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Hobe Sound Beach Shop's Turtle Times

Our History is a Treasure: Chapter Seventeen *By Jan Otten*

Every treasure chest should have among its riches some DIAMONDS. Our Hobe Sound treasured history is no exception. One of the integral parts of the foundation of Hobe Sound and Jupiter Island is Jim *Diamond, Inc. dba Diamond Transfer & Garage*—A local business running continuously since the mid 1930s.

James "Jim" Diamond was born in 1904 and grew up in New York City. He was always ambitious, always busy, and always hard working. Up until the 1929 stock market crash and the depression, Jim was in the movie business. He sold motion picture equipment and set up theatres for those wealthy enough to have complete theatres in their homes. When the depression hit "Paramount Sound & Equipment" was shut down and he was unemployed. At that time, he had a young family, his wife, Catherine, his oldest son, Bobby, age 5, and his daughter, Mary, 2 years old.

1937 Ford Bus circa 1980s, Hobe Sound Christmas Parade

Diamond Gas Station circa 1991

One of the New York homes he had set up with theatre equipment was that of William S. Barstow who was an electrical engineer working with Thomas Alva Edison for Edison Machine Works, transitioning to Edison General Electric and finally General Electric. Barstow was a winter resident of Jupiter Island and recognizing Jim Diamond's expertise in the movie business asked Jim to come to the Island to help set up a theatre. The young Diamond family left the familiarity of the big city and headed to south Florida arriving in December 1934. At first sight poor Catherine, a city girl, was overwhelmed and not very happy but she adapted and went on to support her husband through all the years in his many endeavors. In fact, until she was in her eighties, Catherine walked every day to the garage from her home on Apollo Street.

Jim Diamond's role with the Island's Tangerine Theatre was to obtain the necessary equipment, install it, and to run the whole operation. One of the notable acquisitions were seats he purchased and had shipped down from the Roxy Theatre in New York City. After the theatre was successfully set up on the Island it was Jim's job to run the movie equipment. His wife, Catherine, was in charge of taking tickets and even young Bobby helped. But this was not enough for Jim. This ambitious young man had a lot of time on his hands and at one point he was the dockmaster on the Island. He eventually realized that there was no one taking care of the automobiles that the residents had with them. Most being their "older"

continued on page 4

Chomp Chomp

After working with animals for as long as I have, it's inevitable that somewhere along the way there's a wrong move, maybe a sloppy grasp or a distraction, that ends up in a bite. Everything from lizards, snakes (non-venomous, thankfully), parrots, small mammals, and even frogs have managed to clamp down on me somewhere! As I look back on my history with sea turtles, I figure I'm lucky to still have all my fingers. Turtles have earned a special place among nature's big chompers; probably the most notable is the snapper family whose infamous 'broke the broomstick with one bite' legend lives on in cultural lore. No matter who it may belong to, however, the key to a good bite is a strong set of jaws that coordinate with a good solid skull. Given our wildly different evolutionary backgrounds, this anatomical arrangement is shared, oddly, between turtles and ourselves.

Alligator Snapping Turtle, Photo provided by Larry Wood

The story starts about 350 million years ago when, among the vast complexities of evolution, a group of animals split off from the amphibians and started to live a fully terrestrial lifestyle. Among the anatomical innovations going on at the time were how skulls and jaws would adapt to their new environments. Shortly thereafter, a major split occurred in this branch of the evolutionary tree that would define all land-dwelling vertebrate species thereafter as either synapsids or diapsids; which refers to how many holes there are in their skulls. Aside from the eye sockets, synapsids had one pair; diapsids had two. No big deal at first, but these features defined how the jaw muscles attached to the skull, resulting in a wide variety of anatomical innovations down the road. For the curious, the diapsids made it big in the form of all of the dinosaurs, pterosaurs, and ichthyosaurs; and still remain today as lizards, snakes, crocodilians, and birds. Synapsids did pretty well too, resulting both extinct and modern mammals, which of course includes us.

This is where we share an unusual commonality with our turtles. If you noticed, I didn't mention which group the turtles came from. Reason is scientists are still debating! Fossils provide the most revealing stories of how organisms changed over time, but sometimes leave a few pieces missing. Sea turtles lack the secondary skull openings typical of diapsids, leading some scientists to classify them as specialized synapsids, while others suggest they were diapsids that gradually lost those extra openings resulting in the skull forms we see today. Either way, it works well for them by providing a really solid foundation for the jaw muscles, resulting in remarkable capabilities of speed and strength. Alligator snappers can catch live fish with blinding jaw speed, and loggerheads can pulverize adult conchs and other shellfish with ease. The mammals, however, added a few additional innovations that would help propel them to success in the wake of the dinosaurs.

In school, most of us learned that mammals are defined by being warm-blooded, have hair, give live birth, and of course provide milk to their offspring. Not wrong, but none of these features first defined the lineage we now know as mammals. It was, in fact, a key set of changes among the synapsids in how the jaw articulates with the skull, resulting in something we take for granted but is extremely rare among animals: chewing. With that innovation came specialized teeth, making the early mammals food-processing machines, which improved digestive efficiency to fuel high metabolisms (a.k.a. 'warm-bloodedness'), which then prompted hair for insulation, big brains, and the eventual ability to retain their offspring in an environmentally-controlled, protective internal environment. Though these early mammals lived side by side with the dinosaurs, these remarkable changes gave them an edge when disaster struck 65 million years ago. The post-asteroid world was no place to be, but the lowly mammals that scurried between the feet of the dinosaurs had the tools and know-how to survive, and would spawn the vast array of extinct and extant mammals we see today, including the largest living organism nature ever created, the blue whale. And, aside from the largest crocs and sharks, it's actually the mammals that hold the record for strongest bites, including our close relatives the gorillas! So, next time you enjoy a tasty meal you can thank your innovative ancestors for inventing the tools of the trade!

Submitted by Larry Wood, Ph.D.
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National Save The Sea Turtle Foundation
www.savetheseaturtle.org

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Research on Bachman's Sparrow by Florida Atlantic University

A team of avian researchers from Florida Atlantic University has been studying the behavioral ecology of Bachman's Sparrows at Jonathan Dickinson State Park since 2016. Led by Associate Professor of Biological Sciences, Dr. Rindy Anderson, these researchers are studying Bachman's Sparrow to understand how the vocal communication systems of songbirds function in reproduction

and territory defense. Like other songbirds, male Bachman's Sparrows sing to attract females for mating, and to repel and threaten rival males. Many species of breeding songbirds can be heard singing during the breeding season for these reasons, but Dr. Anderson's team is interested in several traits that make the Bachman's Sparrow stand out.

For example, in a study published in 2018 in The Auk, Anderson and an undergraduate Honors student, Sabah Ali, demonstrated an enigmatic vocal behavior that these sparrows use to defend their territories. When a territory owner is threatened by an intruding rival, male Bachman's Sparrows sing "whisper song", or a quieter version of their typical primary song, to threaten a physical attack. Future studies are ongoing to understand why a whisper is more threatening than a shout.

In addition, male Bachman's Sparrows have unusually large song type repertoires for a New World sparrow. Much research has focused on the social function and evolution of vocal communication in North American sparrows such as the White-Crowned Sparrow, Song Sparrow, and Swamp Sparrow, but males of these species each sing just a handful of song types. By contrast, Anderson's team has documented 120 song types in the population, and an average repertoire size of 48 song types per male. How are Bachman's Sparrows utilizing such a large vocal repertoire? How might the ecological and social environments in this species led to the evolution of a large repertoire? How is this large repertoire used in male-male and male-female communication?

In addition to their large repertoire of "primary" song types, male Bachman's sparrows sing a distinct type of song called "complex song" that is acoustically different from the rest of the vocal repertoire. Anderson's team has shown that complex song is typically sung during male-male competitive interactions, but its function as a communication signal is unknown. Is it a warning to the rival male to scram? Is it a warning to the singer's mate that their territory ownership is being challenged? Do the acoustic qualities of a male's complex song provide information about his strength and fighting ability? These are questions being pursued by PhD student Hans Gonzembach. Hans has also found that the acoustic qualities of some song types allow them to transmit much farther through the habitat than other types. Since songbirds learn their songs from listening to others in their population, differential acoustic transmission might explain why some song types are popular among males in the population while other types are rare.

Another intriguing feature of Bachman's Sparrow communication is that individual birds sing their song types in predictable sequences, with certain song types always sung together in a fixed order. PhD student Heather Wolverton is testing the hypothesis that these sequences can serve as individual identifiers and thereby facilitate neighbor-stranger discrimination, a keystone of songbird territorial behavior. Heather is also designing studies to document the developmental processes by which young male Bachman's Sparrows learn to sing and choose their adult vocal repertoires. Are song type sequences, and complex songs, learned from adults in the population, or innovated by young birds? Do young birds practice singing together, and learn from each other, or is song learning a solo endeavor?

Finally, Anderson and her team are investigating the possible negative impacts of global climate change on songbirds like Bachman's Sparrow, which breed during hot and humid months when heatwaves are common. Research shows that sub-lethal high temperatures induce behavioral changes in birds, most commonly reducing behavioral performance in areas such as cognition, foraging, provisioning young, and communication. Differences in thermal tolerance can be impacted by morphology, which create "thermal windows" that affect thermoregulation. Master's student Billy Abbott is testing the hypothesis that individual differences in morphology (body, leg, and bill size) of male Bachman's Sparrows impact an individual's ability to thermoregulate and lead to differences in the time and effort that a bird can devote to mate attraction and territory defense.

Submitted by Sara Luering
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Our History is a Treasure: Chapter Seventeen continued from page 1

vehicles no longer used in the northern homes where they always had the "newest" models. So, Jim opened the first garage and repair shop on Jupiter Island.

His next revelation was noting that many visitors and residents needed transportation from the train station in Hobe Sound to the Island and back again when they returned to go south for entertainment and shopping or north to their summer homes. In time Jim leased and eventually purchased from local businessman J. W. Anstis, the building located on the northwest corner of Bridge Road and Old Dixie Highway (a dirt road.) This building had been a gas station since about 1924—around the time that Hobe Sound was being settled by the Olympia Company.

Jim developed his business on the crossroads of Hobe Sound that led to Jupiter Island. It was a gas station, a garage for repairs, and over time he acquired a fleet of luxury automobiles for the transfer part of the business. He purchased a 1937 Ford bus for transporting passengers. The family still has possession of that vehicle. He also established the first rental car company in Martin County.

Jim would meet the trains coming through Hobe Sound to pick up or drop off passengers. When the train came through Hobe Sound it was considered a "Whistle Stop." It only stopped if there was a passenger needing to get off there or one needing to get on. If there was a passenger waiting to get on, they would wave a lantern to let the engineer know to stop for a pickup. The trains carried the mail and so if they didn't have to stop for a passenger, they would toss the mail bag onto the platform as they rolled on by, and mail to be picked up was hung in a sack on an arm over the tracks and a hook would reach out from the train while it was moving and grab it.

After living here for a few years, Jim and Catherine welcomed another daughter into their family. Suzanne was one of the first babies born in the Stuart Hospital (currently Cleveland Clinic Martin Health.) She grew up helping her parents with the business. Today, Suzanne is President and owner of the company and her son, Patrick is Vice President and the face of the business, continuing the legacy begun by his grandfather.

Suzanne has many interesting and fun stories about growing up in the family business in Hobe Sound. One of the humorous experiences that she likes to tell about occurred when she was just twelve years old and running around barefoot. Her dad was in a pinch one day and called her to him and said, "I want you to get the old "woody" station wagon and drive to the airport in Stuart (today's Witham Field) and pick up some passengers and bring them back here." Yes, she did it, and still barefoot! When one of the passengers saw a "kid" driving he took over and drove the car back to Hobe Sound.

Jim and Catherine Diamond flanked by grandsons Ken Martin (left) and Pat Martin (right) circa early 1980s

A few years later, Suzanne attended the University of Florida graduating and getting a job teaching in Port Orange, Florida. There she met Chuck Martin who worked for General Electric in Daytona, Florida. Suzanne and Chuck were married in 1963 at St. Christopher Church in Hobe Sound. They have four sons, Patrick, the oldest, who now runs the family business; Ken, an airline pilot who lives in So. Dakota; Dan who is retired from the Army and lives in Texas; and Michael who lives at home with his parents.

Pat Martin and his mother, Suzanne Diamond Martin, circa 1990s

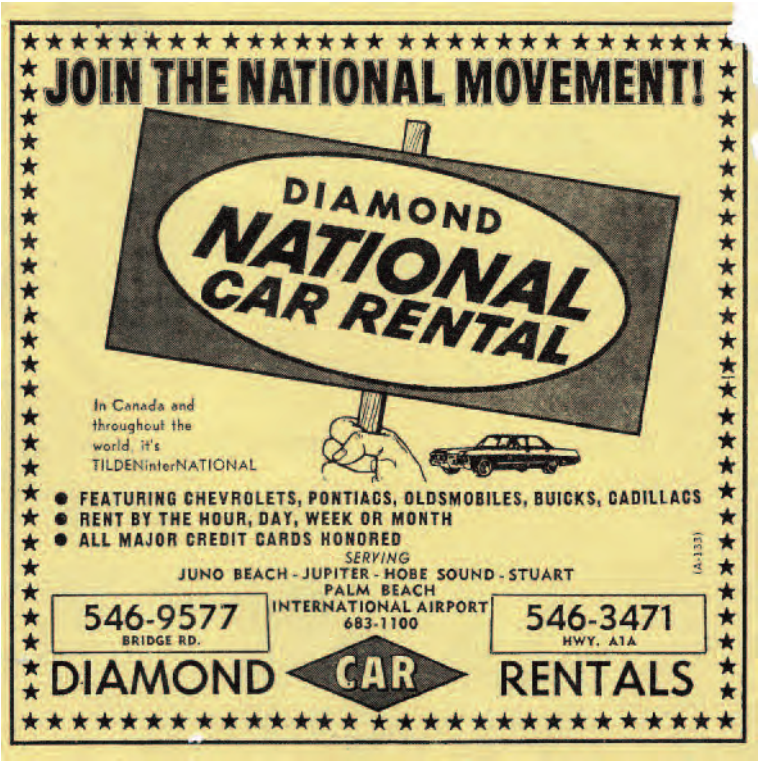
Patrick has a degree in finance also from the University of Florida and his daughter, is a third-generation graduate of UF.

Diamond Transfer's fleets of luxury vehicles and restored antiques have appeared in parades and festivals through the years. In fact, in the 1980s they were the winner of the very first Hobe Sound Christmas Parade trophy for their entry of a 1903 Oldsmobile. Danny Martin drove the vehicle wearing his grandfather, Jim's honeymoon suit complete with knee-length pants and high stockings. That trophy can still be seen proudly displayed in the shop located on the northwest corner of Dixie Highway and Bridge Road. Just ask Pat Martin to let you have a look at it.

The focus of Diamond Transfer & Garage today is on the transportation of travelers to and from airports and cruise ports and Pat's pet project, the restoration of antique vehicles. When Pat was asked if he could name some notable people that Diamond Transfer has had the privilege of driving in their luxury automobiles he said, "One of our rules has always been not to talk about our customers. We have had some very rich and famous people over the years. One time someone told my grandfather he should write a book and he replied, 'then I would have no business.'"

The Hobe Sound History Treasure Chest overflows with interesting stories and exceptionally fine treasures and the Diamond-Martin family is very much a sparkling aspect of what this amazing community is today.

Thank you, Pat Martin, and Suzanne Diamond Martin for taking time to share the story of Diamond Transfer & Garage!



Yellow Pages ad circa 1980s

Some trivia of interest:

- The current Diamond Transfer & Garage was a gas station continuously from 1924 until 2007.
- Name brands of gas sold through the years are as follows:
  - 1920s—Texaco
  - 1933—Sinclair
  - Pure Oil until they were bought by UNOCAL in 1965 and rebranded as 76
  - 76 until the 80s
  - Texaco again until 2007
- In the early days rental cars were called "you-drive-its."
- The Diamond Transfer buildings are listed on the Martin County Historic Register.
- Some scenes from Burt Reynolds' film, "The Maddening" were filmed at the Diamond Transfer Garage. They also appeared in a shot in Burt's tv show, BL Stryker. Several low-budget films were shot there as well.

Pat Martin taking a 5-minute break circa 1990s

HOBE SOUND BEACH SHOP SUPPORTS THE CLEAN OCEAN MOVEMENT

Come in and shop and help save our beaches and oceans

CLEAN OCEAN MOVEMENT

the Collaboration

Two innovative and environmentally conscientious businesses have joined forces to continue the "clean ocean movement." Dune Jewelry, teaming up with 4ocean, has designed a collection of fine sterling silver jewelry that supports 4ocean's global ocean cleanup operation and transforms recovered ocean plastic into wearable keepsakes. The Dune X 4ocean Jewelry collection combined, creates heirloom-quality jewelry proving that "ocean trash can be transformed into treasure."

Through this unique collaboration these two companies are offering you an opportunity to not only own a beautiful piece of jewelry, but to also inspire you to become a part of a major effort to bring our oceans back to a safe environment for the humans and wildlife, all of whom rely on and benefit from, the wide expanse of briny deep that keeps our planet healthy.

Each of the two companies have amazing stories of what got them started on this journey and the commitment to the world and to each other. We attempt here to give you a little insight into each of them so that you can appreciate all that they are doing for our planet!

We are taking a little space in this *Turtle Times* issue to introduce you to this new product line that we proudly carry, but more than that to give you some information on the two companies who are doing a monumental job helping to restore our oceans.

To maximize the impact of this collaboration, 4ocean's professional captains and crews will recover between 1 and 10 pounds of trash from the world's oceans, rivers, and coastlines for each piece of jewelry purchased from this limited-edition collection.

OUR COMMITMENT: The Hobe Sound Beach Shop is committed to offering merchandise that supports the coastal environment in our community and around the world. This collaboration of two businesses is dedicated to this premise and we are proud and honored to represent them here in Hobe Sound and offer this unique collection of beautiful jewelry to our customers. Stop in and see for yourself what "beauty from trash" has come from creative and forward-thinking entrepreneurs.

Hawaii
USA

Florida
USA

Bali
Indonesia

Bali
Indonesia

Bali
Indonesia

Bali
Indonesia

join the clean ocean movement

HOBE SOUND BEACH SHOP SUPPORTS THE CLEAN OCEAN MOVEMENT

Come in and shop and help save our beaches and oceans

dune × 4ocean®

In 2007 Holly Daniels Christensen enjoyed making jewelry at her kitchen table in Massachusetts using sand from Cape Cod. She gave her lovely creations to her friends and family. It didn't take long for her to realize that everyone has a special place that is important to them, and it occurred to her that perhaps she could make her hobby into a real business. In 2010 this young wife and mother of two daughters established DUNE JEWELRY.

This small business creates handcrafted jewelry and accessories enhanced with sand and earth elements from thousands of iconic locations around the globe helping its customers to celebrate their fondest memories. Their extensive "sandbank" features tangible reminders from far and wide—from childhood beach homes to golf courses, hiking trails, vacation spots, and more. Imagine carrying with you (in a necklace or bracelet) a bit of sand from your honeymoon location, or hanging an ornament on your Christmas tree that holds crushed shells from your favorite vacation; or even possibly a ring that holds blue turquoise that reminds you of the sky above your childhood home. The possibilities are endless with this experiential jewelry handmade in the U.S.A. in Boston.

From a kitchen table hobby, to inspiration, to passion, to a business grown from a one-woman operation to a diverse jewelry manufacturing company with customers around the world, Dune Jewelry has always given back to organizations that support important coastal and global causes. To date they have donated over $200,000 to various global charities and organizations.

The 4ocean TrashTracker

24,930,260

pounds of trash have been recovered from the ocean, rivers, and coastlines thanks to the ongoing support of the clean ocean movement

Two Florida born and raised young men, Alex Schulze and Andrew Cooper, surfing buddies, took the trip of a lifetime to Bali in 2015. Although they spent their life and their livelihood around the ocean it was in Bali that they truly began to understand the severity of the ocean plastic crisis and its impact on marine life and humans—especially within coastal communities that rely on the health of the ocean to survive.

They did extensive research with local fishermen whose livelihoods were negatively impacted by plastic pollution and made a decision to build a company that would hire boat captains and fishermen in communities heavily affected by plastic pollution as full-time, professional cleanup crew members to recover plastic and other harmful debris from the oceans, rivers, and coastlines.

Their vision included a business model where the materials that the 4ocean crews recovered from the ocean would be used to develop new and innovative products that raise awareness about the ocean plastic crisis, fund a global ocean cleanup operation, and empower individuals around the world to end their reliance on "single-use plastic."

At this point in time 4ocean has cleanup divisions in Florida, Bali, Haiti, and Guatemala. Every year they recover millions of pounds of trash from waterways affected by this ugly and life-threatening pollution. And they have taken that plastic trash and introduced countless sustainable and reusable products including a line of affordable single-use alternatives. 4ocean has made a "One Pound Promise" whereby they pull one pound of trash for every one of their products purchased. When you shop 4ocean, they pull a pound of trash, giving you the opportunity to be a part of their mission to end the ocean plastic crisis.

The first product they offered was their signature bracelet. When you wear a 4ocean bracelet you are immediately identified as a member of the clean ocean movement. Their bracelets are made from recycled plastic, glass, and stainless steel and discarded tires. Naturally, these bracelets are available in the Hobe Sound Beach Shop.

Good day, Hobe Sound!

Just a few comments about the Hobe Sound Real Estate Market.

"The trend of improving for-sale inventory continued in July, which hopefully will also help housing affordability and ease rising prices over time for buyers," says 2022 Florida Realtors President Christina Pappas, vice president of the Keyes Family of Companies in Miami.

Single Family Homes in Hobe Sound and area are still in demand. The following July statistics from the Realtor Association of Broward, Palm Beaches, and St. Lucie show prices are still up for Hobe Sound.

In 2021 the median sale price was $554,000. In 2022 the median price was $710,000 -- a 28% increase. However, the list price to sales price dropped 4.9% meaning the sale was at a price reduction from the original list price. Last year homes sold at 100.5% of list price. The trend also shows that the median time to contract in 2021 was at 9 days on the market compared to 2022 at 45 days on the market before a contract. Inventory is up 64.3% from last year.

What does it all mean to the Hobe Sound homeowner? Demand is still high but slowing down a bit. There are more homes on the market for buyers to choose from and the inflated purchase price may be a bit lower in the coming months. Higher loan interest rates combined may cause a trend toward a more balanced market.

"Market conditions can change quickly. A local Realtor offers their expertise and guidance to help consumers navigate the home buying or home selling process."

Just Sayin'

Rich Otten, PSA, C2EX
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Oct 15

Mark Your Calendar

Firefest 2022 At Jonathan Dickinson State Park

Saturday, October 15, 1:00pm to 9:00pm

Firefest is a community celebration of Florida's relationship with fire. This is the only event in the state that demonstrates live prescribed burn techniques to a public audience.

The 16th annual Firefest at Jonathan Dickinson State Park will include prescribed burn demonstrations, hayrides, swamp buggy rides, marshmallow roasting, ghost tour, bounce house, exhibitors, games, live music, and a variety of other activities. Food and beverages will be available for purchase.

Follow @FriendsofJonathanDickinsonStatePark on Facebook for Firefest event details!

If you would like more information about the Friends of Jonathan Dickinson State Park or Firefest:

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Fire Fest evening burn

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Chapter 17 Puzzle Choose the right answer

1. Riches in the Hobe Sound Treasure Chest
2. Jim was born in what city?
3. What business was Jim in prior to moving to Florida?
4. Jim's wife's name?
5. Jim's oldest son's name?
6. Suzanne's oldest son's name?
7. Person who invited Jim to work in Florida?
8. Jupiter Island Theatre Jim helped set up?
9. Seats for the Theatre came from what NYC Theatre?
10. Hobe Sound Train Station was known as what kind of stop?
11. Who opened the first repair garage on Jupiter Island?
12. Besides passengers what important cargo did the trains carry?
13. Diamond Transfer & Garage building was originally what?
14. What was the name of businessman who sold Jim the Hobe Sound building?
15. University attended by Suzanne, Patrick and Pat's daughter?
16. What was Suzanne's career after University?
17. Suzanne was 12 when she drove what vehicle to the Stuart Airport?
18. First and last brand of gas sold at the Diamond business location?
19. Name of the Burt Reynolds movie filmed at the Diamond Garage?
20. What major thoroughfare was a dirt road when Jim bought the building?

A. Catherine
B. J. W. Anstis
C. New York City
D. Movie
E. The Maddening
F. Dixie Highway
G. William S.Barstow
H. Whistle Stop
I. Jim
J. University of Florida
K. Tangerine
L. Roxy
M. Woody Station Wagon
N. Mail
O. A gas station
P. Texaco
Q. Bobby
R. Diamonds
S. Teacher
T. Patrick

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If you haven't visited Old Dixie Café North recently you really need to put it on your bucket list. Now under new management with a new menu, renovated interior, super friendly staff and lovely ambience, Old Dixie Café North is a winner all around. The food is delicious, and the prices are very appropriate. It's a family-friendly restaurant with plenty of parking while offering lots of outdoor seating as well as a very comfortable inside atmosphere.

Their menu choices are varied with southern comfort food, classic Italian plates as well as vegetarian and healthy options. All meals are prepared to order from fresh ingredients. Their goal is to "make every customer 100% satisfied" and Manager Nicole Jackson and her well-trained and pleasant staff seem to accomplish it very nicely.

This "anonymous" reviewer has had several very good experiences including breakfasts, lunches and dinners and been very well pleased each time with food choices, prices, and service. They are now open 6 nights a week for dinner so you can visit them Monday thru Saturday for any meal.; breakfast and lunch on Sunday. They even have a $5 breakfast special that includes 1 egg, bacon or sausage, toast, and coffee. And it only gets even better from there. They have "Early Bird Specials" for $8.99 from 3:00 pm to 5:00 pm with featured specials: Meatloaf Mondays; Taco Tuesdays; Wing Wednesdays; Pasta Thursdays; Fish & Chips Fridays and Lasagna Saturdays. If you can be there early, it's well worth it.

We celebrated a family birthday there with 9 people (we did call for a reservation and they had the table set up and ready for us.) Every one of us got our dinner served timely and piping hot. We were able to bring in our own homemade birthday cake and they gladly provided us with plates, forks and served it to us with a smile. Old Dixie does not serve alcohol, but everything was so good we definitely didn't mind.

Recently 6 of us went for Friday Fish & Chips. 5 out of the 6 had the fish while one had the eggplant parm. All were served together, and all were hot and delicious. Our experience has been so good there that my husband and I went there for our anniversary dinner, and we were not at all disappointed. We sat in a booth, had exceptional and friendly service, and left with a box because the portions were so generous, we couldn't eat it all.

This reviewer recommends that you give them a try. I'm sure you will be pleased and want to go back again and again.

Open: Monday 6:30 AM—9:00 PM
Tuesday—Saturday 6:30 AM—8:00 PM
Sunday 6:30 AM—3:00 PM

Submitted by Anonymous Restaurant Reviewer

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Spinal Decompression Therapy

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We want everyone to know that this state of the art equipment can be used to relieve peripheral radiation/sciatica and pain associated with Protruding Discs, Bulging Disc, Herniated Disc, Degenerative Disc Disease, Posterior Facet Syndrome, Acute Facet Problems, Radicular Pain, Spinal Root Impingement, Hypomobility, Degenerative Joint Disease, Spinal Stenosis and much, much more.

Research points to the benefits of **SPINAL DECOMPRESSION THERAPY** because it can distract joint surface, reduce protrusion of the nuclear discal material, stretch soft-tissue muscles and mobilize joints. These effects provide many patients with pain relief from spinal dysfunction. The Mayo Clinic also estimates that a staggering 80% of Americans will experience back pain at some point in their life. In fact, the cost of treating spinal dysfunction has grown to $50 billion annually. As a result, the patients, clinicians and third party payers are now demanding less invasive, less expensive, non-pharmacological solutions to back pain.

Finally, all body systems must work together in concert for optimum health so we also recommend nutritional and lifestyle advice as well as an at-home exercise program. As you become more mobile and more able to return to your normal lifestyle, your increased activity is what your spine needs most. If you are one of the 80% of Americans who currently suffer from back pain and are looking for an alternative to surgery, give us a call and let's see how we can help you. Relief can be a phone call away 772-781-0193.

GOOD HEALTH IS YOUR WEALTH---FEEL GOOD AGAIN!

We look forward to helping you not only relieving you of your pain but to increase your overall health and wellness.

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A little Trivia from Dictionary.com:

xenial [zee-nee-uhl, zeen-yuhl] adjective

warm, welcoming, and hospitable.

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Chapter Seventeen Puzzle Answers

1. Riches in the Hobe Sound Treasure Chest . . . . . R. Diamonds
2. Jim was born in what city? . . . . . C. New York City
3. What business was Jim in prior to moving to Florida? . . . . . D. Movie
4. Jim's wife's name? . . . . . A. Catherine
5. Jim's oldest son's name? . . . . . Q. Bobby
6. Suzanne's oldest son's name? . . . . . T. Patrick
7. Person who invited Jim to work in Florida? . . . . . G. William S. Barstow
8. Jupiter Island Theatre Jim helped set up? . . . . . K. Tangerine
9. Seats for the Theatre came from what NYC Theatre? . . . . . L. Roxy
10. Hobe Sound Train Station was known as what kind of stop? . . . . . H. Whistle Stop
11. Who opened the first repair garage on Jupiter Island? . . . . . I. Jim
12. Besides passengers what important cargo did the trains carry? . . . . . N. Mail
13. Diamond Transfer & Garage building was originally what? . . . . . O. A gas station
14. What was the name of businessman who sold Jim the Hobe Sound building? . . B. J. W. Anstis
15. University attended by Suzanne, Patrick and Pat's daughter? . . . . . J. University of Florida
16. What was Suzanne's career after University? . . . . . S. Teacher
17. Suzanne was 12 when she drove what vehicle to the Stuart Airport? . . . . . M. Woody Station Wagon
18. First and last brand of gas sold at the Diamond business location? . . . . . P. Texaco
19. Name of the Burt Reynolds movie filmed at the Diamond Garage? . . . . . E. The Maddening
20. What major thoroughfare was a dirt road when Jim bought the building? . . . . . F. Dixie Highway

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