out of the



Umbrellas are a requirement during a rainy night on Vancouver's Robson Street, an upscale shopping district

Tonic Nightclub, a three-story riot of pulsating music, strobe lights, disco balls and booze.

The shopping hub of downtown Vancouver is along Robson Street, between Jervis and Burrard streets. Besides a few local shops, sushi restaurants and pubs, the street is dominated by the usual chain stores. Welcome to the United States of Canada.

For outdoor enthusiasts

After stuffing my face with pot stickers at Hon's Wun-Tun House, I tried to work off the calories on a bicycle ride along what locals call the sea wall, a smooth, flat bike and jogging path that encircles most of downtown Vancouver and Stanley Park. My ride was frequently interrupted by great photo opportunities: the towering Lion's Gate Bridge, the statue of "Girl in a Wetsuit" along the shore of Vancouver Harbour and the inukshuk at English Bay Beach, the massive stone landmark that has been adopted as the symbol of the Olympics.

If you make the two-hour trek between Vancouver and Whistler, be sure to check out two of nature's most spectacular attractions. About 35 miles north of Vancouver, along Highway 99, stop to check out the 1,100-foot white-water cascade of Shannon Falls, the fifth-highest waterfall in the world. The view is well worth the short hike along a dirt trail from a small parking lot to the base of the falls.

A few miles north of the falls, make another stop at Brackendale, a tiny community known as one of the largest gathering spots of eagles in North America. In 1994, the town set the world record for most eagles in one spot: 3,769. America's national symbols gather along the Squamish River to feast on spawning salmon between mid-November and mid-February. I

was here in early November, but it was too early in the season, the driver of my shuttle bus said. I still caught sight of a lone eagle that soared over the river, its outstretched wings cutting a majestic silhouette against the cloudy skies.

Skier high point

In 1960, a group of Vancouver entrepreneurs created the Garibaldi Olympic Development Assn. to pitch Whistler as a venue for the 1968 Winter Olympics.

But the 7,156-foot peak was still undeveloped, with few visitor accommodations. The only access to the mountain was a treacherous dirt and gravel road. Olympic bids for the 1976 Games and for the 1980 Games were rejected for many of the same reasons.

Those early fans had reason to love Whistler. Conde Nast Traveler, Outside and Skiing magazines have ranked it among the best in North America for its humongous vertical drop (second in the world only to Revelstoke Mountain in British Columbia) and one of the longest ski seasons in North America.

From early November to late May, the mountain gets an average of 33 feet of snow.

More than 100 trails and 4,757 acres of skiable terrain cover Whistler alone. The recently added Peak2Peak gondola, the world's longest, now connects Whistler to the adjacent Blackcomb peak, adding to your ski menu 100 or so more trails plus 3,414 acres of skiable area — more than you can get at Vail, Colo., and Sun Valley, Idaho, combined.

That may sound intimidating to novice skiers. But even an intermediate skier with a strong sense of self-preservation can get down the mountain from almost any lift by a moderately safe route.

Locals say the altitude and the proximity to the sea make the snow here extra fluffy — although it felt cold and hard to me when I performed my usual face plants on one of my many runs.

Once on my feet, I sliced down several runs that seemed to last 20 minutes or more, past stands of snow-frosted Douglas fir, western hemlock, red cedar and spruce.

Note: All of the mountain will be open before and after the Olympics, and only 10% of the terrain will be closed during the Winter Games.

In hopes of offsetting a drop in visits afterward, the resort has launched some great ski packages for post-Olympic visitors. (Check out the ski-and-stay packages that start for \$111 per night at www.whistlerblackcomb.com. If you still haven't booked lodging during the Olympics, you may be able to rent a private home, a bed-



Pedestrians stroll past Vancouver storefronts and a billboard mural anticipating the start of the Winter Olympics.

and-breakfast or an RV site through www.2010destinationplanner.com.)

One morning, while nursing my cramped legs in a cantina at the base of the mountain, I overheard three American skiers at the next table debating whether to abandon Whistler and take the Peak2Peak gondola to Blackcomb.

After a brief discussion, the men decided to stick to Whistler for the day and try Blackcomb the next day. "There is so much up there we haven't skied," one of the men reasoned.

True. But there are other ways to appreciate the beauty of the mountain besides flying down the slopes at breakneck speeds.

Fitzsimmons Canyon, a scenic valley of temperate forest rain between Whistler and Blackcomb, is an ideal escape for snowshoers.

In the canyon, the sun slices between the branches of 600-year-old trees, as thick as cathedral columns, and glistens off the snow-frosted leaves. The only sound is the crunch of snowshoes.

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Style

Crazy for Cashmere

But not all Cashmere is created equal

BY SABRINA AZADI
LOS ANGELES TIMES

As a former Londoner, I've owned my fair share of knits. As a youngster, I couldn't understand why I hated my woolly school sweater but loved the way my sister's green scarf felt around my neck. Unlike the itchy sweater, the scarf was impossibly light, almost magically enveloping me against the icy English winds I faced on the way to school each morning.

What was this Golden Fleece? The clues on the label read "100% Cashmere" and "Made in Scotland."



J. Crew cashmere cardigan, Tracy Reese blouse, Iro jeans, J. Crew bracelet.

Cashmere. Just the sound of it conjures images of sophistication. Like

caviar and pearls, the fiber has humble beginnings. Who would think that the hair on the underbelly of the Mongolian goat would be in such high demand? But it has been for centuries, and because there is relatively little of it and because processing costs are high, it has traditionally been an expensive indulgence.

So why is it that nowadays even Costco is selling it? Walk into any mall, especially as Christmas nears, and you'll come across cashmere sweaters in such a variety of prices your head might spin: \$1,000 or \$59.99?

Karl Spilhaus, president of the Boston-based Cashmere and Camel Hair Manufacturers Institute, believes the difference in price is often an indication of quality. "It's a question of significant lower quality," he says.

Which gets back to the clues in my scarf's label. As with most items associated with luxury, the justification for a high price is often that the item is rare or that it requires a lot of work or time to make it. All of which is true of cashmere.

It takes one Mongolian goat about four years to naturally shed enough hair to make one cashmere sweater. Thus without expensive manual "harvesting," 100% cashmere may be hard to come by. Then the hair has



PURPLE POWER: Charter Club cashmere cardigan, Iro blouse, Marc Allison jeans, Banana Republic necklace.

to be washed and sorted by hand: Only the longest and finest under-fleece — the hair close to the goat's skin — on the belly and neck is spun and woven to make good-quality cashmere.

Once the raw material has been harvested, it must be spun into yarn and made into a garment. Spilhaus says that if he spends \$300 to \$400 on a cashmere sweater, he looks for a brand manufactured in Europe or Japan, although many cashmere sweaters and pashminas now carry the "Made in China" label. Although China supplies almost 60% of all cashmere on the market, that's only the raw material. Manufacturing is a different matter, and although China turns out some items of reasonable quality, the European manufacturers are better, he says.

"The Chinese manufacturing of cashmere has developed in the last 30 years, whereas the European manufacturers have a history of several hundred years. In China, they often lack the design capabilities of the high-end luxury mills," Spilhaus says.

In particular, Scotland and Italy have developed as traditional centers of excellence when it comes to spinning and knitting cashmere — hence the second clue in my scarf's label.

Of course, not everyone wants to pay the price for good-quality 100 percent cashmere made in Europe, and there's

nothing wrong with wanting cashmere on the cheap. But it's important to be an informed buyer and know what you're getting in your bargain buys.

First there is the question of fiber quality, which is measured in length and thickness. Fiber length ranges from 0.8 inch for cheap cashmere to up to 2.5 inches for the most luxurious. The diameter of the fiber must be less than 19 microns to be considered cashmere. In comparison, human hair has a diameter of 75 microns. Finer cashmere (often around 14 microns) is what's going into luxury garments. Thicker, shorter (scratchy) hair will be made into less expensive garments and is often used as part of a blend.

These blends combine cashmere with wool, silk or synthetic fibers. It's these cheaper fibers that are often reflected in a lower price.

Buying a blend comes with trade-offs, and you're probably going to be compromising on the very things that make cashmere so sought after: softness, weight and its insulating properties. The inner coat that grows in the cold winter months helps goats withstand the severe temperature fluctuations between night and day and the harsh weather conditions of Inner Mongolia, where the best cashmere comes from. The less expensive garments won't have these unique properties, will pill more readily and will lack the soft sumptuous feel that

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Loro Piana cashmere Sloane coat, and baby cashmere sweater, J Brand leggings, Melinda Maria ring and cuff.



291 sweater, J. Crew shirt, Current / Elliott jeans, Osa cashmere pocket scarf, Banana Republic hat, and fingerless cashmere gloves, Superga sneakers.

makes cashmere so highly coveted.

Cashmere is eight times warmer than sheep's wool, yet significantly lighter, which means that to reap its full reward, a buyer should invest in 100% cashmere of good quality.

Still, buying at the lower end might be good enough to satisfy your emotional craving for something labeled "cashmere."

If you don't want to splurge on a \$1,000 sweater, are not interested in making a lifetime commitment, are not bothered about the made-in-which-country label and want a cashmere starter garment, then a stylish mid-priced cashmere sweater could be a fine alternative.

Banana Republic is a good source for wardrobe staples and the simple V-neck, two-ply cashmere sweaters they're carrying this season in a spectrum of colors feel OK, look trendy and are well-priced at \$139.

J. Crew also has jumped on the mid-priced cashmere bandwagon and is carrying a wide selection of designs, as are major department stores such as Macy's. Nordstrom has a large assortment of sweaters and coats ranging from less than \$100 to more than \$1,500.

To get the most for your money, Spilhaus suggests that bargain-minded consumers go first to higher-priced stores and spend some time examining the cashmere. Then go to the less expensive stores and compare. Just remember that at prices lower than around \$100, you're mostly buying into the cashmere name and the connotation of luxury without getting any of its real benefits.

For those with the money and desire for only the best, there are companies whose offerings are luxurious and exclusive. Loro Piana, the 200-year-old Italian company whose name is synonymous with the

finest cashmere, has a mill outside Milan and a herd of white capra hircus goats in Inner Mongolia. They've recently introduced a collection of ultra luxurious, baby cashmere, which is obtained from the harmless process of combing the under fleece of the youngest kids. The result is the softest, finest possible cashmere that feels like you're wearing clouds. It's also very expensive. A baby cashmere classic V-neck style sweater runs

around \$995.

The Chicago-based Queen of Cashmere company, another high-end purveyor, offers custom monogramming on cashmere products of the highest quality. Each Queen of Cashmere cardigan is created specifically for the person who wears it, making it distinctly personal. These garments are made in Scotland so meticulously that it takes 40 steps to finish a sweater by hand. A slightly oversized boyfriend cardigan is \$750 and available at Saks.com.

Whether your cashmere is monogrammed, an heirloom, pricey or inexpensive, take every opportunity to wear it. Just as a Persian rug improves with age, cashmere's soft feel improves with wear.



Tory Burch cashmere sweater, Shanghai Tang skirt, Melinda Maria rings.



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Style

Dhani Jones is leading a bow-tie revolution

The NFL linebacker hopes others will join his league of well-dressed gentlemen.

BY MELISSA MAGSAYSAY
LOS ANGELES TIMES

There's a bow-tie revolution going on.

Sure, you've seen them on dandy hipsters or the chiseled and coiffed

models who grace the pages of men's fashion magazines. And now, 31-year-old NFL linebacker Dhani Jones has proclaimed: "Just because you wear a bow tie doesn't mean you're a nerd."

Jones aims to recruit guys of all shapes,

choices. "Everything really all comes from James Bond," says Jones, who aspires to become the first black 007. Omega watch? Check. Adventurous world traveler? Check. Excellent grooming and self-assured smile? Check, check.

But what about his Birkenstock clogs and hand-me-down pants from former teammate Michael Strahan? Now there's a head scratcher.

Jones may be best known for wearing a Cincinnati Bengals uniform, but off the field it's his down-to-earth approach to fashion and appreciation for the details that have him emerging as a style setter and creative entrepreneur. Besides spending his



personal time designing bow ties, writing poetry, painting, playing music and partnering in a T-shirt line called No Mas, Jones hosts "Dhani Tackles the Globe" on the Travel Channel, learning about different cultures by playing each country's native sport. You'll often catch him on the show wearing tan Birkenstocks clogs or his go-to shoe, classic black Converse Chuck Taylors. Occasionally, he'll swath himself in a muslin scarf he picked up in Spain or, for the right occasion, wear one of the five Ozwald Boateng suits custom-made for him while he filmed an episode of the travel show in London.

He makes interesting and endearing fashion choices. The hand-me-down pants, for example. When we meet, he's wearing studded black boots by John Varvatos, a crisp black button-down shirt and black trousers that he says used to belong to Strahan. "When I was young and just starting out, he would give me clothes that he didn't wear," Jones says. "He was like a big-brother type to me."

That was a decade ago, when Jones was starting out and Strahan (now retired) was his teammate on the New York Giants, yet the pro football player still favors the hand-me-downs over new designer jeans. "They just fit so well," says a slightly defensive Jones.

Appreciation for the bow tie and his longtime admiration for the ultra-suave James Bond dictate Jones' style

sizes and ages into "the way of the bow tie," urging them to adopt not only his habit of wearing one but also his philosophy, what he calls "the resurgence of the gentleman."

To Jones, the bow tie isn't just a formal flourish on a suit or collared shirt. "To me, it characterizes someone who is well rounded, who can speak to someone in Outer Mongolia or downtown Chicago. They don't limit themselves by the people who surround them."

Jones bonded so closely with his beloved bow ties that he started his own line — Five Star Ties — a few years ago so he could have any color or pattern he craved.

Appreciation for the bow tie and his longtime admiration for the ultra-suave James Bond dictate Jones' style

CONTINUED ON PAGE 59



Ask the Hair Guy

Mark Rodolico

Colorist / Stylist

www.askthehairguy.com

A word from The Hair Guy: *Oh how I love new beginnings! New Salon, New Website, New Dock space, New Staff. I think I will treat myself to a Pedicure and some lunch and so should you! The views are awesome, at Mark's At The Pointe Salon & Boutique! Happy New Year Vero Beach!*

Question: *Hair guy, what should I look for in a new hair doo?*
- Holly T. of Vero Beach

Answer: Did I mention I love new beginnings? I so love the re-inventing of one's self. Here is the straight deal on haircuts. As I see it and have discussed in many open forums with colleagues and staff, only about 6 or 7 basic haircuts really exist, everything else is a combination thereof. You see, if I must answer a vague question like this, I will answer with this. The principles of hair design are simply this. First, one must establish the shape and pivot points of the scull to establish the true movement of both the head and hair (not all heads look good bald). Second, we must establish the characteristics of the hair, like the texture and build or flavor of the hair (if you're a course haired Mexican woman don't bring me a picture of a Scandinavian super model). Third, the desire of the subject's heart and if those desires are realistic (if you're a Scandinavian with fine hair, don't bring the pic-

ture of the Mexican super model). I guess what I'm saying is keep it real. Try to find pictures of people with like hair. Choose pictures with bits and pieces you like, not just the entire look. So if you like the fringe or bangs on a model, cut it out and bring it in. If you hate something you see, cut it out bring it in. Look, hair is a very subjective art. I love women and I am privileged to have the opportunity to look at them and transform them each day. However, information precedes inspiration. Being "The Hair Guy" is really a function of training and relationship building. I love what I do and most of us hair people do. Find what appeals to your eye and interview them all and settle in the chair you feel comfy in. Good luck!

Thanks for asking The Hair Guy. Keep them coming:
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How to wear – and tie – that bow tie

BY ADAM TSCHORN
LOS ANGELES TIMES

If you're going to wear a bow tie, you should learn to tie one. Look at it as the price of admission to the club. Like



For the purist DIYer, Club Monaco offers tie-it-yourself models.

most things about a man's wardrobe, it's a detail that speaks volumes, and at the end of the night, when it's untied and hanging loosely around your neck, you'll still feel like a million bucks.

A couple of important tips: When you're finished, the unbowed end on one side of the tie will actually be in front of the bow part, and on the other side it will be behind. If you are used to seeing the pre-tied version of the bow tie, this won't seem right at all. It is.



The Brooks Brothers butterfly end self-tie in basic black.



A tie-it-yourself version in a lively check, from Band of Outsiders.

First, drape the tie around your neck and make an overhand knot with one side a few inches longer than the other.

Next, fold the shorter end roughly in half so that it forms a flat bow. Hold it flat, centered against the overhand



Club Monaco's red-and-black plaid bow tie.



Marc Jacobs' clip-on model in basic black.

knot. Hint: One hand should hold this configuration in a tight pinch.

With the other hand, lift the long end of the tie and let it fall over the center of the knot and bow.

Pinch the ends of the bow together around the draped end of the tie, noting which side has just one layer. Feel behind the bow for a hidden loop of fabric (you'll be able to see it in a mirror). Fold the long end of the tie over the end of a finger and push it through the loop, making sure to push in the direction of the single-layer end of the bow on top.

Once the fold is through the loop, keep pulling until it lines up with the

single end. Adjust the tie into something approximating symmetry by alternately tugging on the bows and ends. If the knot is not as tight as you'd like, a soft tug on the two parts of the tie that actually run under the collar can help pull it into a more familiar shape.

Practicing off the neck is helpful. Using your leg (or that of a willing partner) just above the knee is a good place to start.

A thicker neck either requires a longer necktie or results in a tinier bow. Many, but not all, ties can be adjusted, so it's a good idea to seek professional advice — and try before you buy.

CONTINUED FROM PAGE 58

As for those earthy clogs, it takes a certain kind of guy to pull them off without looking like a fourth-grade science teacher from the 1970s. Jones wears them with the same confidence he does his favorite Ralph Lauren Black Label tuxedo — though the clogs get shoved to the side when he drives his 1964 Mini Cooper. "Otherwise, my knees hit the steering wheel," he says. That's what happens when you're 6 feet 1 and 240 pounds.

Another shoe Jones appreciates is the Louboutin he spots on a woman walking past, and it gives him an opportunity to make a point. "I like Louboutins, but some women think they can just put on Louboutins and they're stylish, and that's not the case," he says. "Someone can go into T.J. Maxx or Ross, pick out some clothes and own it. As long as you have that

eye for creativity and know how to put it together, it's so much more interesting."

Whether he's pairing a bow tie with a custom-made suit or hand-me-down pants, Jones understands understated style. "I like to keep things classic, not lavish or blinged out. I don't even say that word," Jones says. "The last thing I want to be is over the top."

But he will actively continue his mission to get bow ties onto anyone who's willing to wear one, including his teammates and colleagues in the NFL. His recent recruits include TV broadcaster Rich Eisen, former wide receiver Freddie Mitchell and cornerback Jonathan Joseph, he says.

"The bow-tie revolution has already started, but I really want to insist on what it represents," Jones says. "People look at you differently if you wear a bow tie, as opposed to a necktie."



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Style



Her Majesty Queen Rania Al Abdullah of Jordan, third from left, wears Rami Kashouat the Important Dinner for Women 4 in New York City.

'Project Runway' designer Rami Kashou's royal turn

The 'Project Runway' veteran is making a name for himself dressing Jordan's Queen Rania.

BOOTH MOORE
LOS ANGELES TIMES

Much of this year's discussion of first lady fashion has revolved around Michelle Obama and Carla Bruni-Sarkozy, but let's not forget Queen Rania, globe-trotting philanthropist and wife of Jordan's King Abdullah II. Model-gorgeous herself, and as much a fan of French couture as is Bruni-Sarkozy, Rania has worn wide belts and safari jackets by Yves Saint Laurent, gowns

by Armani Privé and satin sheaths by Prada.

But lately, she's also been ordering clothes from Rami Kashou, the Jerusalem-born, L.A.-based designer and former "Project Runway" contestant.

It was Rania's assistant who discovered Kashou, e-mailing him through his website after reading about the designer in a Jordanian magazine. "I think a lot of people found it refresh-

ing to see a Palestinian portrayed in a different way," Kashou said of the publicity surrounding his time on the show during 2007-08.

The designer put together a proposal, including sketches, fabric swatches and a personal letter. And before long, he was on his way to New York to meet the queen. The two reunited in September, when he delivered the draped, dark green gown Rania wore to co-host an event called the Important Dinner for Women, which rallies women around the topic of maternal mortality.

"I didn't know how it was going to be," he said of their first meeting, "But the ice broke as soon as she came out into the hall and shook my hand. She was so humble and so focused and interested. Then the king walks in, and it was one of those moments you remember forever."

Rania's style is elegantly conservative. "She can wear something open, but she can't wear something strapless. And she loves my draping — the thing they beat me up for on 'Project Runway' takes me to the queen of

Jordan!"

Not that he has any regrets. "The exposure is the reason why so many doors have opened and are still opening," he said.

Last week, Kashou debuted a new ready-to-wear collection for spring 2010, his first in a year. But instead of showing it on a runway, he showed it online at www.ramikashou.com, in a seven-minute film titled "Between the Lines." Although it took months to complete, the film was shot in a single day, with the help of a creative team that included director Stuart Lessner, who has made music videos with Madonna, Jennifer Lopez and others, and director of photography Robert Gantz, who has worked extensively in the commercial field, notably for L'Oreal and Revlon.

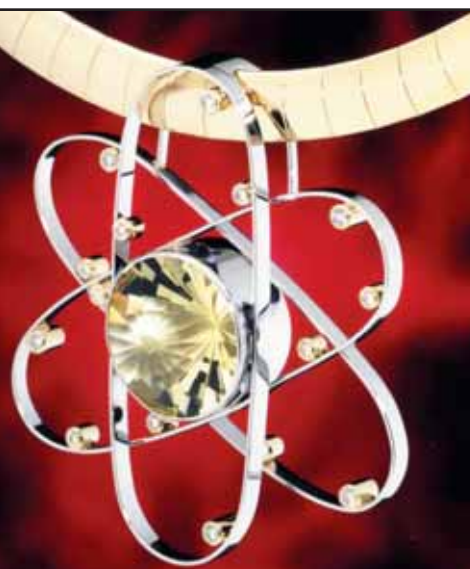
Kashou is certainly not the first fashion person to dabble in film, and 2010 is likely to bring many more. Designers Gareth Pugh and Hussein Chalayan have shown collections in film form. Luxury brands have enlisted filmmakers to make commercials. David Lynch recently worked with Marion Cotillard

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beyond clothes to become a piece of art.”

The collection was inspired by architecture, specifically Walt Disney Concert Hall, and the film has the same fractured feeling as the building’s style. Mirror images accentuate the graphic lines of a black-and-white shift with a single sleeve, a black mini-dress with padded shoulders and an overgrown checkerboard print blossom at the hip, and a white gown with a bodice folded like calla lilies.

“While I was working on this collection, I watched a lot of YouTube clips of [Frank] Gehry talking about his work. I wanted the clothes to be editorial but wearable, organic but with architectural details,” he said. (Kashou’s prices range from \$3,500 for a ready-to-wear dress, to \$15,000 for a custom wedding dress.)

“That white gown with the single draped shoulder, I made that with her in mind, though probably without the marabou feathers on the bottom,” he said of Rania.

Next, he’s looking to expand his

bridal business and open an online store. Later this month, he will travel to Dubai to plan a special event for the spring. “I’ve had a lot of interest from

that part of the world,” he said. “I know it’s not an ideal time, but I shake it off. There’s always going to be someone looking for the finer details.”

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on a Lady Dior campaign. And the Tom Ford-directed feature “A Single Man” opened in theaters this weekend.

“It has always been in my mind, but I had to wait for the right time and the right collection,” said Kashou, whose studio is at Sunset Junction. “Film has a longer shelf life. It’s an ad campaign in motion, not just a seasonal collection that is done the next day. I wanted to create something that would resonate with a larger audience, that would go

Pets

Island pooches graduate with good marks

BY CISSY SUMNER
COLUMNIST

This week our Island Dogs are the graduating class of Best Behavior Dog Training's On the Road course. This class was designed to provide training for real life situations in the real world. After three weeks of practice in various public locations, The Pearl restaurant welcomed six dogs and eight humans for our final event.

Here, the whole gang gathered by the Christmas tree. From left to right—Kim Dahan and Piper, Paula Halupa and Tanner, Max Greendale and Jessie, Rachel Richard and Maxi, Kathy Morton and Kemma and Margo Arnold with Ice.

You can see we had a wide assortment of dogs. They ranged in age from 9 months to 7 years old. Some are rescues; others came from breeders, all of them improved dramatically in the four weeks of training. It's nice to see how such a cross-section of dogs



can become better companions with training. As you can tell from these pictures, dining out is now a part of their repertoires!

Thank you again to the Pearl Restaurant and staff for making our evening so enjoyable!

*Cissy Sumner, CPDT-KA
Best Behavior Dog Training.
Do you have an Island Pet?
Send your story and photos to me at
www.bestbehaviordogtraining.org.*



Rachel Richard and Maxi a Papillion. Nice ears, huh!



Kemma Morton relaxes on her mat.



Jessie butters up the teacher!



Here Margo Arnold and Ice relax with a beverage.



Piper watches her owner Kim Dahan.

YOUR PET'S HEALTH

By Dr. Randy Divine and Dr. Laura Baldwin



Q. My cat has been drinking out of the sinks and I've noticed she's been visiting the litter box twice as much as she used to. What's going on?

A. In cats, increased urination and especially increased thirst are common signs of diabetes mellitus, an endocrine disorder affecting many overweight housecats.

Diabetes is a disease that affects the insulin-secreting cells of the pancreas to cause reduced insulin production combined with insulin-resistance. Insulin is essential for the regulation of blood glucose. Type II Diabetes is seen most commonly in middle-aged obese cats. At Divine Animal Hospital, we emphasize wellness exams and routine bloodwork (including blood glucose) is run at least once a year even when patients are not sick in order to screen for diabetes and assess organ function. Urinalysis is necessary for two reasons. First, in cats with kidney disease increased thirst, increased urination, and urinary accidents are also common. In addition, in diabetes, glucose spills into the urine resulting in frequent urinary tract infections which need treatment. Cats often have pronounced stress hyperglycemia when away from their home environment so a serum fructosamine is recommended to confirm diabetes. In addition, clients are taught to perform at home urine testing for glucose before insulin is started.

Within a few days of starting insulin, owners usually notice a significant improvement in patient's signs. Patients that were previously lethargic have increased energy. Patients with excessive urination and thirst have an improvement as well. At Divine Animal Hospital, client education is emphasized and owners are taught to give insulin injections and check urine or blood glucose at home. One of the most important steps in managing a diabetic cat is weight loss through increased activity and a restricted calorie diet (Hill's r/d, w/d). In several cases, owners did not feel comfortable with injections or were unable to give them. A daily to twice daily pill may be given in these cases. Whether injections or pills are used, careful monitoring of blood glucose is needed frequently during the initial period of regulation.

Regulation of diabetics requires commitment from owners; however, well-regulated diabetics can live normal lives with good quality of life. Many owners ask about the risk of not treating diabetes. Untreated diabetes in pets may be fatal just like in humans. Pets can go into Diabetic ketoacidosis which is a medical emergency with signs of vomiting, lethargy, rapid breathing, worsening of diabetic signs, and eventually coma and death.



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Follow the light, and give the world your best



BY REV. DRs. CASEY AND BOB BAGGOTT
COLUMNISTS

the "King Herods" in our own lives and in our world. And we may, indeed, have difficulty in over-coming all the evil that exists. But, of course, that's not the point, is it? We are not necessarily expected to succeed. But we are expected to try. Those people responsible for terrorist bombings and oppression and greed will continue to live in this world. But as

people of faith we must not let them have the last word. We must not let the presence of evil in all its many forms cause us to back down or step back or give up or go away. Our help is needed in countering evil in whatever way and whatever form we can.

A hungry, hurting world still longs for a little light to guide it. Like the magi of two thousand years ago, we

pray you will follow the light, and despite the difficulty that the journey entails, do it anyway!

Rev. Dr. Robert Baggott is Senior Minister of Community Church of Vero Beach. Rev. Dr. Casey Baggott is Executive Minister. The Baggotts write a regular faith column for Vero Beach 32963.

This season of the Christian calendar reminds us of the three Magi, or wise men. Our scriptures tell us that they followed a star across the desert to find the Christ child. The Gospel record of their travels says that en route to Bethlehem they encountered King Herod who was plotting and planning against the child.

History attests to Herod's extreme cruelty. He treated his subjects contemptuously. He murdered his wife and several of his own children. And realizing he had but little time to live, and suspecting that the Israelites would rejoice at this death, he ordered the execution of one hundred of the outstanding citizens of Jerusalem, so that as his own funeral took place, people would still be crying.

Unfortunately, we must concede that King Herod was not the only evil human being in history. Such evil still exists today. How can we ever hope to understand it? How can we live with faithful integrity in a world where such people live and such acts are committed?

Some time back we came across a poem which may have been written by Mother Teresa entitled "Anyway" that we think offers some helpful perspective for us. It includes these lines:

"People are often unreasonable, illogical, and self centered. Forgive them anyway! If you are honest and sincere, people may deceive you. Be honest and sincere anyway! What you spend years building, someone could destroy overnight. Build anyway! The good you do today will often be forgotten tomorrow. Do good anyway! Give the world the best you have and it may never be enough. Give the world your best anyway! You see, in the final analysis, it is between you and God. It was never between you and them anyway!"

It's hard to know how to deal with

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Dining

Restaurant Review

Carmel's: A great start to a new decade

BY TINA RONDEAU
COLUMNIST

What better way to launch a new decade of dining reviews than with a return visit to Carmel's, which has been a favorite of Vero beachside residents since it first opened in October 2001.

Whether your taste runs to seafood or meat, Carmel's menu with an array of palate-tempting choices always presents some tough decision-making dilemmas.

On our most recent visit, we decided to forego appetizers – not an easy decision for my husband, who loves Carmel's rich and creamy *Escargot* (\$9.50), braised in port wine and served in a small tureen with sautéed crimini mushrooms, fresh garlic, tarragon, and shallots, accompanied by herbed crustini – and start with something light.

I opted for the blueberry salad (\$9), a chiffonade of baby spinach and romaine Lettuce, blueberry stilton cheese, spicy pecans, diced pear, extra virgin olive oil and balsamic-honey drizzle. My husband started with the house salad (\$8), arugula with sliced Washington red apples, goat cheese, spiced candied walnuts, and apple cider vinaigrette. Both salads were light and delicious.

For a main course, I fought off my strong inclination to once again order the sea scallop entrée (\$25), which I know from previous dinners to be one of the best anywhere. I just love those lightly smoked, pan seared scallops served with a mushroom ravioli, crispy asparagus, roasted beets, pomegranate reduction and extra virgin olive oil.

But on this evening, I decided to go with the day's seafood special – a



The dining room at Carmel's

Photos: Tom McCarthy Jr.

pan-fried yellowtail snapper served on polenta, surrounded by perfect crispy spears of asparagus. An excellent choice.

My husband's eye was caught by the menu offering of salmon. We both love salmon, and used to eat it far more often than we do now. But all too frequently these days, we find even some of the best restaurants serving the farm raised variety.

I hate it when restaurants don't indicate whether their salmon is farm-raised or wild. Many times, the waiters don't know (and act as though



Carmel's brown butter seared scallops served with wild mushroom ravioli, crispy asparagus, roast beets and pomegranate reduction.

they have never heard the question before.)

But at Carmel's, the menu states clearly: "When available we purchase the finest wild salmon. The origin of today's fish will be provided by your server." Our excellent server promptly told us that while much of the salmon served at Carmel's in recent weeks had come from Alaska, on this evening the wild salmon was Canadian. Needless to say, my husband could not resist.

The salmon (\$23) was pan grilled perfectly, and was brought to the table accompanied by mashed potato and Brussels sprouts. The waitress could see my husband cringe. No Brussels sprouts fan, he (even though I found these very tasty, cooked to perfection). Without missing a beat, the server brought him a side of those delicious asparagus spears. All was well again.

On a previous visit, we greatly enjoyed two other house specialties.


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The rack of lamb (\$29.50), a sliced three bone rack served with a spring onion risotto, charred yellow gazpacho, and fresh corn relish, was prepared perfectly, the lamb as tender and succulent as you can possibly imagine.

The Short Ribs (\$25), braised in red wine and served with caramelized pearl onions, applewood smoked bacon, crimini mushrooms, grape tomatoes and fingerling potatoes, were tender and meaty, and fell off the bone with the touch of a fork.

For dessert on this most recent visit, we tried Carmel's bread pudding. An excellent rendition.

Over the years, Carmel's has developed a reputation as one of the top spots for fine dining in this part of Florida. Newspapers from Miami to Melbourne have sung the praises of both the cuisine and the service, and the

restaurant remains an excellent value when compared to its peers.

This past year has not been an easy one for Vero's top fine-dining establishments – of which Carmel's is certainly one – and our New Year's wish is that this restaurant will continue to enjoy the strong support of beachside dining aficionados in the season ahead.

I welcome your comments, and encourage you to send feedback to me at tina@verobeach32963.com.

The reviewer dines anonymously at restaurants at the expense of Vero Beach 32963.

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Food

Seasonal ales spice up the holidays

BY PATRICK COMISKEY
LOS ANGELES TIMES

Believe it or not, there are some thirsty souls in this world who take in the strings of colored lights outside and think not of the holidays, of New Year's Day – but of seasonal ales.

December, after all, is the season of seasonal ales, when some of the richest, most enchanting bottlings of the year reach the market, heady, potent, dark-malted brews laced with exotic spices. No, that's not a sugar plum fairy dancing in that guy's head, it's a nut-brown, triple-hopped, pine-spiced pumpkin ale with a nice creamy head in a chilled glass.



The seasonal ale movement begun by Anchor Brewery Co. is now a full-blown phenomenon.

From fairly modest beginnings, the seasonal ale movement is now a full-blown phenomenon among artisanal brewers. More than 100 U.S. breweries make a holiday beer or ale, and another 40 are imported annually. For lovers of the tall and frosty, few holiday seasons are complete without a sampling.

Seasonal ales, of course, have been

with us almost as long as seasons. In Europe, brewing was essentially a home activity through the Middle Ages, and beer was made according to the seasonal ingredients at hand. As breweries became quasi-commercial enterprises, in monasteries, convents and eventually conventional breweries, special brews were crafted in concert with the calendar, and monks, being monks, commemorated saints' days and other religious holidays.

Of course, few occasions were more special than the holidays, and the brews made in honor of the birth of Christ were appropriately lavish, employing imported spices like cinnamon from Sri Lanka, allspice from the Antilles, cloves and cassia from Indonesia, mace and nutmeg from the Moluccas, as well as such local flavorings as juniper berries, bay laurel and pine.

Wassail, the punch-like concoction that inspires such voluble door-to-door reveling, was often some version of these. It was customary to invite the carolers in for a cup of cheer — as good a reason as any to sing your head off in the street.

In this country, seasonal brews traditionally were usually produced only for small regional distribution, special lots from small breweries such as Walter's in Eau Claire, Wis.; Ballantine's in Newark, N.J.; and the Falstaff Brewery of St. Louis, a special brew that seems foreordained, since its namesake bore such a close physical resemblance to a certain yuletide figure.

Maytag's method

The modern artisanal holiday ale is the invention of Fritz Maytag, the owner of Anchor Brewery in San Francisco. Maytag started experimenting with small-lot brews in the mid-'70s

during the off-brewing months when he had the tank capacity, eventually selling these special winter brews as the label's Special Ale — usually with a season's greeting on the label and displaying a single tree, printed in green though not always of the evergreen variety.

Eventually Maytag started adding autumnal herbs and spices, fine-tuning the elements until a fully seasonal expression became the standard — warm, dark, with a robust flavor profile that never fails to signify the season.

Despite an ardent following, Anchor has never divulged its recipe — and it changes every year as Maytag and his staff tinker with the base ingredients, spices, alcohol strengths and the sources of its hops. To taste it, it's easy to divine certain elements — ginger, evergreen, nutmeg, perhaps mocha — while others are elusive. Maytag does admit that the recipe has never involved clove, to its credit.

Anchor also redesigns the label annually, based on a different living, actual tree. This year's is a magnificently rotund cedar found at the east entrance of San Francisco's Golden Gate Park, a tree that most city residents will recognize, if for no other reason than that it's strung with lights each holiday season. It is the park's Christmas tree.

In the 34 years since, retail shelves have become quite crowded with seasonal beers. Indeed, they seem to proliferate like vodkas, except that with beer, the defining factor isn't a flavor, it's a season. It's become commonplace for a brewery to create half a dozen seasonal brews year-round to complement its regular bottlings.

Like many modern brews, these are prone to particularly bad punning behavior and other shameful wordplay, owing in part to how easily the word "Happy" morphs into "Hoppy," as in Marin Brewing Co.'s bottling, Hoppy Holiday. (Not to be outdone, the He'Brew Brewing Co., now in its bar mitzvah year, calls its date-flavored Hanukkah brew "Jew-balation.")

The season also inspires the annual creation of a league of misbehaving elves: the Mad Elf, the Bad Elf and the Rude Elf Reserve are all causing mischief at a store near you.

These beers tend to be richer and heavier than your average brew, with a bigger mouth-feel and a hoppier finish. They are often darker in color and usually employ more deeply roasted, caramelized malt preparations, which enhance the perceived sweetness of the ale. Strictly speaking, most winter

brews are not thirst-quenchers but, like a lot of the holiday meals they accompany, are weighty, opulent and satisfying.

Much beyond this, all bets are off. Setting aside lagers, seasonal brews are of every conceivable style, from every country, region and brewing tradition.

There are dry, clean brews, like the fruity, almost pear-like delicacy of Goose Island's Christmas Ale or deceptively light Two Below from New Belgium (who bring you Fat Tire Ale). Sam Adams produces a Winter Ale that's hoppy, clean, fairly dry and herbaceous, while Sierra Nevada's perennial Celebration Ale has a slightly richer mouth-feel than its classic ale, with a subtle pine finish. The Winter Solstice Ale from Anderson Valley Brewing is an amber, but a rich one, with just a hint of cinnamon, while the aforementioned Hoppy Holiday from Marin Brewing has a satisfying malty core that gives it drive and power.

Many more, however, are of the spiced variety, and despite proud assertions of their flavorings, I found most of these brews to be wonderfully subtle and ephemeral.

Pepper and potatoes

I didn't think, for example, that the Pumpkin Ale from Buffalo Bill was all that pumpkin-y, but it was plenty savory and satisfying. The 2009 Allagash Belgian-style "Fluxus," from Maine, is flavored with sweet potatoes and black pepper. I won't say I detected either, but with its citrusy nose, flavors of savory malt and comforting weight, it was one of my favorites.

And I was unprepared for the depth of flavor in the Jubilation Ale from the Japanese brewery Baird — Japanese ales, after all, are often dry and light. But this one, flavored with figs and cinnamon, was uncommonly heady and powerful.

Delirium's Noël had a similar richness, with a malty tang accenting flavors of nutmeg and dried cocoa, while Corsendonk's Christmas Ale seemed darker still, as if someone had dropped in a shot of espresso.

This year, however, the darkest of all is Anchor Brewing Special Holiday Ale, a brooding concoction displaying notes of juniper, ginger and allspice, grounded by a fine savory note that reminded me of Mexican chocolate. It is the sort of beer to snatch up and savor, remembering that the seasonal ale season, just like Christmas, comes on quickly and is gone before you know it.



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We at Rennick Real Estate & Auctions commend Ron's personal accomplishment in balancing travel to the Boston area over the course of 2008-2009 intermittently for this achievement. We are pleased that our firm, our clients, and our partners will benefit from an enhanced level of professionalism in 2010 and beyond.

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Bill Motta's passion earns him a promotion

BY MICHAEL BIELECKI
CORRESPONDENT

St. Edward's athletics made its second coaching change in three months, when Bill Motta was named Head Football Coach recently. Motta forged his reputation as a defensive guru at Vero Beach High School, coaching up and against some of the best high school players in Florida.

Already hard at work in his new role, Motta is eager to prove himself to the Pirates faithful. "I'm thankful for the opportunity and I'm happy to be here," said Motta. "I'll do everything I can to build a winning football program at St. Edward's."

When SES Athletic Director Jeff Lamscha promoted Motta to Head Football Coach, he knew exactly what he was getting. Motta, who has over 25 years of coaching experience, served as Defensive Coordinator at St. Ed's this past year.

"What Coach Motta brings to the table is an unparalleled love for the sport," said Lamscha. "His expertise, enthusiasm, and energy will help raise the bar for SES football."

Motta replaces Brad Fojtik, who resigned after the team banquet on Dec. 5. Fojtik leaves behind two decades of Pirates tradition, and a legacy that speaks volumes of his character.

"Brad really cares about the kids and always put them first," said Lamscha. "He was a calming, stabilizing force for two decades here—and also a good football coach. The kids loved him. He received a standing ovation from everyone at the football banquet, so that tells you right there what kind of guy he is."

Fojtik said that Motta was a great fit for the SES administration, the board, and the parents. He feels that Motta and Lamscha are both committed to building a great football program.

"Bill will guarantee a smooth transition, and he takes over a program that is going in the right direction," said Fojtik, who coached SES to a 5-5 record—its best since 2006. "I want to see them compete at the 1-B level. There are a bunch of good kids coming up in that program that deserve to experience winning seasons. I don't want anything but the best for those kids."

Motta inherits a team that will lose 14 of its 31 players to graduation. Among the Pirates graduating are the top five receivers, half of their 12 leading tacklers, and four of their six leading rushers. Knowing he has a lot of



Head football coach Bill Motta.

Photo: Tom McCarthy Jr.

work to do, Motta has already started working towards next year.

"We've already started our offseason conditioning program," said Motta. "There are a few kids at SES that didn't play football last year that are now interested in playing—I'm doing my best to generate more interest within the school for the program."

Motta came to SES this year from Vero Beach High School, where he'd been the Defensive Coordinator to Head Coach Gary Coggin. "Coach Motta is a very committed, well qualified coach," said Coggin. "He will always be a part of the VBHS family, and his work ethic is second to none."

Coggin says that if given enough time, Motta will be successful at SES. "Rome wasn't built in a day, and that football program won't be either," said Coggin. "They have to be patient and give him time to build up that program."

Helping out Motta with coaching duties again this year will be Offensive Coordinator Lou Ferrari. Ferrari, like Motta, is in his second year at SES and used to be the Defensive Coordinator at Vero Beach High School. "Having coached at Columbia and Eastern Michigan University, Ferrari adds an elite level of expertise," said Lamscha. "We always look for quality coaching, no matter what the sport."

Fojtik describes both Motta and Ferrari as 'football geeks'—these are two guys who eat, breathe, and sleep football. "I try to go to at least two camps a year as well as coaches clinics," said Motta. "You pick up a couple of new drills, new blitzes, and you learn the advantages and vulnerability of these as well. It keeps you in the loop with coaching technique, and you make re-

ally good recruiting contacts."

Motta will do his best to promote the SES football program to colleges across the country during his tenure. However, he warns that uncommon talent is the exception and not the rule in high school football.

"After coaching at this level for 25 years, it's really rare you have Division I recruits on your team," said Motta. "I've gone five or six years without having a single one, and having just that one can make a big difference in your season. Colleges are going to find the Division I guys. It's the Division II and Division III guys you have to market, as the smaller schools don't have big recruiting budgets."

Getting the St. Ed's student athlete prepared for the rigors of a football season is not something Motta takes lightly. Only through complete commitment in mind and body will young football players reach their playing potential.

"The level of investment these kids make in the gym and in the classroom here is the key to our future success," said Motta. "Whether its practicing in the heat of summer, or weight training in December while other kids just sit at home and watch television—that speaks volumes to a player's character. Giving the extra effort will help these student-athletes perform better than they ever thought possible."

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Ring in the new: The electrifying events of 2009

Year in Review

CONTINUED FROM PAGE 9

sold to investors acting on behalf of the Finance Ministry of the Nation of Brunei, the Abode of Peace, a country located on the north coast of the island of Borneo. Speculation about the motive for the purchase runs rampant until it is learned that the nation's 87-year-old exalted leader has a collection of 213 antique Piper Cubs.

The consultants pushing for a health clinic for municipal employees, meanwhile, claim their proposal could produce savings of \$13.2 million if Indian River County would team with the city so the clinic could serve both city and county employees. County Administrator Baird opposes the idea, saying most visits to the clinic could be avoided with "a little nip o' the brandy."

In another amazing development, in . . .

JUNE

. . . Vero Beach fossil hunter James Kennedy drags out of storage an ancient bone etched with a clear image of a walking mammoth or mastodon. Anthropologists say the bone is at least 12,000 years old, and call it the oldest piece of artwork ever found in the hemisphere.

Local auctioneer Ron Rennick Sr. estimates the value of the bone as high as \$10 million. The excited Kennedy then picks Rennick over art auction houses like Sotheby's and Christies to auction the bone.

The City Council finally holds a "public" meeting about its proposed employee health clinic. Three hours into the meeting, Mayor Sabe Abell is jolted to life by nurse Fromang — and agrees to take questions. Alas, key opponents have long since given up and left.

At mid-month, June electric bills begin to arrive, and it turns out they are up way more than 5 percent. John Lee, the utility's customer service representative, calls it "an unwelcome surprise."

As customers begin clamoring for the City Council to do something about electric rates, Mayor Abell suggests raising thermostats and turning off ceiling fans to save money. As globules of oil paint begin to drip onto the marble gallery floors, the Vero Beach Museum of Art begins moving priceless artwork outside to the shade of Riverside Park.

As the furor over electric bills mounts, in . . .

JULY

. . . the skyrocketing electric bills prompt new calls for the city of Vero to get out of the utility business and sell its plant to Florida Power & Light. Bills

increase on average by another 78 percent, and the utility lets it be known it is broke. John Lee, the utility's customer service representative, calls it "an unwelcome surprise."

Meanwhile, a consultant hired by Vero Beach's consultant on insurance matters not only refuses to endorse projections of multi-million-dollar savings from a municipal employee health clinic, but says the city's health care costs might actually go up.

"We couldn't recommend any cost savings," says Alison Pool, consulting actuary for the Wakely Consulting Group, a firm specializing in the health care industry based in Clearwater.

With that, the air seems to go out of the drive to establish a municipal employee health clinic. "If they don't want to save \$18.9 million a year, that's just fine with me," one of the consultants that had been pushing the scheme huffs.

The huffing over the electric bills only grows in . . .

AUGUST

. . . as the Vero Beach City Council finally posts on its website the 20-year contract the city has signed with an Orlando-based power provider.

So much key information was redacted from the electric contract that City Council members were shown that the City's budget for Wite-Out is totally depleted. John Lee, the utility's customer service representative, calls the shortage of Wite-Out "an unwelcome surprise."

As the Baltimore Orioles head to their new winter home in Sarasota, eight months after talks collapse over Dodgertown, city and county officials proclaim that the playing field at Holman Stadium has never been in better shape.

"You can't believe how nicely manicured the grass stays when no one plays on it," a county official says.

Meanwhile, for the first time in Vero Beach history, summer turns into a mini-season, filling the Costa d'Este pool with what locals refer to as "the boy-toys of summer." Asked why they find Vero appealing, a number of Miami guests tell Vero Beach 32963: "Because there are so few Miami people here."

Speaking of Miami, Vero's quest for some of the accoutrements of life in the big city come to fruition in . . .

SEPTEMBER

. . . when Fresh Market opens the area's first high-end food market on Miracle Mile.

A stampede of slow-moving mammals foraging for organic foods and free samples of same presses through the aisles, marveling at the awesome selection of great stuff for supper, and

the social possibilities in chatting up cool people at the butcher counter.

On the electric front, Unit 5 of Vero's municipal power plant is forced offline due to overheating. The City Council approves \$200,000 for Bag Balm. John Lee, the utility's customer service representative, calls it "an unwelcome surprise."

While some historical structures like Vero's power plant seem worth keeping around, in . . .

OCTOBER

. . . St. Edward's School announces it will sell the quaint Lower School campus in Riomar, as part of a comprehensive plan to put the school on a sound footing for the future. The city immediately proposes buying the land to create more greenspace. "Look at what a success our purchase of the old Dodgertown Golf Course has been," says former Mayor White.

White also turns out in October to have been the only member of the Vero Beach City Council who claims to have read the full 68-page, multi-billion-dollar contract signed with the Orlando Utilities Commission.

The other four were offered a copy but declined to take it, says City Manager Jim Gabbard. The Council Members were briefed for an hour on how the city arrived at its choice of the Orlando power provider, and were shown a copy of the contract — but with 13 pages blacked out. Asked what was blacked out, City Attorney Vitunac said, "It was just the numbers."

As temperatures back off the boiling zone, campaigning heats up for two City Council seats. With a field of seven candidates including two incumbents, a prior council member and the legendary Brian Heady, the race promises to be as rowdy as nearly every Council meeting in the months since electric bills have soared.

Meanwhile, from jail comes news that disbarred attorney Ira Hatch has found Christ with the help of beachside resident Glenn Bradwell, who heard a "small, still voice" tell him to minister to Hatch after seeing a photo of Hatch in the morning paper.

Hatch is awaiting trial on 57 counts involving the mishandling of \$4.5 million in clients funds through his now-defunct law practice and his escrow company. While he may have found Christ, Hatch lost 60 pounds, Bradwell says, and the \$4.5 million hasn't been found.

With anger over the electric situation still at a fever pitch, in . . .

NOVEMBER

. . . voters oust two incumbents, and elect professional outsider Charlie Wilson and perennial candidate Brian Heady to the two Vero Beach City

Council seats up for grabs.

Four days later, the new council members are sworn in and elect Kevin Sawnick, a 27-year-old teacher, as mayor. Sabe Abell, denied re-election as mayor and chosen as vice mayor, refuses to relinquish his office, and the ever courteous Sawnick agrees to move into what was apparently intended as a walk-in closet.

As a grand jury begins investigating the city of Vero Beach over its confidential contract with the Orlando Utilities Commission, newly elected Council Member Wilson requests a special meeting to discuss options to the contract. For the first time, Florida Power & Light is asked if it is interested in buying the Vero Beach utility.

Meanwhile, a little-known resident, Dian George, files a challenge to Charlie Wilson's win, questioning residency requirements that Wilson himself questioned when he first registered to run. Asked why she filed the suit, George tells Vero Beach 32963: "Because of what he did. I voted for him, but then I found out what he did." She declines to elaborate on "what he did" — and everyone else seems afraid to ask.

Speaking of not asking, in . . .

DECEMBER

. . . Judge Paul Kanarek rules that Charlie Wilson did not ask the right questions about residency requirements for the Vero Beach City Council, and voids his election, sending him back into the phone booth to change out of his tights and cape.

Then after Vero Beach 32963 runs multiple photographs comparing their respective offices, Sabe Abell finally vacates the mayoral office, allowing the new mayor, Kevin Sawnick, his rightful window view, flag of Florida and wingback chair.

As the furniture is relocated, Abell is heard to mutter "Naugahyde is so louche." Meanwhile, Sawnick says he is fine with tabling his request for a new Jim Morrison mousepad until prospective replacements for Charlie Wilson's seat can be interviewed on the matter, adding he would like to see if they know who Morrison is.

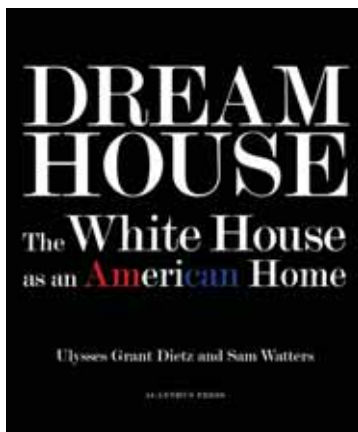
Meanwhile, just in time for the annual Christmas parade, every inch of sod in Humiston is ripped up and tossed out as part of the re-do, leaving a giant patch of dirt for all the dressed-up children to get filthy in.

But parents now have a perfect perch from which to watch the floats: a tidy, low retaining wall. And so, it becomes obvious that the park, like most other efforts at change in the ever-cautious barrier island community, is going to turn out just fine after all. Happy New Year!

A look at White House decorating through the ages

CRAIG NAKANO
LOS ANGELES TIMES

From the moment in 1800 when John and Abigail Adams moved into a still-unfinished Georgian residence at 1600 Pennsylvania Ave. to the day in March when Michelle Obama began tilling a vegetable garden on the South Lawn, the White House has been many things: residence, workplace, and perhaps most important, metaphor.



The book's opening photo shows the Eisenhower family on Christmas Day, 1960. The authors note that the room had been designed in 1903 for Theodore Roosevelt but redecorated in 1952 for Harry Truman, with the carved oak walls painted a Colonial green and wall-to-wall carpeting installed. According to the book: "The history of the room was a summary of 20th-century White House decor, from the aristocratic aspirations of an imperial presidency to the nondescript tastes of an American war hero."

chapter, where the authors take on the legend that is Jackie O. As midcentury modernism took off, Jacqueline Kennedy revered the past, embraced antiques and famously redecorated the White House with the zeal of a museum curator. Though her refined taste made her an icon, the authors argue that Kennedy turned the White House into a shrine — not a living, breathing, evolving home that reflected a changing nation, but rather a locked-in-time fantasy of how the American upper class lives.

"Weighed down by two centuries of tradition and Jacqueline Kennedy's revered model, today's first ladies are no longer free to experiment and change the White House," the authors say. Sasha and Malia Obama can redecorate their quarters any way they want, but if their mother were to redesign the downstairs? Good luck. Limited to what she could do inside, no wonder Michelle Obama stepped outside and made her statement in the garden.

"Dream House: The White House as an American Home" meticulously documents how one building has been a mirror not only to its presidential occupants but also to the aspirations of the nation at large. The authors of the Acanthus Press title (\$75) are Ulysses Grant Dietz, senior curator of decorative arts at the Newark Museum in New Jersey (and great-great grandson of our 18th president) and Sam Watters, author of "Houses of Los Angeles, 1885-1935" and the Los Angeles Times' Lost L.A. column.

They have taken more than two centuries of White House history and insightfully segmented them into six pe-

riods, beginning with the landmark's birth as a country house. As the nation evolves, so too does the White House, with pithily titled chapters detailing how changes in architecture and interior design make it more of a mansion ("Keeping Up With the Joneses") and then a palace ("Keeping Up With the Vanderbilts") before settling into a 20th century groove as the ultimate suburban house ("Keeping Up With the Cleavers"). Lest anyone challenge that last notion, there is a photo of Dwight Eisenhower grilling steaks on the third-floor terrace, the indoor-outdoor rattan chairs at the ready to give those presidential feet a rest.

Perhaps most intriguing is the final



Dwight D. Eisenhower grilling steaks on a third-floor outdoor terrace.

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Real Estate

Realtors optimistic 2009 was 'turnaround year'

More homes in the \$4 million and up range are seeing action

BY LISA ZAHNER
STAFF WRITER

In terms of barrier island real estate, 2009 could prove to be a turnaround year, foreshadowing a major rebound ahead in 2010.

Late winter and early spring, when the bulk of residential real estate transactions in 32963 normally occur, panned out to be a "nonexistent" season according to most realtors. With potential homeowners and investors both stunned from the stock market meltdown and nervously awaiting for the market to hit bottom, most buyers and sellers found themselves at a stalemate. Unable to make deals happen, realtors attempted to bridge the gap between sellers clinging to long-gone home values from a few years ago and bargain-seeking buyers — many of them paying cash — making offers that were in some cases downright insulting.

The occasional highly motivated — or extremely realistic — seller conceded to get out from under their home during the great race for the bottom. April, which is known as the month when you either sell it or hold it until next season, showed 25 closings in the condo market, reflective of sellers who were unwilling or financially unable to wait another year for a better offer. But overall, widespread reality had not set in on either side of the bargaining table.

Over the summer, the market began to heat up.

July and August — traditionally a slow time for closings — saw buyers and sellers beginning to come to-



John's Island Sound, 401 Indian Harbor Road, sold on October 1st for \$5.58 million.



River Club in Indian River Shores. 1321 River Club Sold on October 30th for \$2.05 million.



Palm Island Plantation, 415 Palm Island Lane, sold on November 17th, for \$1.495 million.



Sea Colony in Indian River Shores, 200 Sea Colony Drive sold on November 20th for \$1.15 million.

gether, though often at prices considerably off peak values. A small percentage of barrier island home buyers were assisted by tax credits offered over the summer.

"After a slow start to 2009, I am greatly encouraged by the activity and sales in the barrier island market

over the past 6 months," said Matilde Sorensen, broker-owner of Dale Sorensen Real Estate. "Seventy five percent of my sales volume came in the second half of the year."

Despite some significant movement in late summer and early fall, skeptics determined not to overpay

waited and waited. Deep into the fall, prospective buyers began circling closer, hoping to swoop in at the moment the market hit absolute rock-bottom. Meanwhile the Dow Jones Industrial Average crept back up over the 10,000 mark. The Dow, in fact, has been a decent predictor as to how

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Real Estate



Ocean Oaks East, 2206 Ocean Oaks Lane East sold on Nov. 6 for \$5 million.



Orchid Island Golf & Beach Club, 508 White Pelican Circle, sold on October 26th for \$1.2 million.

comfortable buyers feel in making the decision to finally start putting offers on homes they've been looking at for months or even years.

In addition to showing homes and seeing to every detail of all the paperwork related to a transaction, Realtors have had to play the role of counselor with clients this year to make deals happen, with 2009 being the year where the word "broker" was much more a verb than an adjective.

"We work very hard for our clients and I am encouraged that I have maintained a 81 percent sold to original list price ratio even in this most challenging market," Matilde Sorensen said. "I have remained busy all the way through the

holiday season and I am looking forward to a very busy 2010 season."

Rule No. 1 of investing is to try, whenever possible, to sell high and buy low. Michael Thorpe, broker/owner of Thorpe-Sotheby's International Real Estate said his clients are seeing a chance to do this in the barrier island real estate market.

"I've seen people taking money out of the equities market and putting it into real estate," Thorpe said. "And what's even more hopeful is that vacant land is beginning to sell, which indicates that there will be more new construction in the residential market soon."

CONTINUED ON PAGE 72

Thorpe

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Real Estate

CONTINUED FROM PAGE 71

Thorpe said he and others had hoped that 2008 would be the rebound year, but that the “global financial armageddon,” as he describes it, created an extremely cautious group of buyers, who felt that prices could still be dropping. This psychology of the market prevented buyers from making a move, and could have actually been a self-fulfilling prophecy, with the law of supply and demand sending prices further downward.

Thorpe said that mindset is more relaxed and secure now as people have seen the balances in their brokerage accounts and their retirement accounts recover.

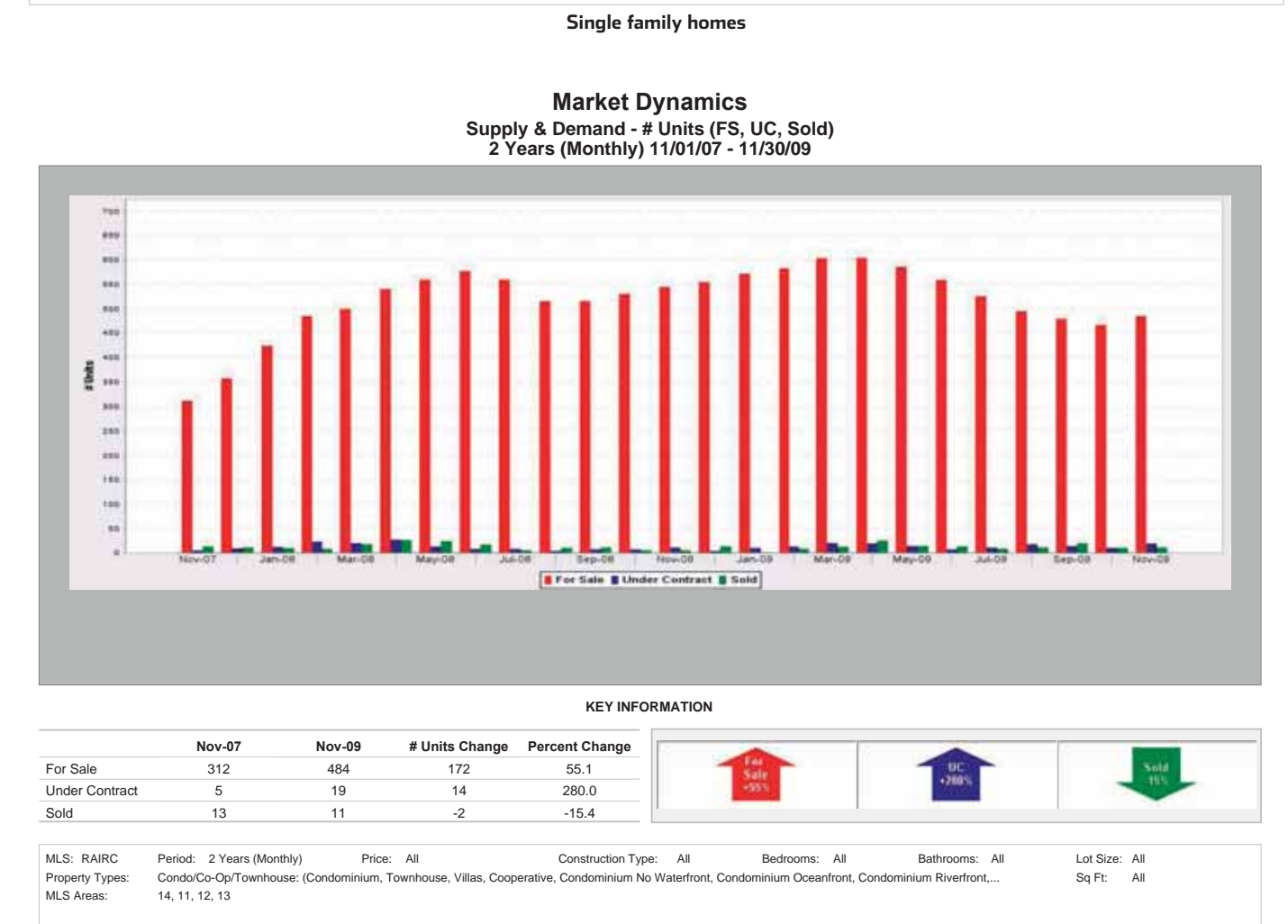
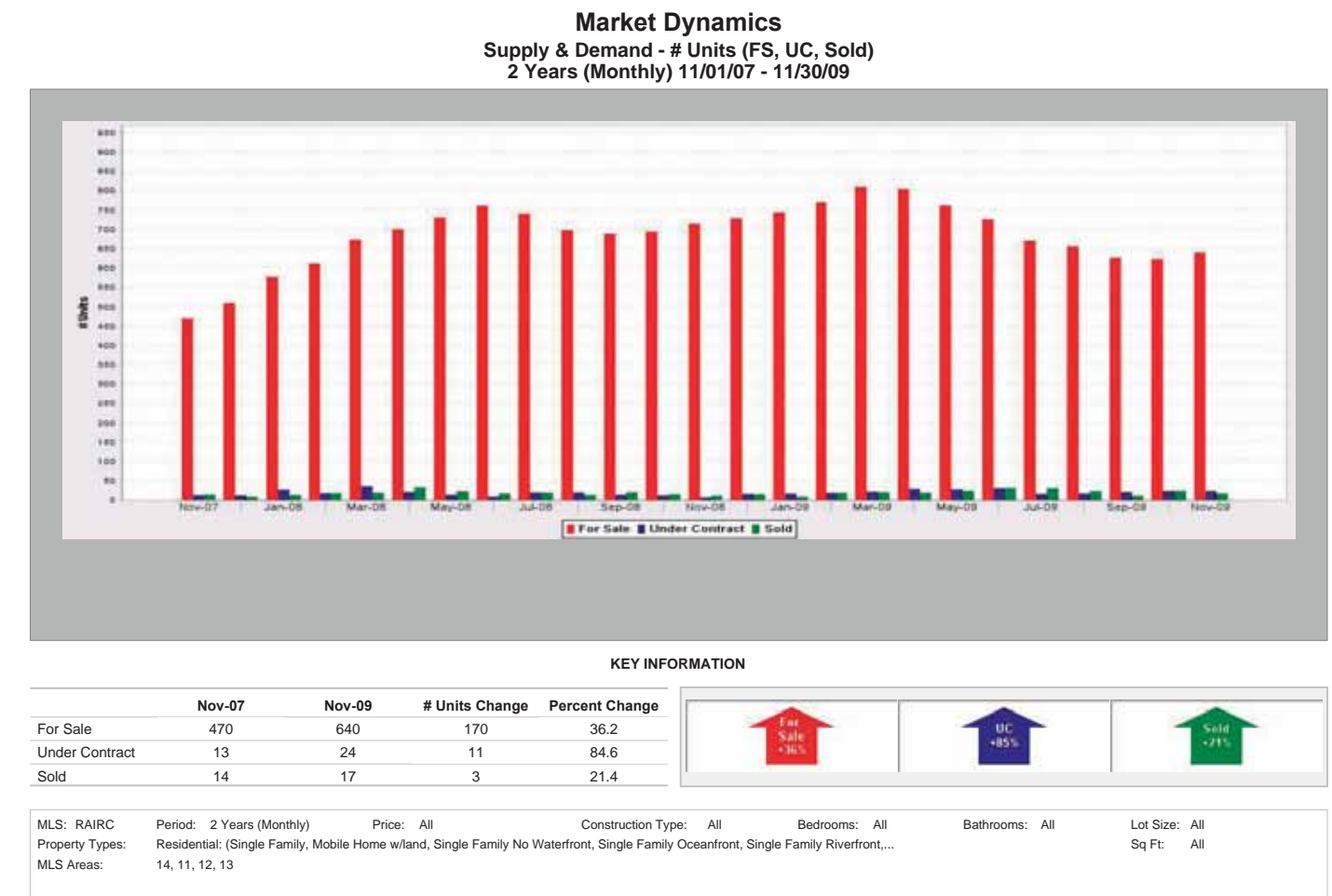
“People are feeling better and returning to their natural habits, the snowbirds are back, we’re experiencing in-migration again and there are tax incentives for buying right now,” Thorpe said. “The second phase of the tax incentives go up to \$800,000, which helps the people in our sphere.”

As the year comes to a close, opportunities abound for those with liquid assets or good credit, to live in neighborhoods they would have only dreamed of five years ago.

“In 2009, we kind-of followed the health of the equities market,” Thorpe said. “Now buyers are looking at more than just prices, they’re looking at lifestyles and at where they want to live long-term instead of just a quick turnaround on an investment.”

The much-desired Central Beach location was by far the most popular “non gated” area on the barrier island in 2009 with 34 sales. John’s Island Real Estate, which does not report its sales to the Multiple Listing Service, rounded out the year with 23 single-family homes and 22 condominiums sold in that community in 2009. The Moorings had 40 sales inclusive of homes and condos and Castaway Cove was next with 23 sales throughout its different waves or sections. Sea Oaks condominiums sold rather well at 16 closings and the Orchid Island Golf and Beach Club in the north end of the island netted 12 sales. *(note, all sales figures are through Nov. 30 as reported by MLS).*

Dale Sorensen Jr., managing partner at Dale Sorensen Real Estate, tracked this progress not only in the ultra-luxury home and oceanfront market, which is the niche of several barrier island Realtors, but also in the moderate market of homes and condos starting in the mid \$100s and has seen solid indicators of a turnaround



Townhomes, Villas and Condos

on both ends.

“In 2009 we saw a dramatic increase in buyers willing and eager to take advantage of the best priced opportuni-

ties in the market. This is evidenced by our 30 plus percent increase of unit sales on the barrier island,” Sorensen said. “While inventory levels

have slightly decreased there are still an abundance of properties available across all market segments.”

To offset that slightly reduced in-

Real Estate



Riomar, 877 Sandfly Lane sold on December 2nd for \$1.24 million.



John's Island, 321 Island Creek Drivesold on August 3rd for \$3.3 million.

ventory, some sellers who had let their listings expire have taken the plunge and re-listed their homes.

Kay Brown, a broker with Premier Estate Properties, which deals exclusively in homes of \$1 million and up, has said throughout the year that buyers are scooping up Vero's oceanfront properties — especially the remaining inventory of brand-new spec homes on the beach.

"We have been extremely surprised with the increase in market activity in the luxury homes that we have for sale and also in oceanfront and oceanfront homesites in the last 6 months, it's been extremely active," Brown said. "We've had some excellent sales and, even though the prices have not been what the sellers would have liked, we've been able to accomplish bringing buyers and sellers together.

Brown said most of the activity prior to the summer was in the \$1 million to \$2 million dollar range, but that now the more expensive estates in the \$4 million and up range are seeing more action.

"We feel that we've reached the bottom of the drop in this market and we've had a great deal of activity in the past two weeks with people looking at especially oceanfront properties, so we're hopeful that January is going to bring increased market activity in Vero Beach," she said. "It's interesting to note that our office with Premier Estate Properties here in Vero Beach is leading the sales ahead of our Premier offices in Palm Beach County, Boca, Delray, Manalapan and Ft. Lauderdale, so that says something good about about Vero Beach."

Looking ahead, with recent market survey reports predicting only a tiny decrease in values for Indian River County real estate in 2010, it's hopeful that 2010 could be the year that hundreds of families upgrade to a larger home or better neighborhood and investors get back into real estate.

Though the old real estate adage states the most important factor is "location, location, location," sage advice for the 32963 location will probably defer more to a "price is right" strategy into the new year.

"With inventories still remaining high, pricing is the best way to ensure a property attracts the most buyers.

Demand has been strong for these well priced properties and will continue to be for 2010," Dale Sorensen said. "With our 2009 barrier island sales ahead of 2008 our office and associates remain optimistic about not only 2010 but the future of our market and Vero Beach."

For those still waiting, watching

and prognosticating that prices will still go down, Thorpe emphasized that the smart money on the barrier island is betting on the fact that time is of the essence.

"I think people have learned from the past and they're not going to wait until prices go up to where they were in 2005," he said.



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Calendar

DECEMBER

December 31

New Year's Eve Celebration at Riverside Theatre with food, fun and live entertainment on the Waxlax Stage and in the Orchid Lobby begins at 9:30 p.m. Tickets \$100. 231-6990

December 31 - January 17

Riverside Theatre presents Ella, featuring over two dozen of Fitzgerald's biggest hits, on the Stark Mainstage. 231-6990

JANUARY

January 2

Saturday in the Park with Authors and Artists, 9 a.m. to 2 p.m. on the grounds of the Heritage Center.

January 2

LoPresti Fly-In charity breakfast, 9 a.m. at Sebastian Airport, with CarolAnn Garrett, author of Upon Silver Wings to benefit ALS Research (Lou Gehrig's Disease). 562-4757

Through January 3

The Indian River Photo Club 2009 Print Exhibit, on display at the Vero Beach Museum of Art's Studio Gallery.

Through January 3

Snoopy!!! A musical sequel to You're a Good Man Charlie Brown, at Riverside Children's Theatre. 231-6990

January 3

The Vero Beach Art Club presents Art in the Park - Outdoor Art Exhibit & Sale, 10 a.m. to 4 p.m. across from Humiston Park on Ocean Drive. 231-0303 or www.VeroBeachArtClub.org

January 4 - 30

The Artists Guild Gallery presents A Natural View, works in watercolor by award-winning Vero Beach Artist Lillie Taylor. Free opening reception on Friday, January 8 from 5 to 7 p.m.

January 5 - 30

Gallery 14 presents FLORIDA: Faces and Places - Interpretations by Gallery 14 Artists; 10% of sales Jan. 7 to 9 will be donated to Quail Valley Charities. Free opening reception on Thursday, January 7 from 4:30 to 7:30 p.m.

January 7

The Emerson Center Humanities Series presents Gary Mormino's Emmy-winning PBS documentary, The Florida Dream, a history of Florida since WWII based on his book Land of Sunshine, State of Dreams. 7 p.m. lecture is complimentary. 778-5249

January 7

Atlantic Classical Orchestra presents Vaughn Williams Overture to The Wasps, Ravel La Tombeau de Couperin and Mahler Symphony #4 (Chamber

Version). 8 p.m. at the Waxlax Center for the Performing Arts at St. Edwards School. (866) 310-7521

January 7 - 10

18th Annual Antiques Show & Sale to benefit the Vero Beach Museum of Art. Preview Party is 5 - 8:30 p.m. Jan. 7, tickets start at \$100. Weekend Show & Sale is 10 a.m. - 4 p.m. Jan. 8-12, tickets \$10. 231-0707

January 9

Jazz at Noon with Bill Allred's Classic Jazz Band at the Vero Beach Yacht Club, doors open at 11 a.m.; concerts start at 12:30 p.m. 234-4600 or www.tcjazzsociety.org.

January 9

Oceanside Business Association's free beachside concert series on Ocean Drive, 5:30 to 8:30, featuring the Robert Harris Group.

January 9 - 16

Quail Valley Charities Fundraising Week. Jan. 9 - 5K Walk/Run and Kids fun-run, Jan. 10 - Gourmet Wine & Guest Chef Dinner, Jan. 13 - Duplicate Bridge Tournament & Luncheon, Jan. 14 - 16 - Tennis Tournament, Jan. 15 & 16 - Golf Tournament, Jan. 16 - Grand Gala Cocktail Buffet, Auction and Awards Night. 492-2020

January 11

Riverside Theatre's Distinguished Lecturer Series features Washington political insider Vernon Jordon, at 4 p.m. and 6 p.m. on the Stark Mainstage. 231-6990

January 11

Bass & Birdies Golf and Fishing Tournament at the Indian River Golf Club, to benefit the Education Foundation. Participants play a full round of golf and also fish four lakes on the course. Registration \$300. 564-0034

January 12

Film Studies Course at the Vero Beach Museum of Art, Trends in International Cinema: Relationships, will be held on five Tuesdays through February 9. 1:30 p.m. or 7 p.m. \$55 (\$45 for members). 231-0707 ext. 136.

January 12

Genealogy expert's program, "In the Wilderness and on the Battlefield with your Civil War Ancestor," at Indian River Genealogical Society meeting. 9:30 meeting; 10:45 program. 492-4012 or www.irgs.org

January 14 - 24

The comedy, Sin, Sex and the CIA will be performed at the Vero Beach Theatre Guild. 562-8300

January 15- 17

Art by the Sea, an exhibition and sale of artwork by members of the Vero Beach Art Club and the Vero Beach Museum of Art, held at the Vero Beach Museum of Art. Reception 5 - 8 p.m. January 15 and show 10 a.m. - 5 p.m. January 16-17

are both free and open to the public. 231-0303 or www.VeroBeachArtClub.org

January 16

Race for The Source, 5K Run/Walk at Riverside Park. 1 mile fun run/walk at 8 a.m.; 5K race at 8:30. \$20 pre-registration or \$25 race day. 569-7364 or www.iamthesource.org

January 16

See 30 life-sized dinosaurs in a whole new light at Dino Nights at McKee Garden, 6 to 8 p.m. Adults \$9, seniors \$8, children \$5, members free. 794.0601 or www.mckee garden.org

January 17

Indian River Symphonic Association presents the Brevard Symphony Orchestra under the direction of Christopher Confessore, 7:30 p.m. at the Community Church of Vero Beach. The Singin' and Swingin' themed Pops Concert features vocalist Michael Andrew. 778-1070

January 19 - 31

Jacques Brel Is Alive and Well and Living in Paris, a musical based on the music, lyrics and commentary of Jacques Brel, at Riverside Theatre's Waxlax Stage. 231-6990

January 20

Travel with the Vero Beach Museum of Art to the Boca Raton Museum of Art for two exhibits, The Magical World of M.C. Escher and Mary Cassatt: Works on Paper. Lunch at Max's Grille, Mizner Park followed by Chemical Imbalance: A Jekyll and Hyde Play at the Caldwell Theatre Company. Tickets \$210 or \$180 for ASFTA members. 231-0707 ext 109

January 20

Vero Beach Museum of Art Distinguished Professor Series - Brown University, Richard Fishman, M.F.A., "The Power of Imagination and Collaboration: The Elm Tree Project." 2 p.m., \$15 members, \$20 non-members. 231-0707, ext. 136

January 23

Golf Antiques and Collectibles Show and Sale, with dealers from the International Golf Collectors Society and free appraisals by former Golf Roundup owner Bob Stevens. 9 a.m. to 3 p.m. at Sandridge Golf Course.

January 23

The Emerson Center Speaker Series presents David Brooks, author and New York Times columnist. 778.5249 or www.theemersoncenter.org

January 23

The 8th Annual Sporting Clays registered shoot at the Quail Creek Plantation in Okeechobee to benefit Sun-Up of Indian River. \$125 includes ammunition. 770-6626

January 25

Bridge for Kids at Bent Pine Golf Club to benefit the Children's Home Society. 489-5601 x 261

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Calendar

January 25
Top Chef Challenge Qualifying Event, 6 – 8 p.m. at Pointe West to benefit the Homeless Family Center. \$30 per person. Top five chefs will move on to the main Top Chef Challenge on February 22nd. Tickets for the two-evening package are \$195. 567-5537

January 28
Samaritan Center Annual Dinner “Give From the Heart” honoring Robert and Eleonora McCabe, 6 p.m. at Holy Cross Church Parish Hall. Tickets \$125. 770-3039

January 30
Indian River Regional Science & Engineering Fair public viewing, 12 to 1 p.m. at Gifford Middle School. 564-0034

January 30
“Extinct” Motor Car Exhibition at McKee Garden with 30 classic cars. Adults \$9, seniors \$8, children \$5, members free. 794.0601 or www.mckee garden.org

January 30
The Indian River Symphonic Association will present a concert by the Moscow State Radio Symphony Orchestra with Music Director Alexei Kornienko and Guest Conductor Robert Cole featuring pieces by Rimsky-Korsakov and Stravinsky, 7:30 p.m. at the Community Church of Vero Beach. 778-1070

January 30
Viva Las Vero IV Casino Night 6:30 p.m. at the Vero Beach Elk’s Lodge to benefit Hibiscus Children’s Center, Saturday. Tickets \$50. Call Angela Astrup 978-9313 x 313

January 31
The Vero Beach Art Club presents Art in the Park - Outdoor Art Exhibit & Sale, 10 a.m. to 4 p.m. at Humiston Park on Ocean Drive. 231-0303 or www.VeroBeachArtClub.org

January 31
Atlantic Classical Orchestra Chamber Music Series at the Vero Beach Museum of Art’s Leonhardt Auditorium. A Russian Program of Prokofiev, Stravinsky, and Tchaikovsky featuring Leonid Sigal, violin and Kimball Gallagher, piano. 231-0707

FEBRUARY
February 1
Bridge in the Garden at McKee Botanical Garden with catered lunch. \$65 per person or \$100 per patron includes lunch. 794.0601

February 3
Atlantic Classical Orchestra presents Strauss Tanzsuite, Sans De la Liberation de las Formas and Beethoven Symphony #6 “Pastoral”. 8 p.m. at the Waxlax Center for the Performing Arts at St. Edwards School. (866) 310-7521 or www.acomusic.org.

February 3
Vero Beach Museum of Art Distinguished Professor Series - Skidmore

Solutions from Games Pages in December 17/09 Edition, Issue 38

2	3	5	9	4	1	6	7	8
9	4	7	8	5	6	1	2	3
6	1	8	2	7	3	9	5	4
4	2	1	5	8	9	7	3	6
5	9	6	1	3	7	4	8	2
7	8	3	4	6	2	5	9	1
8	5	9	6	2	4	3	1	7
1	7	4	3	9	8	2	6	5
3	6	2	7	1	5	8	4	9

Sudoku Page 50

8	5	7	2	9	1	3	6	4
2	1	3	4	8	6	5	9	7
6	9	4	3	5	7	1	8	2
5	6	1	9	4	8	2	7	3
3	7	9	1	2	5	8	4	6
4	8	2	6	7	3	9	1	5
9	4	5	8	6	2	7	3	1
1	2	6	7	3	9	4	5	8
7	3	8	5	1	4	6	2	9

Sudoku Page 51

O	N	E	S	S	P	A	R	A	R	E	A	S			
P	O	R	T	F	O	L	I	O	C	E	L	L	O		
T	H	R	E	E	D	O	L	L	A	R	B	I	L	L	
E	T	A	F	L	E	A									
A	F	I	R	E	A	H	E	M	H	O	W				
T	O	N	S	A	M	E	I	T	S	A	F	E			
O	R	D	A	V	E	R	A	G	E	L	I	F	E		
H	E	M	L	I	N	E	T	H	E	O	R	Y			
F	I	X	E	D	A	S	S	E	T	S	N	E	T		
A	R	E	N	O	T	T	A	Y	P	E	A	R			
R	E	S	I	T	O	R	P	A	T	R	I				
O	T	O	E	B	O	Y									
S	U	S	P	E	N	S	E	A	C	C	O	U	N	T	
A	S	K	E	D	T	W	O	D	O	L	L	A	R		
G	A	I	N	S	S	A	K	E	A	T	M	E			

Crossword Page 50 (FINANCES)

T	B	I	L	L	S	M	A	C	E	E	F	T							
C	O	O	L	A	I	R	A	P	E	K	T	R	I	B					
C	H	O	P	S	H	O	P	C	H	O	C	H	O	L	L	I	C		
D	A	R	E	A	R	N	A	R	I	T	S	I	S	B	O	A			
A	N	O	D	E	R	H	O	D	E	S	S	C	H	O	L	A	R		
H	O	M	O	P	H	O	N	E	S	T	E	A	M	E	L	T			
L	E	O	G	O	P	A	L	R	E	C	P	H	I						
G	L	O	A	T	A	U	T	H	O	R	A	U	T	H	O	R			
H	E	A	D	H	O	N	C	H	O	D	O	N	G	O	S	E			
C	A	R	D	E	R	R	H	O	U	S	E	H	O	L	D				
A	L	L	I	E	C	R	O	C	E	M	A	R	T	Y	O	V	I	D	
H	O	L	L	I	H	O	C	K	W	O	N	S	T	E	N				
A	T	T	E	A	S	T	P	H	O	S	P	H	O	R	U	S			
T	H	O	M	A	S	H	O	B	S	O	N	R	U	N	I	N			
E	R	E	E	T	A	L	O	S	T	D	O	D							
A	U	R	A	A	G	E	G	O	W	H	O	L	E	H	O	G			
S	H	O	S	H	O	N	E	F	A	L	L	S	A	R	B	O	R		
P	U	B	E	R	N	O	B	I	O	R	O	M	P	O	R	E			
H	O	M	E	F	O	R	T	H	E	H	O	L	I	D	A	Y	S		
T	O	D	O	G	O	O	N	E	D	I	T	O	R	S					
E	S	E	E	A	R	S	R	E	N	E	G	E							

Crossword Page 51 (HO HO HO!)

College, Erica Bastress-Dukehart, Ph.D., “Sextants, Sails, Maps, and Muskets: Marine Technology in the Age of Exploration.” 2 p.m., \$15 members, \$20 non-members. 231-0707, ext. 136

February 5
One Night with the King of Rock-n-Roll, an Elvis Tribute with Chris MacDonald performing to benefit the Vero Beach High School Orchestra and Vero Beach Rotary Sunrise charities 7:30 p.m. at the VBHS Performing Arts Center. Tickets \$25 and \$35. 564-5537

February 4 – 21
Riverside Theatre presents 42nd Street, one of Broadway’s longest running musicals, on the Stark Mainstage. 231-6990

February 6
Saturday in the Park with Authors and Artists, 9 a.m. to 2 p.m. on the grounds of the Heritage Center.

February 6
Second champagne reception in the Love of Literacy Author Series, 3 to 5 p.m. at the Indian River Shores community room features Stephanie Keating, co-author with her sister Barbara Keating of A Durable Fire and Blood Sisters. 778-2223

February 6
Jazz at Noon with the Johnny Varro Swing 7 at the Vero Beach Yacht Club, doors open at 11 a.m.; concerts start at 12:30 p.m. 234-4600 or www.tcjazzsociety.org.

February 6
Tango y Tapas, is the theme for this year’s annual gala fundraiser at the Vero Beach Museum of Art. Tickets \$500. 231-0707

February 6 – 7
Gardenfest! hosted by the Garden Club of Indian River County returns to Riverside Park, 9 a.m. to 5 p.m. Saturday, 9 a.m. to 4 p.m. Sunday. 567-4602

February 8
Riverside Theatre’s Distinguished Lecturer Series features political analyst Karl Rove, at 4 p.m. and 6 p.m. on the Stark Mainstage. 231-6990

February 9
The Indian River Symphonic Association will present a concert by the Detroit Symphony Orchestra under the direction of conductor Leonard Slatkin, 7:30 p.m. at the Community Church of Vero Beach. The concert includes pieces by Mennin, Barber and Brahms and features guest cellist Sol Gabetta. 778-1070

February 10
Vero Beach Museum of Art Distinguished Professor Series - University of Virginia, Peter Onuf, Ph.D., “Jefferson and Democracy: The Implausible Democrat.” 2 p.m., \$15 members, \$20 non-members. 231-0707, ext. 136

February 11-12
Two-day seminar led by Arthur Blumenthal, Ph.D., Director Emeritus of the Cornell Fine Arts Museum instructs, How to Look at Art at the Vero Beach Museum of Art. 231-0707

February 12
Rockin’ Vero Beach “Under a Brocade Sky,” to benefit the Children’s Home Society, 6 pm at the Elks Lodge. Tickets \$200. 772-344-4020 x 261

February 13
Fourth Annual 5K Race/Walk Love for Literacy to benefit Literacy Services of Indian River County, 8 a.m. at Pointe West. \$15 advance, \$25 day of event. 778-2223



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Service Directory

Classifieds

Real Estate

Featured Real Estate Sales on the Barrier Island: Dec. 10 to Dec. 23, 2009



A big oceanfront sale in John's Island headed a list of 16 barrier island real estate transaction that closed in the days immediately before Christmas.

The 14,000-square-foot home, shown above, was originally listed in 2007 for \$15.5 million, and was relisted this past October 1 for \$12.9 million.

The sale closed on December 15th for \$8.65 million.

The seller of the home was represented by Cindy O'Dare of Premier Estate Properties. The buyer in the transaction was represented by Joe Caprio with the South Florida firm of Joe Caprio and Co.

Single Family Residences and Lots

Subdivision	Address	Listed	Original Asking Price	Sold	Selling Price
SEASIDE	2230 SEASIDE ST	2/17/2009	\$300,000	12/22/2009	\$170,000
VERO BEACH ESTATES	550 CAMELIA LN	4/10/2009	\$550,000	12/18/2009	\$412,500
ORCHID ISLE ESTATES	8545 SEACREST DR	7/22/2009	\$346,995	12/18/2009	\$305,000
CASTAWAY COVE	1134 SPANISH LACE LANE	10/14/2008	\$415,000	12/18/2009	\$395,000
BETHEL BY THE SEA	619 CONN WY	10/26/2009	\$395,000	12/15/2009	\$380,000
MARBRISA	100 LA COSTA CT	8/10/2009	\$595,000	12/14/2009	\$565,000
RIVER CLUB	1105 NAUTICAL WY	4/27/2009	\$1,095,000	12/10/2009	\$975,000
OCEANAIRE HEIGHTS	9484 FRANGIPANI DR	10/16/2009	\$220,000	12/10/2009	\$220,000

Townhomes, Villas and Condos

Subdivision	Address	Listed	Original Asking Price	Sold	Selling Price
VICTORIA CONDO	5680 N HIGHWAY A1A, #314	3/7/2008	\$779,000	12/22/2009	\$577,500
VISTA DEL MAR	5400 HIGHWAY A1A, D-14	10/20/2008	\$135,000	12/21/2009	\$78,000
HARBOR INN III	2140 SPYGLASS LN, #116	7/18/2008	\$319,000	12/15/2009	\$175,000
SOUTHWINDS	2205 WINDWARD WY	11/13/2009	\$612,500	12/15/2009	\$612,500
SOUTHWINDS	1250 SOUTHWINDS BL W #213	2/19/2008	\$950,000	12/15/2009	\$815,000
VILLAGE SPIRES DEVEL	3554 OCEAN DR, 404 N	9/10/2009	\$450,000	12/14/2009	\$315,000
SEA OAKS	8870 SEA OAKS WY N #308	9/10/2008	\$859,000	12/14/2009	\$625,000

-Data from MLS

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80 CLUBHOUSE COURT (Golf Cottage) (Furn. Avail.)\$975,000
807 PEMBROKE COURT (Courtyard Living) (New Listing)\$995,000
698 GROVE PLACE (Golf Cottage)\$1,000,000
121 ISLAND PLACE (Lake View) SOLD!
931 ORCHID POINT WAY (Courtyard Living) (New Listing)\$1,250,000
945 ORCHID POINT WAY (Courtyard Living)\$1,595,000
909 ORCHID POINT WAY (Intracoastal Access)\$1,595,000
508 WHITE PELICAN CIRCLE (Golf Estate) SOLD!
547 WHITE PELICAN CIRCLE (Intracoastal Access)\$1,775,000
429 INDIES DRIVE (Preserve Estate)\$1,795,000
906 ORCHID POINT WAY (Golf Estate/Lake Views) (Furn. Avail.) (New Listing)\$1,950,000
900 ORCHID POINT WAY (Courtyard Estate)\$1,975,000
514 WHITE PELICAN CIRCLE (Golf Estate)\$1,985,000
424 INDIES DRIVE (Golf Estate/Lake Views) (Furn. Avail.)\$1,995,000
920 ORCHID POINT WAY (Golf Estate/Lake Views) (New Listing)\$2,050,000
311 WESTWIND COURT (Golf Estate)\$2,195,000
120 SEASPRAY LANE (Golf Estate/Lake Views)\$2,275,000
927 ORCHID POINT WAY (Intracoastal Access) (New Listing)\$2,300,000
406 INDIES DRIVE (Golf Estate/Lake Views) (New Price)\$2,750,000
281 SEABREEZE COURT (Golf Estate/Lake Views) (New Home)\$3,175,000
609 HERON POINT COURT (Golf Estate) (New Home)\$3,595,000
602 HERON POINT COURT (Golf Estate) (New Home)\$3,775,000

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70 BEACHSIDE DR, #201 (2,242 A/C Sq. Ft.)\$1,295,000
70 BEACHSIDE DR, #202 (2,236 A/C Sq. Ft.)\$1,295,000
70 BEACHSIDE DR, #203 (2,252 A/C Sq. Ft.) (Furn. Avail.)\$1,295,000
100 BEACHSIDE DR, #302 (Penthouse-2,236 A/C Sq. Ft.) (Furn. Avail.) (New Listing)\$1,395,000
90 BEACHSIDE DR, #201 (3,309 A/C Sq. Ft.) SOLD!
20 BEACHSIDE DR, #101 (3,810 A/C Sq. Ft.) (New Listing)\$2,050,000
20 BEACHSIDE DR, #102 (3,810 A/C Sq. Ft.)\$2,090,000
40 BEACHSIDE DR, #202 (3,810 A/C Sq. Ft.)\$2,350,000
10 BEACHSIDE DR, #201 (3,810 A/C Sq. Ft.)\$2,350,000
10 BEACHSIDE DR, #302 (Penthouse-3,810 A/C Sq. Ft.) SOLD!
50 BEACHSIDE DR, #301 (Penthouse-3,810 A/C Sq. Ft.) (New Listing)\$2,650,000

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11 CARIBE WAY (Golf Views)\$350,000
61 ISLAND PLACE (Lake Views)\$395,000
942 ORCHID POINT WAY (Preserve View)\$399,000
506 WHITE PELICAN CIRCLE (Golf Estate)\$795,000
520 WHITE PELICAN CIRCLE (Golf Estate) (New Price)\$895,000
271 SEABREEZE COURT (Golf Estate)\$1,050,000
544 WHITE PELICAN CIRCLE (Golf Estate/Lake Views)\$1,550,000

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