

Your Online Newsline  
Vero Beach FLASH  
Anything About Everything



Vero Beach, FL - Ed. 01.16.2020



## HAPPY THURSDAY FLASHERS!

Well FLASHERS...How is 2020 treating you so far? I strongly believe that to live a 'full' life one must not merely exist... but rather enthusiastically engage in life! One thing that has often been said about me is that 'I do too much!' Perhaps that is true...but I can't imagine living any other way. Now that you have gotten to know my amazing mother a little through her FLASH contribution, *My View From Over The*

*Hill*, it is no secret that I had quite an example set for me. As long as I can remember Mom was 'involved' and my sisters and I were lucky enough to learn from her and to participate in many of her activities. Two life lessons she instilled stand out from others. #1 - If you want or think something should happen a particular way...then be willing to give of your time to help make it happen. Mom often reminds me how shocked she was when I came home one day my sophomore year and told her that I was running for class president because I wasn't going to complain anymore... instead, I was going to fix things. I won that election and worked hard as the president of my Junior and Senior class. #2 - If you are feeling down, go find someone worse off and help them. Soon you will feel so much better and any of your troubles will pale in comparison. I have always embraced these two lessons and have in turn lived what I consider a 'full' life thus far...and I've loved every minute!

As 2020 gets underway, I encourage each of you to adopt Mom's advice! You can start by getting involved and letting your voice be heard on what you think should happen to the old power plant property. See the 'Speak Up Vero Beach' post below for important dates and then do what you can to attend and let your voice be counted! It's important! Then go help others and be kind! You just never know the impact a smile or kind word can have on the life of someone else. Go make a difference FLASHERS! You'll end up the winner! :)

Valerie Watkins

## Dr. Clay Greeson Joins CCIRH

Cleveland Clinic Indian River Hospital is pleased to welcome Clay Greeson, MD, to our orthopaedic team. Dr. Greeson utilizes the latest technology and equipment – including sophisticated robotic platforms that offer minimally invasive options for complex procedures. Get award-winning care right here on the Treasure Coast at CCIRH.

Call 772.794.1444 to schedule an appointment.



# Chick Chat & Chocolate

*A Delicious Way to Make A Difference in Your Health*

Join us for a Chick Chat & Chocolate. This event, meant just for the ladies, includes healthy conversations for the everyday woman, plus a little chocolate to enjoy.

**Tuesday, February 11, 2020**  
**2 p.m. – 4:30 p.m.**

Barefoot Bay Community Center  
625 Barefoot Blvd.  
Building A  
Barefoot Bay, 32976

Register by calling 888-671-7762  
or online at [SebastianRiverMedical.org](http://SebastianRiverMedical.org)

**Sebastian River  
Medical Center**

A STEWARD FAMILY HOSPITAL



[SebastianRiverMedical.org](http://SebastianRiverMedical.org)



# SPEAK UP

## vero beach.



[SpeakUpVeroBeach.com](http://SpeakUpVeroBeach.com) is the online hub for community engagement about the future of Three Corners - 38 acres where the old power plant, former postal annex land & water treatment plant now stand. The use of this land will impact everyone and your input is vital in the decision making process. FLASH encourages everyone to register on SpeakUp and to make the effort to attend the tours on Saturday January 18th & 25th. Speak up Vero Beach is a site that will help you find facts about Three Corners and many ways to discuss & share your ideas. [Kindly Register](#) to join the conversation and be part of a new model of public debate where all voices &

ideas are heard.

### UPCOMING IMPORTANT DATES:

- Saturday, Jan 18th - Tour of Three Corners - Power Plant Property, 10am to noon
- Saturday, Jan 25th - Tour of Three Corners - Power Plant Property, 1pm to 3pm

### Schedule of Public Workshops for Community Input about the Future of Three Corner

#### \* Monday, January 27, 2020

10:30am to noon - Budgeting & Finance

Session with City Manager, City Finance Director, and Director of Water & Sewer Administration to discuss a brief history of the site, the closure of the power plant, the closure and move of the water treatment plant, and associated fiscal implications to keep in mind going forward.  
Vero Beach Community Center

4pm to 5:30pm - Design & Development Professionals

Session with area designers & developers to discuss the early programming concepts.  
Vero Beach Community Center

6:30pm to 8pm

Opening Evening Presentation (with Steering Committee)

Charrette Orientation with early summary of the design ideas with Q&A

**Vero Beach Community Center**

**\* Tuesday, January 28, 2020**

**10:30am to noon - Topic to be determined  
Vero Beach Community Center**

**4pm to 5:30pm - Health & Recreation  
Session to address the site's environmental health as it transitions from industrial use to becoming a public park and recreational facility with possible educational and mixed-use components.  
Vero Beach Community Center**

**6:30pm to 8pm  
Evening Progress & Pin-Up for Immediate Neighbors  
Informal presentation of the design ideas to date with Q&A  
Fairlane Harbour Community Center, 1500 Indian River Boulevard**

**\* Wednesday, January 29, 2020**

**10:30am to 12PM - Vero Beach Chamber of Commerce & Main Street  
Session with the City's business & retail community  
Vero Beach Community Center**

**4pm to 5:30pm - Planning & Zoning  
Session with the City's Planning & Zoning Board  
Vero Beach Community Center**

**6:30pm to 8pm  
Evening Progress & Pin-Up with Young Professionals, New Collars, Students  
Informal presentation of the design ideas to date with Q&A  
Walking Tree Brewery, 3209 Dodger Road**

**\* Thursday, January 30, 2020**

**11am to Noon - Indian River County Chamber of Commerce  
Session with County's business & retail community.  
Courthouse Executive Center, 2145 14th Avenue**

**6:30pm to 8pm  
Evening Progress & Pin-Up with Central Beach Residents  
Informal presentation of the design ideas to date with Q&A  
Orchid Island Brewery, 2855 Ocean Drive**

**\* Friday, January 31, 2020**

**Charrette Week Ends with Closing Presentation to All  
6:30pm to 8pm**

*\*Times & locations subject to change. Registered participants on SpeakUpVeroBeach will receive email notification of time/location changes. If you've not registered, please Register Here or check back to see the current schedule.*



## **PRESIDENT REAGAN AND ME**

It's January and that always reminds me of President Reagan's Inauguration that I attended 39 years ago in 1981. I had had a crush on Ronald Reagan ever since I saw the movie KING'S ROW when I was about 11 years old. It was playing at one of my family's theaters that showed older movies and I was waiting for my parents to finish work and take me home. It was the saddest movie I had ever seen and I still remember sitting in the dark theater and crying and

crying when the psycho-doctor operated on Reagan's character, Drake McHugh. I have watched it several times over the years and it still strikes a sentimental nerve. I don't want to tell you anymore in case you have never seen the film. I highly recommend it. (I will tell you that KING'S ROW was nominated for best picture at the 1942 Academy Awards and the title of Reagan's 1965 autobiography, WHERE'S THE REST OF ME?, came from that movie. You can probably find it online). After that, I never missed a Reagan movie, including KNUTE ROCKNE, ALL AMERICAN, which was the story of the famous Notre Dame football coach. Reagan played the role of All American quarterback George Gipp who was the subject of Rockne's "Win one for the Gipper" speech. That expression was later used as a political slogan by Ronald Reagan, who was often referred to as "The Gipper".

I also followed his television career as the weekly host of General Electric Theater, but the other part of his 8 year GE deal was being GE's traveling ambassador, meeting and speaking to the company's quarter of a million employees at about 140 factories in 40 states. The experience gave Reagan a chance to interact with real American workers which helped when his future election rivals were politicians in Washington.

Anyway, little did I know back then that the little 11 year old girl would one day have the chance to meet her movie idol. It was over 30 years later that I first had the opportunity to meet Ronald Reagan. [Click here to read on.](#)



SPONSOR FASHION TIP  
OF THE WEEK



"Don't be afraid to add some color to your wardrobe!"  
We have plenty of it for you!  
Come on in  
645 Beachland Blvd.  
Vero Beach  
(772) 999-2589

*We donate 10% of all purchases to Coastal Connections*



**Spinnaker  
Suds-N-Shine**

**NEW**

**TOUCHLESS**

**Car Wash**



**FEATURING**

Bug Remover • Hot Wax-Shine • Wheel Scrub • Clear Coat Sealant  
Undercarriage Wash • Body Bath • Rinse • Dry



**985 12th Street • Vero Beach**  
**www.SpinnakerSudsNShine.com**

# HEALTH TIP OF THE WEEK



Have you ever tried pilates? A pilates exercise program can get you in shape, improve posture and strengthen core muscles. It is a low impact workout that improves metabolism and makes clients of any age feel strong and confident. It's movement focuses on body awareness, flexibility, and healthy range of motion. You can take advantage of a FLASH special that will provide 3 half hour private sessions for the cost of 2. That's a 33% discount that you can get in on before January 31, 2020. [Email](#) or call Taunya Forester at 772-559-7691 and mention you saw the deal on FLASH.

# Open House

For Fall Enrollment

January 23, 2020

6-7:30pm



## Community Preschool

where the love for learning begins

- Priority Admission And Discounted Registration Fee - *This Night Only!*
- Tour Our Nationally Accredited School And Meet Our Dedicated Staff
- Learn More About Our Approach To Support Each Child's Future School Success

772.469.2326

1901 23rd Street Vero Beach, FL 32960

LIC#C19IR0024



**SENIOR**  
**Helpers**<sup>®</sup>  
772.463.1112

**SPONSOR**

**SENIOR TIP**  
**Of The Week**

### GOODNESS FROM UNDER THE SEA

For centuries sea vegetables like seaweed have been a staple in the Japanese diet. They are a great source of iron, vitamins and minerals. Sea vegetables play a key role in lowering the risk of certain cancers. Some of the most popular sea vegetables include nori, kelp, and kombu and can often be found in sushi or as flavoring in soups.



**FAST SIGNS**<sup>®</sup>  
More than fast. More than signs.<sup>®</sup>

772-774-7554 on 14th Ave. Downtown

**SPONSORS**



**crazy!**  
**SIGN OF**  
**THE WEEK**





**COME TRY US FOR BREAKFAST**

7:30am - 9:30am

2036 14th Ave • Vero Beach



- Homemade Biscuits & Gravy
- Homemade Waffles
- Cheesy Grits with Bacon
- Signature Breakfast Wraps

whole family  
health center

Affordable,  
Quality  
Healthcare  
for **EVERYONE!**



Schedule an  
appointment for  
your family today.

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## Rocket Launch This Saturday ~ January 18th

**When:** Saturday, January 18th @ 7:45 a.m.

**Where:** Cape Canaveral Air Force Station,

- \* Vehicle: SpaceX Crew Dragon
- \* Mission: Test launch - flight abort test of Crew Dragon's escape system for astronauts

Experience the thrilling sights and sounds of an Atlas V rocket launch, as it lifts off from Cape Canaveral Air Force Station carrying the Mobile User Objective System.

[Click Here](#) for more information.

# UPCOMING EVENTS

25<sup>TH</sup> ANNUAL  
**KING**  
OF THE HILL  
Tennis Tournament at

The Boulevard Tennis Club  
1620 Blvd Village Lane, Vero Beach, FL 32967

The Moorings Yacht & Country Club  
100 Harbour Drive, Vero Beach, FL 32963

*Come watch these tennis pros from the Greater Treasure Coast Area compete against each other to see who will be The King in 2020!*

**40's - 50's Division**—Tuesday Nights from Jan. 14 - Feb. 4 at 6:00 pm at **The Boulevard Tennis Club**  
**Open Division**—Tuesday Nights from Feb. 11 - March 3 at 6:00 pm at **The Moorings Yacht & Country Club**

**WINNER OF 6 TONY® AWARDS**  
**INCLUDING BEST MUSICAL!**

THOROUGHLY MODERN  
**millie**

Toe-tapping Merriment  
in the Roaring 1920's



**JAN 7 – 26**

# TEEPA SNOW

Teepa will be conducting two special seminars on  
**Wednesday, January 22<sup>nd</sup>**



## Morning Presentation

**The Typical Progression of  
Dementia and How to Help**

**9:00am – 11:00am**

**The Intergenerational  
Recreation Center**

1590 9<sup>th</sup> Street SW

Vero Beach, Florida 32962

## Afternoon Presentation

**Managing Behaviors:  
Starting with Yourself**

**1:30pm – 3:30pm**

**The Kane Center**  
900 SE Salerno Road  
Stuart, Florida 34997

***RSVP to either session by calling 772-463-1112***

*Refreshments will be provided at both presentations*

**Thank You to our Sponsors:**



Senior Resource Association  
License # ADC12962368



Trilogy Home Health Care  
License # HHA299991617



Senior Helpers  
License# HHA 299994132



Addington Place of Stuart  
License # AL 11983

The Kane Center  
License # ADC12962259

# VERO BEACH INDOOR STREET MARKET

## INDIAN RIVER MALL

### JANUARY WEEKEND DATES

SAT/SUN, JAN 11-12

SAT/SUN, JAN 18-19

SAT/SUN, JAN 25-26

SAT 10AM-5PM SUN NOON-5

SHOP WITH LOCAL

VENDORS EVERY

WEEKEND!

FOR VENDOR INFO

**Text: Nikki**  
**954-815-3083**

Open to all types of Vendors / Small business owners

Presented By SPECIALTY POP UP EVENTS

JANUARY 18TH  
RAFFLE  
PRIZES  
TO  
SUPPORT  
HSVB



Learn about Rain/  
Lagoon Gardens  
Tuesday Jan. 21st

& how they can help stop home & business  
pollution going into the Lagoon with Robin  
Pelensky, a local landscape architect.  
Lunch by Barefoot Café. 11:45am-1pm

Call for reservations  
772-226-5459 or  
info@vero-chamber.com  
\$15 non members  
\$12 members



VERO BEACH  
CHAMBER OF COMMERCE  
**LUNCH  
& LEARN**

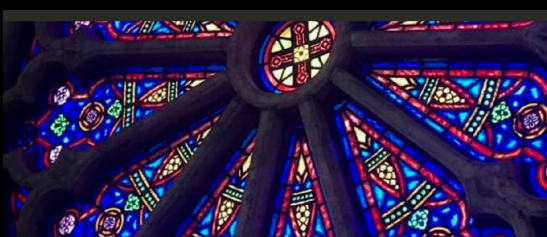


**Eddie Metz Trio**

Sat. Jan 18th 12:30

@ Vero Beach Yacht Club

Treasure Coast Jazz Society  
tickets at the door or online  
at [tcjazzsociety.com](http://tcjazzsociety.com) \$45



9:15 ON JANUARY 25TH  
ST HELEN'S, 2000 20TH ST

## Vero Stained Glass Tour

Free. Begin at St. Helen's for a brief orientation, then tour participating churches and Pickel Stained Glass Studio.

Self Drive.

RSVP [stainedglasscrawl@gmail.com](mailto:stainedglasscrawl@gmail.com)



## OUR HOUSE IS HOME!

Please join us as we celebrate the opening of the

**Laura (Riding) Jackson House**  
at its new location!

January 26, 2020 | 2-4 PM



**TOURS! MUSIC!  
REFRESHMENTS!  
ALL WELCOME TO  
OUR PARTY!**

Located on the Mueller Campus  
of Indian River State College  
**6155 College Lane, Vero Beach**



## DINE AND DIALOGUE



### Interfaith Community of IRC

At CJ Canons, Monday, Jan 27, 2020

Panel of various Faith Leaders on Grace

Dialogue is Free but optional meal is \$16.00

Not to convince or convert but to understand

RSVP: [InterfaithCommunityTCFL@gmail.com](mailto:InterfaithCommunityTCFL@gmail.com)

Or 772.569.4700



## Full Moon Jazz Concert

IR Charter High School w/David Mundy

**Feb. 8th 6:30-8:30**

\$25 includes & Adult drink

[www.stfrancismanor.org](http://www.stfrancismanor.org)

1750 20th Ave. Bring your own chair!

Benefits the residents @SFM



*St. Francis Manor*  
of Vero Beach



**Farmers Market**  
OceanSide Business Associaton

*Fresh Produce! Low Prices!*

Every Saturday Morning **8AM - 12 noon**  
Now in Humiston Park!

Produce ◇ Baked Goods ◇ Seafood  
Fresh Flowers ◇ Meats

For more information go to  
[www.verobeachoba.com](http://www.verobeachoba.com)



**Over 85 Vendors!**

- ✦ Plants
- ✦ Flowers
- ✦ Orchids
- ✦ Trees
- ✦ Pottery
- ✦ Furniture
- ✦ Fountains
- ✦ Garden art



**"Ask The Experts"**  
*both days*

**Great Raffle Prizes!**  
*...no need to be present to win!*



3250 Riverside Park Dr.  
Off Rt. 60, beachside  
in Vero Beach

Youth Activities & Great Food!

Free Admission & Parking

**Riverside Park**

**Saturday, Feb. 1, 9 am - 5 pm**  
**Sunday, Feb. 2, 9 am - 4 pm**



**Rain  
or  
Shine**

Check our web site for more information and directions...  
[www.gardenclubofirc.org](http://www.gardenclubofirc.org)



# Big Brothers Big Sisters.

ST. LUCIE, INDIAN RIVER, & OKEECHOBEE COUNTIES

## GOLF TOURNAMENT

FEBRUARY 3, 2020

 MOORINGS AT  
HAWK'S NEST



PRICING	INCLUDES	SCHEDULE
<b>\$240</b> PER PERSON	18 HOLES 3 DIVISIONS MEN'S WOMEN'S MIXED	REGISTRATION, PRACTICE & BUFFET LUNCH 10:30 AM - 12:15 PM
<b>\$75</b> PER NON-GOLFER*	BUFFET LUNCH ON-COURSE REFRESHMENTS HORS D'OEUVRES OPEN BAR	SHOTGUN START 12:30 PM

\*NON-GOLFER PRICES INCLUDE BUFFET LUNCH & HORS D'OEUVRES

For more information please visit [www.bbbsbig.org/events](http://www.bbbsbig.org/events) or call (772) 466-8535 EXT 202

Big Brothers Big Sisters is a 501(c)(3) organization.  
All proceeds from this event go to fund our one-to-one mentoring programs in Indian River County.



VIP at VBO Feb 7th. 6:30-9pm

\$75 per person

Homebrewers & local restaurants with awards for best pairings.



Music by Tom Jackson band.

Benefits Sunrise Rotary Vero Beach programs. **For tickets**

**Click or call 772-494-6306**

## TODAY'S CHUCKLE



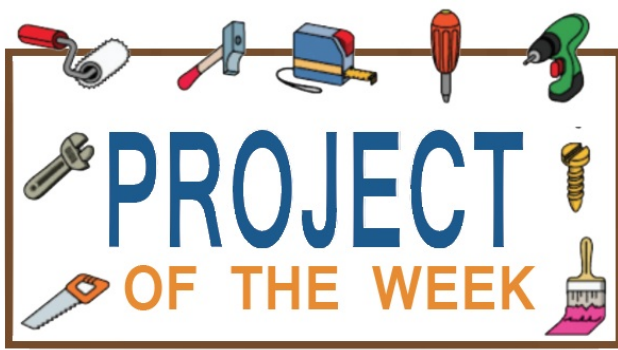
An archeologist in New York dug down 10 feet and hit copper wiring. He publicly declared that NY had an impressive communication system that dated back 100 years. Hearing this, a renowned archeologist in California began to dig and went down 20 feet. He too hit copper wiring and declared that California had a far superior communication system that dated back 200 years. Well, Bubba in Texas figured he had to get in on this. He dug down 30 feet and found absolutely no wiring. He then declared that Texas had them all beat and had a wireless network long before anyone else!!

What a difference a coat of paint can make when you use some painter's tape to create a geometric pattern.

[Click Here](#)



To get complete how-to instructions



Now is a good time to contribute to your IRA.

This short video explains why.

[Click Here](#)

DID YOU KNOW?

*Info from Senator Debbie Mayfield*

### FLORIDA'S VOTER REGISTRATION TIGHTENS UP

Secretary of State Laurel Lee recently announced that Florida has been accepted for membership, along with 29 other members, into the Electronic Registration Information Center (ERIC), a multi-state partnership that uses a sophisticated data-matching tool to enhance the accuracy of voter registration systems.

Through ERIC, member states can share information from voter registration

systems, motor vehicle databases, social security death records, and U.S. Post Office records. This data-sharing agreement will help identify voters who have moved to another state, passed away, or changed their name in Florida.



### CITE or SITE

People didn't have as much trouble with these two before websites came along and everyone started talking about sites a lot more than they used to. A site is a location or place. Cite, on the other hand, is a verb meaning to quote or reference something else. You can cite a website, but not the other way around. If you're using site as a verb, it's probably wrong.

*mentalfloss.com*

**WE LOVE OUR FLASHERS WHO DON'T KEEP US A SECRET! PLEASE SHARE US WITH EVERYONE!**



Forward to a Friend

Click below to follow us on Facebook where there's a lot more in store! :)



# Recycling in Indian River County



## Recycle These Items in the Blue Cart:



Glass Bottles and Jars



Office Paper/  
Newspaper/  
Magazines



Cardboard



Aluminum/Tin/  
Steel Cans



Plastics #1-7  
(keep caps on)



NO Plastic  
Bags or  
Styrofoam™



NO Loose  
Bottle caps-

keep caps on bottles!



NO Tools or  
Heavy Metals



NO Hoses  
or Cords



NO Shred  
Paper



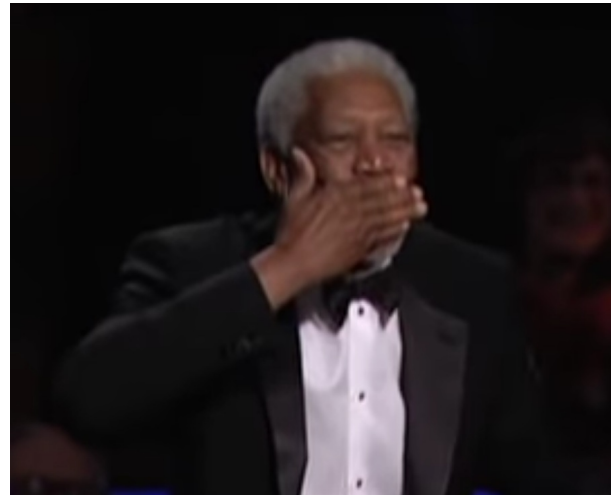
**ROLL With Us...RECYCLE!**

To learn more, call the  
Solid Waste Disposal District  
at 770-5112 or visit [ircrecycles.com](http://ircrecycles.com)

## VIDEO OF THE WEEK



In honor of the award season, I thought it would be fun to take a look back at this enjoyable clip where Betty White surprises Morgan Freeman.



[Click Here](#)

## FISH CALENDAR & TIDE CHART

The darker the fish...The better the fishing!

[\(click here for tide chart\)](#)

# JANUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1 5:14 P	2 5:54 P	3 6:35 P	4 7:18 P
5 8:02 P	6 8:49 P	7 9:40 P	8 10:35 P	9 11:33 P	10 12:02 A	11 12:32 A
12 1:32 A	13 2:29 A	14 3:24 A	15 4:17 A	16 5:07 A	17 5:57 A	18 6:47 A
19 7:38 A	20 8:30 A	21 9:24 A	22 10:18 A	23 11:12 A	24 12:05 P	25 12:55 P
26 1:42 P	27 2:27 P	28 3:09 P	29 3:50 P	30 4:31 P	31 5:12 P	

## RECIPE OF THE WEEK

### Tomato-Basil Sandwich

The Mayo Clinic Diet

To help you with your new year's resolution...



- 1 whole pita, 100% whole-wheat  
cut into halves
- 2 leaves lettuce, romaine  
(or more)
- 6 leaves basil, fresh
- 1 medium tomato(es)  
thinly sliced
- 2 slice(s) onion(s), red  
thinly sliced
- 2 ounce(s) cheese, provolone, smoked, reduced-fat
- 1/2 teaspoon vinegar, balsamic
- pepper, black  
freshly ground

Instructions

Serves 2

Toast the pita bread halves in the toaster and open the pockets.  
Divide the lettuce, basil, tomato, onion and cheese, and layer between the 2 halves.

Sprinkle with balsamic vinegar and freshly ground pepper.

## 'SCENE AROUND TOWN'

*Send us your photo*

*email...[VeroBeachFLASH@gmail.com](mailto:VeroBeachFLASH@gmail.com)*



**On January 13, 2020, the Salvation Army located at 265 55th Street SW in Vero Beach opened their doors for the newest Social Congregate Meals on Wheels site for Senior Resource Association's nutrition program, making it the sixth location in the county. A hot, nutritious lunch will be served Monday through Friday from 10:00am to 2:00pm. The central location in southwest Vero Beach is convenient for seniors living in the South County area.**

**"We are excited about the future of connecting with the senior community and the budding partnership with the Senior Resource Association; together, letting this population of our community know that we are here to serve and support," said Captain Jay Needham.**

**The Social Congregate Meals on Wheels program gives mobile seniors an opportunity to socialize with others while also enjoying the benefits of a hot, Noon-time meal. Reducing isolation and food insecurity for older adults are key factors to keeping them happy and healthy. Sharing meals together is inherently important because it keeps seniors in communication with each other and encourages good nutrition and health.**

**Each year, Senior Resource Association delivers more than 100,000 hot, nutritious meals to seniors throughout Indian River County, including Meals on Wheels for homebound seniors, Social Congregate Meals, and Emergency Meals on Wheels for seniors recently discharged**

from a healthcare facility.

For more information about Meals on Wheels, please contact Senior Resource Association at 772.569.0760.

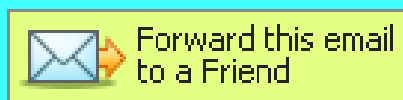
From left to right:

Kisha Johnson, Angela Bosman, Karman Lee, Paul Lytle, Marvin Lee, Captain Heather Needham, Captain Jay Needham, Linda Halka, Karen Deigl, Lt. Thom Raulens, Tommy Aulick, Kayla Moore, Anita Aulick, Steve Schwartz, Shawna Callaghan, Eric (Metz), Jennifer Johnson, Virginia Skov, Dave Neuman, Dr. Wayne Smith, George Pellington, Barbara Dupont

## NEED HELP? CHECK OUT OUR FLASH BUTTONS!



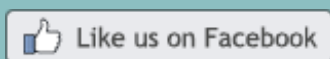
Please email us if you have a problem with any of the above links.  
VeroBeachFLASH@gmail.com



## THIS WEEK'S CALENDAR OF EVENTS



[Click Here](#)



SUBSCRIBE TO LIST

FORWARD EMAIL