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Vero Beach Museum docents 'give something back.' P22

Elegant celebration marks 75th anniversary of Heritage Center. P12

32963 Insider

Roberto Coin will move to Veranda

When Harry L. Buck Jewelers ends its 33 year run this spring, the coveted Roberto Coin jewelry line will move to Veranda.

Donna Buck Wilcox and husband David plan to phase out their Roberto Coin Boutique, and the jewelry line will become a "store within a store" in Veranda's shop on Ocean Drive.

Cathy Jetson, owner of Veranda, said she was extremely excited to be adding Roberto Coin and the Simon Pierce line to the other jewelry and luxury gifts featured at her shop. "These two lines now make Veranda complete," she said.

Meanwhile, the man who launched Harry L. Buck Jewelers informs us he was somewhat surprised to read in last week's 32963 Insider that he was the "late" founder.



Claims he is not deceased

Happily, a very alive Harry L. Buck accepted our explanation this was the result of a typo, and the Insider should have said he was the "great" founder.



Photo: Tom McCarthy Jr.

The ties that bind: Vero still tied to FMPPA power contracts until 2043

BY LISA ZAHNER
STAFF WRITER

In 2009, as electric bills skyrocketed, the City of Vero Beach clung to the mantra that once it got out of the Florida Municipal Power Agency contract on Jan. 1, we would be finished with the cooperative for good.

Except we are not finished with the cooperative for good.

As a result of our contract through FMPPA for power from the St. Lucie 2 nuclear plant, we will have to buy enough power from this nuclear plant to supply about 3,000 Vero Beach homes every day until 2043. We also, as a result of long-term contracts

we entered into together with FMPPA, will have to buy power from the Stanton 1 and Stanton 2 coal plants for the life of these plants – facilities that are majority owned, ironically, by the Orlando Utilities Commission, our new power provider.

In fact, Vero Beach 32963 has learned the city still buys about one third of its normal daily power needs through these FMPPA contracts, and it may never get out of all of its responsibilities.

When these plants live out their usefulness, Vero will also have to pay a portion of the cost of decommissioning them.

These findings come as FPL begins the task of putting a value to the city's utility

CONTINUED ON PAGE 2

'Final' power contract was not so final

BY LISA ZAHNER
STAFF WRITER

The Vero Man site is not the only mysterious and important archaeological dig in Vero Beach.

For some weeks, the city has been peeling away the layers of the mystery of the Orlando Utilities Commission contract, but has been unable to locate the original document the City Council members reviewed on April 7, 2008, their one chance to see an unexpurgated copy before approving it on April 15 of the same year.

Why are they looking for it? At the request of former City Council member Debra Fromang, who asked to see the document so she could prove

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Psst. Anyone want to buy \$1.2 million worth of oil?



Why are these tanks full? Story on Page 4

Photo: Tom McCarthy Jr.

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An extraordinary look at Windsor and its final section. Page 67

Vero’s ties to FMPA

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operations in trying to get a handle on what Vero owns, owes or has a stake in as part of the assets of the electric utility.

The city has repeatedly said it doesn't have figures for stakes in power it receives from three power plants because it agreed, under FMPA agreements, to back a portion of some \$500 million in outstanding bonds used to purchase FMPA's assets in those plants.

However, in one phone call to 32963, Mark McCain, FMPA spokesman, laid it out this way:

Prior to Jan. 1, Vero Beach was a member of four power projects with FMPA. The St. Lucie Project (St. Lucie 2 nuclear plant), the Stanton I and Stanton II projects (Stanton 1 and 2 plants), and the All Requirements Project.

The city was permitted to reduce its wholesale purchase of power from the All Requirements Project to zero after much negotiation, \$3 million in consultant fees and five years' notice, but Vero is still on the hook for St. Lucie, Stanton I and Stanton II and some percentage of the \$500 million dollars of still outstanding bonds used to purchase FMPA's stake in those plants.

In short, Vero still gets about one third of its power every hour on a normal day from these projects, and is tied to the debt – and expenses – associated with operating the plants, even if OUC is now its main power provider. The city's obligation ends only when the plants are no longer operational.

However, at City Hall, no one seems to know exactly what, if any, liability the city has as part of these agreements.

Nothing on the books

On Jan. 20, FP&L responded to a tepid invitation from the City of Vero Beach to start talks about a sale

of the city's electric utility. That response asked for some information vital to the process -- information the city admits it doesn't have. FPL asked for “at minimum” the contracts related to the assets, as well as final, unexpurgated copy of the city's contract with OUC.

Presumably the city clerk or city attorney has retained and can furnish copies of the contracts, but it seems that producing any details beyond the bare minimum about the city's investments in what's called the base load generation assets -- namely the value of Vero's rights to power from the St. Lucie 2, Stanton 1 and 2 plants -- has caused a bottleneck.

Stephen Faherty and accountant Glenn Heran said they have been asking for the same information for about four months now, and have also come up empty.

“We just can't get the data, we're just trying to get the information,” Faherty said. “We have no idea how it was purchased, with what funds and if it was on an installment plan,” Faherty said.

Vero Beach 32963 examined the most recent audited financial statements of the city and obtained a detailed schedule of the city's electric

possible to place a value on an entitlement to purchase power. It would be a head-scratcher even for FMPA to value its partial ownership in the projects.

“We know how much we paid for them and we know what we still owe on the bonds,” McCain said. “And we have an idea of the depreciated value, but that's about it.

“The city does not technically own part of the St. Lucie Project or the other projects. FMPA owns part of St. Lucie (2), Stanton 1 and Stanton 2,” McCain said. “The cities did not put up any of the initial money. That is the way the cities wanted it.”

FMPA, a not-for-profit corporation, floated bonds to purchase a

capacity every day, 7 days a week.

The wholesale electricity we're buying from OUC under our new contract is in addition to that power we're already entitled to via agreements brokered through FMPA. The OUC power replaces the power we used to purchase from the FMPA All Requirements Project.

According to recent reports provided by the city, Vero's electric load, on average is 70 to 140 MWH. Dur-

ing the cold snap in early January, the peak load topped 200 MWH and during the hottest parts of the summer the peak load creeps up sharply.

The 49 MWH we're entitled to by our part ownership of the three plants is quite an important part of our electric puzzle and the entitlement to buy that cheap power at cost has a tangible value, but we don't know how much.

We also don't have a value on the

books for our monthly liability as members of FMPA for the costs of running a percentage of those plants.

“This is a very complex question,” City Manager Jim Gabbard told Councilman Ken Daise at a recent meeting. “We don't have a value of the electric system. If the Council wants us to answer, we're going to have, we're going to need to to hire someone to give us an evaluation.”

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percentage interest in the power plants. Members signed contracts to be part of the deal. The City of Vero Beach, as a member, is entitled (and required) to purchase a total of 49 megawatts of power every hour (MWH) from the three plants.

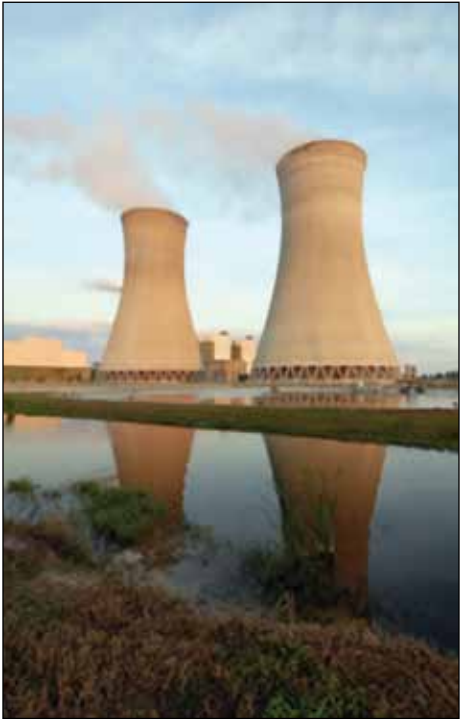
Forty nine MWH per day, given the Vero Beach utility's insistence that the typical residential customer uses less than 1,000 kilowatt hours per month, would supply the needs of almost 15,000 local customers.

Our price for that power is determined by the costs of running the plant. FMPA has all the responsibilities of an owner, including upkeep, insurance and other overhead. Whatever it costs to run the plant, FMPA gets billed its percentage of that -- for example 8.8 percent of operational costs of the St. Lucie nuclear plant -- and those costs are then assessed to Vero Beach and the other members of that project as the charge for the power.

"It's a take or pay contract. Even if you don't take the power, you have to pay for the costs," McCain said. "The good news is that this is very cost-effective power production."

Buying power from and through FMPA

The city, through its ties with power cooperative FMPA, is entitled to purchase 1.4 percent of the power generated at FPL's St. Lucie 2 nuclear plant, 4.5 percent and 3.4 percent of power generated at OUC's coal-fired Stanton 1 and Stanton 2 plants, respectively. Those three holdings combined give the city's electric utility the rights to roughly 49 MWH of



utility assets. The investments in St. Lucie 2, Stanton 1 and Stanton 2 are not on the books as assets.

The only assets listed are the power plant at a depreciated value of \$39.8 million, transmission and distribution at a depreciated value of \$82.6 million and capital improvements in progress at a value of \$1.5 million.

There is no mention, for example, of how much in cash, guaranteeing of bonds or other consideration the city sunk into FMPA's \$290 million buy-in for 8.8 percent of the St. Lucie nuclear plant or what that, depreciated over time, is worth.

McCain said it would be nearly im-

First crushes



It was a high class problem to have, but he handled it with ultimate grace. That's how reunions go here on John's Island. And once all the affairs of the heart are in order, it's off to fishing, sand castles on the beach, golfing and bike riding on warm, sun dappled streets.

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Power contract

CONTINUED FROM PAGE 1

once and for all to Council member Brian Heady -- and to herself -- that she had read the contract during a private meeting with consultant Sue Hersey, City Manager Jim Gabbard, City Attorney Charlie Vitunac and former Electric Utilities Director R.B. Sloan.

Fromang enlisted Heady's help in tracking down the document.

Since her request, Vero Beach 32963 has learned that the contract, after being shown to the Council members on April 7, 2008, was removed from City Hall by Hersey who used it as a "working document" that she used in marking up and crafting the final agreement, according to Vitunac.

So in fact, the only copy of the actual document that the Council members had in the room with them for one hour each during a private meeting with Hersey and top city brass was removed from City Hall that very day and never returned -- even after the confidentiality period expired in Sept. 2009 -- to be held as record of a \$2 billion decision.

When asked if the document was ever checked in with the City Clerk -- which would have made it part of public record -- Vitunac said no.

On Tuesday, Hersey was to fly in from

Boston on the city's dime to deliver the document in person and answer questions from the Council along with Sloan, who now works in Virginia but still consults with the city on an as-needed basis.

That such a document was not preserved for the public -- to fulfill any applicable legal or accounting record retention requirements -- is just another bizarre twist in the already questionable saga of how Vero Beach entered into a 20-year, \$2 billion electric agreement with virtually no public input or oversight.

A mad scramble to find the document

After Fromang and Heady went searching for the document last Wednesday, the electric utility staff gave Fromang a copy of the signed contract, dated April 21, 2008 and told her that was the one she reviewed on April 7, 2008.

We now know that more than 100 changes were made to the contract in between April 7 and April 21. This is documented by more than 400 pages of email correspondence between top city staffers and Boston consultant Hersey. Neither Heady nor Fromang accepted that document as the original.

"They kept showing Debra the signed copy and telling her that was the same

one that was in the room that day, but Debra insisted that there was a copy of the contract in R.B.'s (Sloan's) desk," Heady said.

The trio then went into the office of the former utility director and went through his desk drawers, but the only contract they were able to unearth was the April 21 version signed by then-Mayor Tom White.

Heady said Vitunac then told them that the document they were seeking could not be found because it never existed. But other council members -- including Ken Daige -- confirm there was a document there that day.

Heady said Vitunac showed them an emailed document on a computer screen which represented the version of the contract that the Council saw and, reportedly, Fromang was satisfied with what she saw. Heady was not.

"I told the City attorney that I was coming back on Thursday, that I had an 11 o'clock appointment with him and that he'd better be able to produce that document," Heady said.

Heady asked Vero Beach 32963 to accompany him to that meeting.

On the table of the City Attorney's large conference room were stacks of white papers, one of them a facsimile of the actual version of the contract that was in the room with the Council on April 7, 2008.

"Where is the original document? I want to see the actual document that was here at City Hall that day," Heady pressed Vitunac. "I have a major problem with the fact that the original docu-

ment was not preserved and is not here, somewhere, at City Hall."

Vitunac explained that the document only briefly visited Vero Beach.

"Sue Hersey has the actual document," Vitunac said. "After the meetings with the Council, they worked into the night creating the redacted version of the contract which was given to the Utility Advisory committee and then she took the original copy of the contract with her as her working document."

He then said Hersey would bring the original to Tuesday's meeting.

While still in the City Attorney's office, Heady and Vero Beach 32963 reviewed the facsimile of the contract and determined that it did not contain any of the 100-plus changes. Therefore, the changes were definitely made after the council's only opportunity to view the contract.

"I'm not very smart, and I'm not an attorney, but it seems pretty simple to me," Heady said. "This contract is not valid. The Mayor is not authorized to sign a contract unless it is first approved by the City Council."

On Friday, Heady contacted Tracy Stabler, a CPA with Harris Cotherman & Associates, the city's auditors, and requested that they pay special attention to the OUC contract when sifting through city records.

"The auditors told me that her only oversight would be whether or not they were in compliance," Heady said. "It's pretty obvious that they were not in compliance and that they didn't maintain the records at City Hall."

Psst. Anyone want to buy \$1.2 million worth of oil?

BY LISA ZAHNER
STAFF WRITER

The City of Vero Beach, in its final settling up with the Florida Municipal Power Agency, has been handed a bill for \$1.2 million for 28,440 barrels of fuel oil it may never use.

The oil, purchased at an average cost of about \$43.50 per barrel, was what was held in the two big tanks behind the blue power plant as of midnight Dec. 31st, when the city's contract with FMPA expired and we switched power providers.

Although city officials were supposed to run down the inventory of oil prior to the end of the year to save money, the city continued purchasing thousands of barrels of oil in the months prior to the end of the contract even though it was using hardly any.

During October, the power plant used zero fuel oil. In November, it

used 336 barrels. In December, it again used zero.

So why did the city keep accepting deliveries of fuel oil in 2009 when it knew it did not need it -- might never, in fact, need it -- but was going to have to pay for it come Jan. 1st.

Vero Beach 32963 has asked for the answer to that question and, as of press time, has received no response.

The only units at the plant which regularly run on fuel oil are Units 1, 3 and 4 and the city doesn't fire those up unless power requirements are surging to record levels during a heat wave or cold snap, or when technical problems elsewhere or a major disaster have interrupted the transmission of cheaper power.

Members of the city's Finance Committee during a Jan. 20 meeting said these outdated units are so expensive to run that the city unsuccessfully attempted in the 1980s to sell one or more of them to develop-

ing countries, and "we couldn't even give them away to Grenada."

Units 2 and 5 run on what is called a Combined Cycle, relatively efficiently use natural gas and captured steam power to produce electricity. The "CC," as those two are collectively called, get fired up first whenever the city needs to supplement the

power we're getting from our provider and our assets in other plants.

If Vero Beach used an average of 336 barrels every month (as in November) going forward, the current inventory would last a full seven years!

The good news is that customers won't be charged a portion of the \$1.2 million on your electric bill -- not

right now, anyway. Those costs will be passed along as we use the oil in the form of monthly fuel cost adjustments, according to city Finance Director Steve Maillet.

Maillet also said the city will only have to pay FMPA about \$320,000 out of its reserves, because the \$1.2 million will be offset by some other good news.

The city is expecting an \$880,000 refund from FMPA for some other issues related to the sunsetting of the contract. When and how will that money be returned to customers in the form of a credit or rebate?

"Staff is evaluating the best way to return this credit to COVB customers," Maillet said.



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Vero's ties to FMPA

CONTINUED FROM PAGE 3

Worthless investments?

There is also a question as to whether or not interests or entitlements could be sold, traded or assigned should the city -- or the people via referendum -- decide to sell the utility.

Faherty said he had been told by former Electric Utility Director R.B. Sloan that the assets have "no equity" and that getting out from under them would be sticky. FMPA supposedly places restrictions on how, when and who a member or former member can sell its interests.

FMPA spokesman McCain said getting the answers to those ques-

According to McCain, the answer to that is that the city's monthly obligation

would be reduced -- just like the day that old car gets paid off -- but that Vero would still have to pay for the cost of operating the paid-off plant.

On top of the operational costs, FMPA and its members were obligated to pay down the \$632 million in bonds it issued to purchase the share of the plants. About \$126 million has already been retired, with \$506 million left to pay off.

As a participant in those contracts, Vero Beach is required to pay off its portion of that debt. Vero is still a full, voting member of the FMPA. Should the city be allowed to sell or



tions would require careful analysis of the city's contracts with FMPA regarding the St. Lucie and Stanton projects, though Vice Mayor Sabe Abell has a theory.

"There is no value if they are sold to an investor-owned utility," said Abell during the Jan. 19 council meeting, confirming what Faherty had heard from Sloan, but added, "It only has value if it is transferred somehow to a municipal utility. There is a problem if these assets cannot be sold to an investor-owned utility."

No exit from FMPA debt

Most worrisome is that the city also doesn't know what its potential bond obligations are in relation to the money which purchased these assets, whether they are paid off or whether it could pay off that debt service early to completely extricate the city from FMPA.

assign its purchase rights to the 49 megawatts of power, it still doesn't completely sever the relationship with FMPA.

For example, the City of Homestead, McCain said, needed to get out from under its requirement to buy power after most of its customers' homes were destroyed in Hurricane Andrew in 1992. Homestead didn't have the revenues to cover its obligations, so it cut a deal with FMPA member Kissimmee to take over its share.

"The Kissimmee Utility Authority was growing significantly and said it would be interested in purchasing Homestead's entitlement share," McCain said. "But if at any time, the Kissimmee Utility Authority defaulted, the contract would revert back to Homestead."

For how long, one may ask?

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CONTINUED FROM PAGE 6

"The term of the contract for the project is for the life of the power plant," McCain said.

The St. Lucie 2 nuclear plant is licensed by the federal government and recently got a 20-year extension to operate until 2043. The coal-fired Stanton 1 and 2 plants are not assigned a particular licensing lifespan.

With adequate repair and renewal efforts -- becoming increasingly expensive with age, akin to keeping an old car running -- a coal-fired plant could, theoretically, be maintained indefinitely.

After waiting four months to find

out that the city has no idea how to answer his questions, Faherty, though not completely shocked, was disappointed. He said this issue gives further evidence that the city is in over its head in operating a complex electric utility.

"It shows me that they simply do not understand their assets. They don't understand who owns what assets and they don't understand what they're worth," he said. "They're simply not capable of running a highly efficient electric utility. FPL, given the fact that they're in the business, would clearly understand these things."



Lawrence steps down from Marine Bank

BY IAN M. LOVE
STAFF WRITER

Over the last decade when banks were putting more and more of our money at risk in search of ever greater profits, Marine Bank president and CEO Andrew Lawrence kept his focus on building business in Indian River County.

Lawrence ended his tenure last Friday handing over a very different portfolio to his successor, William Penney, than he had inherited in October of 2003. Under his guidance, Lawrence moved Marine, the only remaining locally owned and operated bank, from a private banking and trust institution on the barrier island to one that became a small business bank for the broader Vero Beach community.



Andrew Lawrence

As part of this shift, Marine also opened its first branch on the mainland.

"We have had some great success in the last 6 1/2 years," Lawrence said, noting the bank had assets of \$66 million when he started and now boasts assets of over \$160 million. "Most of that growth was in the last few years."

If that seems to be bucking the trend in banking, it is.

In the last decade when banks became bigger and are reviled now for their part in the economic downturn that has hurt so many, Marine kept to a simple philosophy of keep it local. While the big boys were fast-tracking their bonuses with a wink and a nod, Marine prided itself on looking you straight in the eye and closing the deal with a firm handshake.

CONTINUED ON PAGE 10

Vero philanthropist Dixon Place Downey dies at age 91

Vero philanthropist Dixon Place Downey, who gave to local hospitals and to the Visiting Nurses' Association Hospice House Foundation, died Jan. 25 at the age of 91.

Downey died at the VNA Hospice House of Indian River County, one of the many local projects he helped to fund through his philanthropic giving.

He also was a benefactor to Indian River Memorial Medical Center.

Recently, on behalf of his late wife, Virginia Overton Robinson Downey, he gave the city the Little Flower Memorial at Riverside Park.

In 2001, Downey had given the pavilion next to the memorial in the park.

Downey had wintered in Vero Beach since the 1950s, when his family built a home here.

He and his wife did a great deal of traveling and enjoyed returning to the barrier island, to a home they lived in for many years.

A native of South Bend, Ind., Downey served in the Navy during World War II as project manager in a guided missile projects.

He attended Yale and De-Pauw universities and was founder of Franklin Plastics in Pennsylvania, a company he built and subsequently sold off.

He once wrote his own autobiography, "Vapor Trail at Twilight." Funeral notices indicate he is survived by a grandchild and a great-grandchild.

A memorial service was scheduled at the Community Church of Vero Beach, 1901 23 rd St., Vero Beach on Wednesday at 11 a.m.

Memorial contributions may be made to Dixon Downey's Little Flower Fund, Community Church of Vero Beach.



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CONTINUED FROM PAGE 9

"A lot of people left banks as they got larger and more impersonal," Lawrence said. "They wanted to go where you know them by name. People have seen the turmoil with large banks and are seeking smaller banks like ours because the decisions are locally made."

It is a simple philosophy, but one that seems to be taking hold around the country. There is a grassroots movement to get you to move your money to local banks and even a Web site at www.moveyourmoney.info urging you to forego too-big-to-fail banks for ones that have a real stake in your success.

And the president seems to have taken notice, too.

In his State of the Union address, President Obama suggested taking \$30 billion in TARP funds that the banks have started repaying and funneling it to community banks to spur loans to small businesses.

While some argue it isn't enough, or that what small businesses really need is customers with cash in their pockets, it is a clear recognition that the federal government wants to revisit Main Street, where incoming Marine president Penney points out "we understand (customers) and their business."

Small banks have had their own problems, especially ones in Florida, where much of their loans were in real estate, and as those holdings went south, so too did the ability of these institutions to stay solvent. Marine avoided these issues, to some degree, by concentrating on small business more than real estate.

However, in a county where unemployment is just over 14 percent, Marine, too, has faced problems with businesses going belly up, despite reasonable business plans.

"This has been one of the most challenging times I have seen in terms of community banking," said the 70-year-old Lawrence. "There have been other

periods of downturns and slowdowns, but none with the credit quality issues. This is worse than anything I have been through on the credit side. There were loans that we made that were good loans, but as the economic conditions eroded, so did the business and these were good business people.

"But we are still making money and with an understanding of what the risks are we feel pretty comfortable that once through this bad patch we will be seeing some evidence of improvement."

And it will be up to Penney to take advantage of those opportunities. He was hand-picked by Lawrence to help him build Marine's small business loan portfolio. Lawrence had been in community banking most of his career, but in Chicago.

He brought Penney on board as executive vice president and chief lending officer because of his local knowledge



Bill Penney

.....
having lived in Indian River County at that time for 20 years.

Penney has over 30 years in the banking industry and is an active member in the community currently serving as a board member for the United Way of Indian River County, YMCA of the Treasure Coast and the Indian River County Chamber of Commerce. In addition, he is a current member and former chairperson of the Economic Development Council of Indian River County.

His deep roots in the community aside, Penney knows he moved front and center on the business side when he took over his predecessor's office on Feb. 1.

"We are doing fine being local and making local decisions, it seems to be what the people want," he said. "We are headquartered here and when you walk into the bank, the first office you see is that of the president."

"Our office makes decisions locally, many with people we have known for years and years. We make decisions that are in the best interest of the borrower and don't put the borrower in a box, and if the loan does not fit the box, we try to find any way to make the loan work."

BILL AND LAURA FRICK ARE HELPING TO BUILD A STRONGER INDIAN RIVER COMMUNITY THROUGH DONOR-DRIVEN PHILANTHROPY

BILL AND LAURA FRICK recently established two donor advised funds at the Indian River Community Foundation. The Fricks are Kansas City natives, have lived in Vero Beach for the past eight years and are Florida residents.

"We have been long time supporters of numerous charitable causes in both Kansas City and Vero Beach," said Laura. Bill adds, "Our funds in The Greater Kansas City Community Foundation demonstrated to us how efficiently and simply we could be connected to various local needs from healthcare and the arts, to human services and the environment."

The Fricks are among the fifty two Founders who pledged to support the Indian River Community Foundation's operating costs for five years. Additionally, Bill serves on the Board of Directors and chairs the Governance Committee.

Bill notes, "Laura and I coordinate all our giving through our donor advised funds. These funds offer us flexibility in meeting our philanthropic goals and provide maximum tax benefits with no annual giving requirement. We also receive comprehensive quarterly fund statements."

Laura further observed, "Most importantly, the Indian River Community Foundation is a conduit to nearly 200 local nonprofit organizations. While Bill and I have given and will continue to support those needs we are aware of, we now are learning more through the Indian River Community Foundation about many other nonprofits that provide important community services and deserve our consideration."

If you are interested in exploring this charitable giving vehicle to centralize your philanthropy for increased impact in your community, please contact us.



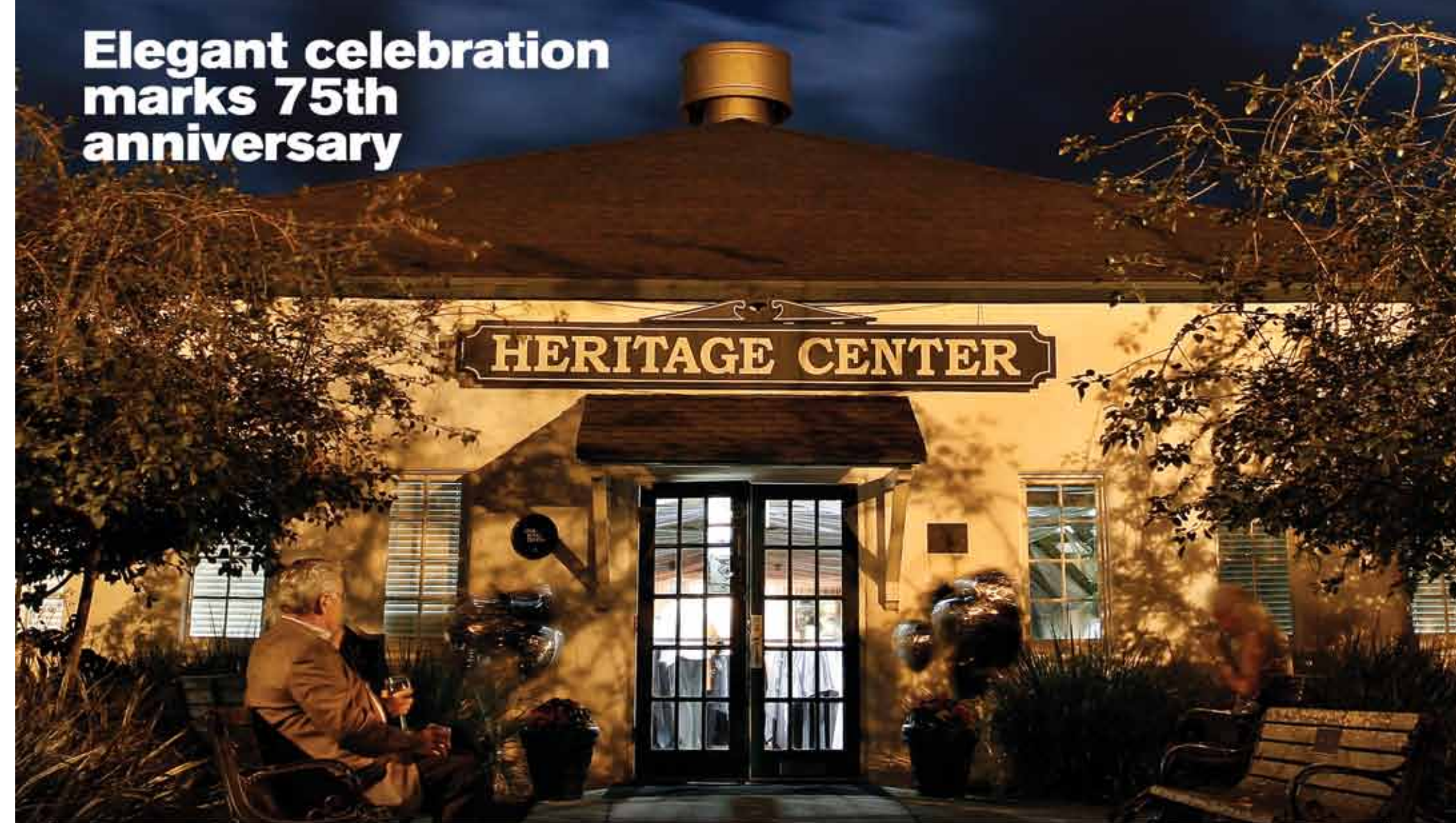
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Elegant 75th anniversary celebration for Heritage Center

BY MARY SCHENKEL
COLUMNIST

The Heritage Center was decked out in elegant finery for a special 75th Anniversary Celebration, displaying the historic landmark in a fashion that left no doubt as to why it has been such an integral part of the community.

Board member Marilyn Wallach and her husband Kurt, who previously served on the board for the maximum 10-year limit, spearheaded and underwrote the celebratory gathering.

"We just felt we needed to do something special," said Marilyn. "My husband has loved this building for years. When he was 18 he was stationed in Fort Pierce at UDT [Navy Underwater Demolition Team Unit]. They would split them up for USO parties between Fort Pierce and Vero Beach and he always wanted to come here because he liked it better. He actually danced with Millie Bunnell, one of those instrumental in saving the building."



Elizabeth Graves Bass, Barbara Becker Hurley, Celeta Arden

Photos: Tom McCarthy Jr.

The room looked exceptionally beautiful with muted lighting, crystal organza draped gracefully along the ceiling's wooden beams and placed

as overlays atop black tablecloths on the tables; white chair-covers with black tiebacks, and glittering candles reflecting off mirrored squares com-

pleted the sophisticated look. With an amazing attention to detail, volunteer decorator Cynthia Baita had adorned the glass candle bowls with tiny rhinestones and glued diamond dust along the rims.

"We wanted people to gasp and say, 'Wow, look what you can do,' when they got here," said Wallach. "It's wonderful that it's still here after all these years and is still serving the community."

Old Vero was out in force, mingling with the next generation of supporters who are working to keep history alive. As the jazzy sounds of the Coffee Beans wafted throughout the room, guests caught up with on another and nibbled on a buffet of tasty hors d'oeuvres catered by Adrienne Drew.

Treasure and Space Coast Radio's Jim Davis emceed a program that marked the building as a gathering place despite hurricanes, fire and its proposed demolition, and thanked those responsible for its preservation.

People



Kurt and Marilyn Wallach



Stan Carter visits the buffet at the Vero Beach Heritage Center's 75th anniversary celebration.

Executive Director Rebecca Rickey gave a brief history of the Heritage Center, which was erected in 1935 as a community center. When World War II brought the Naval Air Station to Vero Beach, the Heritage Center was enlarged with the wing that now serves as the Citrus Museum, and it became a place for servicemen to visit and relax.

After the war, the building continued its use as a community building, also serving as the recreation department's Physical Arts Center. Then in 1991, when the city thought to tear the building down, the late Millie Bunnell took charge and led the effort to unite the community in its preservation as a critical link to the past.

Rickey noted that after 75 years, the Heritage Center is in need of some facelifts, but its listing on the National Register of Historic Places complicates matters. Nationally renowned historic restorationist Stephen Ortado from Washington DC, has begun the slow and expensive process of replacing all 56 windows. To date, nine windows

real gem. It's so important to preserve this and I want more people to know about it."

Former board president Celeta Arden said how pleased they were to receive the donation. "It's purely an endowment. It's our safety net for the future." When asked why she joined the organization, Arden replied, "Several of us who grew up in Vero got involved because we remember all the important things that happened here."

Elizabeth Graves Bass added, "I love it here; even just its name, Heritage.

I believe heritage and history are important. You don't know who you really are unless you know your history."

The building is used for a variety of private parties and events and is the focal point for many of the city's public events such as the Hibiscus Festival and Christmas in Downtown.

Rentals of the building and fundraisers such as the upcoming USO Rocks America on Feb. 19 and both spring and fall bridal expos are the major sources of income for Vero Heritage, Inc.

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People

Bob & Ellie McCabe: Good Samaritans through and through

BY SAMANTHA BAITA
COLUMNIST

Bob McCabe calls himself a “people chemist.” His gift for putting people and causes together to “make things happen,” as he puts it, likely began with his own marriage to Ellie McCabe, because between the two of them, good things have happened in spades.

For those myriad good works, the couple was honored Thursday by the Samaritan Center for Homeless Families, which each year recognizes donors of outstanding generosity with its Good Samaritan Award.

The award presentation is marked with a dinner and fundraiser, taking place this year as in previous years in the parish hall of Holy Cross Catholic Church.

The McCabes are a charming pair, witty and kind. Well-known philanthropists, their gifts, both individually and through the Robert F. and Eleonora W. McCabe Foundation, have set a



Good Samaritan Award recipients Robert and Eleonora McCabe

Photos: Tom McCarthy Jr.

magnificent example of community service.

Along with the Samaritan Center, the couple has supported the Environmental Learning Center, the Vero Beach Museum of Art, the Mental Health Association, St. Edward's School and the Visiting Nurse Association, among others. But perhaps none is closer to their hearts than the Mental Health Collaborative of Indian River County, which Ellie McCabe helped found in 2004 following the tragic death of her son at age 41.



It was the couple's largest single gift, \$2 million to the University of Florida,

that established a permanent endowment to support psychiatry, addiction medicine and community mental health in Indian River County.

While life experience has spurred specific projects, the desire to reach out to others seems to come as naturally as breathing.

“I was raised to believe we should give back,” Ellie says simply. “It was just the way we were always taught.” She smiles, gives a small shrug.

Janet Baines, also a well known philanthropist (along with her late husband Elliot Baines), said of the McCabes: “They are not only generous

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People



Event chair Nicki Kent and her fiancé Tim Maslin

but also thoroughly nice.”

Person after person described Bob and Ellie with great fondness and respect.

Indian River State College President Dr. Ed Massey and wife, Jo, share that assessment. The bottom line, Massey said, is that the McCabes give back much more than they take out.

Nancy Curtis, who with husband, Bill, won the 2005 Good Samaritan Award, said of this year's winners, “The McCabes have done so much for our community and for the college,” noting that they have worked hard to give people the opportunity to better themselves.

Steven Brooks, chairman of the Samaritan Center's Board of Advisors, explained that each year's recipient is chosen not only for support of the center but by “overall community contributions – the positive impact they have on the community.”

Year after year, the winners share a characteristic that seems common among Vero's philanthropists: the belief that giving is not only an honor and a privilege, but also a duty.

“I continue to be amazed at the great support of both arts and human services organizations here in Vero Beach,” he said.

“We're so lucky living in a county with so much philanthropic giving,” said Bill Curtis.

Another couple contributing significantly to the community for years now, Dr. Hugh and Ann Marie McCrystal, were 2006's Good Samaritans. Of his own philanthropic philosophy,

McCrystal said with a grin, “We're gonna give 'til it hurts. I came here just out of residency. Truly, this town has given me everything.”

Judge Paul Kanarek, attending with wife Carol, agrees that Vero Beach is especially blessed to have so many individuals willing -- and able -- to give



Tracey Segal addresses attendees to the 2010 Good Samaritan Awards to benefit the Samaritan Center.

so significantly to the community.

Widely sought-after auctioneer (and county commissioner) Wesley Davis helped raise funds for the Center with a small but appealing collection of Live Auction offerings, including fine wine and cigars, golf and restaurant packages, a mini-vacation at Costa d'Este, and a cocktail cruise captained by none other than attorney Charlie Sullivan Sr.

As it has for years, Holy Cross donated the use of its parish hall for the event, and with a theme of “Giving from the Heart,” it took on a Valentine palette, the backs of bright white chair

covers tied with a wide cherry red bow. Background music was provided by Ossie Wright and the Groove Division Band.

Sponsors for the evening included George E. Warren Corp., William and Katie Kirk, and the Robert F. and Eleonora W. McCabe Foundation. Other sponsors were Barth Construction; Catering by Culinary Capers; Bill and Nancy Curtis; attorneys Grall, Glenn and Grall; The Hill Group; Dr. Hugh and Ann Marie McCrystal; Schlitt Brothers Inc.; Seacoast National Bank; and Bill and Carolyn Stutt.

Nikki Kent served as Event Chair.

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People

Local chefs spice up the challenge for Top Chef crown

BY MARY SCHENKEL
COLUMNIST

Twelve gifted chefs deliciously showcased their “slice, dice & spice” skills at the Qualifying Competition of Vero’s Top Chef Challenge to benefit the Homeless Family Center, wowing the sold-out crowd and vying to become one of five finalists in the Top Chef Challenge on Monday, Feb. 22 at the Quail Valley River Club.

With a flurry of excitement, guests entered the main dining room of The Club at Pointe West, the venue sponsor for the qualifying event, where the competing chefs had set up their stations.

As enticing aromas wafted around us, chefs and their assistants efficiently plated and replenished their dishes, in many cases cooking items on the spot. The delightful sounds from Atocha Spanish Guitars, provided just the right touch; beautiful, yet subtle enough to allow tête-à-têtes on cooking techniques with the chefs.



Qualifying chefs Neil Williams, Andrew Keller, Michele Hennessey, Ray Mumford and Nick Bradbury with Chef Jose Faria.



Chef Nick Bradbury from Quail Valley River club puts the finishing touch on salads.

“Fabulous” was the comment heard most often throughout the evening, as guests sampled a host of culinary

delights. Seemingly the ingredients du jour, duck, crab meat and scallops, were presented in abundance. “It shows what’s hot right now,” said Liz Mayo, as she relished a scallop from Disney’s Chef Brian Lavergne. “The hottest technique is confit, with dishes poached in fat.”

Some chefs opted to showcase one or two dishes, while others offered several options, all the more amazing when you consider that the restaurant owners, country clubs, chefs and sous-chefs had generously donated all the food and wine for the event. The varied assortment of presentations ranged from savory and simple to all-out spectacular.

Of course our own marvelous Miss Vero was on hand to do a little dishing of her own. A terrible shellfish allergy had her at a disadvantage, but she still confirmed the event’s “fabulousity.” “Oh hunnies! Cocktails, finger food and milling around visiting with folks - it’s so much more fun than a sit-down dinner,” she quipped.

Guests were armed with five voting cards and wandered the room at their own pace, stopping at high-top tables to leisurely enjoy each tasty morsel. After choosing their favorites, they deposited voting cards into little ‘chef’s hat’ containers at each station.

Bob Stanley of Seller to Cellar fame was happily enjoying the selections, and said his favorite at that point was the crab cake from Neil Williams of the Lakes at Pointe West. “They have huge lumps of crabmeat and they’re perfect with the Pinot Grigio.”

I also chatted briefly with Jan Chris-

tensen, who said her top two were River Grill and Quail Valley “We thought the whole thing was wonderful,” enthused Christensen. “We’re looking forward to the playoff. We went to Top Chef last year; it was so popular that more chefs wanted to participate so they added this.”

Her comments were echoed by Wanda Lincoln. “It was a smashing success for a first time. All kudos to Julia [Keenan] and the other people involved. Everybody had a great time and the venue was perfect.”

Descriptions don’t do these gastronomic goodies justice, but they do give an indication of the competitors’ creativity.

Chef Michele Hennessey of the River Grille in Sebastian served lush duckling confit with Korean pears, Roma apples and papaya salsa atop a chiffonade of baby spinach. Savory little tarts of foie gras, shitake mushrooms and leeks surrounding a Rainier cherry were offered by Chef Kitty Wagner of Undertow.

Regency Park’s Chef Mitch Dembrowski served up lump crab cocktail roulade, prettily wrapped up in thin slices of cucumber.

Chef Tom Lund from Ti Amo Sempre served both duck confit with an orange ginger glaze, and sweet cream cheese with mustard in phyllo cups.

Chef Bradley Willits of Cobalt at the Vero Beach Hotel & Spa offered several dishes, including yellow fin tuna taridito marinated in a tomato escoviche, seared diver sea scallops over roasted hen-in-the-

woods mushrooms, and Carolina

People



Bob and Jackie McNally, Dick and Jan Christensen, John and Pam Halvorsen
Photos: Mary Schenkel



Chef Coordinator Joe Faria, HFC Executive Director Julia Keenan and Co-chair Dan Kross

Gold rice grits with crispy pork belly and poached quail eggs.

Chef Raymond Mumford of Costa d’Este entered the room with a show-stopping whole roasted pig, which was quickly devoured by the crowd. Huge lumps of white crab meat drew attention to the delicious crab cakes, sautéed on the spot by Chef Neil Williams of the Lakes at Pointe West.

Chef Steve Long from Sea Oaks Beach and Tennis Club went international with Tostones Rellenos (stuffed plantains with a seafood criollo sauce) and Vietnamese Banh Mi (pork sandwiches with green apple and cucumber slaw).

Brian Lavergne, Disney’s Vero Beach Resort, served luscious sea scallops brined in lemon, sugar and salt and slow cooked in duck fat served over pickled sea beans. Chef Gregg DeAquir from Dockside Grille had a variety of dishes, including bacon wrapped sea scallops, locally-caught Royal Red shrimp, and little brioche sandwiches with Crazy Heart Farm organic chicken.

Chef Nick Bradbury of Quail Valley River Club had selections from surf to turf, with perfectly seared sea scallops and thinly sliced beef carpaccio. Chef

Andrew Keller from The Club at Pointe West offered a puree of Yukon Gold potatoes and celery root topped with crispy veal sweetbread, and seared sea scallops with a duo of sauces.

Quail Valley Executive Chef Joe Faria, the event’s chef coordinator, said with a smile, “It was outstanding; I couldn’t have asked for anything better. We have a little tweaking to do, but my goal next year is to make it even bigger.”

Toward the end of the evening, votes were tallied up and Julia Keenan, Homeless Families Center’s Executive Director, and Chef Joe, announced that the five finalists were Nick Bradbury, Quail Valley River Club; Andrew Keller, The Club at Pointe West; Michele Hennessey, River Grille; Raymond Mumford, Costa d’Este; and Neil Williams, The Lakes at Pointe West.

Explaining the next step in the process, Chef Joe said, “The five winners must submit two entree items, either fish or meat and I’ll pick one of the two so that we have a balanced menu.” At the final Top Chef Challenge, the opinion of a panel of five expert judges will account for 60 percent of the vote, combined with 40 percent from the guests.

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People

Two beachside restaurants raise relief funds for Haiti

BY MICHELLE GENZ
COLUMNIST

With a vital Haiti relief organization – the Vero-based Haiti Partners – already in our midst, two beachside restaurants reacted to the urgent need for earthquake relief with events that raised \$11,000 last week.

Monday, Brian Gilbert, owner of Pearl, opened his doors to an all-you-can-give buffet that took his staff two days to prepare. Instead of a check at the end of the meal, guests were presented with empty envelopes, asked to give what they could. “We got everything from \$500 to \$5,” Gilbert says. And what Gilbert got was slammed: with reservations for 50, he ended up feeding more than 400, he estimates, including a contingent of uniformed police officers, sheriff’s deputies and firefighters.

Even servers joined in, Gilbert said, and donated their tips to the cause.

“At 6:45, we had to close the doors,”

says Gilbert. “We ran out of food.”

Two days later, Gilbert joined Chef David Rodriguez at Costa d’Este in a second event for Haiti Partners, this one a cocktail party with a brilliant Latin jazz band from Melbourne, led by flamenco guitarist Don Soledad. Guests made a \$30 donation at the door for wine, beer and hors d’oeuvres, and raised another \$3,000 or so, Gilbert says.

“I wanted to let small-town America know we could do something,” says Gilbert. “Could you imagine if the small towns in America could all just raise \$12,000- or \$13,000?”

“We knew within days we were going to do something for Haiti,” says Awilda Rivera, Costa’s general manager. She said the entire ticket price for the party went to Haiti Partners.

“Brian made this happen,” said Chef Rodriguez, whose kitchen made time Wednesday to prepare a table piled high with appetizers, as well as passed hors d’oeuvres. “We are happy to do all we can for the cause.”



Kristi Challenor, Deb Daly, Raquel Tilton, Andonia Kleopoulos, Sheri Strazzula, Kathryn Ullian and Anita Runik turning out to help Haiti Partners. Photos: Tom McCarthy Jr.

In all, Gilbert was able to hand over \$11,000 to Adam Bolinger, whose trip to Haiti in November with Haiti Partners was featured in Vero Beach 32963. Bollinger, an executive with Northern Trust and board president of Haiti Partners, passed the cash along to Kent Annan, co-founder of the charity, who headed back to Haiti Monday with relief supplies. Annan joins John and Merline Engle, also of

Vero, who were at their home in Port-au-Prince when the quake struck and have worked tirelessly since then.

Haiti Partners, a mission-based education and leadership development organization, is focusing its efforts on building permanent shelters for those left homeless, structures that can double as schools. “With concrete and rebar,” Gilbert says. To donate on line, visit haitipartners.org.

People

Incoming Tide

A move to be near mother, ‘perfectly planned’

BY MICHELLE GENZ
STAFF WRITER

When interior decorator Kathryn Urban moved to Florida to be near her mother a year and a half ago, she had no idea it would prove the inspiration for a new business: Perfectly Planned, a company that specializes in helping people make the transition from homes to senior living and elder care facilities.

In *Incoming Tides*, we look at new people moving into our community. Here is the story of Kathryn Urban:

Florida feels familiar to Kathryn Urban, though Vero Beach is a continent away from her old stomping grounds – Malibu. Relocated here after a restless post-divorce search for self in which she moved nine times in five years, she finally feels she has found home. She has moved into a neighborhood behind the Village Beach Market, and walks to the beach every day, happy that here, the water is warm enough for swimming.

“Vero reminds me of old Florida,” she says. “It feels like Pompano when I was growing up.”

Urban’s family had moved to Light-house Point, near Pompano, from New Jersey. She was 14; she went to a small private high school there and was in college when she met her husband. His career in sales took them from Boston to Chicago to New Jersey and finally California, while Kathryn stayed home to raise their two children.

It was after her then-husband had a bout with colon cancer that she began to think about the security of her future, and she launched a career in interior decorating. She started off redoing friends’ homes, then formed a company, “I Hate My House,” and quickly moved on to the show business set. The last house she did was for the daughter of actor Charles Bronson, a yearlong project, she says, from dishes to clothes dryer to Persian rugs. “I brought in \$50,000 oriental rugs and put them all around the house and she said, ‘Oh I just saw a house in Nashville with these,’ and she kept them all.”

Her best-known transformation was of what she calls “a trailer” – her own -- in the country’s swankiest mobile home park, the Point Dume Club in Malibu. She revamped it into an oceanfront home that sold for \$1.8 million, earning it a mention in the New York Times, she says, as the highest priced mobile home sale in the nation.



Pauline Korn stands in front of her home in Forest Lakes with Kathryn Urban, owner of Perfectly Planned Vero, who is helping Korn downsize her possessions in preparation to move into a smaller place. Photos: Tom McCarthy Jr.

“For Malibu, that was low-income housing,” she says. “I was into it for \$500,000,” she says. “I found a great location with an old place on it, went to a manufactured housing factory and

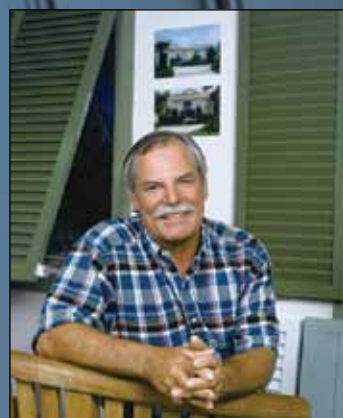
had them design a four bedroom, three and a half bath home. I paid \$300,000 for the lot, and \$169,000 thousand for the mobile home, and I did all the upgrades. It was 2,500 square feet with

a full unobstructed location on the ocean.”

That community ended up a significant source of work for her, since

CONTINUED ON PAGE 20

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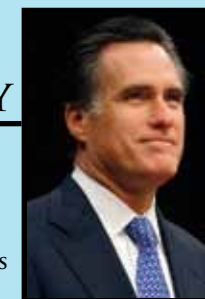
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Incoming Tide

People

CONTINUED FROM PAGE 19

remodeling was so much easier than building from scratch.

Then came a divorce. Her various moves followed, until she was literally adrift –living aboard a boat she bought, a 45-foot sailing yacht, which she kept at Marina Del Rey.

The phase amounted to a crash course in packing, condensing, discarding, resettling – and redecorating. By the time she got to Vero Beach a year and a half ago, she was a pro.

It wasn't until she witnessed the disarray in the life of one of her mother's friends here in Vero that she realized not all of us show such equanimity faced with relocation. It was especially sad for this woman, whose husband had died suddenly, and who saw that she could not live alone.

"She realized she needed to go to a facility that could offer her more management of her life. My mother was helping her, but my mother's 81, and here they are doing a garage sale. And all of a sudden it clicked," she says of the moment she saw the need for her new business.

"I was just watching this process, and watching the anguish of her parting with her things. We were trying to help her decide what would make her comfortable in her new home. But going from a three-bedroom house to a one-bedroom apartment, it really was an issue of what's going to fit.

"That's the goal: to help them downsize, to figure out what's important, and realizing they have to part with stuff, and realizing it's only stuff, and getting realistic about what their new lifestyle is going to be like."

Ultimately, her mother's friend settled into Vero Isles – she gave her white teacup poodle to Urban. "Once she got there, she was thrilled. She had a social life, whereas before she had been sitting in her house by herself."

Another client had too many paintings to take with her. Urban enlisted local auctioneer Ron Rennick for an appraisal, and set about selling the works on line. "Part of my job is convincing people of what their things are really worth," says Urban. "You may have bought something on Worth Avenue, but you may not get a Worth Avenue price for it."

Beyond coming to terms with resale values, this client, like most others Urban has worked with so far, has been spared most of the separation anxiety of downsizing, Urban says. "She's ready to go. Her partner is deceased, she's lonely and she wants her life back."

The transition isn't always so smooth. One New York family settled their parents into a local luxury senior living facility, with Urban helping them scale back the furniture, buy a new sofa and bed, repaint, redecorate and finally move the couple in. But just as they were getting adjusted, the husband passed away, and the widow needed memory care, and so the process began anew. "The kids came down for a week, and I had everything laid out for them to decide: what to keep, consign, donate or throw away. What they wanted to keep, I shipped to them. It was as easy as I could make it for them."

Meanwhile, Urban herself has finished the transformation of her own townhouse, turning dated doorways into arched entryways, stripping out old cabinets and redoing the floors.

And when the work is over, life is just the pace she likes it. "It's a lot slower here, but that doesn't mean it's bad," she says, citing the unpretentious Mulligan's as her favorite hang-out after the beach. "That's what I was looking for. I wanted to get out of the craziness of L.A. Nothing is easy there. Everything costs a fortune. I wanted to be where I can really afford life, and still be near the water."

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32963

Arts & Theatre

Vero Beach Museum docents 'give something back'



Arts/Theatre

Museum docents: 'I wanted to give something back'

BY L. L. ANGELL AND MARY SCHENKEL
COLUMNISTS

Vero Beach Museum of Art docent Toni Hamner knows she's hit pay dirt when she sees a child she's just taken on a tour at the museum return the next day to explain the same exhibition to parents or grandparents.

"I've created little docents," Hamner laughs. "I love that; it's happened several times."

Going into the Vero Beach Museum of Art can be intimidating, even for an art aficionado. Helping a viewer fully engage with the art – whether they are eight or 80 – is the docents' mission.

One frequent museum visitor describes walking through the recent ceramics exhibition, Innovation and Change.

"A docent pointed out a Native American piece and how they bake it in a fire. She helped me see something that I would have completely missed," he says. "That's their gift."

It's a gift shared by this remarkable



Mary Berrigan, a docent at the Vero Beach Museum of Art, discusses a large, bronze tomato sculpture by Luis Montoya and Leslie Ortiz with a group from the Alzheimer Parkinson Association. Photos: Tom McCarthy Jr.

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Arts/Theatre

group of 40 very different people, 39 women and one man.

Any group of six or more can book a tour seven days a week free of charge. The same is true for walk-ins. Docents give daily tours at 2 p.m. and are always on hand to answer questions.

The docents are expert at intuiting the interests of visitors. They answer streams of questions about the ever-changing exhibitions, each one adept at communicating a detailed body of information to the connoisseur as well as the novice.

In the past year, the museum has exhibited ancient and contemporary glass, Italian landscape paintings, cutting edge art quilts, an extraordinary array of ceramics, giant bronze fruit and vegetable sculptures, and the newly opened Ships to Shorelines, a collection of 19th century paintings. Learning about it all is an undertaking that can be heaven for someone who's passionate about art. It's also challenging, and requires self-discipline and a considerable commitment of time.

For Hamner, the docent-bug bit at age 12. Though a docent since the museum opened its doors in 1986, her first taste of giving art tours happened during a family holiday in Madrid.

Hamner's parents had asked her to mind her three younger siblings one afternoon. That was no problem for the intrepid Hamner, who immediately took her charges to the Prado. She figured the guards would help her keep them in check.

"Pretty quickly, I realized I needed to make it a game. So we started looking for all the paintings we could find with blood in them, or men with swords, things like that," says Hamner. "That was my first experience."

At the Westover School in Middlebury, Conn., Hamner studied with art history teacher Joachim Schumacher, a teacher shared coincidentally with two dozen local alumni of the school, she says.

"His open, Socratic way of carrying on a dialogue with students, docenting you through the history of art made him incredibly engaging," she recalls.

Later, at Finch College, on New York's Museum Row, Hamner majored in Spanish and minored in Art History. And back home, when the opportunity to become a docent at the new museum availed itself, Hamner grabbed it along with classes and anything else she could sink her teeth into.

Hamner loves the Artist Walk-Through held before each exhibition.

"The artists come in and install their work. We meet them and they talk about their process, their studios, and

they allow us to ask questions. So all of us learn these wonderful details that we wouldn't have learned otherwise."

Marshall Adams, the museum's director of education, designs and administers the rigorous docent training program. "They are life-long learners," he says. "They're avid readers and attend lectures, exhibits and other programs to enrich and continue the learning process."

Suzanne Albani certainly typifies that continuing love of learning. A Smith graduate and retired attorney

who divides her time between Vero and Nantucket, Albani has been a docent since 2005. Years ago, she was on the verge of becoming a docent at the Walker Museum in Minneapolis, but the plan was shelved when she decided to go to law school.

She has nevertheless always been drawn to art, especially its historical context.

With six exhibitions every year in the largest gallery, the Holmes, plus two smaller galleries and a sculpture park, the museum manages to stage roughly

16 new shows a year. Each presents a whole realm that the docents must quickly learn.

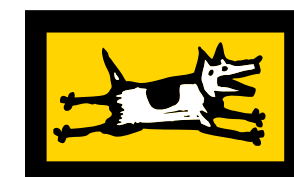
With so many docents becoming expert in all the exhibitions, individuals inevitably pick favorites and go beyond the pale to become versed in them. A recent show that particularly captured Albani's imagination was "The Woolies," maritime scenes created by British seamen. "The men made these wonderful yarn pieces—almost paintings, while they spent years at sea. Amazing. I wasn't sure how much

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Arts/Theatre



Vero Beach Museum of Arts docents listen and take notes as Daniel Finamore from the Peabody Essex Museum discusses the pieces in the new exhibition *Ships and Shorelines: William Bradford and Nineteenth-Century American Marine Painting*.

the public would like them and they loved them," she says.

Every docent is expected to lead a minimum of 23 tours a year – last year, Albani gave 50. Then there's the 139 additional hours she spent in meetings, artist walk-throughs and educating herself, for a total of 239 volunteer hours.

Docent Pat Gabaldan appreciates the opportunity to bring people and art together. The immediate past president of the docents, Gabaldan joined

the elite group 10 years ago. An international flight attendant for 30 years in Europe and the Middle East, she used her travels to make a point of experiencing masterpieces first-hand.

"My hotel in Cairo was two doors down from the Egyptian Museum. I just started going every time I was there. In London, I'd go to the Victoria and Albert every week until I'd seen everything. Then I'd pick another museum," says Gabaldan.

Gabaldan, whose family moved to

Vero when she was 16, continued to live in Vero even while flying TWA out of New York. She remains devoted to the town. "After I retired I wanted to give something back. The docents' program is heaven for me."

Gabaldan particularly loves taking groups of students around; the youngest ones are her favorites. Recently she led members of Beachland Elementary's Spanish Club on a tour of the fanciful sculpture exhibition, Food for Thought, and asked them to tell her in

Spanish what they saw.

"They were so excited telling me colors and shapes," she says. "Pretty soon, students were holding my hands."

"It's very exciting for children to come to a big place like this. They are filled with questions for us."

Around one-third of the booked tours are from schools. The docents are currently preparing for a tidal wave of high school students from Sebastian's International Student Baccalaureate Program and Vero Beach's Advanced Placement Program who will view *First Evidence: The Dawn of America's Art* in the Last Ice Age from Feb. 15 through 21. That exhibit includes Vero's recently discovered etched elephant bone considered the oldest work of art in the Americas.

In addition to working with young people, the docents work with the Alzheimers/Parkinson's Association of Indian River County, helping patients experience art.

Then there's the Senior Resource Center's integrated class, mixed with teens, says Gabaldan. "This is a way for senior citizens and teens to work together on an art project." The group meets once a week, led by docent and art teacher, Chris Loflin – the group's lone man.

The museum will be recruiting new docents for this fall in a selective process that involves interviews with docent officers and with Marshall Adams. Anyone interested should contact Adams at 772-231-0707.

Health

VNA Hospice House: 'A gift and a blessing'

BY SANDRA RAWLS
STAFF WRITER

For 10 years Cyndi Bryant and her family watched her mother deteriorate under the effects of Alzheimer's.

As the end of her life grew near, the family received comfort and support from the Indian River County Visiting Nurses Association's Hospice program, which last year served some 1,000 residents in the community.

Bryant, publisher of Heartbeat of the Treasure Coast, "can't say enough good things" about how hospice enhanced her family's struggle to provide final care for her mother.

"Communication, that is the key for families," she says. "Doctors can be hard to catch up with. Hospice takes away that anxiety and fear you feel, that needing information you don't have. None of us wants to talk about the end of life, but hospice makes that time as positive as possible. They make sure the patient is always com-



A patient at VNA Hospice House sleeps on the screened in porch connected to her room.

Photos: Tom McCarthy Jr.

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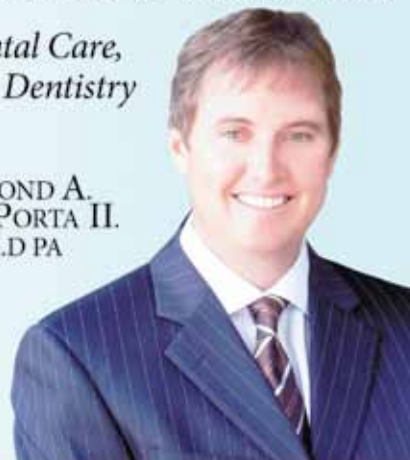
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Health

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spiritual needs as well as providing a doctor-directed team of nurses, counselors, and trained volunteers.

To keep communications efficient, in December the association's hospice added Homecare Homebase, an electronic "paperless chart" system that makes patient records and information easily available to doctors and caregivers.

Kathy Parker, a nurse who since Nov. 30 is the new vice president of hospice professional services, says the timing is excellent.

"Medicare may lose money under new government health care," she said. "This system makes us more efficient. Our nurses and doctors can spend more time with patients and family members and less with paper. This new system allows rapid transmission of information and further enhances our delivery."

About 80 percent of those in hospice care are in their own homes or those of a family member, but they may also be in a nursing home or other facility.

The modern hospice movement be-



One of the rooms at the VNA Hospice House

gan in the 1960s, the brainchild of a British physician, Dr. Cicely Saunders, who created a team of caregivers for dying patients. The program spread to the United States in the 1970's. The local Visiting Nurses Association created its own program by 1986 when an earlier group that served both Indian River and St. Lucie Counties separated and grew.

Hospice care can be arranged through a doctor, but also can be requested by a patient or family facing illness or conditions where a cure is no longer a reasonable goal.

The association can arrange a consultation with just a simple phone call in Vero Beach to 772-567-5551. The national office of Hospice suggests care begin when only 6 months of life remain.

Ron Barerra, VNA Interim President and CEO, understands what hospice brings to families through personal experience. His mother and father-in-law were both in hospice care at the end of their lives, one at a hospice house, and one at home.

"Nothing is more rewarding than being able to be there. Yet with hospice care it is peaceful, not scary. Hospice care allows a family or caregiver to be proactive, to understand what will happen at each phase. There is not that feeling of crisis and fear."

His mother suffered from chronic obstructive pulmonary disease, but her condition actually improved slightly once hospice was involved.

"That is something people need to hear about. Hospice gives the family a relationship they can count on and this means improved quality of life. Sometimes the challenge we face is that first contact with a family who don't know what we can provide."

Health



The library at the VNA Hospice House

Kim Carpenter, a bereavement counselor, is part of the Hospice team. Born in Ft. Pierce, she knew early she wanted to be a professional caregiver. With a Master's of Social Work, her work in grief counseling is part of the array of services offered to families who enter Hospice care.

"Every day I want to be able to give the kind of care I want to have myself. Grieving begins when we get a difficult diagnosis. When treatment begins is another feeling of grief, and certainly when an illness or condition leads to the end of life.

"Sometimes people feel like having hospice care is giving up, but it is entering a relationship with caregivers. Sometimes people even "graduate" from hospice care, improving and leaving the program."

She explains an ill person sometimes stabilizes or gets stronger, then leaves hospice care, easily returning later. "It takes only four signatures to enter hospice care and one to leave," she says.

As the wife of a retired physician, VNA and Hospice Foundation Chairperson Ann Marie McCrystal understands doctors. Many focus on healing and treatment rather than the end of life.

Hospice provides its own doctors to oversee the special concerns of end-of-life care.

Dr. Michael Venazio became a hospice doctor after his own family struggled to provide the last stages of care needed by his father who died of lung cancer in 1997.

"His doctors were not aware of the comfort and care my father could have received in the last stage of his illness. It was not a good experience for my family, and I decided other families

should not have to go through what we did," Venazio said.

"It is a matter of educating doctors, and letting them know what Hospice can provide. We should be brought in well before the last stage so patients are always comfortable and caregivers have the support they need. We are helping doctors in our community understand just what end of life care is and the benefits for the patient as well as the caregivers."

And it isn't just the medical professionals. Sometimes families have a

difficult time addressing the patient's needs at home. Or, families may be scattered, or the children of an elderly couple may live in different states and feel conflicted or unsure about care for a gravely ill parent. Sometimes an ill person is utterly alone, or the spouse is not capable of caring for them.

"Hospice needed a care house along with its services," recalls McCrystal.

What the VNA created in Vero Beach is breathtaking. The house off 37th St. is 10 years old this year and can house 12 patients. Some are there

only a week while others remain three months or more. Shaded by palms and set back from the busy road leading to the Medical Center, the house sits in beautiful serenity on 4.5 acres with a grove of trees, a pond, outside benches, and screened porches.

Completely lacking any hint of institutional care, the house is the most visible part of the VNA's Hospice program. Architect Steffan Lundberg followed a design that was the result of compiled understanding from members who had performed years of care-

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"We wanted no oxygen tank look", says McCrystal, so all rooms are set up with the oxygen source hidden from view.

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as chair railing.

Art and recognition of service are everywhere.

A room for submersion baths is painted like a cheerful jungle by artist Nancy Jo Branigan. Restful and cheerful paintings by Isabell Dayton cover several walls, all based on pictures of a Visiting Nurses Association picnic held on the newly purchased land before the house was constructed. A crystal sculpture honors Dr. Eugene Luippold, the first volunteer physi-



Sitting room, decorated in keeping with Feng Shui, at the Vero Beach VNA Hospice House

cian. A portrait of Peggy Pierce, wife of philanthropist Leo Pierce whose family foundation provided the first million for the building, hangs on one wall. Ceramic art tiles highlight a wall of planned giving participants.

"We want anyone who stays here to feel they are in the best place they have ever been," says McCrystal.

The staff tell stories of dogs, birds,

and even horses who have been allowed to come and visit gravely sick owners.

All doorways are big enough to accommodate beds. The spirit of Hospice, with its emphasis on compassion, echoes from every corner.

"Hospice is a gift and a blessing," says McCrystal. "It is something everyone should know about."



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The limits of oratory: Great speech. Now what? **P.39**

INSIGHT

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The depressing news about antidepressants



BY SHARON BEGLEY
Washington Post Writer's Group

The depressing news about antidepressants

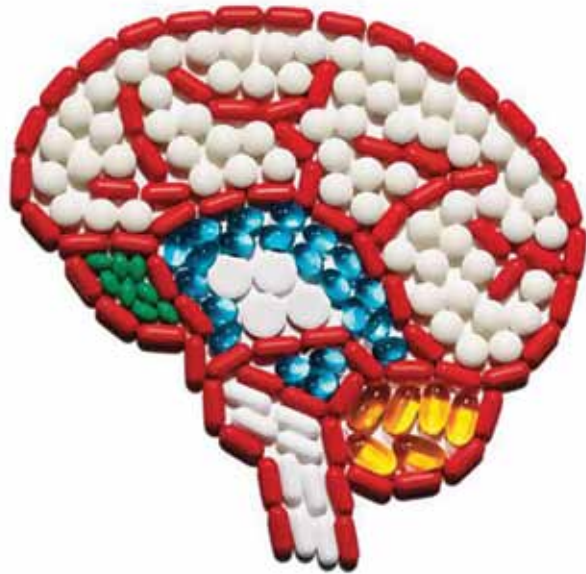
Although the year is young, it has already brought my first moral dilemma. In early January a friend mentioned that his New Year's resolution was to beat his chronic depression once and for all.

Over the years he had tried a medicine chest's worth of antidepressants, but none had really helped in any enduring way, and when the side effects became so unpleasant that he stopped taking them, the withdrawal symptoms (cramps, dizziness, headaches) were torture. Did I know of any research that might help him decide whether a new antidepressant his doctor recommended might finally lift his chronic darkness at noon?

The moral dilemma was this: oh, yes, I knew of 20-plus years of research on antidepressants, from the old tricyclics to the newer selective serotonin reuptake inhibitors (SSRIs) that target serotonin (Zoloft, Paxil, and the granddaddy of them all, Prozac, as well as their generic descendants) to even newer ones that also target norepinephrine (Effexor, Wellbutrin).

The research had shown that antidepressants help about three quarters of people with depression who take them, a consistent finding that serves as the basis for the oft-repeated mantra "There is no question that the safety and efficacy of antidepressants rest on solid scientific evidence," as psychiatry professor Richard Friedman of Weill Cornell Medical College recently wrote in *The New York Times*.

But ever since a seminal study in 1998, whose findings were reinforced by landmark research in *The Journal of the American Medical Association* last month, that evidence has come with a big asterisk.



Yes, the drugs are effective, in that they lift depression in most patients. But that benefit is hardly more than what patients get when they, unknowingly and as part of a study, take a dummy pill—a placebo. As more and more scientists who study depression and the drugs that treat it are

concluding, that suggests that antidepressants are basically expensive Tic Tacs.

Hence the moral dilemma. The placebo effect—that is, a medical benefit you get from an inert pill or other sham treatment—rests on the holy trinity of belief, expectation, and hope. But telling someone with depression who is being helped by antidepressants, or who (like my friend) hopes to be helped, threatens to topple the whole house of cards.

Explain that it's all in their heads, that the reason they're benefiting is the same reason why Disney's Dumbo could initially fly only with a feather clutched in his teeth—believing makes it so—and the magic dissipates like fairy dust in a windstorm. So rather than tell my friend all this, I chickened out. Sure, I said, there's lots of research showing that a new kind of antidepressant might help you. Come, let me show you the studies on PubMed.

It seems I am not alone in having moral qualms about blowing the whistle on antidepressants. That first analysis, in 1998, examined 38 manufacturer-sponsored studies involving just over 3,000 depressed patients. The authors, psychology researchers Irving Kirsch and Guy Sapirstein of the University of Connecticut, saw—as everyone else had—that patients did improve, often substantially, on SSRIs, tricyclics, and even MAO inhibitors, a class of antidepressants that dates from the 1950s.

This improvement, demonstrated in scores of clinical trials, is the basis for the ubiquitous claim that antidepressants work. But when Kirsch

compared the improvement in patients taking the drugs with the improvement in those taking dummy pills—clinical trials typically compare an experimental drug with a placebo—he saw that the difference was minuscule.

Patients on a placebo improved about 75 percent as much as those on drugs. Put another way, three quarters of the benefit from antidepressants seems to be a placebo effect. "We wondered, what's going on?" recalls Kirsch, who is now at the University of Hull in England. "These are supposed to be wonder drugs and have huge effects."

The study's impact? The number of Americans taking antidepressants doubled in a decade, from 13.3 million in 1996 to 27 million in 2005.

To be sure, the drugs have helped tens of millions of people, and Kirsch certainly does not advocate that patients suffering from depression stop taking the drugs. On the contrary. But they are not necessarily the best first choice. Psychotherapy, for instance, works for moderate, severe, and even very severe depression.

And although for some patients, psychotherapy in combination with an initial course of prescription antidepressants works even better, the question is, *how* do the drugs work? Kirsch's study and, now, others conclude that the lion's share of the drugs' effect comes from the fact that patients expect to be helped by them, and not from any direct chemical action on the brain, especially for anything short of very severe depression.

As the inexorable rise in the use of antidepressants suggests, that conclusion can't hold a candle to the simplistic "antidepressants work!" (unstated corollary: "but don't ask how") message. Part of the resistance to Kirsch's findings has been due to his less-than-retiring nature. He didn't win many friends with the cheeky title of the paper, "Listening to Prozac but Hearing Placebo."

Nor did it inspire confidence that the editors of the journal *Prevention & Treatment* ran a warning with his paper, saying it used meta-analysis "controversially." Although some of the six invited commentaries agreed with Kirsch, others were scathing, accusing him of bias and saying the studies he analyzed were flawed (an odd charge for defenders of antidepressants, since the studies were the basis for the Food and Drug Administration's approval of the drugs).

One criticism, however, could not be refuted: Kirsch had analyzed only some studies of antidepressants. Maybe if he included them all, the drugs would emerge head and shoulders superior to placebos.

Kirsch agreed. Out of the blue, he received a letter from Thomas Moore, who was then a health-policy analyst at George Washington University. You could expand your data set, Moore wrote, by including everything drug companies sent to the FDA—published studies, like those analyzed in "Hearing Placebo," but also unpublished studies.

In 1998 Moore used the Freedom of Information Act to pry such data from the FDA. The total came to 47 company-sponsored studies—on Prozac, Paxil, Zoloft, Effexor, Serzone, and Celexa—that Kirsch and colleagues then pored over.

As an aside, it turned out that about 40 percent of the clinical trials had never been published. That is significantly higher than for other classes of drugs, says Lisa Bero of the University of California, San Francisco; overall, 22 percent of clinical trials of drugs are not published. "By and large,"



says Kirsch, "the unpublished studies were those that had failed to show a significant benefit from taking the actual drug."

In just over half of the published and unpublished studies, he and colleagues reported in 2002, the drug alleviated depression no better than a placebo. "And the extra benefit of antidepressants was even less than we saw when we analyzed only published studies," Kirsch recalls. About 82 percent of the response to antidepressants—not the 75 percent he had calculated from examining only published studies—had also been achieved by a dummy pill.

The extra effect of real drugs wasn't much to celebrate, either. It amounted to 1.8 points on the 54-point scale doctors use to gauge the severity of depression, through questions about mood, sleep habits, and the like. Sleeping better counts as six points. Being less fidgety during the assessment is worth two points.

In other words, the clinical significance of the 1.8 extra points from real drugs was underwhelming. Now Kirsch was certain. "The belief that antidepressants can cure depression chemically is simply wrong," he told me in January on the eve of the publication of his book *The Emperor's New Drugs: Exploding the Anti-depressant Myth*.

The 2002 study ignited a furious debate, but more and more scientists were becoming convinced that Kirsch—who had won respect for research on the placebo response and who had published scores of scientific papers—was on to something. One team of researchers wondered if antidepressants were "a triumph of marketing over science." Even defenders of antidepressants agreed that the drugs have "relatively small" effects.

"Many have long been unimpressed by the magnitude of the differences observed between treatments and controls," psychology researcher Steven Hollon of Vanderbilt University and colleagues wrote—"what some of our colleagues refer to as 'the dirty little secret.'" In Britain, the agency that assesses which treatments are effective enough for the government to pay for stopped recommending antidepressants as a first-line treatment, especially for mild or moderate depression.

But if experts know that antidepressants are hardly better than placebos, few patients or doctors do. Some doctors have changed their prescribing habits, says Kirsch, but more "reacted with anger and incredulity." Understandably. For one thing, depression is a devastating, underdiagnosed, and undertreated disease. Of course doctors recoiled at the idea that such drugs might be mirages. If that were true, how were physicians supposed to help their patients?

Two other factors are at work in the widespread rejection of Kirsch's (and, now, other scientists') findings about antidepressants.

First, defenders of the drugs scoff at the idea that the FDA would have approved ineffective drugs. (Simple explanation: the FDA requires two well-designed clinical trials showing a drug is more effective than a placebo. That's two, period—even if many more studies show no such effectiveness. And the size of the "more effective" doesn't much matter, as long as it is statistically significant.)

Second, doctors see with their own eyes, and feel with their hearts, that the drugs lift the black cloud from many of their depressed patients. But since doctors are not exactly in the habit of prescribing dummy pills, they have no experience

comparing how their patients do on them, and therefore never see that a placebo would be almost as effective as a \$4 pill.

“When they prescribe a treatment and it works,” says Kirsch, “their natural tendency is to attribute the cure to the treatment.” Hence the widespread “antidepressants work” refrain that persists to this day.

Drug companies do not dispute Kirsch’s aggregate statistics. But they point out that the average is made up of some patients in whom there is a true drug effect of antidepressants and some in whom there is not. As a spokesperson for Lilly (maker of Prozac) said, “Depression is a highly individualized illness,” and “not all patients respond the same way to a particular treatment.”

In addition, notes a spokesperson for Glaxo-Smith-Kline (maker of Paxil), the studies analyzed in the *JAMA* paper differ from studies GSK submitted to the FDA when it won approval for Paxil, “so it is difficult to make direct comparisons between the results. This study contributes to the extensive research that has helped to characterize the role of antidepressants,” which “are an important option,

in addition to counseling and lifestyle changes, for treatment of depression.”

A spokesperson for Pfizer, which makes Zoloft, also cited the “wealth of scientific evidence documenting [antidepressants’] effects,” adding that the fact that antidepressants “commonly fail to separate from placebo” is “a fact well known by the FDA, academia, and industry.” Other manufacturers pointed out that Kirsch and the *JAMA* authors had not studied their particular brands.

Even Kirsch’s analysis, however, found that antidepressants are a little more effective than dummy pills—those 1.8 points on the depression scale. Maybe Prozac, Zoloft, Paxil, Celexa, and their cousins do have some non-placebo, chemical benefit.

But the small edge of real drugs compared with placebos might not mean what it seems, Kirsch explained to me one evening from his home in Hull. Consider how research on drugs works. Patient volunteers are told they will receive either the drug or a placebo, and that neither they nor the scientists will know who is getting what. Most volunteers hope they get the drug, not the dummy pill.

After taking the unknown meds for a while,

some volunteers experience side effects. Bingo: a clue they’re on the real drug. About 80 percent guess right, and studies show that the worse side effects a patient experiences, the more effective the drug. Patients apparently think, this drug is so strong it’s making me vomit and hate sex, so it must be strong enough to lift my depression. In clinical-trial patients who figure out they’re receiving the drug and not the inert pill, expectations soar.

That matters because belief in the power of a medical treatment can be self-fulfilling (that’s the basis of the placebo effect). The patients who correctly guess that they’re getting the real drug therefore experience a stronger placebo effect than those who get the dummy pill, experience no side effects, and are therefore disappointed.

That might account for antidepressants’ slight edge in effectiveness compared with a placebo, an edge that derives not from the drugs’ molecules but from the hopes and expectations that patients in studies feel when they figure out they’re receiving the real drug.

The boy who said the emperor had no clothes didn’t endear himself to his fellow subjects, and Kirsch has fared little better. A nascent collaboration with a scientist at a medical school ended in 2002 when the scientist was warned not to submit a grant proposal with Kirsch if he ever wanted to be funded again.

Four years later, another scientist wrote a paper questioning the effectiveness of antidepressants, citing Kirsch’s work. It was published in a prestigious journal. That ordinarily brings accolades. Instead, his department chair dressed him down and warned him not to become too involved with Kirsch.

But the question of whether antidepressants—which in 2008 had sales of \$9.6 billion in the U.S., reported the consulting firm IMS Health—have any effect other than through patients’ belief in them was too important to scare researchers off. Proponents of the drugs have found themselves making weaker and weaker claims. Their last stand is that antidepressants are more effective than a placebo in patients suffering the most severe depression.

So concluded the *JAMA* study in January. In an analysis of six large experiments in which, as usual, depressed patients received either a placebo or an active drug, the true drug effect—that is, in addition to the placebo effect—was “nonexistent to negligible” in patients with mild, moderate, and even severe depression. Only in patients with very severe symptoms (scoring 23 or above on the standard scale) was there a statistically significant drug benefit.

Such patients account for about 13 percent of people with depression. “Most people don’t need an active drug,” says Vanderbilt’s Hollon, a coauthor of the study. “For a lot of folks, you’re going to do as well on a sugar pill or on conversations with your physicians as you will on medication. It doesn’t matter what you do; it’s just the fact that you’re doing something.”

But people with very severe depression are different, he believes. “My personal view is the placebo effect gets you pretty far, but for those with very severe, more chronic conditions, it’s harder to knock down and placebos are less adequate,” says Hollon. Why that should be remains a mystery, admits coauthor Robert DeRubeis of the University of Pennsylvania.

Like every scientist who has stepped into the

treacherous waters of antidepressant research, Hollon, DeRubeis, and their colleagues are keenly aware of the disconnect between evidence and public impression. “Prescribers, policy-makers, and consumers may not be aware that the efficacy of [antidepressants] largely has been established on the basis of studies that have included only those individuals with more severe forms of depression,” something drug ads don’t mention, they write.

People with anything less than very severe depression “derive little specific pharmacological benefit from taking medications. Pending findings contrary to those reported here ... efforts should be made to clarify to clinicians and prospective patients that ... there is little evidence to suggest that [antidepressants] produce specific pharmacological benefit for the majority of patients.”

Right about here, people scowl and ask how

anti-depressants—especially those that raise the brain’s levels of serotonin—can possibly have no direct chemical effect on the brain. Surely raising serotonin levels should right the synapses’ “chemical imbalance” and lift depression.

Unfortunately, the serotonin-deficit theory of depression is built on a foundation of tissue paper. How that came to be is a story in itself, but the basics are that in the 1950s scientists discovered, ser-

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endipitously, that a drug called iproniazid seemed to help some people with depression. Iproniazid increases brain levels of serotonin and norepinephrine. Ergo, low levels of those neurotransmitters must cause depression.

More than 50 years on, the presumed effectiveness of antidepressants that act this way remains the chief support for the chemical-imbalance theory of depression. Absent that effectiveness, the theory hasn't a leg to stand on. Direct evidence doesn't exist.

Lowering people's serotonin levels does not change their mood. And a new drug, tianeptine, which is sold in France and some other countries (but not the U.S.), turns out to be as effective as Prozac-like antidepressants that keep the synapses well supplied with serotonin. The mechanism of the new drug? It *lowers* brain levels of serotonin. "If depression can be equally affected by drugs that increase serotonin and by drugs that decrease it," says Kirsch, "it's hard to imagine how the benefits can be due to their chemical activity."

Perhaps antidepressants would be more effective at higher doses? Unfortunately, in 2002 Kirsch and colleagues found that high doses are hardly more effective than low ones, improving patients' depression-scale rating an average of 9.97 points vs. 9.57 points—a difference that is not statistically significant.

Yet many doctors increase doses for patients who do not respond to a lower one, and many patients report improving as a result. There's a study of that, too. When researchers gave such nonresponders a higher dose, 72 percent got much better, their symptoms dropping by 50 percent or more.

The catch? Only half the patients really got a higher dose. The rest, unknowingly, got the original, "ineffective" dose. It is hard to see the 72 percent who got much better on ersatz higher doses as the result of anything but the power of expectation: the doctor upped my dose, so I believe I'll get better.

Something similar may explain why some patients who aren't helped by one antidepressant do better on a second, or a third. This is often explained as "matching" patient to drug, and seemed to be confirmed by a 2006 federal study called STAR*D. Patients still suffering from depression after taking one drug were switched to a second; those who were still not better were switched to a third drug, and even a fourth. No placebos were used.

At first blush, the results offered a ray of hope: 37 percent of the patients got better on the first



drug, 19 percent more on their second, 6 percent more improved on their third try, and 5 percent more on their fourth. (Half of those who recovered relapsed within a year, however.)

So does STAR*D validate the idea that the key to effective treatment of depression is matching the patient to the drug? Maybe. Or maybe people improved in rounds two, three, and four because depression sometimes lifts due to changes in people's lives, or because levels of depression tend to rise and fall over time.

With no one in STAR*D receiving a placebo, it is not possible to conclude with certainty that the improvements in rounds two, three, and four were because patients switched to a drug that was more effective for them. Comparable numbers might have improved if they had switched to a placebo. But STAR*D did not test for that, and so cannot rule it out.

It's tempting to look at the power of the placebo effect to alleviate depression and stick an "only" in front of it—as in, the drugs work *only* through the placebo effect. But there is nothing "only" about the placebo response. It can be surprisingly enduring, as a 2008 study found:

"The widely held belief that the placebo response in depression is short-lived appears to be based largely on intuition and perhaps wishful thinking," scientists wrote in the *Journal of Psychiatric Research*. The strength of the placebo response drives drug companies nuts, since it makes showing the superiority of a new drug much harder.

There is a strong placebo component in the response to drugs for pain, asthma, irritable-bowel syndrome, skin conditions such as contact dermatitis, and even Parkinson's disease. But compared with the placebo component of antidepressants, the placebo response accounts for a smaller fraction of the benefit from drugs for those disorders—on the order of 50 percent for analgesics, for instance.

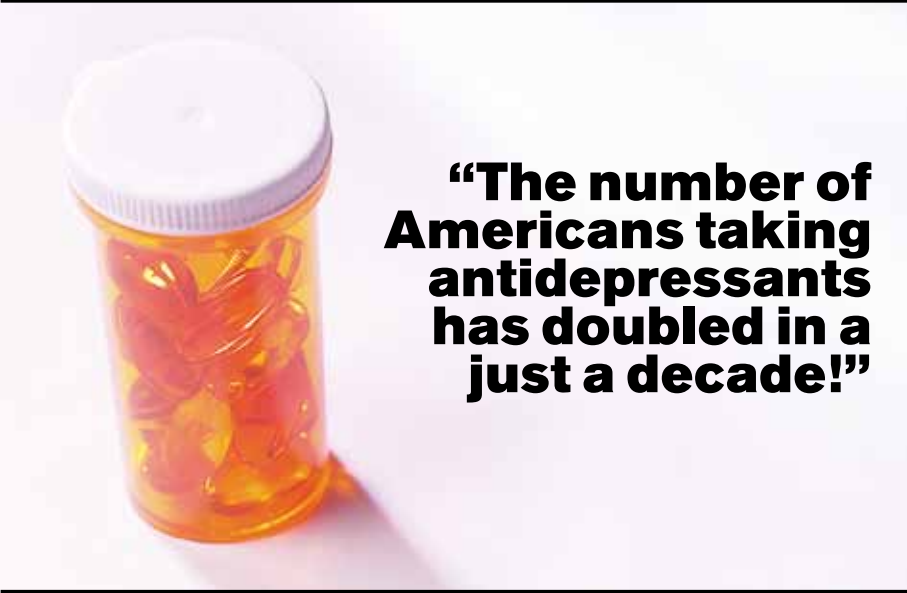
Which returns us to the moral dilemma. In any year, an estimated 13.1 million to 14.2 million American adults suffer from clinical depression. At least 32 million will have the disease at some point in their life. Many of the 57 percent who receive treatment (the rest do not) are helped by medication. For that benefit to continue, they need to believe in their pills.

Even Kirsch warns—in boldface type in his book, which is in stores this week—that patients on antidepressants not suddenly stop taking them. That can cause serious withdrawal symptoms, in-

cluding twitches, tremors, blurred vision, and nausea—as well as depression and anxiety.

Yet Kirsch is well aware that his book may have the same effect on patients as the crows did on Dumbo when they told him the "magic feather" wasn't really giving him the power of flight: the little elephant began crashing to earth. Friends and colleagues who believe Kirsch is right ask why he doesn't just shut up, since publicizing the finding that the effectiveness of antidepressants is almost entirely due to people's hopes and expectations will undermine that effectiveness.

It's all well and good to point out that psychotherapy is more effective than either pills or placebos, with dramatically lower relapse rates. But there's the little matter of reality. In the U.S., most patients with depression are treated by primary-care doctors, not psychiatrists. The latter are in short supply, especially outside cities and especially for children and adolescents.



Some insurance plans discourage such care, and some psychiatrists do not accept insurance. Maybe keeping patients in the dark about the ineffectiveness of antidepressants, which for many are their only hope, is a kindness.

Or maybe not. As shown by the explicit criticism of drug companies by the authors of the recent *JAMA* paper, more and more scientists believe it is time to abandon the "don't ask, don't tell" policy of not digging too deeply into the reasons for the effectiveness of antidepressants.

Maybe it is time to pull back the curtain and see the wizard for what he is. As for Kirsch, he insists that it is important to know that much of the benefit of antidepressants is a placebo effect. If placebos can make people better, then depression can be treated without drugs that come with serious side effects, not to mention costs.

Wider recognition that antidepressants are a pharmaceutical version of the emperor's new clothes, he says, might spur patients to try other treatments. "Isn't it more important to know the truth?" he asks. Based on the impact of his work so far, it's hard to avoid answering, "Not for many people." ●

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ANGOLA: Thanks to oil, opportunities outweigh risks

Two years ago, oil-rich Angola was reckoned to have one of the world's fastest-growing economies. In both 2006 and 2007 real GDP had surged by around 20 percent, and double-digit growth rates were widely predicted for at least the next five years.

Then oil prices crashed with the global recession. Last year the economy is estimated to have grown, at best, by 1.5 percent. But it is bouncing back. Some say Angola will be among the world's top five performers again this year, with growth exceeding 8 percent.

After four decades of strife, Angola was a basket case. A 14-year war of independence against its former Portuguese masters until 1975 had been followed by nearly three decades of fighting between the communist Popular Movement for the Liberation of Angola (MPLA) and Jonas Savimbi's pro-Western National Union for the Total Independence of Angola (UNITA) that ended in 2002.

Out of a population of 7 million in 1980, some 1.5 million were killed and more than 4 million forced to flee their homes. A whole generation had missed their education. Infrastructure, political institutions and social services had to be rebuilt, often from scratch.

The pace of development since peace returned eight years ago has been staggering. Angola feels like a gigantic building site, as roads, ports, railways, hotels, shopping centers, hospitals, universities -- even whole new towns -- rise up out of the bush.

The capital, Luanda, has changed out of all recognition, as the dilapidated red-tiled colonial buildings and encroaching slums make way for a forest of elegant high-rise hotels, offices and apartment buildings.

None of this would be possible without Angola's vast oil reserves, estimated at 13 billion barrels. Discovered in the 1950s, oil was one of the few things that drew investment throughout the civil war.

Production rose from 172,000 barrels a day in 1975 to 800,000 in 2002. Today, it stands at 1.9 mil-



STORY BY THE ECONOMIST, PHOTO: EPA

lion, making Angola sub-Saharan Africa's biggest producer after Nigeria. Oil accounts for more than half of the country's GDP, 80 percent of the government's revenues and 90 percent of export earnings.

Last year's slump in oil prices from an average of nearly \$100 a barrel in 2008 to just over \$50 pushed Angola's current account and budget into deficit for the first time since the war.

Despite this dip in fortunes, the country has barely paused for breath, relying on international lines of credit for infrastructure projects, with China to the fore. Since 2002, China's Eximbank has lent Angola \$4.5 billion. The secretive China International Fund, which is privately owned, has provided another \$3 billion; some say the figure may rise to \$9 billion.

Angola is repaying all of this in oil, overtaking Saudi Arabia and Iran to become China's biggest supplier.

Yet Luanda is one of the world's trickiest places to do business in. It is sticky, dirty, chaotic and hugely expensive for visitors. The trash-strewn streets, potholed and still usually made of mud, are jammed with traffic.

Red tape snags almost every activity. Electricity is patchy. There are few skilled locals. Corruption and nepotism are pervasive. Angola is near the bottom of the corruption-perceptions index published by Transparency International, a Berlin-based watchdog.

Moreover, the petrodollar influx has yet to improve ordinary Angolan lives very much. Last year's U.N. human development index put Angola near the

bottom in almost every category: life expectancy is 46 years; infant mortality is 180 per 1,000 live births (against less than 10 in America and Europe); one-third of adults are illiterate.

While the new elite lives sumptuously, two-thirds of the 17 million Angolans survive on less than \$2 a day. Civil and political liberty is limited.

Yet things are improving. The country's first democratic elections in 16 years, held in 2008, were reasonably fair.

Red tape is being cut. The port is being modernized and unclogged, partly by increasing the cost of storing containers. Hundreds of miles of new roads and rail track are speeding up transport. Landmines are steadily being removed from farmland that had gone to pot.

The government plans to build 1 million homes for shack-dwellers by 2012. Teachers and doctors are being trained, children sent back to school, clinics opened, water-purification plants installed, electricity brought to villages and urban slums. Jose Eduardo dos Santos, Angola's autocratic yet popular leader for the past 30 years, has even pledged -- for the first time -- to reduce corruption.

This brings a wry smile to those who see the president and his friends as the source of many of Angola's problems. But businessmen hope his warning will have a salutary effect. As they continue to pour in, investors plainly think the opportunities outweigh the risks. ●

No joke: It's time to rethink Polish stereotypes

STORY BY THE ECONOMIST

Outsiders often have fixed ideas of Poland: a big, poor country with sham-bolic governments, dreadful roads and eccentric habits. Old stereotypes die hard, but the facts paint an increasingly different picture. By the grim standards of recent centuries, Poland has never been more secure, richer or better run.

It was the only country in the European Union to register economic growth last year, at 1.2 percent. As Jacek Rostowski, Poland's finance minister, likes to point out, GDP per head rose from 50 percent to 56 percent of the EU average in 2009 -- a record jump.

By the same (somewhat flattering) measure, which adjusts for the greater purchasing power arising from lower prices, Poland now has Europe's sixth-biggest economy.

Foreign investors like what they see. Whereas supposedly "west" European countries such as Greece flounder, ex-communist Poland is borrowing cheaply, for example with a \$4.3 billion (3 billion euro) Eurobond issue this month.

Lenders' generosity allowed the government to run a budget deficit of 7 percent of GDP in 2009 (though officials promise that a new public-finance law will cut spending growth in the years ahead).

These good results owe much to luck. Poland's stodgy banks came late to the wild foreign-currency lending that proved so disastrous in such countries as Latvia and Hungary. Poland's big internal market

has cushioned demand. Stimulus measures in Germany have spilled across the border.

But the country has also benefited from some canny political leadership. Poland has something rare in the EU and all but unique in its ex-communist east: a sensible center-right government with a majority in parliament.

Many criticize the government for its caution, and more recently for sleaze (a scandal about lobbying by the gambling industry is outraging Poland's puritanical media).

Some long-term problems are unsolved, such as a low rate of participation in the work force and patchy public services. As many as 2 million Poles have voted with their feet by working abroad.

Even so, by the standards of Poland's governments in the past, and of the rest of Europe now, the present lot look pretty good. The government has made inroads into some of Poland's worst problems, notably with a tough, if partial, pension reform.

It has belatedly started a program to modernize roads and railways (2,000 km of new fast roads will be built by 2012, when Poland and Ukraine co-host the European football championships).

It has also made some badly needed changes in the country's stifling bureaucracy. Poland ranks low on most indices for friendliness towards business. A recent study by the World Bank put the Polish tax system at 151st out of the 183 countries it surveyed. But some improvements are under way, including

online tax filing and faster customs clearance.

A new law has liberalized the housing market, allowing short-hold tenancies. That should encourage Poland's workers to move within the country in search of work, rather than emigrating. It can be easier to make a weekly commute to Britain by air than between Polish cities by road.

A new Polish foreign policy has been a success, after a spell when the aim seemed to be to lose friends and alienate people. Under Radek Sikorski as foreign minister, Poland has managed to improve relations with all its neighbors and, despite some hiccups, won a favorable security deal from America under Barack Obama. After much haggling, a battery of American Patriot missiles will arrive in Poland in March.

Germany now claims that it wants its relations with Poland to be as close as they are with France. Poland's relations with Russia, once equally neurotic, have calmed down. Even the unearthing of a Russian spy, who had been living for many years under a false identity in Poland, has caused only a ripple.

Some talk of Sikorski as a future president. If he ran this autumn, it would solve a problem for the prime minister, Donald Tusk.

Sikorski is electable. He is Poland's most popular politician and also something of an outsider (he was educated at Oxford; his wife is American; he has worked at a Washington think tank). So he is no threat to Tusk. As president, he might even help to dispel more of those tiresome stereotypes. ●

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First, the good news

Over the past year, we have devoted a number of columns to pointing out deficiencies in the news coverage of the local daily newspaper.

Some readers have suggested this drumbeat of criticism was not wise – that it might inadvertently prod the Scripps paper to become better, and turn it into a more robust competitor.

Our response has always been: “Great! Bring it on! If the local daily would join us in trying to shine a spotlight on out-of-control local government, that can only help.”

So we were slightly encouraged this past week to see not one but two articles on the editorial page of the local daily that must have angered the City Hall puppeteers who spoon feed stories to the daily’s reporters.

The first was an editorial endorsing our efforts to bring the Vero Beach electric utility under Florida Public Services Commission oversight.

Only a couple of days before, we had a good laugh when a Florida Municipal Electric Agency lobbyist – arguing against such a move – suggested it would be terrible burden for local residents to have to go to all the way to Tallahassee with complaints instead of taking them directly to the Vero city government.

What a yuk. Like the City of Vero Beach has actually done anything in response to the howls of anguish over electric rates this past year. And now, the local daily seems to agree PSC oversight is needed.

“The status quo is unacceptable when local rates are so far out of whack and county residents are treated as second-class citizens,” Scripps said in an editorial. “Knee-jerk resistance to PSC oversight – and to the commission’s consumer advocate, who researches rate requests and offers counterproposals on the public’s behalf – doesn’t make a compelling case.”

Well, it sounds like they favor it. We would make our view on the subject even more clear: PSC oversight of the Vero electric utility can’t happen a day too soon.

Then in a second amazing editorial page article, columnist Kenrick Ward on Sunday joined us in suggesting that Vero Beach’s bloated bureaucracy is primarily concerned with looking out for – you guessed it – the bureaucrats.

Based on 2009-2010 budgets, he noted that Vero Beach has 22.1 city employees per 1,000 residents (not even counting electric utility employees) compared to 10.1 county employees per 1,000 residents



and 5.7 employees per 1,000 for the city of Sebastian.

“That the county is 38 times larger than Vero Beach geographically and nearly seven times bigger in population ought to raise even more questions about the city’s staffing levels,” Ward writes. “It appears that the cost of operating Vero Beach’s electric utility is just the beginning.”

He got that right. Let us tie it all together. The only way the city can support its bloated bureaucracy – and propose costly new schemes like last year’s demented health clinic for municipal employees – is with the money skimmed off county and Indian River Shores electricity customers.

It is way past time for the local daily (which never mentioned the health clinic boondoggle when we were fighting it) to join the battle against an out-of-control city government -- but better late than never. ●

Now, the bad news

Normally, you would imagine that Scripps – which in addition to owning the local daily also owns WPTV Channel 5 in West Palm Beach -- would be in the vanguard of media companies opposing the idea of a newspaper seeking funds from the government.

But apparently, at a time when newspapers are struggling financially, Scripps believes taking cash from the state and federal government is no longer inconsistent with the founding fathers’ idea of a

free, independent press.

In glancing at WPTV last Wednesday night, we were stunned to see a reporter sympathetically telling the story of *La Voz* – a weekly Spanish-language newspaper distributed all along the Treasure Coast by Scripps – which it said was seeking federal “stimulus dollars” to hire staff.

The Scripps report showed *La Voz* readying its latest edition, and said the weekly Spanish newspaper “has managed to stay afloat during these tough times,” but now is “looking for help from Tallahassee by way of Washington.”

The hope, according to Scripps, was that the Florida Back to Work program would give *La Voz* enough money to rehire four employees.

The publisher of *La Voz*, Ivonne Fraga, was reported by the Scripps television station to believe “President Obama’s heart is in the right place, but so far he’s not doing enough to keep her business running smoothly.”

Pardon us while we gag. Since no one at Scripps seems to be stepping up to the plate, someone desperately needs to acquaint Ms. Fraga with the First Amendment.



Real newspapers in this country – whether published in English or Spanish – cover government, scrutinize government, criticize government, but do not seek or accept handouts from government.

Nothing could be worse for the First Amendment than allowing news organizations to become dependent on government subsidies.

We would hope Scripps might belatedly inform Ms. Fraga – or at least its own television reporters – that this kind of “stimulus” for newspapers is change we do *not* believe in. ●

The limits of oratory: Great speech. Now what?



BY HOWARD FINEMAN
WASHINGTON POST WRITER'S GROUP
PHOTO: EPA

Barack Obama believes in the power of heroic narrative. As a teenager he loved the comic-book exploits of Conan the Barbarian and Spider-Man; as an adult he wrote a best-selling autobiography that reads like a coming-of-age novel.

For nearly two decades his political adviser has been David Axelrod, whom I first met in 1983 when he was a young reporter for the *Chicago Tribune*. “Axe” got the scoops, but he could also package them into smooth page-one pieces. As a media consultant, he has a gift for storytelling. Axelrod records his day by scribbling in a large black manuscript book—the kind a novelist might use.

It was The Narrative—Obama’s life and the telling of it—that produced the Obama presidency. Many if not most of its key moments were speeches: Chicago in 2002, Boston in 2004, Philadelphia and Denver in 2008.

The crafting of this story was always a joint Obama-Axelrod enterprise. Last week they unveiled a new chapter in the saga. Our hero has been attacked by all the evil creatures in Washington and vows to tame them, either by his charm or with his bare hands. He promises to create jobs, cut the deficit, cut more taxes (but raise them on the rich), and finally redeem his promise to end the corrupt, insipid, and selfish ways of the capital.

In the House chamber and on TV, it worked. Obama was forceful and shrewd, amiable and reasonable. He commanded the room (except for the stone-faced members of the Supreme Court) with ease. Judging from the instant polls that night, the public loved it. As a piece of political stagecraft, it impressed me. But in the cold light of day, I do have a “but”—in fact, more than one.

First, the attribute that gave the speech its force also gives me pause. The address sometimes seemed more about Obama himself than about the country. At times it was not so much his thoughts on the state of the Union as it was his thoughts on the state of his presidency, and on our view of him. “Now, I am not naive,” the president said. “I never thought that the mere fact of my election would usher in peace, harmony, and some post-partisan era.”

And later: “I have never suggested that change would be easy, or that I can do it alone.” (Now he tells us!) Then, in the closing flourish: “I don’t quit.” (You’d better not: you have a four-year contract.)

In the post-Oprah age, we not only accept but also even demand this kind of intimate, almost confessional style in our leaders and public figures. Most Americans like Obama as a person, and most want him to succeed as a president. But he has to remember that he’s supposed to be a character in our story—not the other way around.

Unlike his perfectly paced memoirs, Obama’s presidency is not a narrative whose plot he can dictate, or even control. It’s not a James Cameron movie or a bildungsroman. It is an accretion of actions, decisions, and confrontations—some of them unexpected and unwelcome—in the real world.

Reality, especially the bureaucratic and governmental one, resists the smooth-flowing hero story, and it is annoyingly prosaic. At this point even Obama’s supporters no longer yearn for a superhero. The country will settle for a competent administration, and it isn’t clear that this is one.

It is one thing to call out recalcitrant Republicans, which was good theater. It’s another to outmaneuver Mitch McConnell of Kentucky, the Lex Luthor of the Senate. With a sepulchral chuckle, he has patiently, ploddingly deployed the filibuster and other parliamentary rules to block the president’s agenda.

Obama did not make clear how he will change this, good speech notwithstanding. Doing so will mean somehow luring McConnell and his GOP colleagues into cutting deals—or, failing that, taking them on in earnest. Obama has shown skill at neither.

The same is true on other fronts. He can vow to control government spending, but the administration’s performance so far is mixed. He can vow to keep us safe, but the Christmas bomber showed the holes in our defenses. He can promise to focus on creating jobs, but he must accept that a year-long focus on a health-care bill was a mistake.

Obama conceded he had explained the bill poorly, as if that were the only problem with it. He said (with a tinge of self-praise) that he was trying to achieve a goal that had eluded seven presidents.

But he could not bring himself to admit to any flaws in a piece of legislation that is widely, correctly bemoaned as being compromised by politics and payoffs. He certainly didn’t concede error. That wasn’t in the narrative. ●

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Populism popular at the World Economic Forum

BY DAVID IGNATIUS, Washington Post

The World Economic Forum in Davos, Switzerland is the last place I would have expected to encounter the new populism.

But when a venerable European central banker, a man whose very bearing connotes the old capitalist values, told me privately that he is now convinced that the financial system is too important to be left to the free market, I knew we were wandering into new territory.

The value of this alpine kaffeeklatsch is that it can tell you when ideas have reached critical mass. And that seems to have happened this year in the general enthusiasm for what I will call “post-bubble” rules among the political and business leaders gathered here. They take it as a given that the free market failed in the crash of 2008 and that the new system will be more regulated, more interventionist, more prudential than was the old.

This change in the Davos consensus is important because for the past few decades, the forum has been the leading symbol of the freewheeling economic model known as “globalization” -- a connected world that was fostered by lower tariff barriers, deregulated markets, and borderless flows of capital and labor.

In years past, calls at Davos for more financial regulation would have been met with guffaws and an escort to the anti-globalization “Open Forum” down the road.

The Davos vision of globalization -- of ever-rising tides that lifted ever more boats -- was itself a bubble. We can see this now. It burst in the financial crisis in 2008, with pulverizing consequences for the real economy in 2009.

But it wasn't until this year that the forum fully reckoned with the mood shift. Its work was no longer to celebrate globalization but, in the words of this year's conference theme, to “Rethink, Redesign, Rebuild.”

To quote from one of the session summaries: “There will be no return to ‘business as usual.’ . . . More intrusive regulation of the financial system is now inevitable.”

The leading rabble-rouser was French President Nicolas Sarkozy, who opened the conference with a speech urging global citizens to reform the system. “From the moment we accepted the idea that the market was always right,” he said, “globalization skidded out of control.” An overemphasis on free trade had “weakened democracy,” he argued. Human values had been undermined by soulless speculators for whom “the present was all that mattered.”

Who but Sarkozy could make a diatribe on international economics so entertaining? The man is the most animated figure on the international stage: He scowls, he shrugs, he struts. Dressed in one of his skinny “Rat Pack” suits, he might be a Gallic Dean Martin.

When Sarkozy had finished his anti-capitalist

rant, he got a standing ovation from an audience made up mostly of wealthy capitalists. The Davos magic, you might say.

But it wasn't just Sarkozy who was calling for more government intervention. This sort of anti-market talk was the patter of this year's Davos, and it scared me a little, frankly. When the pendulum swings this far and this fast, you are sure to be getting some overreaction that will cause problems later.

Americans need to understand that the 2008 financial crisis proved a point that many Europeans and Asians have been arguing for decades: Economic “liberalism,” of the sort found in Britain and the United States, creates a dangerous overreliance on the market. During the boom years, their complaints seemed like just so much whining. Not anymore.

In the new world, citizens, we can expect lectures from Chinese officials about the need “to bring stability on a balanced level” by controlling exchange rates, as one Chinese attendee said privately. We can expect demands for global labor standards that mirror the rigidities imposed by European unions (as Sarkozy demanded). This is the price of globalization's failure.

The outlines of the regulated world were clear this past week, and this new stress on soundness and stability is in many ways overdue.

I just wish that I had more faith in regulators' ability to solve problems. ●

Bernanke's challenge: Rebuilding Confidence

BY ROBERT J. SAMUELSON, Washington Post

Now that the Senate has confirmed him for a second term as chairman of the Federal Reserve, Ben Bernanke has, or ought to have, a very simple agenda: improve confidence.

This isn't his job alone, of course. President Obama and Treasury Secretary Timothy Geithner are hardly bit players. But what Bernanke does and says -- how he projects himself and the Fed -- matters a great deal, and he faces an exacting challenge.

There is a supposition among academic economists (the tribe from which Bernanke comes) that “economic policy” consists of making decisions about interest rates, taxes, government spending, and regulations that translate, almost mechanically, into actions by firms and consumers to hire or fire, spend or save, invest or hoard. By now, Bernanke surely recognizes that this economic model is at best a half-truth.

The famous British economist John Maynard Keynes (1883-1946) coined the phrase “animal spirits.” Less elegantly, we say “emotions.” Whatever the vocabulary, the lesson is the same: psychology matters. Booms proceed from overconfidence; busts inspire great fear. Recoveries require increasing optimism. Otherwise, despondent consumers confine buying to necessities and businesses delay hiring and expansion.

By many measures, confidence has already improved. Interest rates on many bonds have dropped sharply. Lenders have become less risk-averse; credit markets, though damaged, are working better.

Still, confidence remains fragile, for obvious reasons. Unemployment is 10 percent and may stay high for years. Against that backdrop, Bernanke's confidence-building mission faces two problems.

One is that much of Washington is conspiring to corrode confidence. Given the importance of psychology, how could that be? Simple.

A crisis usually inspires either political unity (“we're all in this together”) or gamesmanship (“blame them, not me”). This crisis has produced more of the second than the first. Much of what's happening today is old-fashioned political grandstanding.

To be sure, Bernanke didn't foresee the crisis, but his aggressive response contained the damage. Casting him and the Fed as handmaidens of Wall Street gives vent to populist anger but doesn't explain what happened. Unwise proposals to restrict the Fed's powers have made headway.

There are dangers. One pillar of confidence is the belief that the Fed can act quickly and decisively in a crisis; arguably, that's what spared us a deeper downturn. But now Congress may curb those powers or so vilify the Fed that it becomes intimidated.

Compounding this uncertainty are unsettled

policy questions involving health care and financial “reform.” The second problem, though technical, is also crucial. During the crisis, the Fed became the “lender of last resort” for much of the economy. It created special lending facilities to support banks, money market funds and the commercial paper market. These facilities stopped the financial panic, and private credit flows resumed.

The Fed is closing most facilities Feb. 1. But as this lending subsided, the Fed expanded lending elsewhere. Specifically, it committed to buy \$1.75 trillion of Treasury securities and mortgage-related securities. The goal was to reduce long-term interest rates.


The question is when and how to end this policy of easy credit, which is augmented by an effective interest rate of zero on overnight Fed funds. Purchases of Treasury bonds have already ceased; buying of mortgage-related securities is now scheduled to stop in March.

The Fed faces a classic dilemma. If it retreats too rapidly from easy credit, higher interest rates could sabotage the recovery. But maintaining easy credit policies too long could backfire if they raise inflationary expectations and trigger a loss of confidence in the dollar.


Bernanke will no doubt savor his confirmation, but whether he inspires confidence depends on his responses to enormous political and economic problems, both known and unknown. ●

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NASA Mars rover Spirit to rove no more

NASA's robotic rover Spirit is entering the most dangerous phase of its six-year career on Mars. With one wheel stuck in the Martian soil and two more out of commission completely, the golf-cart-sized explorer will have to get through a frigid Martian winter. If it survives, Spirit will become a stationary platform for unique experiments on Mars. If it doesn't, it will become another historical marker on a planet that has captured the human imagination for millennia.

"Spirit has encountered a golfer's worst nightmare – the sand trap that, no matter how many strokes you take, you can't get out of it," says Doug McCuiston, who heads NASA's Mars Exploration Program.

The rover – sporting a profile that combines a mechanical horse fly with an ostrich's neck – was traveling across the crater's salt-crusted surface when one wheel broke through and got stuck in the soil underneath. It's been stuck there for 10 months. Rover drivers have tried various strategies to free Spirit, all to no avail.

Yet that may be a boon to science if the rover survives the next several months.

Researchers have an understandable desire to keep mobile rovers moving, says Steven Squyres, the mission's lead scientist. But as a research platform in a fixed location, Spirit may be able to answer critical questions about the nature of the planet's core, the impact of the winds on the landscape, and on the nature of the rover's "sand trap" itself.

"Spirit didn't get stuck here by coincidence," Dr. Squyres told reporters at a NASA briefing in Washington Tuesday afternoon. "Spirit got stuck here because this is a really strange set of soil that we have roamed into."

The soil is heavily laced with sulfate salts, Squyres explains, suggesting material laid down by ancient, Yellowstone-like fumaroles belching acidic steam. Moreover, it appears to be layered, suggesting successive eruptions and perhaps the action of thin films of surface water moving salts around.

Can Spirit survive a Martian winter?

Now, during late fall in Mars' Southern Hemi-



BY PETER N. SPOTTS
Christian Science Monitor
Photo: NASA

NASA's Mars rover Spirit

sphere, rover drivers are trying to reorient Spirit so its solar panels can gather as much sun as possible during the long Martian winter, in order to keep the batteries from failing.

Spirit can operate at around -40 degrees Celsius temperatures but not at temperatures -55 or colder, says John Callas, project manager for Spirit and its twin, Opportunity, at NASA's Jet Propulsion Laboratory in Pasadena, Calif.

While the expected winter temperature falls neatly in between these temperatures – around -45 degrees Celsius (-49 Fahrenheit) – Mr. Callas says estimates of temperature tolerance are for a brand-new rover, not one with six years and 4.8 harsh Martian miles on its TripTik.

Throughout the winter, Spirit will be hibernating. The only electronics running will be its master clock. On cue from that clock, Spirit will briefly check the power levels in its batteries each day. If the batteries hold a sufficient charge, the rover will try to communicate with Earth. If the batteries are

too low, Spirit will go back to sleep.

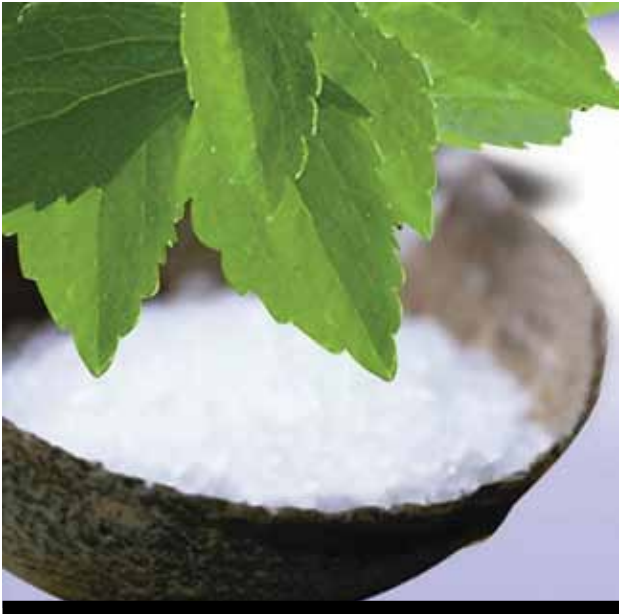
It's possible that controllers on Earth may hear nothing from Spirit for months, Callas says.

When or if Spirit awakens, scientists can use its radio signals to measure the wobble in Mars' orbit, Squyres explains. If the planet has a solid core, it will display one type of wobble, he says. If it has a liquid core, it will wobble in an "ever-so-slightly different way," he continues.

It's an experiment that has never been done before on the red planet, and would be a major achievement for Spirit, he says.

In addition, the rover will be able to track changes to the landscape made by winds "fundamental to shaping the Martian surface," he says.

Meanwhile, Spirit's twin, Opportunity, continues its mobile exploration of Meridiani Planum, a broad plain closer to the Martian equator than Gusev Crater where Spirit is stuck. This enables Opportunity to endure a Martian winter with much brighter power prospects than Spirit faces. ●



Sweet and lowdown: The 'natural' fake sugar race

Artificial sweeteners, now a \$1.1 billion business in the country, have been part of Americans' diet for decades. In 1957 saccharine made its debut as Sweet'N Low; the 1980s brought aspartame in Diet Coke and in Equal's blue packets.

The arrival of sucralose in 2000 upended the market. Manufactured by Tate & Lyle and marketed as Splenda by McNeil Nutritionals, sucralose had many advantages. Unlike aspartame, it did not fall apart when baked.

Splenda's slogan, "made from sugar so it tastes like sugar," created a natural image. By 2007 Splenda had seized 61 percent of sugar-substitute sales in grocery and drug stores according to Information Resources Inc, a research firm.

Buoyed by a ruling from the International Trade Commission last year, other firms are now producing sucralose to compete with Splenda. And now there is another white hope.

The latest pretender is stevia, a shrub, and a sweetener extracted from it that was cleared for use by the Food and Drug Administration in December 2008.

In some ways stevia is ideal. It contains no calories. It is natural. It also happens to taste like odious licorice. Yet America's food giants have thrown their

weight behind it. Merisant, partnered with PepsiCo, and Cargill, with Coca-Cola, promptly introduced PureVia and Truvia, improving stevia's taste with natural ingredients.

In supermarkets, green-and-white boxes of PureVia and Truvia now beckon to shoppers with promises of being "all natural" and "nature's perfect sweetness." Wary of being left out, McNeil and NutraSweet, a big producer of aspartame, have rushed to offer stevia products.

Truvia, Cargill and Coca-Cola's product, is in the lead. Food processors, used to working with Cargill, are adding it to their ingredients. In December Truvia captured 58 percent of retail sales in the stevia-sweetener market, according to ACNielsen, a research firm.

Still, Truvia accounts for just 6 percent of retail sales of sugar substitutes. If stevia sweeteners are to become truly popular, they must overcome two obstacles. First, they cost more to make than their rivals. Second, most stevia products still have a distinct flavor.

Merisant reckons it can solve both problems. Yet when Craig Petray, NutraSweet's chief executive, is asked whether stevia tastes good, he replies gently: "I would say it tastes really different." ●

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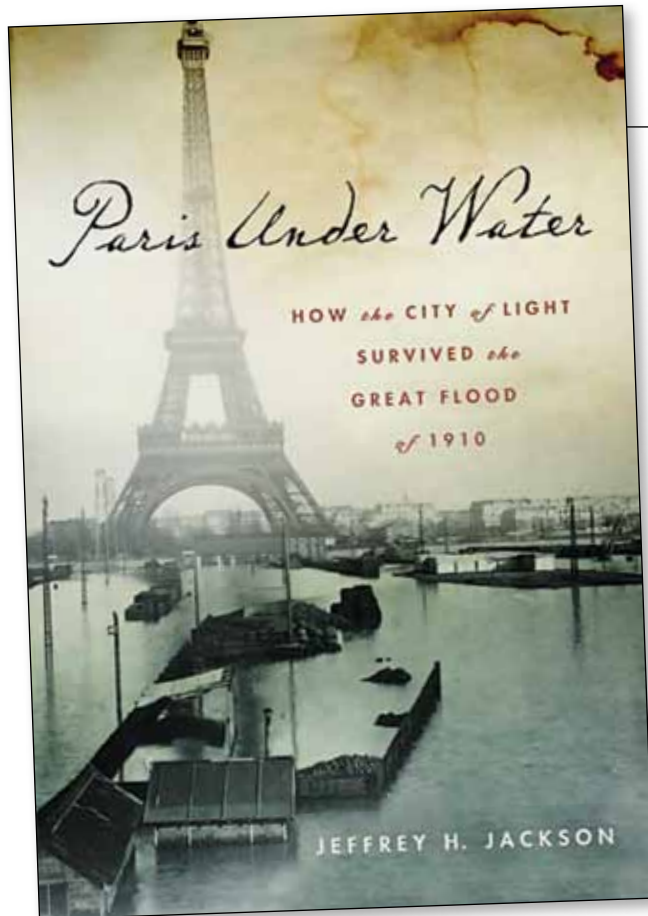


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The Seine is not among the world's greatest or mightiest rivers -- by comparison with the Amazon, the Mississippi or the Nile, it is a stream -- but it certainly is among the most treasured and celebrated.

BOOK REVIEWS

"Over the centuries," Jeffrey H. Jackson writes, "as the primary conduit for goods and people throughout the entire region, the Seine turned Paris into a bustling commercial center. It supplied the city's residents with food, water, military defense, industry, shipping, tourism, and art. The story of Paris is inseparable from the story of the river that forms its most basic reference point, dividing the city into Right Bank and Left Bank."

Central though it is to Parisian life, the Seine tends to be viewed by residents and visitors alike as a civic adornment rather than the powerful and at times unpredictable force of nature that it actually is. Paintings and photographs of its bridges adorn walls all around the world, songs in innumerable languages evoke its beauty and romance, Gene Kelly and Leslie Caron dance at its edge.

All of which is lovely, but it glosses over the reality that cities built next to water -- as most of the world's great cities were -- are at the water's mercy, as New Orleans so recently reminded us.

It has been exactly a century since Paris last got a taste of what the Seine can do in a mischievous mood, and it says something that the story of this calamity now seems to be almost completely forgotten.

Most travelers know that Venice is frequently flooded during the high-water season in winter -- when my wife and I were there several Novembers ago, the Piazza San Marco was negotiable only by way of elevated wooden walkways -- but few who go to Paris understand that the Seine is capable of putting much of the city under water, as it did in late January 1910.

Its waters had risen many times before that, but during the 19th century science and technology had done much to protect the city against flooding, and there was widespread confidence -- if not complacency -- about mankind's new power to control nature.

Thus nobody paid much attention when "a low-pressure system began to move eastward across the English Channel toward Paris, adding more rain to the soil of northern France and the Low Countries, already saturated from several weeks of unusually high amounts of winter rainfall."

Tributaries of the Seine began to rise, pouring water into it and intensifying the flow of what is normally a slow-moving river. On Jan. 21 a "terrifying

landslide" was set off in a small town 50 miles southeast of Paris, but "downriver in the capital, Parisians had been going about their daily business, largely unconcerned by reports of flooding in the towns and villages upriver."

But the "massive volume of water that had ravaged Troyes and Lorroy earlier that day had reached Paris" by the same night. The Seine "jumped to nearly ten feet above its normal level," and suddenly Paris was in for it. The water kept rising, the flow of the river grew ever faster, the weather remained dreadful:

"Snow fell from a gray sky, turning to rain and then back to snow again, adding to people's misery. The barometric pressure began falling, a promise of even worse weather conditions to come. On January 24, the entire infrastructure of the city was shutting down. As *Le Matin* reported, 'Factories are stopping, electricity and gas are going out, two thousand telephone customers are out of communication.'

Water covered the train tracks that ran alongside the river, and stations started closing. The rail companies rerouted their passengers and cargo to less vulnerable stations where possible. Telegraphs stopped clicking, and businesses throughout the city locked their doors. Little by little, whole portions of Paris were cut off from the rest of France and the world."

The world was watching, just as it did when Katrina hit the United States. Expressions of concern and offers of assistance came from many foreign countries, and inside France itself people rallied strongly behind their capital. The damage, however, was scarcely limited to Paris. Though what happened there was on the largest scale, smaller places along the Seine were heavily affected and often isolated.

Things were especially bad in some of Paris's closest suburbs, which -- then as now -- were dumping grounds for people who could not afford to live in the historic and in many cases grand neighborhoods of the City of Light; "the flood soon began to reveal the basic inequalities between the many working-class suburbs and the wealthier city," as aid efforts were concentrated on the latter.

There was deep and wholly justifiable concern, though, that Paris might be at the edge of extinction. A British journalist wrote: "Can the heart of Paris die like this in one night? It did seem dead. . . . Would it not sink altogether? It very well might -- all of it might crumble into a heap, not of dust . . . but of liquid mud, oozing over fallen stone and bricks. . . ."

"Perhaps the whole of Paris really was doomed; perhaps it really was to be the end of Paris, which means the end of the world for Parisians."

That may seem a trifle overwrought, but one must bear in mind that what this man had seen was a city in which the sewage system had effectively burst, filling the air with a dreadful stench, in which electricity had been knocked out, in which people's furniture was carried away by the river, in which criminals grew ever bolder.

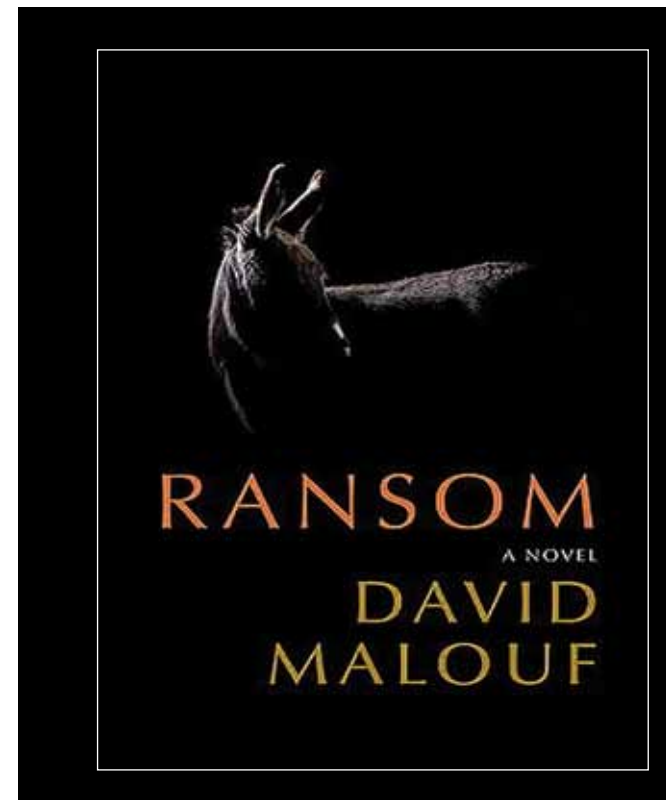
All this was happening in the city where only a few years later the surrealist movement would be born, and "surreal" is the right word for how Paris looked then. A writer for the newspaper *Le Gaulois* painted this picture of activity at the Pont de Solferino:

"Men with huge hooked poles are on the watch for wreckage. . . . Lo! . . . a cask of wine. Precious, delicious beverage! Ready there with the pole! The chance of a lifetime! Gaily sails that cask [in] the an-

gry stream, a burden of joy on the bosom of all this rage. Bump! The cask has collided with the glorious architecture of the Solferino.

"Ah, bah! The wretch with that hooked pole has missed! The cask goes bumping along beneath the bridge. Freed on the other arch, it bowls defiantly down the Seine. Off with you, precious thing, amid the cheers of enthusiastic Parisians! Bear your burden of delight to other shores, other gulleets. An arm chair is next, then a bedspread, then . . . a grand piano!"

As Jackson says, "The rising Seine was shocking but thrilling, too," and for some Parisians it provided a splendid show, but there was nothing amusing about what it did to the city. The Louvre came within a whisker of being flooded and much of its collection damaged if not destroyed.



The Trojan War and its heroes have inspired writers for more than 2,500 years and inspired various unknown "singers of tales" for even longer. From Homer (the "Iliad" and "Odyssey") and Aeschylus ("Agamemnon")

to James Joyce ("Ulysses") and Derek Walcott ("Omeros"), the "matter of Troy" has provided the world with timeless examples of heroism, nobility, cleverness and tragic destiny.

In "Ransom," the Australian novelist, short-story writer and poet David Malouf adds to this great tradition by re-imagining the circumstances leading up to the climactic scene of "The Iliad": King Priam's visit to Achilles to beg for the body of his son Hector.

Malouf packs an enormous amount into his 200 or so pages: Achilles' grief over the death of his foster brother Patroclus, vignettes of life inside Troy, flash-forwards to the destruction of the walled city, appearances of the gods themselves.

Besides all these, "Ransom" returns again and again to the fundamental human need for story and storytelling. To be remembered after death

The city, when the sun came out after a week of flooding and the waters gradually began to recede, was revealed to be under a thick blanket of mud. Many people lost their most important possessions, and many returned to find their dwellings no longer habitable.

The newspaper *Le Matin* wrote: "We were taught to have faith in science; we learned that it contains goodness, morality, and peace. . . . But today everyone is asking the same question: How could science, so sure of itself, be defeated by primitive waters? Why was it incapable of protecting our most beautiful city against the capricious river?"

As Jackson says, "The flood challenged many of the era's most basic assumptions in the inevitable force of progress." That's a useful lesson, though

and to achieve sufficient glory ("kleos") to inspire songs and poems were especially important to the Greek conception of an ideal life. Early in the novel Achilles describes this heroic ethos:

"He had entered the rough world of men, where a man's acts follow him wherever he goes in the form of story. A world of pain, loss, dependency, bursts of violence and elation; of fatality and fatal contradictions, breathless leaps into the unknown; at last of death -- a hero's death out there in full sunlight under the gaze of gods and men."

While we still honor the "hardened" martial virtues of an Achilles, Malouf's own attention soon focuses on the gentler Priam, who -- grief-stricken -- decides to break free of the traditional constraints of approved behavior. To reclaim Hector's body for burial, he will humbly abase himself to his son's killer.

While his advisers, many of them brothers of the dead Trojan warrior, speak strongly against such lèse-majesté, Priam is determined to ignore the old ways for what he calls "something new."

He hopes that Achilles, by perceiving their common humanity and suffering, will set aside the strict code of the superhero and accept

BOOK REVIEWS

at a very high cost. Paris is better protected now, though serious flooding has been barely avoided several times since 1910.

Jackson, who teaches history at Rhodes College in Memphis, has written an agreeably non-academic account of the Seine's rise and fall. He has also put together an excellent Web site -- www.parisunderwater.com -- that includes a number of photographs and a brief explanatory text. It is a useful companion piece to the book as well as a free-standing if brief story of the flood. ●

Paris Under Water by Jeffrey H. Jackson
Palgrave Macmillan, 262 pp., \$27.
Reviewed by Jonathan Yardley, *Book World*

"the lighter bond of being simply a man."

That, he adds, "is the real gift I have to bring him. Perhaps that is the ransom." To his wife, Hecuba, the king also secretly confesses that in childhood he was once nearly sold as a slave -- and ever since has viewed his exalted royal life as little more than a dream.

So Priam plans to kneel in the dust and clasp the knees of his enemy. Yet this distinctly unheroic



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BOOK REVIEWS

act, he recognizes, will paradoxically grant him immortality: “When men speak my name it will stand forever as proof of what I am. An act, in these terrible days, that even an old man can perform, that only an old man *dare* perform, of whom nothing now can be expected of noise and youthful swag-ger.”

At this point, Malouf shifts from the high-minded world of Greek epic to the realistic one where people still love and quarrel, harvest honey from beehives and hire out their mules and carts for day labor.

The 50ish Somax, who has lost all his own sons and daughters, is chosen to drive Priam to the Greek camp.

When the two men pause en route, the rough-hewn but voluble Somax offers to share his simple lunch:

“These little cakes, now, since they’ve caught your eye, sir -- pikelets they are, or griddlecakes as some people call them -- were made by my daughter-in law. Best buckwheat flour, good thick buttermilk, just a drop of oil. The buttermilk has to be of a cream colour, and thick, so that when you pour it out of the crock it comes in a slow stream.

“Then the batter is ladled onto a skillet over hot stones. . . . It’s a real pleasure to watch the batter bubbling and setting and turning a golden brown, as you can see, around the edges. The light-

ness comes from the way the cook flips them over. Very neat and quick you have to be.

“The daughter-in-law, she’s a good girl, uses her fingers -- it’s a trick you have to learn -- and if she happens to burn them she pops her fingers into her mouth quick smart like this -- ‘ and by way of illustration, he popped one of the little cakes into his mouth, almost unnoticed it might have been under the influence of his talk.”

Through his increasing admiration for the naturalness of the mule-driver, a new Priam begins to sense that “out here . . . everything was just itself.” Whereas court life was ruled by formal discourse, in nature “everything prattled.

It was a prattling world. Leaves as they tumbled in the breeze. Water as it went hopping over the stones and turned back on itself and hopped again.

Cicadas that created such a long racketing shrillness, then suddenly cut out, so that you found yourself aware once again of silence. Except that it wasn’t silence at all, it was a low, continuous rustling and buzzing and humming.”

While Malouf can write brilliantly in the “low” register of a Somax or describe nature with a Wordsworthian attentiveness, he is equally convincing in suggesting the grave diction of epic, as when Priam reflects on what the immortal gods can never experience -- the sweetness inherent in

our transient human lives, but also the sorrow:

“Only we humans can know, endowed as we are with mortality, but also with consciousness, what it is to be aware each day of the fading in us of freshness and youth; the falling away, as the muscles grow slack in our arms, the thigh grows hollow and the sight dims, of whatever manly vigor we were once endowed with. Well, all that *happens*. It is what it means to be a man and mortal.”

In tone “Ransom” is quiet and meditative, such that its most bravura flourish lies in never mentioning the cause of the Trojan War -- at least not by name.

Only near the end of the book does Priam look up at the walls of his city and point “to a figure standing small and emphatic against the light. ‘There,’ he tells the driver. ‘Do you see her?’ “

So much for Helen, whose beauty launched a thousand ships.

In “Ransom,” by contrast, old Somax’s favorite mule bears the name Beauty, and she, it turns out, launches a thousand stories. This has been one of them. ●

Ransom by David Malouf

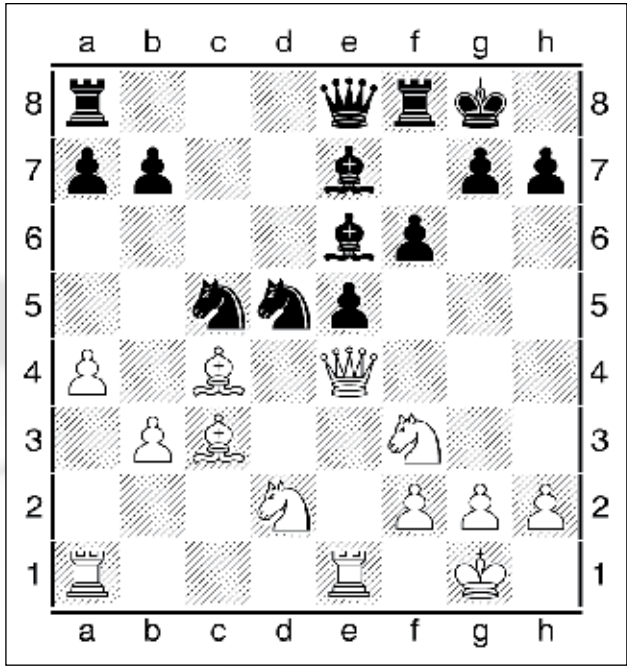
Pantheon, 224 pp., \$24.

Reviewed by Michael Dirda

Book World

FOR THE LOVE OF CHESS

BY HUMBERTO CRUZ - CHESS COLUMNIST



It is White's turn. What should he do about his attacked Queen?

Humberto Cruz is a United States Chess Federation correspondence chess master and certified tournament director. He can be reached at askhumberto@aol.com.

THE BRIDGE COLUMN

BY PIETER VANBENNEKOM - BRIDGE COLUMNIST

Flustered Flo was surprised during a recent duplicate pairs tournament to find herself in a bit of a shouting match that eventually saw the Director come wandering over.

Naturally, the shouting match came during a the bidding of a board with very unusual hands against her eternal nemesis, Smug Sam.

West Dealer; both sides vulnerable. Flo is East and her partner, Loyal Larry is West. Smug Sam sat South and his partner, Shy Shem, is North.

The bidding:	West	North	East	South
	1 Club	Pass	Pass	Double
	Pass	1 Spade	Pass	2 Clubs
	Pass	2 Hearts	Pass	3 No-Trump
	All pass.			

Opening lead: 6 of Diamonds

After Sam had bid 2 Clubs, the overcall in an opponent’s suit, Loyal Larry looked at Sam curiously. The question mark was written all over his face.

“You may ask my partner what it means,” said Sam.

“That’s alright,” said Larry, “I don’t think I’ll ask.”

“Too bad,” said Sam, “I was kind of hoping you would.”

“Okay then, I’ll ask,” said Larry, just before Flo could kick him under the

table to shut up. “What does it mean?”

“I think it’s Michaels,” replied Shem, shyly. “I think he has two five-card suits in the unbid suits and he wants me to pick my best one. Two Hearts”

Shem went on at some length about what he thought his partner’s bid meant and Flo finally interrupted. “Come on, that’s enough. You guys might as well tell each other every card you have,” she said, voice rising.

“Well, he didn’t have to ask but he did,” said Sam, his voice also rising, “and now you can’t prevent Shem from giving his answer.”

Even though Shem’s answer was totally wrong – an overcall after a take-out double can never be Michaels – Sam now knew his partner had a Heart stopper, so he bid 3 No-Trump.

By this time, the commotion had drawn the attention of the tournament Director, who had one question for Sam: “Was Shem’s answer correct?”

“No it wasn’t,” Sam admitted.

“Well, you should have disclosed that before play started,” the Director said, “and you shouldn’t have urged Larry a second time to ask your partner, either, but it doesn’t rise to the level of a violation so play on. But remember guys, try to play nice!”

Games

Half a century later, player finds record of memorable victory

Douglas Dougherty, a winter resident from Canada and at 80 years of age one of the Indian River County Chess Club’s strongest players, was going through some papers not long ago when he came across an old notebook where he recorded his games.

And there he found them, the games he won to capture the Manitoba Championship tournament in Canada in 1957. Although Dougherty was the lowest rated player in his group in the event, he scored a perfect four out of four to win the title.


One of his victories, against chess expert Stan Pedlar, featured a pretty Queen sacrifice from the position in the diagram to the left.

“Of course he expected me to have to move my Queen when it was attacked,” Dougherty said of Pedlar, who had just moved his Black Knight from d7 to c5, capturing a White pawn on c5. But rather than passively retreat the Queen, Dougherty continued with the aggressive 21. Bxd5!, securing a lasting initiative and, in the end, more than enough material compensation for the Queen. Pedlar resigned after Dougherty made time control by completing his 40th move.


Here is the complete score of the game, with Dougherty playing White: 1.e4 c5 2.Nf3 Nf6 3.e5 Nd5 4.c4 Nc7 5.d4 cxd4 6.Nxd4 d6 7.Bf4 dxe5 8.Bxe5 Nd7 9.Nf3 f6 10.Bc3 e5 11.Be2 Be7 12.0–0 0–0 13.Nbd2 Nb6 14.Qc2 Qe8 15.a4 Be6 16.b3 Na6 17.Rfe1 Nb4 18.Qe4 Nd7 19.c5 Nd5 20.Bc4 Nxc5 21.Bxd5 Nxe4 22.Bxe6+ Kh8 23.Rxe4 Bd6 24.Bc4 f5 25.Rh4 Qe7 26.Re1 Rac8 27.Bxe5 Rxc4 28.Nxc4 Bxe5 29.Ncxe5 Kg8 30.Ng6 Qf6 31.Nxf8 Qxf8 32.Rd4 h6 33.Red1 Qa3 34.R4d3 a6 35.Nd4 Qc5 36.Ne6 Qc2 37.Nd4 Qc5 38.h3 b5 39.axb5 axb5 40.Ne2 Qb4 41.Nd4 1–0

Director has to referee shouting match


NORTH		
♠	9 7 6 5 3	
WEST		
♥	A 7 3	♠
♦	Q 3	♥
♣	10 5 4	♦
♠	A K J	♣
♥	K J 4 2	♥
♦	10 7 6	♦
♣	J 9 8	♣
SOUTH		
♠	10	♠
♥	Q 6	♥
♦	A J 6 4	♦
♣	A K Q 7 6 2	♣



THE COASTAL FLORIDA POLICE BENEVOLENT ASSOCIATION



PROMISES MADE



PROMISES BROKEN!

It looks like Sheriff Deryl Loar turned into Pinocchio when he claimed all areas of Indian River county would have sufficient staffing

FACT: On September 10, 2009 at a meeting of the Indian River County Board of County Commissioners, Sheriff Deryl Loar through his attorney – assured Commissioners and the general public that every zone of the county would be properly staffed under his shift schedule change.

FACT: The south A1A area (in addition to other pockets of the county) is going UNPATROLLED at certain hours because the Sheriff has insisted upon his reckless shift change! This puts residents at greater risk for crime and lowers response time by Deputies who are forced into other areas of the county because of a lack of manpower.

FACT: Sheriff Loar is doing this all in hopes of saving a buck, but the new shift schedule has increased payroll, not decreased it!

Call Sheriff Loar and tell him to do the job he was elected to do. Tell him to make sure ALL parts of Indian River county are properly served by our hardworking Deputies.

This message paid for by the Coastal Florida Police Benevolent Association, representing Indian River County Sheriff’s Deputies.



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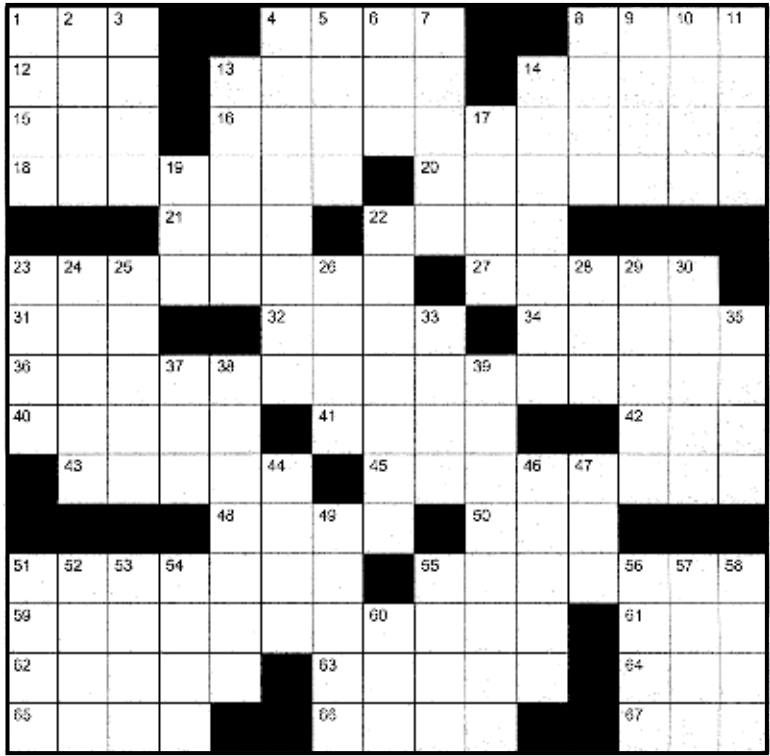
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Crossword

SOLUTIONS TO LAST ISSUE ON PAGE 75

EDIBLES



The Christian Science Monitor | By Angela Hoyt | Edited by Charles Preston

ACROSS

- 1 Little muffin
- 4 Metrical foot
- 8 Slay
- 12 Fiddler Bull
- 13 One kind of alert
- 14 Moscow moolah
- 15 Madre's sister
- 16 Bayou lichen
- 18 Tomahawk
- 20 Geegaws
- 21 Brit. dictionary
- 22 Action word
- 23 Kind of stand
- 27 Croc's kin
- 31 Leb's neighbor
- 32 Musical symbol
- 34 Copland ballet
- 36 Lisboa lucre?
- 40 T.S. or George
- 41 Favorite sitter, briefly
- 42 La-la lead-in
- 43 Bondsmen of old
- 45 Self-determination
- 48 No, in Nuremburg
- 50 Nigerian
- 51 San Joaquin valley city
- 55 Pizza spice
- 59 Sorrento sherbets

DOWN

- 1 Teenage style
- 2 Director Kazan
- 3 Substance
- 4 In the way
- 5 ___ and a ball
- 6 Chesspieces
- 7 Payola
- 8 Mute
- 9 Ancient Greek coin
- 10 Pianist Von Alpenheim
- 11 Robert Stack role
- 13 Hearth residue
- 14 Heated argument
- 17 Puppeteer Tony
- 19 Mass. cape
- 22 Old-timer
- 23 Ready for picking
- 24 "___ Mio"
- 25 Doric column ridge

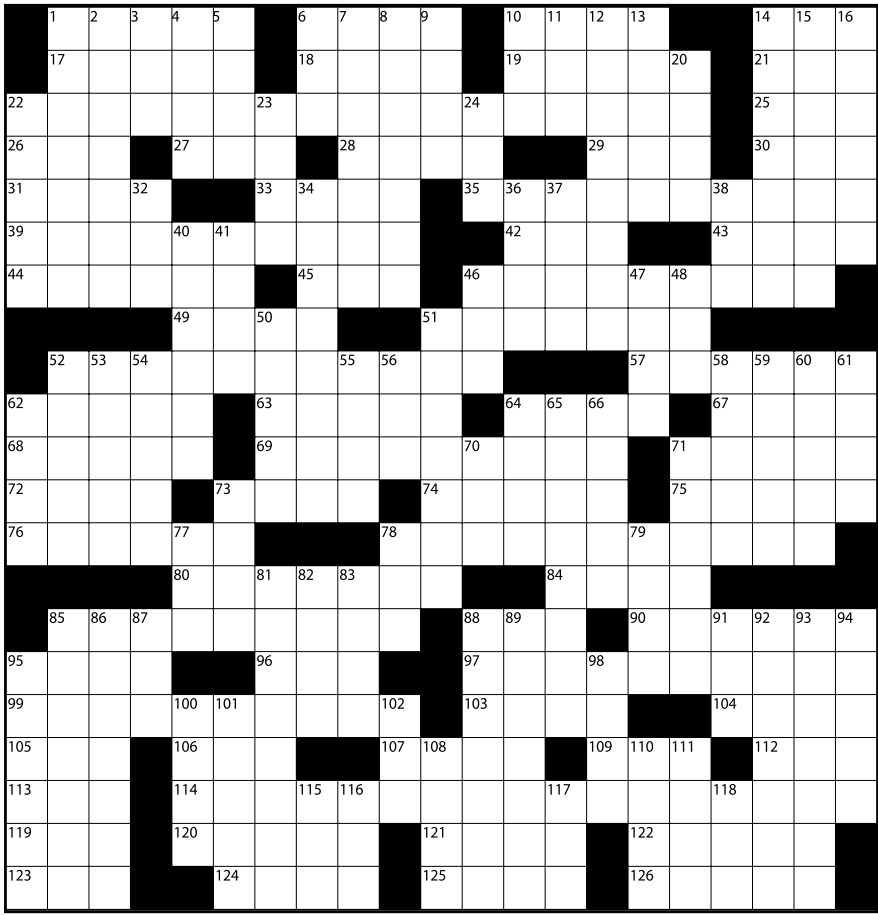
- 26 Henning of magic
- 28 Anderson's "High ___"
- 29 Keats's "___ Psyche"
- 30 Prepare anew for battle
- 33 Jacob's twin
- 35 Bigband singer Anita
- 37 Heavy weight
- 38 Implement
- 39 Completeness
- 44 Rossini's "La Scala di ___"
- 46 Overly stout
- 47 Egg drink
- 49 Kind of column
- 51 Fog
- 52 Gamba's successor
- 53 ___ Eireann
- 54 Model Macpherson
- 55 One- ___: child's game
- 56 Gung ho
- 57 Cleo's river
- 58 Unctuous
- 60 South Korean town now called Iksan

ACROSS

- 1 Dumas dueler
- 6 Pioneer heading
- 71 Succinct saying
- 72 Cocktail fruit
- 73 Intro to many words?
- 74 Inflexible
- 75 Biscotti flavoring
- 76 A.s.a.p
- 78 "Graffiti?" I asked. "No, just letters." "Ah," I said, "a ___" ...
- 80 Opens the door for
- 84 Currently has the stage
- 85 & 97 I thought, All right, fine, I can ___ ...
- 88 Neon's state
- 90 Car options
- 95 Starting
- 96 Moreover, to poets (See 85 Across)
- 97 "Then I found these," she said, and even I was shocked. There were ___ on the floor. ...
- 103 Approximately
- 104 Isle off Tuscany
- 105 Soup container
- 106 Adjective ending
- 107 Moistens
- 109 Cosmo, for one
- 112 Descartes' deduction
- 113 She who gets sheared
- 114 Someone had ___! (CONTINUED NEXT WEEK)
- 119 Austrian article
- 120 Metrical feet
- 121 It gets hammered
- 122 Hang on (to)
- 123 Football's "Too Tall" Jones and others
- 67 Niger neighbor
- 68 Strong adhesive
- 69 (See 52 Across)
- 71 Succinct saying
- 72 Cocktail fruit
- 73 Intro to many words?
- 74 Inflexible
- 75 Biscotti flavoring
- 76 A.s.a.p
- 78 "Graffiti?" I asked. "No, just letters." "Ah," I said, "a ___" ...
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- 119 Austrian article
- 120 Metrical feet
- 121 It gets hammered
- 122 Hang on (to)
- 123 Football's "Too Tall" Jones and others

- 124 ABC series about crash survivors
- 125 Hannibal's obstacles
- 126 Must
- 1 It's a relief
- 2 Words after stem or turn
- 3 Henry V, as a prince
- 4 St. the Joads left
- 5 Ooze
- 6 Nintendo's ___ Remote
- 7 Registered player
- 8 Attila, to his enemies
- 9 Sound of a flop
- 10 Franklin's 1936 foe
- 11 "Dr. Hug" Buscaglia
- 12 After 2 a.m., say
- 13 Fighting force, to Fifi
- 14 Groveled
- 15 Answer to "Get the picture?"
- 16 What sots drink to
- 20 ___ good example
- 22 Plumed military cap
- 23 Bit in a bucket
- 24 Cobb, Detmer, and Law
- 32 "Wheel of Fortune" purchase, maybe
- 34 Military assignments
- 36 Lacking slack
- 37 Tobacco-drying oven
- 38 Punches senseless
- 40 Like some suckers
- 41 Tractor trailer?
- 46 Irish dance
- 47 Frigate's front
- 48 Start of a JFK quote
- 50 DuPont fiber
- 51 Treat disdainfully
- 52 Pickup line?
- 53 You can smell it
- 54 Vetoos

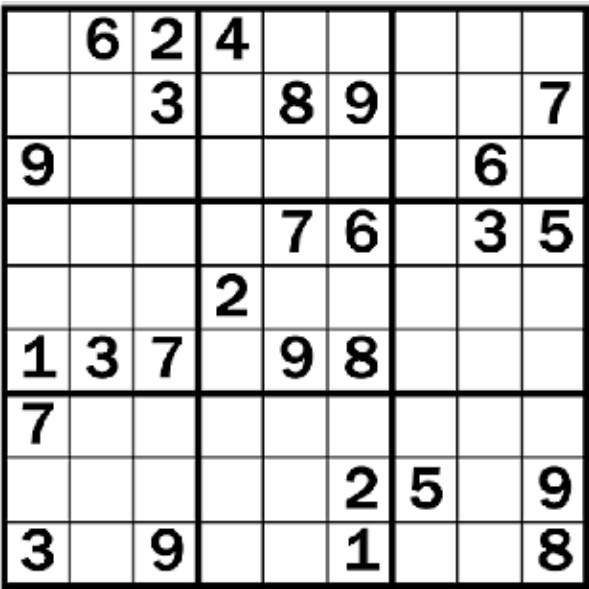
- 55 Wizard's unveiler
- 56 Cartoon ending?
- 58 Appliance brand
- 59 Vertical line on a graph
- 60 Beethoven's "Für ___"
- 61 "... spare a ___?"
- 62 Site with a slicer
- 64 O'Henry title trio
- 65 Snobs
- 66 ___ the hills
- 70 Reddi-___
- 71 Patrick who played Steed on TV's "The Avengers"
- 73 Rapper-actor
- 77 Ex-actor Ron
- 78 Dog show reject
- 79 Laze (about)
- 81 Bowie's last stand
- 82 With sight, a tourist
- 83 Porcine plaint
- 85 Interjected disapprovingly
- 86 Temporary cars for repair patrons
- 87 CIO's companion
- 88 Like some stops, in speaking
- 89 Dirigible
- 91 Voting issue
- 92 Hard-to-miss
- 93 Trade restriction
- 94 Clothes lines?
- 95 Give in (to)
- 98 Bulky book
- 100 N.Z. bird or fuzzy fruit
- 101 The Taj ___
- 102 Neighbor of Nor.
- 108 Author Ferber
- 110 Foot feature
- 111 Dressy event
- 115 "Survivor" airer
- 116 Young fox
- 117 Raised RRs
- 118 Boom-bah opener



KINDERGARTEN CRIME SPREE

By Merl Reagle

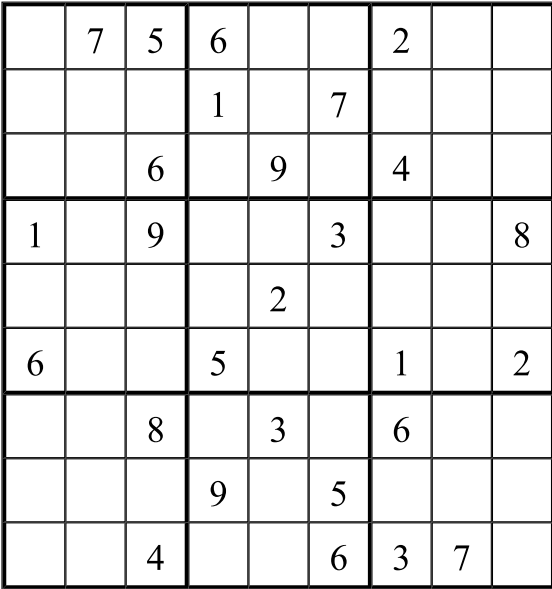
Sudoku



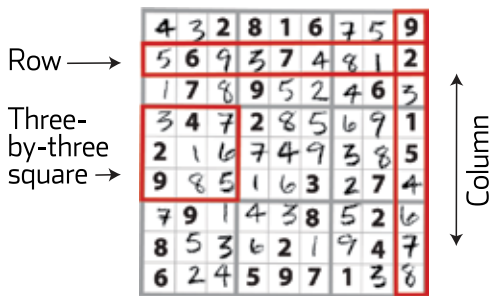
★★★★☆

How to do Sudoku:

Fill in the grid so the numbers 1 through 9 appear just once in every column, row and three-by-three square. See example (right).



★★★★☆



Real estate advertisement for Shamrock Real Estate Corp. featuring properties for sale in Vero Beach, including a charming cottage and a full condo. Includes contact information for Chris R. McLaughlin and a website link.

Advertisement for Smith Services, Inc., featuring a dog named Smitty. The ad promotes air conditioning, heating, and pool heaters, emphasizing fast service and quality workmanship. Contact information is provided at the bottom.

Repositioning cruises: Amazing bargains

BY JAY JONES
LOS ANGELES TIMES

Colin Markland relishes the feel of an ocean breeze as it musses his white hair. The 80-year-old retired doctor lives in Charleston, S.C., not far from his beloved Atlantic Ocean, a sea he has crossed by ship more times than he can remember.

His first sailing -- from Liverpool to Boston -- was in 1953, when the young Englishman immigrated to America for an internship. Cunard charged him 50 pounds -- the equivalent of \$140 back then -- for a bunk in steerage.

Fifty-six years later, I met Markland on another transatlantic crossing. We were among 2,110 passengers traveling from Miami to Dover, England, aboard the Norwegian Jewel. I was on board to report on my experiences, but Markland was there for a very different reason: to brag about how little the 11-night cruise had cost him.

"I paid \$219," he told people. Of course, that's per person in a double-occupancy stateroom. But at less than \$20 a night for a cabin -- with unlimited meals, an array of activities and, of course, transportation included -- this was a bargain worth boasting about.

"I couldn't believe my eyes," he said of opening an e-mail about a month before last April's sailing and reading the offer. "I never could have imagined crossing at this price."

Many people find repositioning cruises fit the bill for a vacation, because of price and because of what the cruise does -- and does not -- offer.

When I booked early last February, the going rate for an inside cabin was



Traveling on Norwegian Jewel at amazing rates from its winter home in Florida to its summer base in England. In spring, repositioning cruises from Ft. Lauderdale and Miami are a bargain.

\$389. NCL needed to move the Jewel from its winter home in Florida to a summer base in England. Rather than cross the ocean with empty rooms, the cruise line offered great deals to entice us to join this one-way journey.

A novice at this sort of trip, I found myself in a sea of "repositioning" veterans. For them, the ship is the destination.

"They've pretty much seen it all, done it all. They know what they want," cruise director Rick Schwartz-enburg told me.

This isn't the typical many ports/many stops trip. "We like the transatlantics because it gives us more time to use the ship's facilities," said Pat Lonergan, who with her husband, Chris, was returning home to Britain. "On a normal cruise, you're on and off."

For travelers like the Lonergans, the big swells -- which can be more common in the mid-Atlantic than in the

relative shelter of the Caribbean -- are old hat. For first-timers like me, they were unsettling.

At dinner on the sixth night, television monitors reported "rough seas" of up to 12 feet. After eating a light meal, I clung to the handrails on my way to the Stardust Theatre for a show.

"I know why most of you are here," announced the cruise director. "[It's] because the seas are rough and you want to see how this will go."

Indeed, many of us were curious to see whether that night's performer -- a German juggler named Hilby -- could pull it off. He amazed us by keeping two clubs, a knife and a toilet plunger in midair while pedaling a unicycle across the stage.

Later, the shaking and the creaking of the ship kept me awake. I switched on the television to discover we were in a "violent storm." The winds were 58 mph. The sea was full of fury. Even-

tually, I lapsed into a fitful sleep.

"I just want to get to Dover," a fellow first-timer said after that rocky night. But veterans say rough seas are relatively uncommon on the southern Atlantic routes commonly favored for these repositioning cruises.

After nearly a week of gray seas and white foam, we see land on the horizon. We were approaching our first port of call: Ponta Delgada in the Azores.

Living on islands more than 900 miles west of the European continent, the locals welcome visitors from the cruise ships that occasionally stop for a few hours. Sure, there are shops selling cheap souvenirs, but there are also delightful cathedrals and squares to visit. The Jewel's passengers seemed to outnumber residents in the narrow streets.

After two more nights at sea, we arrived in Vigo, Portugal, a bustling port that, on a Sunday morning, was much quieter than usual. Having "been there, done that," many people chose to stay on board for an aerobics class or a poolside barbecue.

Underway again, there were whispered warnings about rough seas as we approached the Bay of Biscay. Thankfully, on this trip, the waters were calm.

When we reached Dover at the end of our 5,100-mile voyage, Chris and Pat Lonergan were just 150 miles from home. They had spent the trip reading, playing trivia games and catching up on sleep.

Colin Markland later told me the cruise was "the best holiday I've ever had." Then, he quickly added, "That's probably because it was such a steal."

Do you even get the feeling that someone is watching you? Are you getting that feeling more often? Is someone taking your picture? If any of this resonates, it's because you are not alone.

This is no time to be camera shy. Not when your fifteen minutes of fame could be just around the corner. Off to the side of that red light there may be a camera hidden from view. One of the ones that a number of towns have rigged to catch drivers who are in an extra hurry.

In a variation on the law of unintended consequences, a neighbor of mine has installed an opaque cover on his rear license plate. You can read the plate from directly behind, but not from any other angle. And I thought of him as a law-abiding citizen.

Everyone except bank robbers knows that there are cameras all over banks. Every retail store in the land is loaded with cameras, to catch a thief. In the olden days, one-way mirrors were all the rage. At retail, a worker could hide behind one and watch the action. In a supermarket I toiled in, we caught a man stuffing steaks down his drawers and a woman hiding frozen guinea hens in hers. Honest!

In industry, rooms with one-way mirrors and disguised cameras are full of observers who watch consumers discussing their products. These are called focus groups and are the unscientific basis for many a marketing success or disaster.

Twelve women chatting could change everything. Advertising campaigns used the technique to get spontaneous responses from unwitting folks. A guy named Alan Funt made a fortune with a TV show using the same technique.

That was child's play compared to the technology of today. Want to sunbathe au natural in your backyard? You could be the subject of a satellite camera. Drones sit two miles above and pick up that cute dimple on your, uh chin, or your secret tattoo. The CIA is using drones with missiles to take out bad guys when they least expect it. That's how they got bin Laden's son. "Honey, would you get me another goat's milk?" Boom!

If you live in a gated community, you are on camera 7-24. They're on the gates going in and the gates going out. They're on the beaches and they're on the river, too. The ocean and river cams can pan and tilt and zoom-in when any light or motion is detected. So, if you're going for a late night swim, make sure you have on more than your birthday suit. The tapes can be saved for later viewing.

According to the University of Illinois, the city of Chicago has an estimated 15,000 cameras installed as part of what it calls Operation Virtual Shield, its fiberoptic video network loop. They believe it has reduced the crime rate, not without a ton of invasion of privacy protests.

Cell phones are ubiquitous and armed with cameras. Not to mention actual cameras. You could be on the internet in no time flat. Coming soon are teensy, tiny cameras that can go through key holes and float around undetected. Think of gnats with Nikons. There are underwater cams, too.

So, next time you venture out into the world, put on your best face. And smile. You too could be on candid camera!

God is not the only one watching

BY JAY MCNAMARA

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Jeggings: Denim gets a new stretch



Jeggings give a sleek look, but with more give than jeans

BY MELISSA MAGSAYSAY
LOS ANGELES TIMES

For those who love the sleek look of a skinny jean but can't stand the leg-sucking compression, impossibly small openings at the ankles or rigid denim digging into skin, the skinny jean/legging hybrid known as jeggings could be a worthy alternative -- or just one more reason to feel like their thighs will never be toned enough.

The denim legging is the next frontier in the skinny shape that won't seem to go away in the denim industry.

"The skinny silhouette is so prevalent in fashion right now," J Brand creative director Susie Crippen says. "The big sweaters, high boots and skinny jeans are all a part of the silhouette of the season, and the industry has to jump on that bandwagon."

Premium denim brands such as GoldSign, Citizens of Humanity and J Brand all have denim leggings in their spring lines, and Crippen is certain the trend will move forward into next fall. Who's buying them? The same customer who has been wearing the skinny jean for years -- celebs such as Jessica Simpson, Ashley Tisdale and Rashida Jones, and twenty- and thirty-somethings who are trend-conscious and comfortable with the popular silhouette of skinny bottom and more voluminous top.

For those who have shunned skinny jeans because they'd rather not squeeze themselves into what feels like sausage casing, trying out denim leggings can be a scary experience. But



Bye-bye, sausage casings. Hello, jeggings. The hybrid has more give than skinny jeans and is dressier than leggings.

the jegging fabric is much more forgiving and the waistbands are higher than in previous skinny jean styles, which can help minimize or even eliminate unsightly muffin tops.

If you are willing to experiment, Crippen has advice on how to make the look work. "Make sure your shirt comes down to your mid-thigh, and if you feel squat in the look, wear heels or ankle boots," she says. "It's just a matter of looking in the mirror and knowing your proportions are right and you're comfortable."

Jeggings have the stovepipe shape of a skinny jean plus the wearability and comfort of a legging but without the overtly casual look and gradually saggy bottom of the latter.

One main difference between denim leggings and regular leggings is the jean-like waistband with a proper button closure and zipper, which gives the top more structure and adds flexibility to the way they can be worn.

"Something heavier with a pocket and waistband can be more versatile to wear like you would a jean," Crippen says.

While there may be no change in the daunting silhouette of the denim legging, the stretch and weight factor makes them feel and move better than a rigid pair of denim skinny jeans.

"Our denim legging has a 5 percent stretch with a 7-ounce fabric, and the denim is 2 percent stretch in a 10-ounce fabric," Crippen says. The differences may seem subtle, but when you're talking centimeters added to or subtracted from your hips and inner thighs, every little bit counts.

"It's a very Jean Seberg, late '60s vibe," Crippen says. "I just watched 'Bye Bye Birdie,' and everyone is wearing little cropped leggings -- they were high-waisted of course -- and short shirts. It's not like it's a new silhouette. Actually, dudes started the whole trend. Thanks a lot, Robin."

Men's cologne lines get manlier



Diesel's Only the Brave

BY ADAM TSCHORN
LOS ANGELES TIMES

Men, if you've been looking for a manly fistful of fragrance, a scent that, say, invokes the adrenaline rush of NASCAR rather than a shirtless jog on the beach, take a deep breath -- the industry is paying attention to the growing percentage of guys who are taking care of their own grooming and buying their own scents.

That's why, alongside faces like Matthew McConaughey and James Franco (shilling for Dolce & Gabbana's the One and Gucci by Gucci, respectively), you're likely to see rapper 50 Cent pitching Power, and Common promoting Diesel's Only the Brave. Words such as "power" and "brave" are a key part of the pitch from perfume makers battling for a piece of a men's fragrance market that reported sales of \$1.1 billion in 2008.

"In 2007, we saw the percentage of men buying fragrances for themselves edging closer to the percentage of women buying fragrances for them," said Karen Grant, vice president and global industry analyst at NPD Group. This year, Grant said, research by the Port Washington, N.Y.-based market research firm shows that 41 percent of men say they are opening their own wallets for scents, compared with 40



Men's cologne lines get manlier

percent who say their partners pick the potions.

Pretty-boy pitchmen have hardly been put out to pasture; this year's all-star lineup includes actors Patrick Dempsey (with his second scent) and Antonio Banderas (with his sixth) but there's a distinct top note of testosterone with recently tapped athletes such as Derek Jeter and Tom Brady fronting Driven and Stetson fragrances, respectively.

In the last 12 months, country sing-

er Tim McGraw has had a hit -- without singing a single note. His McGraw by Tim McGraw has racked up nearly \$6 million in sales, making it the sixth-best-selling men's scent in the mass market (drugstores, grocery stores) category, according to Chicago-based market research firm Information Resources Inc. Not bad for a scent that has been around only since August 2008.

There have been some noncelebrity "masculine" fragrance launches this year as well. For men hoping to capture the essence of a day at the racetrack (hold your burning rubber jokes, please), NASCAR gave the checkered flag to its first licensed scent -- cologne Daytona 500 Fragrance for Men. The cocktail of bergamot, nutmeg and sandalwood comes packaged in a glass cylinder with chrome rims and a red metal and rubber tire top.

Another recent rollout is a cadre of

colognes officially licensed by the U.S. Armed Forces. The American Line pays homage to the Army, Navy, Air Force, Marines and Coast Guard, giving each group a signature scent. For example, the Army-inspired fragrance (dubbed Patton) is described as "defin[ing] masculinity with a sensual, woody fragrance. A confident blend of sage, bergamot and cedar elicit feelings of majestic woodlands and endless horizons."

And alongside the more genteel-looking stopper-topped flacons that traditionally package perfumes are new glass bottles shaped like clenched fists (Diesel's Only the Brave) and containers reminiscent of car parts (Power by 50 Cent). The recently launched Play by Givenchy may be fronted by Justin Timberlake, but it's sold in a bottle designed to resemble the most coveted of techno-gadgets: a portable MP3 player.

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Eyes that shimmer, smoulder and pop

BY MELISSA MAGSAYSAY
LOS ANGELES TIMES

That special sparkle isn't limited to the twinkle of a sequined sweater or colorful cocktail ring. Let your eyes make a festive statement when you go

to those seasonal parties or those charity balls.

A colorful smoky eye is a playful twist on the smouldering, sexy look of the typically heavy-lidded dark version. A bright and pearly palette of jewel tones and shocking hues is in style this sea-

son -- and in a not-so-subtle way. The look makes eyes pop, freshening up the face and adding color accents to a simple party frock.

But, as with the classic dark smoky eye, the technique for applying the layers can be tricky to do without ending up looking like something between a zombie and a raccoon. If the only

time you've ever applied this much eye makeup is during Halloween, the process can seem daunting. Sara Strand, makeup artist and creator of Pop Beauty, suggests this step-by-step method for achieving the most alluring, colorful smoky eye to light up the party scene.



Ask the Hair Guy

Mark Rodolico

Colorist / Stylist

www.askthehairguy.com

A word from The Hair Guy: *On behalf of my design team at Mark's At The Pointe Salon & Boutique, I want to say Thank You Ms. Chloe Rose for allowing us to be a part of the "Charity is Chic" Fashion Show at Saint Edwards Upper School on the Feb. 6th, we look forward to it! The Hair Guy hopes to see you there! www.teamfox.org*

Question: *How do I get body in my fine lifeless hair? I feel like I've tried it all!*
- Dan C., Vero Beach

Answer: Well W.W. I have said it once and I'll say it again A.M.P amino (acids), magnesium, panthenol! This acronym has long been the standard of hair biochemists around the world. Amino acids to moisturize, Magnesium to give texture and bounce, Panthenol to plump and give volume. Until now, we have had no other weapons against silky, fine, lifeless feathers you call hair. Now we have other options, still the same principles, only now utilizing pvp/dmapa acrylates a copolymer technology to thicken hair. It's like this, the pvp/dmapa copolymers effect the "+" charges in the hair, so the hairs repel each other, much like a magnet. If you have ever played with 2 magnets you know that opposite poles attract and like poles repel. I often describe it as the polar opposite of an adhesive.

Adhesives stick the hairs together. A cohesive bonds to the now plumped and conditioned hairs and stand them away from each other. Very simply, we are finding in hair technology, that some of the very plumping moisturizers and adhesives in the finishing product become heavy over time. Some even gathered dirt and debris like a magnet gathers particles of charged debris and shards. This debris left the hair at times feeling dirty and greasy. The technology is not perfect, but many say it is kickass! My favorites are 3 products by the A/G company: Thikkwash shampoo, Thikkrinse conditioner and the most incredible finisher available on the planet Spraybody volumizer. Warning however, this stuff is highly addictive! Keep asking,
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Step 1: Apply a concealer or eye shadow base to the eyelid. This will take away any redness and create a smooth surface.

Kirk McKoy / Los Angeles Times



Step 2: Line the inner eye, closest to the lashes on top and bottom, with a black eyeliner to frame and define the eye.

Kirk McKoy / Los Angeles Times



Step 3: Using a short-haired makeup brush, sweep a shadow in a base color such as deep gray all over the lid.

Kirk McKoy / Los Angeles Times



Step 4: Apply a black eye shadow in the crease (fold) of the lid. Blend the black and gray to soften the edges where each shadow was applied.

Kirk McKoy / Los Angeles Times



Step 5: With a liquid black eyeliner, trace over the top lid eyeliner, creating a little '60s-style flick at the outer corner of the eye. "It should look like something between Audrey Hepburn and Amy Winehouse," Strand says. Once the liquid liner dries, trace over the line again with an intensely colored eyeliner, such as a bright teal or green. Lightly line the outer corner at the bottom of the eye with the bright liner.

Kirk McKoy / Los Angeles Times



Step 6: Sweep a bright eye shadow such as a peacock blue or sparkly emerald green on the eyelid between the eyeliner and the crease of the eye. Blend well, so there are no hard edges. Curl eyelashes and apply "tons and tons" of mascara, Strand says.

Be sure to clean up any eye shadow that might have fallen down on the cheek area. Because the eyes pop so much with this look, leave the lips low-key; go for a sheer gloss, nude lipstick or nothing at all.

Kirk McKoy / Los Angeles Times

Getting that healthy glow – just like the stars



Healthy skin like Jennifer Aniston's comes from good products, good care and healthy food.

BY ALENE DAWSON
LOS ANGELES TIMES

Glowing skin signals youth, radiates good health and is the signature accessory of celebrities who walk the red carpet, as exemplified so far this awards season at the Golden Globes and Screen Actors Guild by the likes of Jennifer Aniston, Zoe Saldana, Joan Allen, Emily Blunt and others. Like beauty as a whole, the process of achieving luminous skin starts from the inside out.

Here are the steps that experts say will help your skin shine like a star's.

Step 1: Pay attention to what you eat and drink and do to your body

Dr. Susan Taylor is a Harvard-educated assistant dermatology professor at the College of Physicians and Surgeons at Columbia University and an attending physician at both Philadelphia's Pennsylvania Hospital and St. Luke's Roosevelt Hospital Center in New York. She's spoken at the American Academy of Dermatology's Skin Academy on how to achieve glowing skin. Her prescription: Lead a healthful lifestyle.

"Smoking and sun exposure generate harmful free radicals that damage

skin," Taylor says. "Additionally, smoking deprives skin of oxygen, which further damages skin and leads to a dusky skin tone." She warns against dehydration, which can make skin dull, as well as fatty fast foods, red meat and dairy, which she says generate free radicals as they are digested and divert oxygen and energy from the skin.

Instead, for glowing skin, Taylor recommends foods rich in vitamin C (sweet red peppers, red berries, citrus fruits, Brussels sprouts and kale), co-enzyme Q10 (walnuts, sardines, tuna, yellowtail, soybeans and sesame oil) and glutathione -- a potent antioxidant (glutathione boosters include asparagus, broccoli, avocado, spinach, turmeric and garlic). Other recommendations include lots of water, omega-3 essential fatty acids and vitamins A, C and E. Salmon, green tea, flaxseed oil, cold-pressed olive oil, blueberries and pomegranates all make the list of foods for beautiful skin.

Step 2: Choose treatments and topical products for maximum luminosity

Olga Lorencin-Northrup is co-owner of Kinara Spa in Los Angeles, a celebrity destination for camera-ready skin and home to the glow-enhancing Red Carpet Facial.

Lorencin-Northrup says that hydrating and exfoliating ingredients such as lactic acid, amino acids and arginine "give skin an amazing glow with no irritation." These ingredients, along with green tea and lysate, are in Kinara's Red Carpet Facial and take-home kit. Lorencin-Northrup says they "cause a reaction similar to steam-cleaning the pores, which creates an immediate glow." She also recommends Kinara's Lactic Acid Hydrating Serum, Kinara's Peptide Serum and SkinCeuticals C E Ferulic. To jump-start glowing skin, she advises clients to try a professional

CONTINUED ON PAGE 58

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CONTINUED FROM PAGE 57

mild lactic acid peel.

Many ingredients and products can help with glow. They include, as mentioned, exfoliants such as lactic acid; vitamins C and E; powerhouse antioxidant coffeeberry (found in RevaléSkin Night Cream); hyaluronic acid (Clarins HydraQuench Cream-Mask); skin-brightening products to fade blotchiness (Neocutis Blanche Skin Lightening Cream and Aveeno Positively Radiant Cleanser and Moisturizer) and essential lipids (Kate Somerville Quench Hydrating Face Serum).

Dr. Harold Lancer, a Beverly Hills dermatologist known for the Lancer Glow products he developed (now called LancerRx) recommends products with higher concentrations of active ingredients. He adds that sustained effort is key. Achieving glow isn't about "a one-time thing or one-week treatment," Lancer says.

For serious glow, he recommends AFT (auto fluorescent technology) multi-wavelength laser treatments, but only at a board-certified dermatology office, and only by a physician. Done correctly, this is a "guaranteed

slam dunk" for glowing skin, he says.

Step 3: Learn the secrets of a superstar makeup artist

Celebrity makeup artist Pati Dubroff beautifies such A-listers as Angelina Jolie, Cameron Diaz, Anne Hathaway and Megan Fox, and her work has appeared on a bevy of magazine covers.

A Dubroff must for glow: Buff and hydrate the skin. And then, "My secret weapon, and that of many of the celebs you see on the red carpet, is Intraceuticals oxygen facials prior to makeup," Dubroff says. Afterward, she applies Intraceuticals' Rejuvenate serum. "And I love Liz Earle Superskin Concentrate, an oil, and Liz Earle Superskin Moisturizer," she says. She recommends not overmoisturizing or using too much glow-enhancing makeup in the T-zone if you're being photographed or have oily skin.

Dubroff emphasizes that glow is not the same as sparkle or glitter. You want a realistic, healthy glow, "not a cheap and tacky effect," she says. When she wants a client with good skin to look glowing, natural and healthy, she opts for tinted founda-



To have Carrie Underwood's healthy glow, try a tinted foundation and some concealer, but nothing sparkly or glittery, experts say.

tion and spot concealer.

She resists primers with silicones ("suffocating"); mineral makeup ("it tends to look heavy, chalky and grayish"); and foundations with built-in illuminators. "I will use [illuminators] after foundation on the areas I want to have a glow: tops of cheekbones, inside corner of eyes, sometimes down the center of the nose and bow of the mouth," she says. "I want to target the bones I want to stand out and not the ones I don't."

If you're using glowing powder to highlight, the shimmer should be micro-fine. And covering and brightening under-eye dark circles is crucial for a glowing countenance. "The whole face lights up," Dubroff says. She uses Kanebo Sensai Concealer (Brush Type). Another option is YSL Touche Eclat.

Good general illuminators include Giorgio Armani Fluid Sheer, Smashbox Artificial Light and Benefit Moon Beam, and "Clé de Peau makes a gorgeous luminizer in a pen," Dubroff says.

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Dunhill menswear Fall 2010

BY ADAM TSCHORN
LOS ANGELES TIMES

Casino clowns, kickboxing women and flame-belching runways made for memorable moments at the men's fall/winter 2010 runway shows in Milan and Paris. But when it came to the clothes, designers seemed less intent on pushing the envelope and more intent on filling it with paid invoices.

The take-away? Clothes that are versatile, adaptable and consummately wearable, drawing on both traditional, refined English tailoring (John Galliano, Alfred Dunhill) and the functional, protective aspects of work wear (Salvatore Ferragamo, Vivienne Westwood).

Key trends at the shows, which ended last week, included thick shearlings (from almost everybody) and lots of strappy technical closures (plastic utility buckles at Comme des Garçons and Velcro at Raf Simons). Designers doubled down on everything, showing buttoned-up, double-breasted jackets (YSL); belted, double-breasted trench coats (Burberry); and double-faced fabrics (including cashmere and leather at Alexander McQueen and flannel at Dunhill).

Outerwear was layered, collar over collar, and the prevailing color palette of the season strayed little from

the safety zone of suiting grays and blacks, with hints of moss green, rusty brick, burgundy and eggplant. Even Kean Etro, the paisley-patterned clown prince of Milan Fashion Week, sent out a collection that was darker, and more subtle, than any season in recent memory.

"I heard people saying designers were playing it safe this season," said Eric Jennings, vice president and men's fashion director at Saks Fifth Avenue. "I disagree. I think they were playing it smart."

The unusually heavy emphasis on outerwear got no complaints from buyers who think that's exactly what will resonate at the registers this fall.

"It's going to be outerwear -- coats," said Macy's vice president and men's fashion director, Durand Guion. "There was just

manifestations of high-end. At Burberry, for example, the instantly recognizable check was MIA, and Louis Vuitton emblazoned bags in its collection with a simple, understated "V" logo.

"I'm really liking all the double-faced fabrics," Jennings said. "Most of the times, clothes can look great on the runway on a model but different in the store. The great thing about these double-faced fabrics is that they look crisp and hold their shape. They've got what we call great 'hanger appeal' in the store."

Guion agrees: "Double-faced fabrics and the way they lay and drape, I think will really hold some appeal, and there was a lot of bonded leather and shearing that I think will also be popular." He pointed out that these techno-luxe fabrications are one way that luxury labels -- and the retailers that carry them -- can differentiate themselves in the new retail reality.

"Fast-fashion retailers can see these

[designers'] looks online the minute the show happens and in six weeks they can have stuff in their stores. But when it's this level of quality -- when you've got these double-faced fabrics, bonded leathers and shearlings -- they can't easily duplicate that stuff."

Overall, buyers felt that the "heritage" message of the shows, labels getting back to their roots, is likely to resonate as well. "For me, it was all about timeless, classic style, but updated," Witman said.

For Guion, it was Versace's "Tron"-inspired collection. "It was great to see brands get back to telling their own story," he said. "Look at Versace; their roots have always been a little rock 'n' roll, a little fast, and they gave it up [this season], but in a modern way; the leathers were laser sharp Pair one of those [jackets] with a pair of jeans and boom! Who couldn't get away with that?"

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Pets

Rescue dog finds new life – new manners – in Sea Forest



Bass Family Portrait

BY CISSY SUMNER
COLUMNIST



The brown eyes that stole the heart of Mike and Judy



Mike and Sylvia in the surf

A few months ago, Mike and Judy Bass decided it was time to add a dog to their lives. They had never had a canine companion, so they went to

The Humane Society of Vero Beach and Indian River County to get some help finding a friend. One look in to the soulful brown eyes of this lovely

YOUR PET'S HEALTH

By Dr. Randy Divine and Dr. Laura Baldwin

Hyperadrenocorticism: Cushing's Disease

Hyperadrenocorticism is one of the most common endocrine diseases affecting pets. Dogs are more commonly affected; however, the condition may effect cats as well. All breeds are susceptible. Signs of disease typically appear when dogs are over 6 and cats are middle-aged to older. Signs of Cushing's include weight gain, pendulous abdomen, increased thirst and urination, muscle atrophy, hair loss, lethargy, and thin skin in cats. Patients may have frequent skin infections and comedones (blocked follicles).

There are two forms of Cushing's disease. Pituitary-Dependent is the more common form. The pituitary gland is located at the base of the brain and secretes the hormone ACTH (adrenocorticotrophic hormone) in excess which causes the adrenal glands to produce too much cortisol. The pituitary normally responds to high levels of cortisol by decreasing ACTH production. Since the cells are abnormal, ACTH production continues despite high cortisol levels. Cells may be abnormal due to pituitary tumor or hyperplasia. The excess of cortisol results in the signs of Cushing's.

In Adrenal-dependent Cushing's disease, the Adrenal glands produce excess cortisol which decreases ACTH but the adrenal glands continue to produce excess cortisol. This is commonly due to adrenal tumors or another abnormality of the adrenals.

Patients with Cushing's should have basic blood work to rule out other abnormalities and to check the blood glucose as patients with Cushing's may also be diabetic and commonly have elevated liver enzymes. A urinalysis also helps rule out other causes of increased urination including urinary tract infection. The ACTH Stimulation test is used to screen for Cushing's disease. The Low-Dose Dexamethasone Suppression Test is used to confirm Cushing's and in some patients used to visualize the adrenal and can confirm adrenal-dependent Cushing's disease and frequent bloodwork is needed to monitor the serum levels of cortisol as patients treated medically for Cushing's may develop hypoadrenocorticism (Addison's Disease). Surgery may be recommended for treatment of adrenal-dependent Cushing's disease. Diagnostics and treatment are available for Cushing's Disease at Divine Animal Hospital.



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Sylvia loves to chew

young hound and they fell in love.

They named the young dog Sylvia after a favorite Aunt. Sylvia was calm and gentle at the Humane Society. With high hopes, Mike and Judy brought Sylvia home to join their family. Once home, Sylvia revealed a wild side. She dug holes in the yard and was giddy when visitors arrived. Because they had no previous experience owning dogs, Mike and Judy were overwhelmed.

Sylvia's behavior is actually typical for rescue dogs. We have no idea of their past and we cannot explain their future. I'm not sure Sylvia had experienced living indoors. She needed more exercise, but pulled so hard on the leash, it was difficult to walk her.

This was a learning experience for all of the Bass family. We set up some training and structure for Sylvia. She learned to sit, lie down and stay. We worked on front door manners, teaching her to stay when guests arrive. We

also fitted Sylvia with a Gentle Leader head collar so Judy could take her for walks. Most of all, Mike and Judy are diligent about Sylvia working for all the petting and attention she receives.

Mike and Judy showed their love for Sylvia by giving her structure and limits in their home. This enabled Sylvia to feel secure and calm enough to learn. Within three weeks, Sylvia was a new dog. She stopped digging up the yard and was generally calmer. Judy walks her several times a day. Sylvia has become a great companion for Judy and an exercise partner for Mike. Sylvia has made friends around their Sea Forest neighborhood and become a much loved member of the Bass family. Congratulations to Sylvia for finding a loving forever home.

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

On Faith

Praying to win? Don't expect God to take sides



BY REV. DRS. CASEY AND BOB BAGGOTT
COLUMNISTS

This Sunday hundreds of millions of people will gather for one of the greatest spectacles on the yearly sports calendar – the Super Bowl.

So universal is the appeal of this event, that people in some 187 countries are expected to tune in to witness the game, along with the special and clever advertising that accompanies it. The game has become synonymous with the epitome of excellence. After all, don't we use the term "Super Bowl" to speak of the peak experience in many different venues? We've heard people say they attended the Super Bowl of flower shows or the Super Bowl of chili cook-offs. We've even heard someone refer to the Super Bowl of church services!

Actually, mixing the worlds of sports and faith is not a rare occurrence. Each year, we hear players from the Super Bowl teams petition God for success, or urge God to protect them, or claim that God is on their side in the upcoming contest. We're always a little taken aback by these assertions. And while it is gratifying to find that celebrities, such as the Super Bowl athletes, are faithful people willing to publicly acknowledge their commitments, these claims about God's favoritism and God's management of human events is disquieting.

What can it mean to claim that God will pull strings to assure one team's victory over another? Does God micro-manage our lives like that? What would that imply about human free will and initiative? How can both sides claim that God is on their side? And if God *does* mastermind human events, then why is God not actively intervening to bring about a "win" in what are without question far more serious conflicts than occur on the gridiron ... such as ongoing violence and warfare in various parts of the world?

Does God care about us, our hopes and dreams, our wins and losses? Of course. Does God take sides in our disputes? That is harder to discern. We've always appreciated President

Abraham Lincoln's assessment of this question when, during the Civil War he heard both the Confederate and the Union soldiers praying for victory and claiming that God stood squarely on their side. Once when a man told Lincoln that he believed the Lord was on the Union's side, Lincoln's response to him was this: "I am not at all con-

cerned about that ... But it is my constant anxiety and prayer that I and this nation should be on the Lord's side."

What a marvelous, wise, and humble acknowledgement by the President. Perhaps this weekend, and in the other "Super Bowls" of our own lives, we might echo Lincoln's conviction that it is less critical to claim

that God is on our side, than to hope that we are on God's side! If we are on God's side, then our prayers will reflect not our own personal hopes only. If we are on God's side, our prayers will encompass the hopes and dreams of all God's children. Imagine if we all prayed, not for our side, but for God's side. We just might *all* win!

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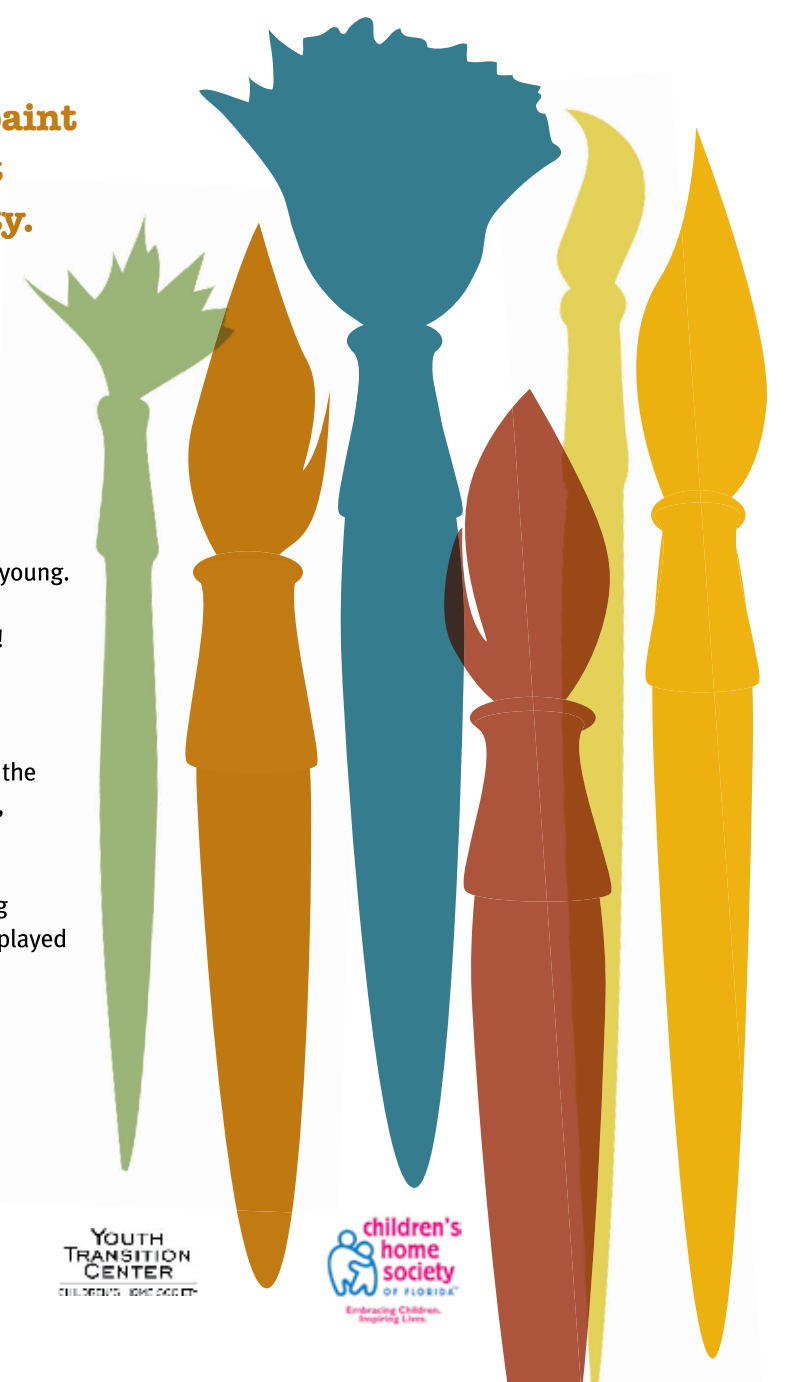
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Tangos II: Where the past is prologue



The dining room at Tangos II on Ocean Drive



A medley of starters prepared by Ben Tench

BY TINA RONDEAU
COLUMNIST

Ben's back. One of Vero's favorite chefs is once again holding forth in an island kitchen, working his culinary magic in the new Tangos II on Ocean Drive.

Actually, owner/chef Ben Tench's new restaurant probably should have been called Tangos III. The first incarnation more than a decade ago was in cozy quarters on Bourgainvillea Lane. When the original Tangos proved a huge success, Tench expanded to a second home on Ocean Drive.

While the food was the same, the second incarnation of Tangos was different – a much larger restaurant, this time offering a full bar, and with a somewhat more formal feel. The expansion, in hindsight, was probably not the world's greatest idea. Tangos closed following the 2007 season, and Tench retreated to the hills to become executive chef at a club just outside Asheville.

But now, he's back with the third incarnation of Tangos – called Tangos II. While it is at the same address where last seen on Ocean Drive, it occupies but half the space (the new Kilwin's has the rest), serves only beer and wine, and in size and ambience is a throw-back to the old days on Bourgainvillea.

And when it comes to the menu, the good news is that many of the dishes

beachside diners yearned for during Ben's absence are also back – and every bit as tasty as we remembered.

On a recent visit, we combined some old favorites with some of his newer creations.

For an appetizer, I ordered the almond crusted Maine lobster fritters (\$10.50), lightly fried fritters as only a Southerner can prepare them which melted in your mouth. They were served with a papaya-mango salsa and key lime butter sauce. Sumptuous.

My husband also went Southern and started with the flash-fried oysters (\$8.50) served with a lemon-dill horseradish remoulade. He termed the crisp oysters perfection.

One of my companions had the wild mushroom soup (\$5.50), a tasty blend of mushrooms mixed with boursin cheese and tarragon. Another had the evening's soup du jour, a yellow tomato soup (\$6.50) garnished with eggplant croutons. She reported that the soup had a delicate sweetness, and the lightly fried eggplant croutons were crunchy on the outside and tender on the inside.

A fifth member of our party had the pan-seared Nantucket bay scallops (\$12.50), served with creamed white corn, Vidalia onions and smoked gouda cheese. We decided we had gone five for five on the appetizers.

For entrees, I ordered another of the evening's specials, a flounder dish (which had been recommended as we

approached Tangos by a friend emerging from Kilwin's next door). The flounder (\$23.50) was luscious.

My husband, not ready to accept that the oyster appetizer had been enough fried food for one evening, ordered Ben's southern fried Maine lobster (\$27.50), two tails (you can get one for \$16.50) served with toasted almonds and a lemon cream sauce, and accompanied by chive mashed potatoes and baby string beans. Well worth a couple of point increase on his next cholesterol test, he said.

One of our companions had the evening's steak special, a tender New York strip (\$29.50) perfectly prepared with a flavorful, crusty exterior and complemented by a tomatillo sauce. It was served with delicious roasted fingerling potatoes.

Another of my companions had the special pasta entrée (\$25), a tasty plate of orecchiette in a garlic, olive oil and mushroom sauce. The fifth member of our party had the half rack of Carolina-style slow-roasted and grilled baby back ribs (\$14.50), served with a peach barbecue sauce and accompanied by sweet potato fries and house-made chopped slaw. He gave it a high rating.

For dessert, two of us went for the crème brulee (\$7.50), two others ordered the apple empanadas (\$7.50), while my husband simply had a double espresso (excellent). The best of the desserts were the apple empanadas (also known as tarte tatin – puff

pastry with juicy caramelized apples).

While portions at Tangos are more than adequate, they have never been supersized, and Ben remains in the vanguard of the less-is-more school of dining.

Dinner for two (before wine and tip), if you enjoy a full meal like the one above, is likely to run \$90 to \$100. But if you decide to dine light, you can enjoy a great meal for considerably less. Two of us on another visit had appetizers, then one had a New York strip and the other a barbecue chicken quesadilla (\$8.50), and left happy for just over \$70.

I am always reluctant to review restaurants when they still are in their early weeks, since for better or worse, they do not always turn out as they first appear.

But since Tangos II is pretty much Ben being Ben, I feel confident in saying those who were fans before are going to be overjoyed to have him back – and newcomers to Vero are in for great new Southern dining experience.

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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Wine of the week

Host your own tasting of Argentine malbecs

BY DAVE MCINTYRE
WASHINGTON POST

Malbec from Argentina is arguably the best value in wine today. While other countries produce plenty of good-value wines, Argentina's malbecs offer unusual complexity at prices that don't break the bank. Even a \$10 bottle can have you searching the glass for hints of mocha, berries, lavender or spice.

Market forces bear much of the credit for this. The dollar has remained strong against the Argentine peso even as European wines increase in price because of the euro's rise. Vineyard land and labor in Mendoza are much cheaper than in California. These factors keep prices for malbec low even as quality continues to improve.

To be sure, expensive malbecs can run into the triple digits. But to get a sense of what malbec has to offer, you really don't need to spend more than \$15 or \$20.

Here's a fun way to explore malbec:



A wide selection of malbecs available at the Village Beach Market, as well as other stores

Recruit some friends for an evening of wine tasting and geeky discussion about aromas and nuances. Have each friend contribute a bottle or two of wine. Concealing the labels is optional; if you do, make sure the bottles are clearly numbered. Take notes and go back to the wines from time to time as the evening wears on to see if they

Then look for the nuances that come from different vineyard sites or the winemaker's decisions before, during and after harvest.

Start with the **Trapiche 2008**. Note its fresh, grassy aromas, signaling little or no oak, with some musky, evening scent over the blueberry fruit flavors.

Compare this with the **Alamos 2008**,

have changed.

The following wines would make an excellent lineup, but feel free to substitute others according to what's available at your favorite stores. That's what the fun is all about.

With each wine, look first for malbec's signature: deep purple color, aromas and flavors of blueberries and cherries, and a soft texture with tannins that seem to disappear rather than dominate the finish.

which is an archetypal malbec: correct and . . . well, fine. Nothing wrong with it, but not very exciting, either.

Malbec's enticing aromas come into play with the **High Note 2008**. When first opened, this wine is very floral, with hints of lavender and violets along with clove and other spices. This wine keeps getting better in the glass.

Aromas also dominate the **Mapema 2006**, with herbal scents of rosemary and sage yielding to meat and woody notes of tree bark and damp leaves. It is rich and lively, showing differently with every sip, suggesting it is going through its adolescence right now. It will be worth visiting again in a few years

The **Finca el Origen Reserva 2007** shares those herbal qualities yet remains rooted in malbec's berry flavors. This wine's lightness sets it apart. It is almost European in style.

In contrast, the **Valentin Bianchi "Elsa" 2008** is more New World, focused and intense. Like any good wine, it leaves you wanting more.

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Rise of the Romaine Empire

BY RUSS PARSONS
LOS ANGELES TIMES

A lot of times when food writers praise an old-fashioned ingredient such as romaine lettuce, they do it with a nod and a wink and more than a hint of condescension, like fashion critics chortling when a Parisian couture house sends its models out dressed in gingham and lace -- “Oh, how very droll!”

Not me. If food is good, it's good and fashion be damned. And romaine is good.

Don't get me wrong, I like my fancy mesclun style lettuces as much as anyone -- I've got a full bed of them in my garden and I trot out to cut my salad greens in the evening just as happily as any other Alice Waters acolyte. Those fancier lettuces have a vivid mix of flavors that I love. (I've got one Asian mustard that is hot as horseradish.)



But romaine has something they lack -- crunch. And sometimes crunch counts. Those mixed lettuces are terrific with good olive oil,

a squirt of lemon juice and a sprinkling of sea salt. But if you're looking at a salad with more heft, a real American salad, you need a lettuce with some structural integrity.

Want a wedge of something to go under a creamy blue cheese dressing (lots of black pepper please!)? How about a classic Green Goddess, redolent of anchovies, chives and tarragon? And, of course, you shouldn't even think of a Caesar without picking up a head of romaine.

Indeed, it was this last salad that sparked the rebirth of romaine lettuce and one of the more remarkable turnarounds in modern agricultural history.

Romaine lettuce has been around for centuries. In fact, Egyptian tomb art depicts a lettuce that looks quite like it. In England, it's sometimes known as cos lettuce, allegedly because it was brought from the Aegean island of that name. The name romaine comes because it was supposedly introduced to France when the pope moved from Rome to Avignon in the 14th century.

Hail, Caesar

But for much of the 20th century, romaine wasn't known at all to many Americans. That's because of the overwhelming success of iceberg lettuce, which can remain reliably crunchy (though incredibly bland) despite days if not weeks of shipping. As late as the mid-1970s, iceberg lettuce accounted for more than 95 percent of

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all of the lettuce grown in this country.

Then along came the reborn Caesar salad. Invented in a Tijuana res-



taurant in the 1920s (which one is a subject of a bitter interfamilial dispute), for decades the Caesar kind of limped along in all of its garlicky

glory as a California specialty.

Then, all of a sudden, in the late 1970s it was “discovered” by the fast food industry, often topped with very untraditional grilled chicken, and there followed a couple of decades of extremely heady popularity.

From almost nothing, by the mid '90s, more than 16,000 acres of romaine was being grown. By 2000 that had increased to more than 60,000 acres and today it stands at more than 80,000.

That's still about half of iceberg's acreage, but especially considering the high percentage of iceberg that winds up on top of hamburgers, it's pretty impressive.



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And I have to say I do my best to use my share.

I like romaine in midweek dinners, which in my house often consist of dishes such as scraps of Sunday roast chicken, bound with a bit of mayonnaise and brightened with herbs, reconfigured as a salad.

And speaking of which, next time you roast a chicken (or most anything else for that matter) try this: Drain off a couple tablespoons of the fat, then deglaze the pan with a bit of red wine vinegar and stir that into the fat; toss with romaine.

(A couple of side notes: While the whole head is good enough for family dinners, if you want a little more

elegance, trim the floppy outer leaves -- save them for another meal, the compost, or a bunny, if you have one -- and serve just the pale crisp hearts. Furthermore, when they're trimmed this way, the lettuce spears are easy to eat with your fingers.)

Dressed to thrill

Almost anything that takes an American-style salad dressing should be built from romaine. (Years ago we had an Italian exchange student stay with us; the first time she was asked at a restaurant what kind of salad dressing she wanted, she was flabbergasted. “Oil, vinegar? How many kinds can there be?”)

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Well, there's blue cheese, of course. Mash crumbled cheese into mayonnaise along with some minced shallots, then stir in just enough cream to make it pourable. I think the real key to a great blue cheese dressing is lots of black pepper, but that's just me.

My favorite way to use blue cheese dressing is my spin on a steakhouse staple: with crumbled bacon and thinly sliced radishes over romaine.

Or what about homemade Green Goddess? If you've only had store bought, you're in for a surprise. A well-made Green Goddess is one of the great flavored mayonnaises -- tangy with anchovy and brightened

by lots of fresh herbs: parsley, chives and, especially, tarragon.

Because of this, I find it is a great sauce to pair with seafood and chicken. Shrimp, for example, with some torn watercress leaves mixed in just for a bit of a peppery bite. On top of romaine, of course.

And romaine is also good treated like radicchio: grilled and served with a slightly chunky dressing of anchovies and garlic puréed with olive oil.

Scatter over the top toasted walnuts and graceful ribbons of shaved Parmigiano-Reggiano, and, finally, you've got a romaine salad even my little Italian friend would recognize.

St. Ed's

Not everyone gets to experience high school like this

BY RON HOLUB
COLUMNIST

Shielding our eyes as the bright sunlight shimmered across the placid surface of the Indian River Lagoon, Assistant Crew Coach Alexander Moir and I watched the stunningly beautiful scene with reverence as eight St. Edward's School students dipped their oars into the water and set off for a late afternoon of rowing.

Head Coach David O'Donnell welcomed 47 students to this gorgeous vista for the challenge of competitive rowing in 2010. That number should be bolstered when the winter sports (soccer, basketball) finally wind down. On the other hand, a few may succumb to the physical rigors of rowing and drop out.

The program at St. Edward's is entering its fifth year. O'Donnell sees the crew program on the right course in his second season. The sheer numbers indicate that interest is spiking and kids are curious to give it a try.



Members of the St. Edward's School crew team practice on the Indian River Lagoon.

Photo: Tom McCarthy Jr.

Crew should continue to steadily gain traction as its image as a club activity gradually fades.

Everyone recognizes the three distinct reasons why competitive rowing will inevitably thrive at St. Ed's: location, location, location. It doesn't get any better than this. And the weather cooperates most of the time during the crew season as well.

"We have the best site in Florida for rowing," O'Donnell believes. "You can see the joy of rowing on the faces of our kids."

Participants should not be lulled into complacency, however, because muscles will be worked. Power and speed are generated using a blended sequence of the legs, back and arms. "We look at it as a fitness program in addition to a competitive rowing program," O'Donnell said. "We have an experienced fitness training coach working with the kids."

The average training day can be exhausting. Before hoisting the shells for a trek from the boathouse down to the waterfront, crew members limber up with calisthenics and wind sprints. Newly acquired weight machines now augment the rowing machines and treadmills for indoor or "dry land" workouts.

One of O'Donnell's objectives when taking over last year was to establish continuity and build the program for the long haul.

"Last year, the boys had their first victory in a race," O'Donnell explained. "I'm looking forward for our boys and girls to have more success in the near future. We have the potential to be a winning program. As our underclassmen become stronger and mature physically, the entire program will grow in confidence and performance."

Senior J. Hunter Kappel has been instrumental in the advancement of competitive rowing at St. Ed's. O'Donnell described Kappel as a "player-coach" last year when he assisted with training and set an example that fostered leadership within the ranks. Further, Kappel has competed -- and won -- in singles competition on the national stage.

O'Donnell knows that his "national level oarsman" has passion for the sport, his school, and big plans for the crew season.

"I love my school and crew team at Saint Edward's," Kappel said. "We will be working very hard this year. My sister (sophomore Sarah Kappel) and I both will be representing Saint Edward's in our singles and hope to fin-

ish our year at Youth Nationals in Cincinnati next June. Coach O'Donnell is coaching with some new techniques and the excitement is building. My teammates are very enthusiastic about the upcoming regattas, especially focusing on the State Championship in April."

A significant number of students will be rowing for the first time, presenting a mild coaching dilemma. "We must strike a balance between grinding intensity and light recreation," O'Donnell said. "A lot of the first time rowers tell us how much fun it is once they get out on the water. We can't make it so intense as to discourage novices. But we also want everyone to take it seriously for the fitness and competition."

The current plan has three eights lined up for regattas -- two boys and one girls. As a twist, the boys will have girls for coxswains, and the girls' boat will have a boy as coxswain. Those leadership positions will be assumed by sophomores Amee Upadhyay (boys first boat) and Meagan Carrick (boys second boat), and freshman Tommy Steinruck (girls boat). This type of crew makeup is permitted in competition under Florida Scholastic Rowing Association guidelines.

Upadhyay joined the team last year and prepared for ascension to a leadership role by attending a rowing camp last summer. "I joined the crew team mainly because it could be a really good thing for admission to college," she said. "But when you're out on the water, it's a really great feeling. It means a lot when everyone is in sync, enthusiastic and having a good time."

For juniors Bijan Adams Jr. and Rafael Mejia-Galvan, it was something as simple as the 'buddy system' that attracted them to rowing for the first time this year.

"Rafael is my all-time best friend and we made the decision (to join the crew team) and will stick together," Adams said. But there was more.

"I came out because I was bored sitting at home and I wanted to get back into shape. Crew is a great way to get into shape. It's really hard work and takes a lot of discipline."

The first event is the Opening Day Regatta hosted by Sebastian River High at Canal 54 in Fellsmere on Saturday, Feb. 20. The following Saturday, the team will travel to Stetson University in DeLand for the Stetson Sprints.

Real Estate

Ocean Cottages complete Windsor community vision



The Weston Guest House at Windsor.

Photos: Tom McCarthy Jr.



Trees line the entryway to the Windsor community.

BY LISA ZAHNER
STAFF WRITER

When Galen and Hilary Weston purchased 416 acres of north barrier island property stretching from Historic Jungle Trail to the Atlantic Ocean in 1989 to create Windsor, they had already envisioned finishing the community off with its final phase, the Ocean Cottage Homesites.

Locals curious about all the construction going on in and around Golden Sands Park have wondered what Windsor is doing with the oceanfront property. Now we know. The most natural and secluded final phase of Windsor is ready for viewing.

"The Ocean Cottage Homesites complete Windsor's vision for the ocean," said Elizabeth Hanley, President of Windsor Real Estate Inc.

With barrier island realtors suggest-

ing that the inventory of oceanfront estates is quickly running out and prospects of a real estate turnaround squarely in sight, Windsor, having a great selection of oceanfront lots, could be ahead of the curve in this ultra-high-end segment of the barrier island market.

"We're excited about this new oceanfront phase and feel this is a testament to the Westons' commitment to Windsor. With the limited supply of oceanfront property, all expectations are that this oceanfront property will not only hold its value, but also appreciate in value over the years," Hanley said.

Imagining the culmination of Windsor's oceanfront offerings was the easy part. Spreading its expanse to connect two parcels and facilitate opening up this new section of 14 homesites, five of which have just been released

for sale, was more of a challenge. But then, anything worth waiting for usually takes time and hard work.

Windsor Properties President Mark

Justice negotiated the deal to develop the Ocean Cottage Homesites section.

"Windsor owned 720 feet of oceanfront property south of Golden Sands,



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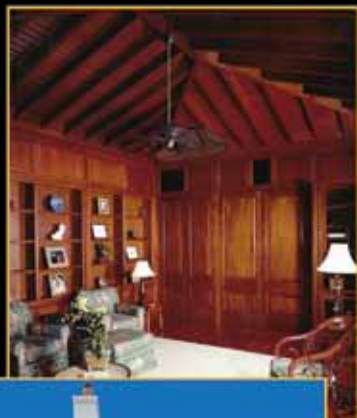




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Windsor Residence

Real Estate



A trio of golfers plays the 18-hole course at Windsor.

began working with Board of County Commissioners in 2005 to negotiate an exchange for the park lands, some owned by the county and some under state ownership," Justice said. "Windsor gave the county \$1 million and constructed the park just to the south of the previous park site. With the construction of the new park and the cash contribution, we were able to move our land up to be contiguous with the

rest of Windsor's oceanfront properties."

The new and improved Golden Sands Park was completed about a year ago and has been lauded by former Indian River County Public Works Director Jim Davis as a great success, both functionally and aesthetically, for the beach-going public. Golden Sands Park is slated to receive another face-lift later this month when more than

6,600 cubic yards of sand is trucked in to bolster the shoreline. Upon his retirement, Davis told 32963 that facilities like Golden Sands are the best types of beaches because the visitor feels like he or she is in a pristine, remote and wild area, away from it all.

That's the same ambiance -- just a few hundred yards up the shore -- that Windsor has tapped into for its Ocean Cottage Homesites, which are

an extension of its Oceanfront Estates, Ocean Cottages and its lavish beach club, built in 1994. At the beach club, which resembles a tropical Caribbean resort with palm trees lining its courtyard pool and bright hues and florals in the dining room and lounge area, residents and guests can enjoy week-end dinners and daily lunches poolside. Dinner is served nightly at the main club and the golf club is also a

Real Estate



The beach club house at Windsor

happening place for a meal or a drink after a round on the championship greens of Windsor.

All the homes at Windsor are cus-

tom-built by one of nine approved builders, so there's no model to view, but Justice has devised a way for those considering one of the homesites to

get a feel for the place.

"We constructed the observation tower so prospective purchasers can get an idea of the second-floor view of the ocean," he said.

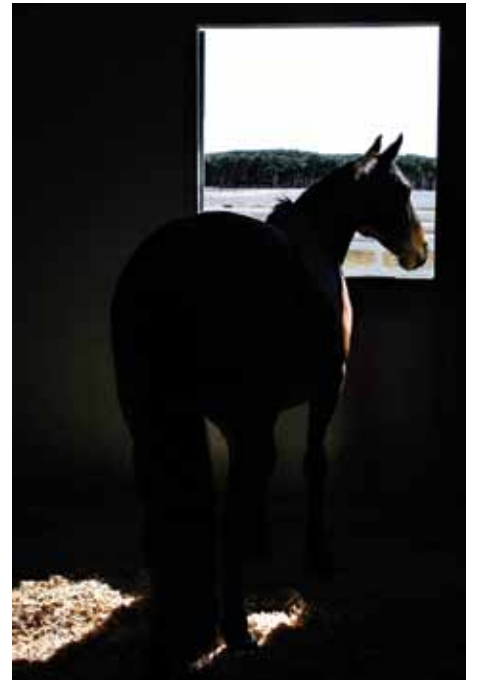
So buyers can walk the dune overlook and climb a flight of stairs onto a deck overlooking the Atlantic to take in the unspoiled view. With not a condo, hotel or even a shop to be seen, and the neighboring homes buffered by lush native vegetation, all you see is sand and surf.

But for those wishing to buy into the Windsor town lifestyle, amenities abound, both on the ocean side and west of A1A, where the Town Center, built in 1997, offers a chapel, post office, concierge and even a small boutique grocery store and wine shop.

There is fresh produce from Twiggy, the miniature horse that strolls the lanes of The Village of Windsor.

With tennis, golf, croquet, a fitness center, club and equestrian facilities on site for riding, boarding and lessons, residents hardly have to venture beyond the idyllic white fencing that surrounds the compound.

The community offers more unexpected luxuries, including an art gal-



A horse peeks out of one of the windows at the stables that overlook the Equestrian Centre at Windsor.

lery atop the sophisticated, art-deco themed golf club and an immense guesthouse facility that is available for members to rent out for events and parties, board meetings, corporate retreats or simply for family members or

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clients visiting the area.

Windsor purchased the elaborate courtyard estate in 2004 and turned it into seven private suites. Windsor staff is available to cater to guests' every need, from breakfast and fresh pastries each morning to housekeeping services.

Windsor also hosts members-only cooking classes periodically in the guesthouse kitchen, giving residents a chance to learn new skills and get to know their neighbors better.

The overall style of Windsor is a refined Anglo-Caribbean on the exterior and the tenets of New Urbanism are apparent throughout the town, especially in The Village, where New Urbanism's goal of mixed-use neighborhoods and walking communities is put into practice with a European flair and old-world charm.

On the west end of Windsor is Historic Jungle Trail, offering a rustic path for exploring on horseback or by foot.

Despite being across A1A from the Town Center, Windsor's oceanside residents have easy access to the facilities via an subterranean tunnel under the highway. The primary mode of transportation within the community, Han-



The dining room at The Clubhouse in Windsor

ley said, is the golf cart and carts can whiz through the tunnel without having to watch for traffic.

The demographic of Windsor's residents is younger than most of the club communities in Florida and, Hanley said, the town boasts a great number of young families.

Founders and owners, the Westons have always lived at least part-time at Windsor and have been a vital part of the social mix and the vibrancy of the neighborhood.

"The Westons are not developers; they created this community for like-

minded people. They have a home in Windsor and have a long-term commitment to the community," Hanley said.

Windsor was planned out as a town, Hanley said. The Westons had the foresight to purchase the land to the north and south to protect their vision, she added.

The first homes were completed in 1991 after the Westons received site approval from the county and began constructing The Village. Different phases have expanded out from this hub, some offering a more suburban

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The village store at Windsor

The club hosts a variety of social and holiday events, from formal to casual, joining Windsor families in celebration.

"I think Windsor has a rich history which has created a strong sense of community," she said.

Those fortunate enough to buy into the Ocean Cottage Homesites will be joining this complete package of exclusivity, exceptional architecture, urban planning, culture and convenience. Homesite prices start at \$2,495,000. The average Ocean Cottage Homesite is 72 feet wide, but can be expanded in increments of six feet to accommodate the design of the home, guesthouse and outbuildings an owner wishes to construct.

All architectural designs must be approved by Windsor's town planner and must adhere to the harmonious spectrum of permitted possibilities, colors and styles. For those who do not wish to embark on the project of constructing a new oceanfront home but who desire the Windsor address, there are selected properties available among the existing 17 Oceanfront Estates and Cottages.



Mark Justice, president of Windsor Properties, Inc., seen from what will be the second story view from a house yet to be built on an undeveloped beach front lot in Windsor.

or pastoral atmosphere with winding streets and more green space and others closer in to the Town Center exuding the energy of a quaint but bustling Main Street. Homes in The Village about the road and feature off-street parking, most with courtyards or gardens somewhere in the home's design. Three residences were built Venetian style, almost adjacent, demonstrating another architectural option.

As most of the residents originally heard about Windsor through the grapevine, very few prospective buyers were total strangers and many were close friends and business associates.

"Before the beach club was built in 1994, the Westons' home, at the time, was our beach club.

"The family opened its home to guests and to people looking at property in the early years," Hanley said.



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Calendar



FEBRUARY

February 4

A Glimpse of Dance, prelude dance party to Dancing with Vero's Stars to benefit Healthy Start Coalition, 6:30 to 9:00 p.m. at Holy Cross Parish Hall. Tickets \$40 each or \$70 for two. 563-9118.

February 4 - 21

Riverside Theatre presents 42nd Street, one of Broadway's longest running musicals, on the Stark Mainstage. 231-6990

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 5 - 6

Vero Beach Theatre Guild presents Driving Miss Daisy, for two shows only, as a benefit for Haiti Partners. \$50 ticket includes a cocktail reception at 6 p.m. and curtain at 7 p.m. 562-8300

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

LoPresti First Saturday Event, 9 a.m. features pilot/author Bill Cox and benefits the Humane Society of Vero Beach and Indian River County. 562-4757.

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 Keat-

ing of A Durable Fire and Blood Sisters. 778-2223

February 6

Jazz at Noon with the Johnny Varro Swing 7 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.

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 at Riverside Park, 9 a.m. to 5 p.m. Saturday, 9 a.m. to 4 p.m. Sunday. 567-4602

February 7

Social Justice Film Series at the Unitarian Universalist Fellowship presents, Afghanistan's Red Crescent, on peace and women on the frontlines. 7 p.m., free admission. 778-5800

February 7

Vero Beach Opera and Vero Beach Museum of Art Opera Studies Program at 1 p.m., Macbeth, presented by Wayne Kleinstiver. \$20; \$15 for VBMA Members. 231-0707 ext. 136

February 7

The Vero Beach Chamber Orchestra with Maestro Colbert Page Howell conducting local musicians will present a concert at 7 p.m. at the Vero Beach High School Performing Arts Center. Admission is free.

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 8

Emerson Center 2010 Special Engagement Series with Hedrick Smith, correspondent, author & PBS executive producer, 5 p.m. to benefit the Pelican

Audubon Society, Environmental Learning Center and Indian River Land Trust. Tickets \$20 to \$50. Reception \$25. 778-5249 or TheEmersonCenter.org.

February 9

The Indian River Symphonic Association presents the Detroit Symphony Orchestra with conductor Leonard Slatkin; includes pieces by Mennin, Barber and Brahms and features guest cellist Sol Gabetta. 7:30 p.m. at the Community Church of Vero Beach. 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 10

Art Galleries and restaurants in the Downtown Dine & Design District located on 14th Avenue and beyond, will host a romantic After Dark Gallery Stroll from 6 to 10 p.m.

February 11

Contemporaries Art After Dark, Karaoke Night: The Love Boat meets Gilligan's Island at the Vero Beach Museum of Art, 5:30 to 7:30 p.m. \$10 admission; free for Contemporaries members. 231-0707

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. Tickets for a special Under a Brocade Sky After Dark beginning at 9 pm. are \$75 each or \$125 for two. 772-344-4020 x 261

February 12 - 13

The Comedy Zone at Riverside Theatre with headliner Drew Thomas and

opener Mark Evans. 231-6990

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 registration, \$25 day of event. 778-2223

February 13

Walk for the One You Love, 5K walk to benefit Juvenile Diabetes Awareness Corporation, 9 a.m. at Riverside Park. \$20 adults, \$10 children, \$50 family of four. 562-5323 or 538-6276

February 13

Inspired by Love Dinner to benefit Haiti Partners, with inspirational speaker and author Tony Campolo, at the Community Church of Vero Beach. Tickets \$30. 539-8521 or www.haitipartners.org

February 13

The Indian River Genealogical Society's 2010 Valentine Genealogy Seminar, 9 a.m. to 4 p.m. at the Richardson Center at IRSC, featuring four lectures by genealogist Pamela Cooper. Tickets \$35. www.irgs.org or 532-3425.

February 13

The Vero Beach Museum of Art free Community Celebration from 10 am until 4 pm. 231-0707

February 13

The Emerson Center Speaker Series presents Bob and Lee Woodruff, co-authors of In an Instant and contributors to ABC World News and Good Morning America. 778.5249 or www.theemersoncenter.org

February 13

Oceanside Business Association's free beach concert series, 5:30 to 8:30 p.m. along Ocean Drive.

February 14

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

February 15

Vero Beach Museum of Art International Lecture Series, 4:30 p.m. features Dana Gioia, poet and former Chairman of the National Endowment for the Arts. 231-0707

February 15

The Senior Resource Association honors local CPA and non-profit supporter Robert Harris at their Legends Among Us Reception, 6:30 p.m. at the Quail Valley River Club. Tickets \$150. (772) 469-2060

February 15 -21

First Evidence: The Dawn of Art in America's Last Ice Age, on display at the Vero Beach Museum of Art features prehistoric bone fragment with a carving of a mammoth or mastodon, discovered in Vero Beach.

February 16

Dogs For Life Second Annual Golf & Bridge Tournaments at the Vero Beach

Country Club at 1:00 p.m. Golf Tournament is \$125 and Bridge Tournament is \$75. 567-8969 or www.dogsforlifevb.com.

February 16

The Indian River Symphonic Association presents Philharmonia of the Nations, with conductor Justus Frantz; includes pieces by Brahms and Mahler and features pianist Jon Nakamatsu. 7:30 p.m. at the Community Church of Vero Beach. 778-1070

February 16

Vero Beach Museum Film Studies five week course, The Great Rossellinis: Roberto, Ingrid and Isabella. 1:30 p.m. or 7 p.m. sessions. Tuition is \$55; \$45 for members. www.verobeachmuseum.org or 231-0707 x 136.

February 17

Vero Beach Museum of Art Distinguished Professor Series - Sweet Briar College, John F. Morrissey, Ph.D., "One Thousand Years of Whaling." 2 p.m., \$15 members, \$20 non-members. 231-

0707, ext. 136

February 19

USO Rocks America/Landsharks and Landmarks, 6:30 p.m. at the Paris Air Hangar to benefit the Heritage Center and the Indian River Citrus Museum. Tickets \$60 each/\$110 for two. 770-2263

February 20

American Association of University Women 28th Annual Book-Author Luncheon 11 a.m. at the Vero Beach Country

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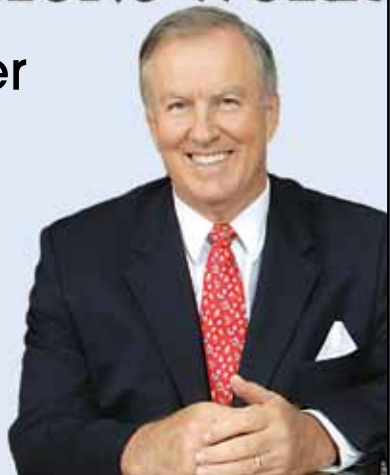
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Calendar

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February 20
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.mckeegarden.org

February 20
Emerson Center 2010 Special Engagement Series with Dr. Shirley Anne Warshaw, an authority on the American presidency, cabinet, and policy making, 4 p.m. and 7 p.m. Tickets \$50. 778-5249 or TheEmersonCenter.org.

February 20
Special Equestrians of the Treasure Coast fundraiser, 5 to 8 p.m. at George & Sandy Kahle's polo barn, with live riding demonstration, a light dinner and entertainment. Tickets \$75. 231-5999

February 21
Atlantic Classical Orchestra Chamber Music Series at the Vero Beach Museum of Art's Leonhardt Auditorium. A Czech Program of Smetana and Dvorak, featuring Jeff Yang, violin; Ian Maksin, cello; and George Lepauw, piano. 231-0707

February 21
Yappy Hour Benefit Hour, 3 to 6 p.m. at Ti Amo Sempre to benefit Indian River County Sheriff's Department K-9s (bullet-proof vests) and Indian River County Fire Department (pet oxygen masks). 559-9893

February 22
Homeless Family Center Top Chef Challenge...slice, dice and spice Main Event, with top chefs from the January 25 qualifying event competing. 6 p.m. at Quail Valley River Club. Tickets \$175. 567-2766

February 24

Ninth Annual Angels Help Our Kids Take Flight fundraiser, 6 p.m. at the Sun Aviation Hangar, to benefit the Boys & Girls Clubs of Indian River County. Tickets \$225. 299-7449 or www.bgcirc.org

February 24
Vero Beach Museum of Art Distinguished Professor Series - Smith College, John Davis, Ph.D., "The Architecture of Frank Lloyd Wright." 2 p.m., \$15 members, \$20 non-members. 231-0707, ext. 136

February 25
Prehistoric Florida explored at Historical Society book social, 2 to 4 p.m. at the Indian River Historical Society's Hallstrom Homestead. County historian Ruth Stanbridge will review Florida's People in the Last Ice Age by Barbara Purdy and Jonathan Dickinson's Journal. \$15 members, \$20 non-members. 772-3435.

February 25
Dollars for Scholars will host a "Tie" Bration honoring contributions of the late Darby Gibbons, 5:30 to 7:30 p.m. at Northern Trust. Tickets \$100. 569-9869
February 25
The Emerson Center Humanities Series presents Talking Drums, with Myron Jackson on the history of African drumming from Africa to America. 7 p.m. lecture is complimentary. 778-5249

February 25
Treasure Coast Jazz Society presents A Salute to Stan Kenton, 7:30 p.m. at the Vero Beach Museum of Art, Leonhardt Auditorium. 234-4600 or www.tcjazz-society.org.

February 26 - March 26
Tiger Lily Art Studios and Gallery spring show, Visions~Dreams~Possibilities, opens with reception on Friday February 26 from 5 to 8 p.m. 778-3443 or www.tigerlilyvero.com.

February 26 - 28
Fantastic Mr. Fox at Riverside Children's Theatre. 231-6990

February 26
Travel with the Vero Beach Museum of Art features a visit to the Norton Museum of Art, dinner at Kona Grill and an evening performance of Mozart's Don Giovanni at the Kravis Center. Tickets \$240 or \$210 for ASFTA members. 231-0707 ext. 109.
February 27
Expedition McKee family fundraiser with BBQ buffet, dinosaur activities and a screen-on-the-green movie experience. \$50 adults, \$25 children. 794.0601 or www.mckeegarden.org

February 27
Vero Beach Opera presents the Metropolitan Opera's Lindemann Young Artists in Concert, 7:30 p.m. at the Vero Beach High School Performing Arts Center. 564-5537

February 28
The Vero Beach Art Club presents Art in the Park, Outdoor Art Exhibit & Sale, 10 a.m. to 4 p.m. by Humiston Park on

Ocean Drive. 231-0303 or www.Vero-BeachArtClub.org

MARCH

March 1
Vero Beach Museum of Art International Lecture Series, 4:30 p.m. presents Sarah Thornton, author of Seven Days in the Art World. 231-0707

March 2
Flying High, a Gala fundraiser to celebrate the 20th Anniversary of the Atlantic Classical Orchestra, 6 p.m. at the Moorings. 231-3298

March 3
Vero Beach Museum of Art Distinguished Professor Series - Florida State University, Adam Jolles, Ph.D., "Making It Big: Scale and Status in Contemporary Photography." 2 p.m., \$15 members, \$20 non-members. 231-0707, ext. 136

March 5
Vero Beach Museum of Art International Lecture Series, 4:30 p.m. presents Isabella Rossellini, "My Mother, My Father & Me: A Life of Humor, Curiosity and Adventure." 231-0707

March 6
Stetsons and Stilettos themed Citrus Gala & Cattle Barons' Ball, 7 - 11 p.m. at Paris Air Hanger to benefit the American Cancer Society. 562-2272

March 6
The Emerson Center Speaker Series presents inventor Ray Kurzweil, described as "the ultimate thinking machine" by Forbes. 778.5249 or www.theemersoncenter.org

March 7
EcoFest Celebration at the Environmental Learning Center, noon to 4 p.m. features

live animals, music, crafts and hands-on educational booths. Free admission. www.DiscoverELC.org.

March 7
Treasure Coast Chorale big band extravaganza, 7 p.m. at the First Baptist Church. Free (772) 567-4311

March 7
The Indian River Symphonic Association presents the Brevard Symphony Orchestra with conductor Christopher Confessore; includes pieces by Foss, Saint-Saens and Beethoven, and features pianist Terrence Wilson. 7:30 p.m. at the Community Church of Vero Beach. 778-1070

March 7
Atlantic Classical Orchestra Chamber Music Series at the Vero Beach Museum of Art's Leonhardt Auditorium. A Scandinavian Program of rarely performed treasures with ACO musicians joined by members of the Florida Grand Opera. 231-0707

March 8
Riverside Theatre's Distinguished Lecturer Series features President Pervez Musharraf, former President of Pakistan, at 4 p.m. and 6 p.m. on the Stark Mainstage. 231-6990

March 9
Emerson Center 2010 Special Engagement Series with Dr. Rory Stewart, founder of the Turquoise Mountain Foundation. 6:30 p.m. presentation benefits Laura (Riding) Jackson Foundation, Inc. Tickets \$50. Reception tickets, to benefit Turquoise Mountain Foundation, are \$50. 778-5249 or TheEmersonCenter.org.

March 10
The American Red Cross North Treasure Coast Chapter will host An Affair to Remember Wine and Food Fiesta at

Costa d'Este from 7 to 10 p.m. Tickets are \$125. 562-2529

March 10
Vero Beach Museum of Art Distinguished Professor Series - Middlebury College, Christopher K. Wilson, Ph.D., "Winslow Homer's Ship-Building, Gloucester Harbor: Dreams and Reality." 2 p.m., \$15 members, \$20 non-members. 231-0707, ext. 136

March 11
Atlantic Classical Orchestra presents Torke Adjustable Wrench, Milhaude La Creation du Monde and Beethoven Violin Concerto performed by Tchaikovsky Competition Gold Medalist Elmar Oliveira. 8 p.m. at the Waxlax Center for the Performing Arts at St. Edwards School. (866) 310-7521 or www.acomusic.org.

March 11
The Emerson Center Humanities Series presents In Their Own Words, a documentary by Mike Jepson, with stories of fishing families and communities from Cortez and Cedar Key. 7 p.m. lecture is complimentary. 778-5249

March 11 - 28
The award winning musical The Sound of Music will be performed at the Vero Beach Theatre Guild. 562-8300

March 12 - 14
Under the Oaks Fine Arts & Crafts Show presented by the Vero Beach Art Club, 9 a.m. - 5 p.m. March 12 & 13, 10 a.m. - 4 p.m. March 14 at Riverside Park. 231-0303 or www.VeroBeachArtClub.org

March 13
Second Annual Dancing with Vero's Stars to benefit the Indian River County Healthy Start Coalition pairs area dance instructors with local celebrity dancers to perform in competition at the Waxlax Center for the Performing Arts at Saint Edward's Upper School. 563-9118 or

www.irchealthystart.org

March 13
Florida Irish American Society presents Tony Kenny and the Celtic Nights, a Magical Celebration of Irish Music, Comedy, Song and Dance, 6 pm at the Vero Beach High School Performing Arts Center. Tickets \$20 and \$25. 564-5537

March 13
Riverside Theatre's Annual Gala, An Evening in Las Vegas, is a throw-back to the days of old Vegas with music, dancing and gambling. 6 p.m. Tickets \$100 - \$200. 231-6990

March 13
Oceanside Business Association's free beach concert series, 5:30 - 8:30 p.m. along Ocean Drive

March 14
Saint Patrick's Day Parade, 1 p.m. along 14th Avenue in Downtown Vero Beach, sponsored by the Vero Beach Elk's Lodge.

March 14
Treasure Coast Bridal Expo and Fashion Show at the Heritage Center and the Courthouse Executive Center from 1 to 4 p.m. to benefit Vero Heritage, Inc. Admission \$7. 770-2263

March 15
Vero Beach Museum of Art International Lecture Series, 4:30 p.m. presents Ulrich Boser, author of The Gardner Heist: The True Story of the World's Largest Unsolved Art Theft. 231-0707

March 15
The Indian River Symphonic Association presents the Buffalo Philharmonic Orchestra with conductor JoAnn Falletta; includes pieces by Barber, Ravel and Rachmaninoff, and features pianist Fabio Bidini. 7:30 p.m. at the Community Church of Vero Beach. 778-1070

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32963 Passages

NAME	AGE	SUBDIVISION	DATE
Morse, Patricia Ann Brit	83	Central Beach	1/25/2010
Downey, Dixon Place	91	Central Beach	1/25/2010
Crampton, Stephen R.	70	Sea Oaks	1/23/2010
Purcell, Martha	71	Sea Watch Condo	1/20/2010
Rose, Stanley	90	Central Beach	1/18/2010
Hanson, Peter Shaw	84	The Estuary	1/17/2010
Johnson, Cmdr. Andrew (USNR)	85	Ocean Ridge	1/16/2010
Falk, Richard	80	The Moorings	1/12/2010
Bennett, Dorothy	82	Central Beach	1/10/2010
Cooper, Margaret Mencke	81	Baytree	1/3/2010

At your request, we now will provide an updated list each week of island residents who have passed away during the past month. If you know of seasonal residents who passed while out-of-town, we would appreciate being informed so we can include them in this list. Please email this information to passages@verobeach32963.com.

Featured Real Estate Sales on Barrier Island

Real Estate

Here are some of the top recent barrier island sales

Subdivision: Ocean Pearl, Address: 31 South White Jewel Ct.



Listing Date: July 28, 2009
Original Price: \$725,000
Sold: January 25, 2010
Selling Price: \$700,000
Seller's Agent: Marta Mytych
 Norris & Company
Buyer's Agent: Unknown
 Non-MLS Agent

Subdivision: Castaway Cove, Address: 1380 Spanish Lace Lane



Listing Date: December 4, 2009
Original Price: \$575,000
Sold: January 22, 2009
Selling Price: \$500,000
Seller's Agent: Cal Streetman
 Norris & Company
Buyer's Agent: Marta Mytych
 Premier Estate Properties

Subdivision: River Ridge Estates, Address: 1330 River Ridge Dr.



Listing Date: December 6, 2009
Original Price: \$470,000
Sold: January 22, 2010
Selling Price: \$440,000
Seller's Agent: Scott Carson
 Treasure Coast Sotheby's
Buyer's Agent: Barbara Martin
 Peters, Cook

Subdivision: Park Shores, Address: 219 Park Shores Circle



Listing Date: March 15, 2009
Original Price: \$299,900
Sold: January 22, 2010
Selling Price: \$205,000
Seller's Agent: Michael Thorpe
 Treasure Coast Sotheby's
Buyer's Agent: Karen Lloyd
 Dale Sorensen Real Estate

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This directory gives small business people eager to provide services to the beachside community an opportunity to make themselves known to island readers at an affordable cost. This is the only service directory mailed each week during season to all 11,000+ homes on the Vero Beach barrier island. If you are interested in a listing in the Vero Beach 32963 Service Directory, please contact marketing representative Martine Fecteau at martine@verobeach32963.com or call 772.696.2004.

Real Estate

Real Estate Sales on the Barrier Island: Jan. 21 to Jan. 27



While real estate activity on the barrier island has heated up considerably in the past couple of weeks, closed transactions are still reflecting the quieter period around Christmas. The leading sale of a slow week on the beach was of a two-story oceanfront penthouse condo in Baytree.

The residence, unit F31 at 8416 Oceanside Drive, purchased in May 2007 for \$625,000 and completely remodeled, was put back on the market in January 2009 for \$890,000. The sale closed on January 22nd for \$780,000.

The home was listed by Daniel Luce of Dale Sorensen Real Estate. The buyer in the transaction was represented by Elizabeth Sorensen, also of Dale Sorensen Real Estate.

SINGLE FAMILY RESIDENCES AND LOTS					
SUBDIVISION	ADDRESS	LISTED	ORIGINAL	SOLD	
			ASKING PRICE		SELLING PRICE
OCEAN PEARL	31 WHITE JEWEL CT S	7/28/2009	\$ 725,000	1/25/2010	\$ 700,000
CASTAWAY COVE	1380 SPANISH LACE LANE	12/4/2009	\$ 575,000	1/22/2010	\$ 500,000
RIVER RIDGE ESTATES	1330 RIVER RIDGE DRIVE	12/6/2009	\$ 470,000	1/22/2010	\$ 440,000

TOWNHOMES, VILLAS AND CONDOS					
SUBDIVISION	ADDRESS	LISTED	ORIGINAL	SOLD	
			ASKING PRICE		SELLING PRICE
BAYTREE OCEAN VILLAS	8416 OCEANSIDE DR #F-31	1/14/2009	\$ 890,000	1/22/2010	\$ 780,000
PARK SHORES	219 PARK SHORES CR, #219D	3/15/2009	\$ 299,900	1/22/2010	\$ 205,000

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20 BEACHSIDE DR, #101—3,810 A/C SQ. FT.
3BR/Study/4BA oceanfront residence with private elevator entry, French doors, stone terrace with summer kitchen. \$2,050,000



807 PEMBROKE CT—COURTYARD LIVING
3BR/Office/4.5BA residence includes a separate 1BR/1BA cabana. Spectacular lake and golf views. \$995,000



945 ORCHID PT WAY—COURTYARD LIVING
4BR/4.5BA residence includes separate 2-story cabana and oversized, lushly landscaped courtyard. \$1,595,000



100 BEACHSIDE DR, #302—2,236 A/C SQ. FT.
3BR/3BA penthouse adjacent to Beach Club with custom finishes, French doors and stone terrace. Majestic views. \$1,395,000 (Furn. Avail.)



609 HERON PT COURT—GOLF/LAKE ESTATE
5BR/Study/6.5BA residence includes 2BR/2BA guest cabana with exceptional lake and golf views. \$3,595,000 New Home



927 ORCHID PT WAY—LAKEFRONT ESTATE
Elegant 3BR/Study/3.5BA estate on homesite with expansive lake vistas and Intracoastal access via kayak/canoe. \$2,300,000



516 WHITE PELICAN CIRCLE—GOLF ESTATE
Charming 3BR/Office/4.5BA estate with exquisite details, spectacular outdoor area with pool & spa. Panoramic golf views. \$1,950,000 New Listing



510 WHITE PELICAN CIRCLE—GOLF ESTATE
Stylish 3BR/Office/3BA estate with views of 6th fairway, custom millwork and heated pool & spa. \$1,290,000 (Furn. Avail.) New Listing

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Superbly remodeled, fantastic price!
\$1,999,000



Model Perfect
Over 1/2 acre east of A-1-A!
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\$649,000



Harbor Inn
Soaring ceilings/2 BR/2 BA/Pristine!
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