

Living

MENTAL HEALTH

Group to focus on suicide

Intervention program planned for Keys schools

With what it says were 27 suicides in the Keys during 2009, the Middle Keys chapter of the National Alliance on Mental Illness plans to focus on suicide prevention in 2010.

The organization will sponsor Red Flags, a school-based awareness and intervention program designed to help youths, parents and school staff recognize and respond to signs of depression and related mental-health issues.

In keeping with that, NAMI has pledged to support what is called a Run to the Keys by Bowling Green, Ohio, resident Doug Merrill, a former high school baseball coach who experienced suicide deaths of eight people connected to his life. Merrill left Boston on Oct. 4 and plans to arrive in Key West on April 3. His schedule is running 13.1 miles six days a week.

Along the route of his run, Merrill is speaking to students and community groups, attempting to raise money to support community programs focusing on suicide prevention.

As of Thursday, Merrill

had made it to around the North Carolina-South Carolina border.

He's written a self-help book called "Fighting the Demon of Suicide," and started a group called the Power Up Foundation to further his cause. Go to www.powerupfoundation.com for updates on his run.

Also at NAMI: Betty Rondeau of Marathon was named treasurer and Dianne Roberts of Duck Key the secretary. New on the board are Clare Condra, program director at the Heron supported-living facility in Marathon; and B.J. Fuller of Big Pine and Kirk Maconaughey of

Ramrod Key, both of whom are certified support-group facilitators.

A new group called NAMI Connection began meeting on Wednesday, and now meets the first Wednesday of each month at St. Columba Episcopal Church on 52nd Street in Marathon. The group is open to adults living with mental illness who are interested in sharing their experiences, concerns and ideas. Maconaughey chairs the meetings.

For more information about NAMI and its programs, call Middle Keys President Beverly Gottschalk at 743-2799.

SEA TURTLES

Volunteer training sessions planned

Help needed to monitor nests, with strandings

Save-A-Turtle, a Monroe County nonprofit dedicated to helping injured sea turtles and educating people about their endangered status, has put out a call for volunteers to monitor Keys beaches for turtle nests and help with the turtle stranding network.

Those who volunteer for the beach survey or stranding network must attend a mandatory training session for each one; they will be the only training sessions conducted this year. Staff from the Florida Fish and Wildlife Conservation Commission and the Fish and Wildlife Research Institute will conduct the training.

Nesting season takes place from April 15 through Oct. 31, and requires a commitment of

time to walk the beaches and fill out forms and submit them in a timely manner.

The beaches to be monitored for turtle-egg nests are Sea Oats Beach, Lower Matecumbe Key; the west end of Long Key; Coco Plum Beach, Marathon; Key Colony Beach; Sombrero Beach, Marathon; Upper Matecumbe Key; Long Beach, Big Pine Key; Key West beaches; and the Truman Annex, Key West.

The nesting survey training

session is from 6:30 to 10 p.m. March 10 at the Marathon Government Center, mile marker 48.5 bayside.

Volunteers with the stranding network are on call as needed.

The stranding training session is from 10 a.m. to noon March 11 at the Florida Keys Marathon Airport fire station, mile marker 52 bayside.

For more information, call Sue Schaf at (561) 262-1707 or Pat Wells at 797-3210.

LIVING BRIEFS

Biologist Farrer opens lecture series

Crane Point Hammock's guest lecture series begins Tuesday at 7 p.m. with Alicia Farrer, a biologist for the Damage Assessment, Restoration and Resource Protection Program of the Florida Keys National Marine Sanctuary.

Since 2003, her work has focused on assessing marine damage caused by vessel groundings, and developing and implementing restoration strategies for coral and seagrass impacts. Farrer is based out of the Florida Keys Eco-Discovery Center in Key West but conducts assessment and restoration efforts throughout the 2,900 square nautical miles of the sanctuary.

The program is free. Crane Point is at mile marker 50 bayside, Marathon. Call John Henderson at 743-3900 for more information or to reserve a spot.

Family Fun Fest planned for Marathon

The Marathon Parks and Recreation Department is hosting its second annual free Family Fun Fest from noon to 4 p.m. Jan. 23 at the Marathon Community Park. There will be games, entertainment, crafts, a bounce house, prizes and food.

Learn all about Vernon and rum

The Key West Maritime Historical Society offers a free public lecture on Wednesday at 7 p.m. at the Key West library, 700 Fleming St.

Adm. Edward Vernon, portrayed by actor and historian Randal McDonald, will share with the audience the history of naval rum. Vernon was born in Westminster, England, on Nov. 12, 1684. He joined the Royal Navy in 1700 and became a captain in 1706 in command of the HMS Rye.

Vernon has a prominent place in history because of his proclamation in 1740 that the standard issue of rum was to be mixed with water.

Orchid expert gives the basics

Peter Kouchalokas, past president of the Pam Orchid Society, presents "Orchid Growing Basics" when he speaks to the Marathon Garden Club at its Jan. 15

meeting.

The gathering starts at 11:30 a.m. with a light lunch and is open to the public, free of charge.

The club is also hosting its January Jamboree on Jan. 30 from 8:30 a.m. to 3 p.m. It features tropical plants from a wide variety of specialized vendors of citrus, palms, bananas, bamboo, butterfly plants, fruit trees, herbs, heliconias, gingers, orchids, ferns, pre-bonsai plants, bougainvilleas, ornamentals, succulents, unusual crotons, bromeliads and other exotics.

Handcrafted garden-art items will also be available. People designated Master Gardeners will be there to offer advice, as will members of the Florida Native Plant Society.

The club is at mile marker 50 bayside. Call 743-4971 for more information.

Expert addresses no-fishing zones

The first lecture in the annual Delicate Balance of Nature series in Key Largo will be presented on Wednesday by James Bohnsack, director of the Protected Resources and Biodiversity Division at the Southeast Fisheries Science Center in Miami.

The topic: "Marine Reserves in the Florida Keys: 10 Years of Changes: What's Happening to Fish Populations?"

The session is at the visitors center at John Pennekamp Coral Reef State Park at mile marker 102.5. Gates open at 7 p.m., the lecture starts at 7:30.

Bohnsack, also an adjunct professor at the University of

Miami's Rosenstiel School of Marine and Atmospheric Sciences, grew up in South Florida and spent a great deal of time fishing and diving in the Keys. He'll talk about the changes in fish population in and out of the no-fishing zones first established in the Keys in 1997. Questions to be considered include: Is zoning necessary? Was zoning effective? Do hurricanes influence fish populations?

The lecture series is sponsored by the Florida Department of Environmental Protection's Dagny Johnson Key Largo Hammock Botanical State Park.

For more information or additional accessibility needs, contact Elena Muratori at 451-1202.

O'Lear kicks off Cafe con Libros

The 2010 season of Cafe con Libros, the Thursday morning book-talk program at the Key West library, starts up this Thursday with speaker Jennifer O'Lear, author of the novel "Pressure Drop."

The group meets the second and fourth Thursdays of each month through April 8. The program starts at 9:30 a.m. with a 30-minute social time where coffee and breakfast treats are provided; the book talk starts at 10 a.m.

For more information, call the library at 292-3595.

Animal Farm is open Sunday

The Monroe County Sheriff's Office Animal Farm is open from 1 to 3 p.m. Sunday. Admission is free but donations are appreciated

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CLASSIFIED ADS 743-5551

The Upper Keys Concert Series
Presents
Saturday, January 16th, 2010
Bach to the Future

Using rhythms and musical styles from many countries and traditions including jazz, latin, Far Eastern and other world musical influences, this innovative quartet transforms classical melodies into exciting new compositions that are fresh and contemporary. With futuristic instruments including the zendrum, drumitar, ketar, six string fretless bass and the violctra, they produce music of beauty, energy, and excitement that has thrilled audiences coast to coast. It will leave you spellbound.

Performance will be Saturday, January 16th at 8:00pm
Island Community Church, MM 83.25, Islamorada

Tickets are \$25 advance purchase or \$30 at the door.
Ticket locations for advance purchase:
TIB Banks (all Upper Keys Branches)
ARTamorada in the Rain Barrel Artisan Village

For further info. Contact: Joyce Peckman 305-451-0665 or
Mary Lee Singer 305-240-0061

City of Key West
NOTICE OF MODIFICATION TO AN APPROVED MINOR DEVELOPMENT PLAN AND CONDITIONAL USE IN THE HISTORIC DISTRICT

The Key West City Commission will hold a Public Hearing at Old City Hall, 510 Greene Street, Key West, Florida on January 19, 2010 at 6:00 P.M., or as soon thereafter as the matter shall arise on the agenda.

The purpose of the Hearing is to consider a resolution for:

A MODIFICATION TO AN APPROVED MINOR DEVELOPMENT PLAN AND CONDITIONAL USE IN THE HISTORIC DISTRICT: 300 PETRONIA/ 801 THOMAS STREET (RE#00014230-000000). A MODIFICATION TO CONDITIONAL USE, TO ALLOW THE EXPANSION OF CONSUMPTION AREA FOR AN EXISTING RESTAURANT IN THE HISTORIC NEIGHBORHOOD COMMERCIAL (HNC-3) ZONING DISTRICT PER SECTION 122-63(e) OF THE LAND DEVELOPMENT REGULATIONS, OF THE CODE OF ORDINANCES OF THE CITY OF KEY WEST, FLORIDA.

The file may be reviewed during regular office hours, 8:00 A.M. to 5:00 P.M., at the City Clerk's Office, 525 Angela Street.

If signing, special seating, or other accommodations are required, please call 809-3831 (TDD number 809-1111) 24 hours prior to the meeting.

Pursuant to F.S. 286.0105, notice is given that if a person decides to appeal any decision made by the Commission with respect to any matter considered at such meeting or hearing, that person will need a record of the proceedings, and that, for such purpose, that person may need to ensure that a verbatim record of the proceedings is made, which record includes the testimony and evidence upon which the appeal is to be based.

Cheryl Smith
Cheryl Smith, MMC, CPM
City Clerk

Published Keynoter 01/09/10

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