

The Beacon

Shedding Light on the
News and Events of Titusville,
Mims, Scottsmoor, Port St. John,
and now Merritt Island & Cocoa

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www.NorthBrevardBeacon.com

Titusville nurse details life on 'Biggest Loser'

By Susan Walden

Kelly Fields is a big winner.

The Titusville resident was a finalist on NBC's The Biggest Loser and came in third recently in the finale, losing a whopping 109 pounds and 40.22 percent of her weight.

The registered nurse who works in Wuesthoff Medical Center-Rockledge in the cardiac catheterization lab, held a press conference April 30 and unfolded her story to a handful of press and a cafeteria full of co-workers who have been cheering for her ever since she left for California to be on the show.



Fields

"This has been an amazing adventure," she began. "It was the hardest thing I've ever done in my entire life, but definitely the most rewarding."

Tired of being overweight all her life, she made the decision to apply for the show's fifth season because she felt she was a hypocrite.

"Working in the cath lab, we tell people to lose weight and exercise and I clearly wasn't doing any of those things," said the 39-year-old, who spent 15 weeks at the Biggest Loser Ranch in Calabasas, Calif, outside of Malibu.

Fields said she waited 10 hours in line at the Seminole Hard Rock in Miami with co-worker and friend Teresa Cox, at the casting call. "The lady in back of us had a kid in the stroller and it would hit us in the back of our legs," she laughed, praising Cox as always being there for her during the show. "She's the reason I had the strength to stay."

Her other strength – for a time – came from her ex-husband Paul Marks, 43, of Rockledge.

When Fields found out the season was going to be couple teams, a representative from the show asked her if she had someone to compete with her. "The only other person I know who's fat is my ex," she told him, including that Marks was a "ham."

"I had a digital photo of him. He's five-foot-three, 300 pounds and was in a speedo," she said. "(After showing the representative his photo), he circled our names."

Fields said after being chosen, she and Marks laid the ground rules for how they would get along, since they divorced in 2006. "I said that we needed to make

See LOSER, Page 5



Susan Walden

Can you hoola hoop?

The TitusNites Cruise-In is more than just looking at cool cars. There's time to hoola hoop, eat and talk to friends. The Cruise-In May 3 in Downtown Titusville was record-breaking with a total of 365 vehicles.

UPDATE

Hopes high for Garden Street land

By Susan Walden

If everything goes as planned, an important piece of land on Garden Street will finally be adequately protected and preserved as an integral part of the city's water supply and be an ecopark.

Grassroots leaders Lisa Smith and Arlynn Baker have been strong advocates of the land, located across the street from South Lake Elementary School, for years even fighting and winning the war against Wal-Mart's proposal to put a store there.

For nearly a year, the two have worked with the city and have drawn up proposals for various grants to buy the land so the state can own it and the city can manage it.

As reported in the June 28, 2007 *Beacon*, the land is a prime water recharge area for Wellfield 2 and part of the Atlantic Coast Ridge. More than \$10 million is needed to purchase the land from the owner, John Evasius and president of Falcon Land and Development in Boca Raton. Evasius wants to build apartment complexes in the front of the property and 132 single family homes in

the back portion, although Evasius is open to a buy-out through the grant money.

The two women envision the land remaining a prime recharge area and the ecopark a place where many can come to see nature while strolling on trails.

Smith and Baker – working with Richard Stillwagon, special projects coordinator – say they may be close to a win. Representatives from Florida Forever, one of the state's land acquisition grant programs, came to a public hearing in Titusville May 5. "It was a great turnout," said Smith. "I think they were really impressed." Rep. Tony Sasso also showed up to give his support, echoing community member's feelings that the project was worthy of the grant.

"Florida Forever also came down on April 4 and brought 10 staffers who spent over three hours looking over the environment. For them to come again May 5 is

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NEXT ISSUE: May 22

Community input to mold future objectives

Brevard Public Schools would like Space Coast citizens to share their thoughts and ideas on their schools and community. May 5 through June 2, a special community survey will be available on the school district's Web site.

"As we advance our strategic planning to move from 'First in Florida to First in

the Nation,' we need community input," said Superintendent Dr. Richard A. DiPatri. "Now is the time for you to voice your opinion, and share your thoughts on our collective future."

Community comment will help guide the new plan, DiPatri said. In May and June, community members are encouraged to log on to

www.brevardschools.org and click on "First in Nation Strategic Plan Input" to share their comments.

Once submitted, community input will be included, aggregated and analyzed to be considered along with other information in the formation of the BPS strategic goals, objectives and action plans which will position the school district to become

"First in the Nation." Forms will also be available at schools and at the School Board offices in Viera.

The district hopes to refine the new strategic plan between now and the fall, introducing the final plan to the School Board in September.

Brevard Public Schools estimates \$35.9 million budget reduction

VIERA — As the legislative session in Tallahassee draws to a close today, Brevard Public Schools officials have a better idea of the severity of the budget reductions required for the 2008-09 school year. Officials estimate that, comparing the July 1, 2007 budget to the anticipated July 1, 2008 budget equates to a \$35.9 million reduction; \$21.3 million in the operating budget and \$14.6 million in the capital budget (please see attachments for details).

"While this is a serious budget reduction, we are focused on creative solutions, not unproductive complain-

ing," said Superintendent Dr. Richard A. DiPatri. "We continue to adjust our budget reduction plans, and will finalize recommendations to the School Board for the May 13 and May 27 School Board meetings. This will be addressed in two phases: Phase I on May 13 will involve recommendations to the Board concerning only central office and district level support staff, while Phase II on May 27 will represent the bulk of the reductions, including special programs and other staff, as 80 percent of the district budget is expended on personnel."

DiPatri added that protecting the district's core mis-

sion—student instruction—would remain the district's primary objective. "A school district is only as good as the teachers, support staff and administrators who dedicate their careers to student success, and Brevard is certainly home to many of the best," DiPatri said. "All of our budget reduction strategies, from freezing open positions to increasing energy conservation efforts, will be designed to minimize the impact on existing staff and students. Protecting our quality instructional programs, and also preserving employee positions to the best of our ability, are our highest priorities."

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Land advocates feel positive about grant

GRANT, from Page 1

important because Florida Forever typically looks at purchasing large parcels of land," said Smith, who thinks they are interested because of the water situation, being on the Atlantic Coastal Ridge and their existing Brevard ecosystem project."

Baker and Smith are also working

with Stillwagon on recently submitting an application for a grant through Florida Communities Trust. "For this grant, you need matching funds and it would be more difficult with the current economic situation throughout the state to match the 25 percent that we would need. The maximum you can get is \$6.6 million," she said.

"With this trust, you have to have more defined recreational aspects, but we need to make sure these aspects would be low impact environmentally."

Baker and Smith are also feeling pretty positive about the possibility of the Florida Forever grant, which will be voted on June 13. "The state legislation just voted to give Florida Forever \$300 mil-

lion for the next year so they have been refunded. They were down to only \$25 million, which was pretty much committed. So this give us a lot of hope."

Smith says getting involved in something this important is simple. "We need to leave water for our children and grandchildren."



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Opinions

Lakeland incident example of why bullying should be stopped

My View

By
Susan
Walden



No doubt you've heard the story or seen the graphic footage of the teenage girls in Lakeland who beat up a girl. Another bullying attack that leaves everyone in the nation stunned but then looks away.

The problem isn't just the teens, like these nasty girls. It's also with the adults. One of the mothers of the bullies even said the girl deserved it. Gee, I wonder where the little bully got the idea she could lure the girl to the house and beat her.

I hope they all go to prison. Then they'll know what bullying really is.

Bullying is the full-contact evil "sport"

of hurting someone physically, but let's not forget the devastating result of mean words, taunting and other emotional abuse. Every adult, no matter if they are a parent, teacher, scout or church youth group leader needs to face bullying front and center.

Two words – zero tolerance.

We need to go to war on bullying – each and every one of us. If you are a kid and you see or hear bullying, you need to take a stand and stop it, and this also means not spreading the vicious rumor you just heard.

If you are a parent, does your child, no matter what age, show signs of bullying? Don't think, Dad, it's a macho thing for Junior to come home from fourth grade and talk about how he wants to rearrange a kid's face because he looked at Junior the wrong way. In my years of being a parent, I've talked with parents who were actually proud that their son had that Mafioso attitude. It's not cute. It's deadly and if you think you are doing a service to your son or daughter, you're not.

I've had scout leaders tell me, "Well, boys will be boys. We'd rather let them

work it out." That's what I got when my older son, who's now 20, came back from scout camp with black and blue marks all over him from being pummeled with stones and rolled down a hill in the middle of the night in his sleeping bag. The Boy Scouts thought it was funny because they didn't like him and not one leader or parent would take a stand. Needless to say, that was the last scouting experience he had.

I know someone close to me who stopped going to church for the rest of his life because as a kid was made fun of unmercifully because of his middle name. The church counselors did nothing.

Then there are the jealous people who pick on their prey. This happens at all ages – from school to the workplace. I had people at two different times try to destroy me at my job when I worked at Patrick Air Force Base. They were jealous because I won writing awards and made the base's paper a great one in the Air Force. Instead of being happy that we'd all won, the slackers made up lies and turned my immediate boss, who was also a slime ball, against me. Pure bully-

ing. See, they learned – because they got away with it in school, church and just socially - that it's OK to bully.

Saying that you didn't see the bullying is a cop-out, too. I've gotten that before from adults. "If I didn't see it, it isn't really happening." Well, wake up and open your eyes for God's sake.

One thing I've learned is that the bully gets good at it. They not only bully – they go to the authority person or people and lay the groundwork so that when the victim goes to the authority to complain, they're met with, "Yea, but Ida tells me you did this and you said that." A lie or gross exaggeration of something that happened. This is exactly what happened to me at work. Talk about being side winded. It's a double bully move. Now the victim has nowhere to go, no one to talk to and feels totally hopeless.

So, let's clean up the bullies. There are more victims out there than bullies, so this should be easy. We just need to have the conviction to stop them and not turn a blind eye. If you are a parent, church or scout leader, teacher, boss – take a stand and don't let bullying begin. Please, it's up to you.

We must honor, respect our leaders, especially during hard times



Making decisions that are not only the right ones but also the most beneficial for any group of people can be extremely difficult and emotionally trying.

Regardless of the group, the burden of any organization's failure is always absolute when it comes to elective leadership. Certainly there are outside factors that can produce extremely unfavorable conditions, fingers that can always be pointed, accusations and excuses made, but in the end the heads of these bodies will bear the full responsibility of failure when and if the hammer falls.

There is an extremely sensitive balance that must be maintained when it comes to making any decisions and judgments when they are being made for the sake of an entire body of people. And that balance must always be found to be centered upon the facts, and the truth, not

opinions and raw emotion.

Leaders all come to know that there will always be those who stand on the sidelines and run their mouths with unrelenting criticisms, but they never seem to do so while standing in harms way. It's quite easy for someone to stand around and talk about doing something that involves work and effort when they're not tired and winded from actually doing the work.

Generally speaking, those who are afraid to fail will seldom put themselves in a position of possible failure, though they never seem to lack malicious words and contentious guile.

There will always be those that do and fail, and those who do not, and never truly give themselves the opportunity to succeed. Sadly, because of fear and inaction, the unwilling never rise to any higher degree of authoritative leadership.

What so many people fail to see is that the same very position that produces the chance of failure also produces the opportunity for success. And with time and perseverance, yields the well earned seal of a true and tested leader.

This kind of operative faith in a leader will always remove chance. What some may sit and hope for, faith-filled leaders will stand in waiting. Anyone can lead when things are good, but a true leader will always come forward and take the reigns in spite of any unfavorable re-

port or conditions. There are very few men and women who lead with this kind of courage and conviction. They possess the willingness to take responsibility for their words, actions, and any possible failures. They know for certain, in order to fix a problem, they must own it first.

When we encounter leaders such as these, we should go out of our way to highly esteem them. These people do not lead because of what they can receive, though the satisfaction of a job well done may be a portion of their reward. They lead because it is who they are and who they were made to be.

Getting to a place of excellence in leadership does not come easy, as many leaders spend countless years of their lives learning how not to lead, and the remaining years of their lives leading those who have been entrusted to them.

We have some great leaders in our community, and nation. If we truly care about the future, we must aid them in all of their worthy causes, trust their judgment, and choose to submit to their appointed authority; knowing that their decisions are being made for our benefit.

When their life's course is finally complete, they should be duly honored for their commitment and selfless service. We all should be thankful that they cared enough to dedicate themselves to us. We likewise should dedicate ourselves to them.

Reality show finalist keeps going despite back injury

LOSER, from Page 1

sure we won't hurt each other's feelings. ... then he opens his mouth the first time I'm on the scale," she quipped. "Paul means well, he just doesn't have a filter."

Unfortunately, in February Marks was the 12th contestant to be voted off, which was emotional for the couple and a sad part of the show. Fields and Marks explained during the show that Marks' father had died at a young age from complications associated with obesity. "Paul and I worked very hard and when it was between either him or me, I wanted him to stay."

Ironically, Marks fell ill under similar circumstances his father did following his exit from the show. "His father had a ruptured diverticula, got a colostomy and threw a clot, exactly the same thing that happened to Paul," she said. "Paul's dad died. The weight loss is what saved (Paul) and Paul gives credit to the show for saving his life."

She said Marks is a little leery of the spotlight now since a not-so-reputable national tabloid disingenuously contacted Fields, who referred them to Marks thinking they were going to give a good interview and story, but didn't.

Life at the Biggest Loser ranch, which had been a Japanese college, wasn't luxurious. "When we first got there I thought they'd take us into it kind of easily and work up to it," she said, "but it wasn't like that at all."

The contestants worked out eight hours a day from the very beginning and between exercising, doing their laundry and preparing their own meals, they didn't have time for much more. There were no TVs, newspapers, Internet and no scales. The contestants didn't know their weight until the official weigh-in, which took four to five hours to film in a cold room. They referred to their makeshift gym, which sported a tarp for a roof, as "\$5 fitness."

"It's not quite what you think of Malibu," the Satellite High School graduate said. "We had no air, no heat and for a period of time we didn't have hot water."

But what wasn't the Hilton in accommodations, was top dollar in other ways – their trainers Bob and Jillian, and the close medical attention given to them.

"I wanted Bob (as a trainer) and Paul wanted Jillian," said Fields, who explained that she was "scared" of Jillian.

But when they got Jillian, Fields thought differently.

"Jill ended up being more understanding and she was more emotional and wanted to find out why you put on the weight," said Fields, who is looking forward to a long friendship with the trainer now. Fields recognized she was an emotional eater – one that had looked upon food as her friend to comfort her, even as far back as when she was a latchkey child.

After the finale, Fields came home and it seemed that everywhere she looked her rival Ali Vincent, the first female to win the show, was on the Internet and on the TV. Fields was upset and the refrigerator was on her mind. "My friend said, 'Kelly, why are you doing this to yourself?' I recognized I had control over it. That's what Jill taught me."

They were given multi-million-dollar medical lab testing weekly under the direction of Dr. Rob Huizenga, physician for the Oakland Raiders and were attended to when they had medical complaints.

Things were moving along week after week until after the triathlon in Australia, which was close to the end of the show. Instead of using the elevator after a challenge, Fields decided to run down the 44 flights of stairs and



Susan Walden

Titusville resident Kelly Fields, a Wuesthoff nurse, says being on the Biggest Loser was the best thing she's ever done in her life. She lost 109 pounds.

somewhere along with way injured her back. She suffered a herniated disc with nerve impingement, which rendered her in pain and decreased use of movement, especially in one of her legs. "If they did an MRI and diagnosed me I'd be disqualified," she said.

After the weekly show ended and she one of the three finalists, her next hurdle was to lose more weight despite the injury, and five weeks later in front of a live audience, weigh in and become the biggest loser. Fields was invited to train and stay with the show's season four "female biggest loser" and second-place finisher Julie Haden. Fields worked out for free with Haden's trainer. She visited a physician in Jacksonville who was concerned about her back. "He said, 'This show is just a blip in your life. You are looking at a potentially serious injury.'"

But Fields wasn't going to give up.

"God didn't bring me this far for someone to put a roadblock in my way," she said, tailoring her exercises to a lower impact on her back by doing the elliptical trainer and step mill. Running was now impossible to do.

She still receives weekly shots in her back, opting for the least invasive method at the moment. Fields works out one and a half hours a day and eats 1,800 calories daily, having once consumed a mere 800-a-day calorie diet during part of the show.

"Do you know they say the national average Americans eat in a day is 4,000 calories? Isn't that scary? I've now lost 110 pounds – that's 11 10-pound bags of potatoes. I wasn't lazy; I was just tired."

After the weigh-in, they'd have a high caloric day to essentially trick their bodies so they didn't hit a plateau and not lose any more weight. "We had a chocolate cake one day and Bob absolutely freaked out saying, 'Is that what you are going back to?'" The contestants convinced him that they were still diligent about losing weight.

Looking back, she said her worst fear came true in the beginning of the show when she had to come out in the show's weigh-in garb – a sports bra and spandex shorts – and be seen by her co-workers and the nation on TV.

Fields would do it all again, despite the hard work and injury. She said that being a nurse tends to put everyone else first. "I'm a really good daughter, nurse, mate and friend I put myself last. This was the first selfish thing I've ever done."

What's Fields biggest pointer for those thinking of losing weight?

"We're worth it."

Inspiring others

Even off the TV, Kelly Fields continues to inspire people.

Whether a fan of The Biggest Loser or a patient who just met the friendly cardiac cath lab nurse at Wuesthoff, Fields is already making a stir.

"I've been an avid viewer of The Biggest Loser for all five seasons, so I've cheered on Kelly since day one when I knew she hailed from Titusville," said Titusville resident Laura Kelly, who attended the April 30 press conference and got a chance to meet the finalist.

"What impressed me most about meeting Kelly in person is that she really seems to be just as beautiful on the inside as she is now on the outside. Before meeting her I had imagined that someone with such a phenomenal weight loss success story would have an overabundance of self confidence or what some would call a 'big head,' but that was far from the case. She has a genuine, compassionate and humble nature about her that is clearly evident.

Carolyn Harris of Titusville agrees after meeting Fields at Wuesthoff when her husband had a procedure done at the hospital recently.

"She was so nice to us; we both agreed that what she did was an extraordinary accomplishment," said Harris, who has been a fan of the show almost from the beginning. She has been so inspired by the show that Harris and others at The Great Outdoors have a small weight loss group called the Weigh Down.

"We all watch 'The Biggest Loser' and discuss it at our meetings. We have picked up some good pointers on weight loss from the show," she said. Harris admires Field's sacrifices in doing the show after watching it week after week and seeing how hard it was to lose weight on the show and the challenges the contestants went through.

Fields inspiration might have sparked a new club in town.

"Kelly has absolutely inspired me to take control of my own health, and her willingness to share her weight loss journey, struggles and tips with me was invaluable," Kelly said. "In fact, I just joined the Titusville YMCA with my daughter. I'm actually hoping that other people struggling with their own weight loss will join me so together we can start a 'Brevard Biggest Loser' club.

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Push for recycling, street cleanup leads to new green committee

By D.D. Remini

Bob Socks is on a mission.

The chairman of the new Environmental Green Committee at the Titusville Area Chamber of Commerce wants to see the city and outlying areas cleaned up.

"There's trash littering our streets everywhere," said Socks, who walks five miles a day picking up trash as he goes.

"I've picked up every kind of junk you can imagine. Plastic bottles, glass bottles — beer particularly — aluminum cans and debris on just about every city block. It's just disgusting," he said.

Recycling has been his banner cry for more than 30 years and feels now is the time for residents and the city itself to do something about it before it's too late.

"If we are serious about economic development, we need to clean up our town," he said.

Setting up the Environmental Green Committee, he feels, is one way to put some vision into recycling and cleaning



D.D. Remini

Bob Socks is sick of cleaning up garbage on the streets and is asking everyone to get involved.

up the streets.

"We really need a mass community effort," he said. That means asking everyone from homeowner, condo and townhouse associations to schools to get the word out on how important recycling

is. From looking at our streets I guess there are less than 40 percent in the city who are recycling. This is based on blue recycling bin counts on the curbs on recycle day," Socks said.

But it isn't just about homeowners. Socks thinks the city and county need to get their act together as well.

"I've been behind a city recycling truck that was blowing material out of it as it drove down the street. It's happened to me a few times and I've called the company. They put too much in the trucks."

Recycling is important for our future, Socks said, but he worries about the younger generation not getting enough education on how vital it is.

"We use 50 billion water bottles a year and of that 12 billion get recycled, 38 billion wind up in the garbage and on the roads. It sits forever if it doesn't get recycled. But those that are recycled are used for many different purposes.

"If we teach the kids now there's a glimmer of hope."

He also stresses that collecting alu-

minum cans is lucrative. Every can is worth 3 to 3 1/2 cents. Just do the math. If you recycle 300 cans that's a 10 pound bag and you get \$7," said Socks, who has saved \$25 and will be going out to dinner with the money.

In the county and city, residents can now put magazines, catalogs, office paper, mail and telephone books in their bins.

The following items are collected in the curbside recycling program:

- ✓ Newspapers
- ✓ Aluminum and steel cans
- ✓ Glass bottles and jars
- ✓ Plastic bottles with a "neck"
- ✓ Magazines
- ✓ Catalogs
- ✓ Office paper
- ✓ Junk mail (to include envelopes with and without windows)
- ✓ Telephone books

For more information on recycling and the Environmental Green Committee call Socks at 848-1630.

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Above, bad guy Jonathan, played by Jim Nordby, threatens his brother Mortimer (Matthew Blue) during "Arsenic and Old Lace" at the Emma Parrish Theater. Below, members of First United Methodist Church "shepherds" serve some shepherds pie and salad at the Harry T. Moore Center April 1.



Photos by Walter Kiely

Above, enjoying the 13th Annual World's Greatest Baby Show on May 3 are Rosie Montanez from Titusville with Christain, 4 months; Kristen Sharpe, Titusville; and Beth Walters of Titusville, all are from Mothers of Pre Schoolers. Below, Jake Steger, left, executive director of the Titusville YMCA and Herman Cole, YMCA board chair, show how the organization exceeded their goal in their scholarship campaign April 29.



Community Calendar



May 2008

Healing Families
Healing Communities

❖ **Movies in Parrish Park**

Friday, May 23, 7:30 p.m.

Bring the entire family to see the animated movie "Surf's Up." Enjoy the film outdoors on a large movie screen. Admission is free and everyone is welcome. Bring lawn chairs and/or blankets for seating.

Parrish Medical Center's "Parrish Park"

951 North Washington Avenue

For more information, please call 321-268-6110.

❖ **Story Time at the Kids Zone**

Wednesday, May 21, 3:30 to 4:00 p.m.

Story Time at the Kids Zone inside the Parrish Healthcare Center at Port St. John is where books will come alive. The third Wednesday of every month explore the pages of favorite children's stories and experience imagination magic.

Parrish Healthcare Center at Port St. John

5005 Port St. John Parkway, Port St. John

For more information, please call 321-636-9393.

❖ **How a Heart CT Scan Can Save Your Life**

Tuesday, May 6, 6 p.m. to 7 p.m.

Dr. Ravi Rao, FACC, FASCI, board certified in Cardiovascular Disease, Interventional Cardiology and Nuclear Cardiology, will present a lecture on the benefits of the new 64 slice CT.

Registration is required.

Parrish Heart & Health Village

603 N. Washington Avenue, Titusville

To register or for more information, please call 321-268-6880.

❖ **Maintaining a Normal Weight**

Thursday, May 15, 6 to 7 p.m.

Dr. Authrine Whyte will present an educational seminar on the principles of weight management. Registration is required.

Parrish Heart & Health Village

603 N. Washington Avenue, Titusville

To register or for more information, please call 321-268-6880.

❖ **Family Fun Fitness Day – Easter Seals Walk/Run With Me**

Saturday, May 10, 7 a.m. to 1 p.m.

Parrish Health & Fitness Center, in partnership with Easter Seals Florida, is helping to level the playing field for children and adults with disabilities in Brevard County. Walk/Run With Me is an organized walk for individuals or teams. It's easy to register at www.walkwithme.org.

Parrish Health and Fitness Center

2210 Old Cheney Highway (Hwy 50)

For more information, contact Tia Reneé Amaya, at 321-268-6200 ext. 8607.

❖ **The World's Greatest Baby Shower**

Saturday, May 3, 10 a.m. to 2 p.m.

This is an educational resource fair for new and expectant parents, including adoptive parents and grandparents, will help answer questions and put common fears to rest. This event offers a wide variety of educational exhibits as well as scheduled presentations by medical and safety experts. Over 40 exhibit booths will provide important information. In addition to expert advice, you can win valuable and useful prizes.

Parrish Healthcare Center at Port St. John

5005 Port St. John Parkway, Port St. John

To register or for more information, please call 321-633-1702 or 952-4536, ext. 25.

❖ **New Baby Day Camp for Big Brothers and Big Sisters**

Lessons for kids — before the new baby comes home

Sunday, May 4, 2 to 4:30 p.m.

Welcoming a new baby can be very stressful for the littlest member of your family. Ease the transition for your child with this unique event featuring a fun and interactive day of "hiking" where kids learn what a new baby looks like, how to become a "big helper" and much more.

Registration is required.

Parrish Medical Center

951 North Washington Avenue

To register or for more information, please call 321-268-6790.

For more event information, visit www.parrishmed.com/calendar. Unless otherwise noted, classes are free to the community.



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La Cita golf league wins state championship

By Debi Fleming

For the first time in the history of their league, the LaCita Golf and Country Club Men's Golfing league has won the State Inter-Club Championship. After six weeks of matches and two rounds of play-offs, La Cita beat out seven other regional champions to be crowned the Interclub State Champions. The state finals were held April 5-6 in Tampa.

"As far as we know this is the first state title for Titusville in any sport," said team member Jim Musick. "Of our 19 team members we could only take eight to state so the three team captains made the very tough decision. Team captains Mark Cherron, Don Hennessey and myself wished we could have taken all our team members, but in the end could only choose eight."

Those eight members that took part in the state championship included Bain, Cherron, Hennessey, Scott Ahnie, Don Danielson, Tim Fields, Cal Tinsley and Jason Snodgrass.

According to Bain, because La Cita is a challenging course the team was used to that degree of difficulty and

was ready to compete, and excel on a tough course.

One hundred teams from throughout the state initially vied for the title. During the first rounds, La Cita managed to beat out Miccosukee County Club. While Miccosukee got off to an early lead, La Cita soon jumped in front and maintained the lead winning the round 12-10. The team stayed on top right through to the state championship.

After two rounds of playoffs, La Cita emerged as the East Central Regions Champions. Other regional championship teams included Miccosukee Country Club from Miami, Eagle Ridge Golf Club from Summerfield, Bluewater Bay Resort from Niceville, Tampa Bay Golf and Country Club, TPC Prestancia from Sarasota, Lake Ashton Golf club from Lake Wales and the Wilderness Country Club from Naples. The eight teams competed for the state championship.

The Men's Interclub Team matches began in January and included six weeks of home and away matches, followed by the regional play-offs and the state finals in Tampa Palms. Rounds utilize full handicaps, and all

competitors play an individual 18-hole match and at the same time, played with a partner from their team in a four-ball match against two players from the opposing team.

"La Cita has a reputation of being one of the more challenging courses in the state, and at one time was ranked the 12th toughest private course in Florida," Bain said. "Consequently our members handicaps are established from playing at their home course (LaCita) and they feel very comfortable playing other courses."

"Like most country clubs our membership average age is over 50, so for the most part our members have many years of golfing experience. In fact LaCita has been competing in several county league's for over 20 years," Bain said.

The Florida State golf Association was organized in 1913, and is the oldest men's golf association in Florida.

For more information on the state championship and other games this season visit www.fsga.org/news



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Republicans meet

The Space Coast Florida Republican Winners meet May 27, 6 p.m. at the Doubletree Hotel, 2080 N. Atlantic Ave., Cocoa Beach. Guest speaker is Glen Chancy speaking on "Surveying the Jihad: A look at Islamist Extremism." Cost is \$25. Reservations are required. Call Betty Gailey at 783-1231.

Are you the Class of '83?

The THS Class of 1983 is gathering information for their 25-year reunion June 13, 14 and 15. Friday evening is a family social at River Lanes Bowling Center. Saturday is dinner at Pascal's at Royal Oak Country Club. Sunday is family day at Playalinda Beach. Classmates should send contact information including both home and e-mail addresses to thsclassof83@bellsouth.net or contact classmate Henry Simonsen at (321) 268-5160.

Democrats have lunch, auction

The North Brevard Democratic Women's Club holds its annual luncheon and Chinese auction May 17, noon at La Cita Country Club.

Guest speaker is Clint Curtis. For tick-

ets, call Mae Mathews at 269-9993 or Billie Aldridge at 267-8495.

Wuesthoff holds fair

Wuesthoff Health System holds a free Bloodless Medicine and Surgery Health Fair for Brevard County May 17, 1-4 p.m. at the Wuesthoff Reference Laboratory, 8050 Spyglass Rd., Viera.

The event includes demonstrations on bloodless medicine technologies, Q & A sessions with pharmacists, displays and a free blood pressure screening. Cardiovascular surgeons will be there too.

Go to wrestling camp

Astronaut High School hosts their first wrestling camp June 9-13.

There are two sessions: 9 a.m. - noon and 1-4 p.m. It is open to students in grades K-8. The camp will be held in the new AHS Wrestling Room. The cost is \$40 per session with a \$5 discount for early registration. Pick up a registration form at any elementary school in Northern Brevard County or at Astronaut HS. Contact Coach John Hackney at 268-0374 or hackney.john@brevard-schools.org.

Kids art festival almost here

It's the Sunshine Saturday Children's Art Festival at the Titusville Art League June 7, 10 a.m. - 2 p.m. Children can enjoy crafts and hands-on activities.

The Titusville Art League building is across from Draa field at the end of Park Avenue. While there, sign up for summer pottery and art classes.

Clean up the beaches

Volunteers are needed for the After Holiday Cleanup May 27, 8 a.m. - noon at Cherie Down Park in Cape Canaveral, Cocoa Beach Pier, Shepard Park in Cocoa Beach. Keep Brevard Beautiful will provide materials.

For more info, call Barb at 631-0501, ext. 203.

Bikers meet

The Titusville Chapter of the Gold Wing Road Riders Association holds its monthly meetings on the forth Tuesday of the month, May 27, at the River City Grill in the River Lanes Bowling Alley, 800 Cheney Hwy., Titusville.

For more details, call Bill and JoAnn Millington, 225-4179.

Let's go to the stampede

The Brevard County Fraternal Order of Police presents its 21st Annual Country Stampede featuring Darryl Worley along with opening act "Country Gentleman" Sonny Wright on May 17 at 7 p.m. in Melbourne at The Maxwell C. King Center.

Tickets are on sale for \$15 by calling the FOP at (321) 635-8388. Or contact Mark Frohlich fraternalorder@cfl.rr.com.

Merritt Island MOPS get together

The Merritt Island Mothers of Preschoolers meet on the first and third Monday of each month, 8:30-11:30 a.m. at Grace United Methodist Church, 65 Needle Blvd., Merritt Island.

MOPS meets the needs of children from birth to kindergarten. Mothers enjoy conversation, refreshment, activities and speakers while their children are cared for in a preschool atmosphere in a nursery.

Call Amy at 720-7472.

Titusville Art League sponsors a Poets & Painters Symposium May 10, 1 p.m. at the Titusville Library on South Hopkins Avenue. The event is free and open to the public.

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Fiesta Brevard spices up evening with salsa - to eat, dance

By Susan Walden

So it's a few days off from Cinco de Mayo, but fans love it anyway.

Fiesta Brevard, a showcase for nonprofit organizations, is in its fourth year and has been growing every year. The event is May 9, 5:30-8:30 p.m. at Holiday Inn Oceanfront Resort in Cocoa Beach.

"It's a really exciting evening," said Mary Ann Bathaser, Cocoa Beach Area Chamber of Commerce chairman of nonprofit task force. "People love it because it's an inexpensive night out and a time for them to have fun, learn about nonprofits, win prizes, dance and enjoy great food."

Fiesta Brevard will once again host a competition for

Brevard's Best Salsa, featuring individuals, groups and restaurants that compete for the best recipe. During the event, awards, such as the Judge's and People's Choice Awards will be given out.

Participants can go from booth to booth to meet nonprofit organizations and have fun. "Each booth will have great activities to do and people can even win prizes," she said.

The night includes a fiesta game show as part of the entertainment, which consists of three sets of games like Jeopardy with a fiesta theme and prizes for winners.

For those who want to spice up their dancing skills,



the event features latin and salsa lessons by the Precision Contemporary Dance in Rockledge.

Some people come to the event to show off their fiesta hats. "We have a hat contest so we invite everyone to create a fiesta hat that will be judged. Children 12 and under are invited to take part in the hat contest. We'll also have our annual parade.

Tickets are \$10 for entry and in it guests receive \$4 worth of food vouchers. At the door, the tickets are \$15. All profits go to the nonprofit organizations.

For more information about Fiesta Brevard, go to www.cocoabeachchamber.com.

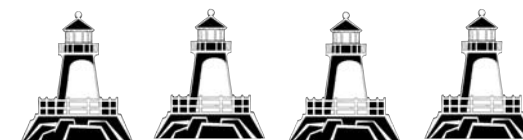
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By
**Kathy
Warren**

Something courageously different has enticed many area residents to lead a healthier lifestyle.

A-Live & Healthy Organic Eatery is located two streets west of St Rd 3 and two streets south of 520 in Merritt Island. It is an impeccably clean and humble cottage with dozens of natural Florida plants flowering along the path. Entering is like visiting friends, with people eating and chatting on the screened front porch and the same just inside under air surrounding an organic eatery, juice bar,

produce market and education center.

Parking is adequate. For a small eatery, they accommodate the physically challenged very well too. The menu is available at the counter. A pleasant woman helped us to choose from the long list of menu items. Many menu choices led us to ask, "What is this"? To our delight, many things they let us sample. I even tried wheat grass juice (yup, it tastes like grass) and a wonderful tea (I forget the name).

The menu sported freshly prepared meals ranging from salads, burgers, and stuffed tomatoes to fresh vegetable soup, wild and wonderful wraps, pates, smoothies that seem like dessert, and desserts to die for like soft serve ice cream made from frozen organic fruit. They even have nuts and dried fruit incorporated in many dishes. I never realized how delicious eating-healthfully

could be. I had a difficult decision but I finally chose "the veggie" – Flax bread stacked with lettuce, tomato, carrots, beets, onion, avocado, and sprouts with paté which was full of seasonings and flavor.

My friend had a live burger – veggie burger onions, mushrooms, veggies and spices served on flax bread with marinara and tomatoes along with some vegetable soup. My friend rarely eats veggies, especially raw ones; however, she adored her soup and burger (except she picked out the onions). The seasonings were so well combined that we didn't even miss meat. Of course we both had smoothies and were given complimentary mini-muffins. We left stuffed.

The server was very pleasant. My friend and I purchased some sprouts and a natural sweetener for diabetics and dieters that is from a type of cactus. It has

no aftertaste and can be used in cooking and baking so I didn't feel guilty one bit getting a large jar.

The average meal is \$3-6. Our complete meals cost about \$8-9 each. I wish I had their recipe for flax cookies and muffins; maybe next time I'll ask.

They are open Monday through Friday 12 to 4 and Saturday 10 a.m. to 5 p.m. They accept debit and credit cards.

I rate them 4 beacons because I find them unique and fascinating as well as good. I started out thinking I'd go eat afterwards if it's just veggies and learned how tasty and filling their food really was. I suggest trying this "other" kind of eating just once; you may enjoy it. In addition, I found I wasn't sleepy after that big meal. I want to try their pizza next time because it looked good.



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3840 GROVE-WOOD LANE Titusville May 1-17, 8 a.m. - 3 p.m. Lots of misc.

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Rabbit fur jacket med. size w/zipper front, long sleeves, light brown, \$50. Exercise bike - Schwinn, brown, \$20. Call 269-8056.

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7-piece mission-style king size bedroom set. Assembled, still in box. Quality dovetail construction. Retail, \$3,900. Must sell. \$1,350. Can deliver. Call 255-3415.

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- Don't leave house keys in outside hiding places. Give a key to a friend or neighbor and be sure to leave your vacation telephone number.
- Arrange for someone to pick up your mail and newspapers every day and have your lawn mowed.
- Ask your neighbors to be alert for suspicious people or vehicles.
- Use 24-hour timers to turn house lights on and off.
- Leave drapes and blinds in a daytime position.
- Lock or bolt windows, doors and outside sliding doors.
- Close all interior doors (to stop the spread of fire and smoke).
- Turn off the water supply to your water heater, washing machine and dishwasher, and shut off the water heater's circuit breaker.
- Leave a car in the driveway.
- If you have an alarm system, be sure your friend or neighbor has the code.

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