

# Historic healthcare village reminiscent of yesteryear

By Kathy Coon

Work on the long-awaited Health-Village at Main Street PMC has begun.

Jess Parrish Medical Foundation recently completed project work associated with a \$48,825 small matching historic preservation grant awarded by the Bureau of Historic Preservation, Division of Historical Resources, Florida Department of State and assisted by the Florida Historical Commission.

This grant partially covered the architectural and engineering design for the restoration and expenses to relocate the 1910 Taylor-Dunn House and build a new structural foundation. The house was permanently lowered onto its new foundation recently.

JPMF is only \$500,000 away from concluding the initial phase of its first ever \$3.5 million capital campaign for the Health Village at Main Street PMC project. By summer 2010, JPMF expects to open the Taylor-Dunn house as the Foundation House and welcome center for the Health Village.

"We look forward to hosting fund-raisers and gatherings inside the Taylor-Dunn house where we will lovingly preserve and showcase some of our local heritage and artifacts in this authentic historical setting," said Laurie Smirl, JPMF executive director.

"In the fall, two other historic houses will be relocated on either side of Taylor-Dunn. This significant grouping will serve as the entryway for the Health Village, and will take our visitors back in time to the compassion and healing of a small town community," Smirl added. Plans for the overall project will be unveiled later this year.

The foundation recently recruited the assistance of Rood & Zwick Architects to produce a rendering of the historic houses as they will look once restored on the site. "We are able to create a digital drawing of the entire site that can be viewed from any perspective, and our artist can then create a true watercolor rendering of any aspect of the project," stated Jack Rood, principal with the architectural firm. "We were very pleased to help the foundation and Parrish Medical Center with this innovative project."

See VILLAGE, Page 2

# Touch down

After a 16-day mission to the International Space Station, Space Shuttle Endeavour touches down at Kennedy Space Center July 31. The mission highlights include five spacewalks, intricate robotics work and completion of the Japan Aerospace Exploration Agency's Kibo laboratory.



NASA/Kim Shiflet

# **Economy takes toll on sharing center**

#### By Susan Walden

With the slow economy and many without work or lesser hours, the North Brevard Charities Sharing Center is definitely feeling the effects.

"We're not only seeing the norm of those in socio-economic stress, but others who used to have enough to get by now don't have enough to make it; they have no discretionary income and have lost their jobs," said Joe Robinson, the center's director. "We are trying to assist in every way we can."

Project Hunger recently helped fill the Brevard food bank pantries with \$120,000 of food. It was distributed to sharing centers, Catholic Charities, the Salvation Army, as well as other organizations.

"We received \$15,000 worth of food," he said. "This was helpful, especially during the summer, because it helps to subsidize families whose children are home for

the summer eating breakfast and lunch instead of at school.

The Project Hunger food was beyond the staples usually handed out to those in need.

"Our regular food is getting low," he said. The food comes from the food bank, as well as organizations and companies that host food drives. Individuals and families also drop off canned goods and non-perishables. The North Brevard Charities Sharing Center also has a thriving thrift shop that provides a portion of the money for food. "The thrift shop is doing wonderfully," he said.

Robinson, who's been the director for 14 years, said

**See CHARITIES, Page 2** 

**NEXT ISSUE: Aug. 20** 



Pictured are Jess Parrish Medical Foundation chairman Jason Snodgrass, executive director Laurie Smirl. Rood & Zwick principal architects Jack Rood and Travis Kerr. PMC Medical Center developer Christopher Male and PMC vice president of nursing Edwin Loftin and Main Street PMC project leader.

# Historic area to open in 2010

#### **VILLAGE, from Page 1**

The Bureau of Historic Preservation is an organization within the Florida Department of State's Division of Historical Resources that reviews and administers applications for cultural and historical preservation grants awarded by the Florida Legislature each year.

This was the second grant awarded by the Bureau to the JPMF for the Health Village, bringing the combined total to more

than \$75,000 in public funding.

Through staff and volunteers, JPMF raises funds to support healthcare initiatives such as the Health Village at Main Street PMC. For more information, call 321-269-4066.

"This project will offer North Brevard residents an innovative solution and bring generations together around a common purpose of lifelong health and well-being," said Smirl.

# **Center needs donations**

#### **CHARITIES, from Page 1**

the biggest demand presently is in the housing area. The center provides low-cost transitional housing units but sometimes people have trouble paying their bills.

"Some want help but they just don't want to pay their bills on time. Even with the low cost of our housing, they have trouble," he said. "There's really no where else to go because public housing is full."

The center has 20 buildings in the Titusville and Cocoa areas. Nine of the buildings, including the office, are on Acorn Drive in Titusville, just off Hopkins Avenue. The staff does all the renovations and builds homes as well. "We serve all of Brevard." he said.

Robinson pointed out that many of those struggling are in the service industry in which hours have been cut back making paychecks slim at best.

Medical demands are still there, but Robinson and his staff find that more people are putting off medical and dental procedures. "It's just not a priority to them right now."

There are several ways to donate, says Robinson. "Financial donations are greatly needed and appreciated." North Brevard Charities Sharing Center takes cash or checks. The business office is located at 245 Acorn Dr. around the corner from the Thrift Shop on South Hopkins.

The center also takes canned goods and nonperishable items within the expiration date. Canned meats, canned goods, staples such as peanut butter and jelly, dry goods such as cereal and powdered potatoes are some of the items needed.

Individuals as well as churches and organizations are encouraged to hold a food drive. Food can be dropped off at the office. Hours are 9 a.m. - 3 p.m. Monday – Friday.

Those who would like to donate clean, good clothes and other items can drop them off at the thrift shop. 4475 South Hopkins Ave. Hours are 9 a.m. - 5 p.m.

Robinson said the thrift shop contributes about a quarter of the center's

"Remember school is starting, so shop at the thrift store," said Robinson. "Or if your children have clothes that they don't want or don't fit, bring them to the shop."

# Our Friends Need A Home!!!



Hi-de-ho! My name is **Boomer**. I am a 5 year old, male, Labrador mix. I was brought to the SPCA by a nice lady who rescued me. I was found along with my friend "Shelby" locked in a garage with no food or water. We had been there for quite a while and were very happy to come here. The staff here doesnt know much about me, but they do know that I am a very sweet boy. I am a very big boy...97 pounds to be exact! I am partially housebroken and get along with other dogs. I love treats and I will sit and give paw for them. I know that I am large, but that is just

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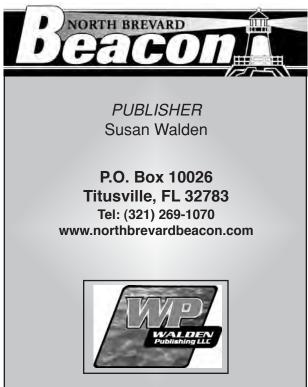
hair blue silver patch tabby. Someone left me on the doorstep here, so I could find a new forever home! I am litterbox trained and need to be an inside cat only. I will get along with other animals as long as they will leave me alone when I don't want to be bothered. I have been here for a very long time and I am ready to get out. I sit by every day and watch "cute" little kittens go home and leave me behind...I am very loveable, so won't you give me a chance ?! Love, Violet



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## Rotary offers exchange program

Rotary clubs in District 6930 (from Boca Raton to Titusville), including the Titusville Sunrise club, are currently seeking individuals to participate in the 2010 Group Study Exchange program to Seoul. South Korea.

The GSE program is a unique cultural and vocational exchange opportunity for young business and professional men and women in their initial years of professional life. Rotary districts in different countries are paired to send and receive professional study groups of four to six non-Rotarian team members and one Rotarian team leader to travel for four to six weeks, staying in the homes of Rotarians when possible.

The 2010 GSE Team is scheduled to be in South Korea March 19 thru April 19, 2010. At a minimum, potential candidates must meet the following criteria:

▲ 25 to 40 years old at time of appli-

▲ Currently employed for at least two years in any recognized business or profession on a full-time basis

▲ Work or live in District 6930 and be a citizen of the United States

Be enthusiastic about profession/vocation and willing to share that enthusiasm

Qualified applicants are encouraged to contact Denny Meneghelli from the Titusville Sunrise Rotary club at 321.631.5587 or 2menes@cfl.rr.com. Completed applications are due Sept. 1.

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# Opinions Just say no to bogus charges

My View

By Susan Walden



Have you noticed that everyone seems to be nickel and diming you to death, as if prices aren't high enough?

I went online to pay my son's tuition and there was an extra charge, so I called them instead to see if I could pay over the phone. Of course I could; it would be \$35 extra. You've got to be kidding. I'm not giving them one more cent, thank you very much. There are other companies that charge you extra for paying online and on the phone as well.

Quite a few convenience stores around here charge you if you use your debit card for a purchase under \$10. This is illegal in Florida. Also as a merchant who gets a credit card machine, you must sign an agreement that you will never do this. I know because I have a credit card machine. They can give you a cash discount, but they cannot tack something extra on a debit or credit card. They are not supposed to do it, but try telling them. They say it's OK and try to convince you. "Well it costs me money for this machine," they whine.

Then don't have a credit card machine and see how many customers you have.

I had one guy tell me if I didn't like it to go somewhere else. So, I did. The guy behind me in the line said, "It's all the government's fault." Evidently the sun had baked his brain into a bubbly goo. I whipped around and said, "The government? The government has nothing to do with credit card machine charges (although pretty soon the government will be owning them and then he will be right).

Have you been caught paying 15 cents more a gallon because you didn't see the fine print on the sign advertising gas prices. It says in bold letters \$2.41 per gallon but that price is only if you use that particular gas company's credit card or you pay cash. I've only been asleep at the wheel once for that one. It was the first time I'd ever even heard of it. I filled my gas tank up and noticed that the price per gallon was 15 cents higher than the sign. I went inside and asked why and was told if you - here we go again - pay a regular debit or credit card, you get charged extra.

Has your auto insurance gone up? Mine has. They looked at my credit score, which is good, but decided to charge me \$5 more a month despite the fact that I've been driving for 36 years, have never been in an accident or filed one claim, I've only gotten one ticket (24 years ago) and I've never been late with a payment. Well, looks like I'll be looking for another insurance company.

Dear readers, we are not mad enough. Why are we letting these companies charge us more with their hidden fees and extra charges? Why are we the ones having to bear the brunt of this economy? Why are we willingly - like drugged-up Stepford wives - paying someone else's credit card machine fees?

Walk away from these companies. Put your candy bars and cokes down at the counter. Say no and walk away.

Here are a few reasons, I believe, that we blindly accept getting hosed by these companies. The first is convenience and the companies bank on the fact we're lazy and will just roll over and empty our wallets. In this fast-paced, drive-through society. we're looking for the easiest way to do things, such as paying online and by the phone instead of sticking it in the envelope and putting it in the mailbox.

Secondly, it's not right to make waves, we are told. Americans cannot think like this any longer. What kind of country have we turned in to? We simply cannot go along with something that's wrong, especially if we are paying the price. We are letting greedy people take over this country.

The answer is simple. There are two things to be done.

First, do what you can to not pay extra fees when you are paying a bill - even if it means sending a check and putting it in the mail. Do not allow stores to charge you extra for using your debit or credit card when your tab comes to less than \$10 or whatever garbage they're toting. This means you'll have to walk away and go somewhere else. If an insurance company is charging you more, shop around. Don't pay hidden fees. One company has even made catchy TV commercials about the hidden asterisk (fees).

Secondly, whether it's a hidden fee or you think your senators aren't working hard enough to represent you, let people know. Write, call - complain.

If we keep up with this complacency, what's going to happen to this country ... and our wallet?

## News you can use

- Go Arcadian! As of presstime, Titusville teen Arcadian Broad is in the finals of NBC's America's Got Talent. Watch it Tuesday and Wednesday nights at 9 p.m. and vote for him by watching the show and calling the toll-free number after the show.
- ▶ The construction at northwest corner of Canaveral Groves Blvd and U.S. 1 is the new Social Security Office for North/Central Brevard.
- ▶ K-Mart on Highway 50 is closing its doors on or about Oct.

## Kudos

#### Winners selected in PMC contest

Parrish Human Motion Institute, the exclusive sports medicine partner of the 209 Old Spice Dwight Howard Basketball Camp announces the winners of the Hang with Dwight Howard Basketball Camp Contest.

The winners are Deborah Buono of Mims, Jennifer Cook of Cocoa, Mims resident Debbie Gregory and Shannon Ramsey of Titusville. The children range in ages between 7 and 18.

Each received a free scholarship to join Orlando Magic Center and Olympic Gold Medal winner Dwight Howard Aug. 4-6 for nine hours of expert instruction, a camp T-shirt, camp team photo and other prizes. The camp fee is \$199.

#### Sheriff's Office aviation unit wins second place

The Brevard County Sheriff's Office announces that their aviation unit was recently awarded second place in the FLIR Vision Awards Ceremony, hosted at the 2009 Annual Airborne Law Enforcement Association Convention.

The FLIR Vision Awards are presented annually to the airborne law enforcement teams with best video footage of a rescue, chase, apprehension or surveillance mission.

Only one video per airborne team can be submitted for award consideration and the videos are judged based upon the degree of difficulty, crew coordination and quality of work.

Corp./Pilot Chris Sands and Deputy/Tactical Flight Officer George Theofanous were among the top-three finalists selected from hundreds of video submissions from Airborne Law Enforcement teams around the world.

Corp. Sands and Deputy Theofanous were recognized for demonstrating their outstanding coordination and quality of teamwork while assisting, tracking and apprehending a shooting suspect in the Cocoa area of Brevard County in May 2009.

The Calgary Canada Police Department and the Fairfax County Virginia Police Department were the other two agencies selected as top finalists.

The Brevard County Sheriff's Aviation Unit is the only Airborne Law Enforcement Unit in the world to be recognized as a finalist in five out of the last eight years for the FLIR Vision Awards.

As part of the FLIR Vision Award, Corporal Sands and Deputy Theofanous received a \$1,000 donation to a charitable organization on behalf of the Sheriff's Office. The United Way of Brevard will be this year's recipient of the \$1,000 check.

Got some kudos to share? Write to news@northbrevardbeacon.com or write to North Brevard Beacon Newspaper, P.O. Box 10026. Titusville. Fla., 32783

# Friends arrange memorial for popular homeless World War II vet

We are each of us angels with only one wing, and we can only fly by embracing one another. - Cuciano de Crescenzo

By Susan Walden

e was homeless and didn't have material things but he was rich with friends and the kindness of strangers.

Theodore "Ted" Haag, 87, was the man many North Brevard residents saw walking up and down U.S. 1 usually between Titusville and Port St. John. Stooped over wearing a beige fishing hat, Haag would traverse the road with hands clasped behind him or carrying plastic bags – staples he bought from area stores. He lived in the woods and didn't ask anyone for anything but was grateful when people stopped.

Haag passed away June 6 after a bout with cancer and was laid to rest June 16 with military honors at Sarasota National Cemetery.

But this is where the story begins.

Connie Pontius, a Titusville resident, was one of the kind strangers who used to stop and talk to Haag.

"I'd offer him a ride, groceries or money," said Pontius, who met the World War II vet five years ago. "He was such a nice man. He was proud and he received two checks a month so I didn't to insult him, I wanted to help him." But Haag didn't see it that way. He was happy for the interaction and the hugs.

Pontius didn't know his last name. She simply knew him as Ted.

Just before Christmas Pontius pulled over and gave Haag a red blanket for Christmas. She invited him for Christmas dinner but Haag politely declined and said he'd already had seven offers.

"He probably didn't go anywhere," she said.

There were many people whose lives Haag touched but the one he touched the most was Port St. John resident Mary Moore.

"God put him in my heart for a reason," she said. "I'd see him and talk to him. He was the cutest thing."

For about 10 years, Moore interacted with Haag.

"He'd say, 'I'm not homeless, I have a

nice place in the woods."

Moore and Pontius said despite his rustic abode, Haag was always clean

and smelled nice. "He said he had a barrel that he collected rainwater in," said Moore.

On Jan. 27,

Moore felt like she just had to to Titusville. She can't remember why she felt she had to jump in her car and go. but it was a miracle she did, literally.

As she drove north on U.S. 1 she spotted her friend Haag, who right at that moment stumbled and fell. He got up again, fell and tumbled down the steep embank-

cars.

Moore
pulled over and

ment out of sight from passing

pulled over and ran down to the ditch.

Memorial Service for Ted Haag Aug. 22.2 p.m. Tom Statham Park, U.S. 1. Bellwood

"He was all muddy and bruised, but was conscious," she said.

Moore put him in the car, gave him water and called 9-1-1.

He wasn't getting enough oxygen to the brain and that's why he fell. He stayed at various rehabilitation centers. One day he decided to go home so Haag merely walked out of the facility. He was whisked to Circles of Care and then to Jacaranda Manor Nursing Home in St. Petersburg.

Moore visited him regularly, bringing him treats and giving him hugs.

Haag called her "Mary, Mary quite contrary" like the nursery rhyme.

one who knew where
Haag was. He had
no living relatives
and area residents wondered
where Haag
went.

Moore was the only

He was moved to Largo Medical Center in Largo and was diagnosed with esophageal cancer and was transferred to The Hospice Foundation of the Sun Coast.

"I don't like driving distances, but when I'd grumble to myself, I'd say, 'This isn't about me," said Moore.

Her friendship with Haag gave her the

strength a n d courage to see him every

week, sometimes more often. She became his healthcare surrogate and the only family he had.

"The last time I was with him – it was on a Sunday – I told him I loved him. He said 'I love you too Mary, Mary quite contrary."

He died that Tuesday.

Moore placed Haag's obituary in the daily paper with his picture, hoping peo-

ple who knew Haag would find out he passed away.

For more than six months Pontius wondered what happened to Haag. One day Pontius asked a Titusville police officer if he knew of the man who walked up and down U.S. 1.

He said he was sure the man died. Without a last name, Pontius had trouble finding out any other information about him. But on July 12, she saw the obituary and photo Moore had placed and called the paper to ask for a copy of Haag's picture.

Pontius wanted to do something for Haag to memorialize him.

She was given Moore's phone number and then the pieces fit. Both women met and had the same thought – to have a memorial for him. They even scoured the woods together to try to find Haag's place he called home in the woods but without success. Both women want to help bring closure to those Haag touched.

"I'm sure there are people like me who saw Ted a lot and didn't know what happened to him," Pontius said.

They arranged a memorial service at the Tom Statham Park (Paw Paw Pavilion), 7101 S. U.S. 1, Bellwood (just south of Titusville) on Aug. 22, 2 p.m.

American Legion Post 1 Chaplain Chuck Geiger will officiate and Noncommissioned Officer in Charge Clyde Plummer will command the Brevard Honor and Color Guard.

The public is invited, especially those who knew Haag.

"We want people to come and share their memories of him," said Pontius.

Donations of canned goods will be appreciated at the memorial and given to a local chapter of the National Veterans Homeless Support.

For more information, call 631-5689 or 383-7857. A blog site is set up in his memory for those wanting to share thoughts – tedhaag.blogspot.com.

"I really miss him," said Moore.

"We don't want him to be forgotten."

Marian Madsen was surprised by her bingo buddies when they

rolled out the red





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carpet for her 101st birthday July 22 at the Indian River Civic Center, Left, Madsen blows out her candles that just reflect the number one instead of the three digits. Below. her friends treat her like royalty as she takes a break for the paparazzi in the middle of opening all her presents. No, she didn't get 101 spankings ... and one

for extra measure.

Susan Walder

## **Spry 101-year-old appreciates surprise party**

By D.D. Remini

In all her years, Marian Madsen never had a birthday party like the one she was given July 22.

She was just going to the Indian River Civic Center to play some bingo like she usually does. Madsen came in and was met with her friends, balloons, a cake and lots of presents.

Why not? It isn't every day a girl turns 101.

"My friends are so amazing," she said, as she preferred to stand to eat a piece of her cake.

The spry, small woman who looks and acts more like 75 than 101, is no shrinking violet. She says her success in living into the triple digits is eating right and staying active. She's the treasurer of the Indian River City Civic Association and a past commander of the Titusville Coast Guard Flotilla, as well as being a member of the Titusville Art League. Madsen also enjoys cards, bingo, quilting and, of course, the company of her friends.

"I was a Rosie the Riveter back in World War II," she said, as she went into detail discussing the skill that helped the aviation program become instrumental in the success of the United States military in the war.

Her memory puts much younger people to shame and Madsen walks without use of a cane. No hearing aids and no glasses either.

Madsen, a daughter of Swedish immigrants, was born in Brooklyn, New York, and was married to her husband Carl for 31 years. She has one son, one grandchild and two great grandchildren.



Madsen's cake had just one birthday candle on it, although it was big enough to probably handle 101 candles. Her friends prepared a decorated chair for her to sit in and Madsen opened one present after another.

"I just can't believe they did this," she said.

"Marian is just great," said IRCCA secretary Mary Jane Evans, "We just love her and we loved fooling her.

"We already warned her that next year we're going to do this again."





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# Eating fresh food is easy to do

**NORTH BREVARD BEACON** 

We always hear that we need to add more fresh fruits and vegetables into our diets but how do we do that in the days of fast food drive-thrus, all-you-can-eat buffets and pizza deliveries?

Actually, it is not that tough. All it takes is a little creativity and planning.

Begin with breakfast and think about what you usually eat. A bowl of cereal? A bagel? Cup of coffee? It is easy to add a serving of fruit to your first (and most important) meal of the day. Toss some blueberries or sliced strawberries into your bowl of cereal. Instead of cream cheese on that bagel opt for some natural peanut butter topped off with a sliced banana.

Too busy to sit and eat? Have an apple or pear with that cup of joe. Mother Nature has created the perfect portable

Next, let's talk about lunch. Most of us do not have the luxury of a relaxing lunch hour anymore. Lunch has been reduced to wolfing down a prepackaged meal of sugar, fat and preservatives.

However, it doesn't have to be that way. Pile fresh tomatoes, crisp romaine lettuce and sweet Vidalia onions into a whole wheat pita and add some zesty salad dressing. Now you have an easy, healthy meal. Or have a salad with lots of greens, grape tomatoes, carrots and cucumbers topped off with a drizzle of olive oil and vinegar. Add a cluster of grapes or a juicy peach and you've added two to three servings of fresh fruits and veggies to your day just like that!

Late afternoon is the perfect time for a healthy snack. Instead of eating some salty chips or a candy bar, have a plum or nectarine that you brought from home.

Baby peeled carrots or celery sticks dipped in a little salad dressing is a great late afternoon pick-me-up.

Dinner is a great time to prepare a healthful, delicious meal for your family. Aim to have half of your plate filled with vegetables.

This could be anything from crisp steamed broccoli, cauliflower or carrots to sauteed bell peppers and onions. Add chunks of yellow summer squash, zucchini and cherry tomatoes to shish kabobs.

Grill ears of corn, sweet potatoes or even slices of pineapple the next time you barbeque. Add a big bowl of salad and you've got a filling, healthy supper.

It really is easy to incorporate fresh fruits and vegetables into a healthful diet.

All it takes to be fresh is a little creativity and planning.

By Brandi Barton Freshy's Produce 1215 Garden St. Titusville



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#### THE MECHANICS **OF WALKING**

You probably don't give move forward, the heel

Here's what happens, for touches first. This cues the stride, the heel is directly excess weight. below the ankle bone and the back heel lifts and you they ought to.

much thought to the me- swings just slightly inward. chanics of your feet when This cues the muscles, ligayou're walking. Most of us ments and tendons to tighttake the ability for granted. en, restoring the arch of But the alignment of the your foot and letting the parts and the proper dis- toes push the body's weight charge of roles are essential. off the ground and forward.

When the foot flattens too instance, in just one stride: much—a condition called When your heel hits the overpronation—parts of the ground, the outer edge foot are forced to bear too much weight. The same muscles, ligaments and ten- happens if the foot does not dons to relax so that the flatten enough. This is also foot can flatten, feel for ir- known as supination, or unregularities in the surface derpronation. It forces the and absorb shock. In mid- outside of the foot to bear

Visit a podiatrist regularly the foot is positioned to to make sure all your foot bear your full weight. As parts are working the way

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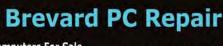
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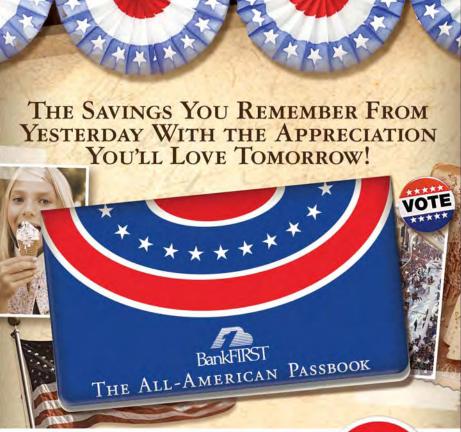
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#### Come to benefit for officer

There will be a benefit for Fish and Wildlife Conservation Commission Officer Vann Streety Aug. 29, 2 p.m. at the Titusville Elks #21, 2955 Columbia Blvd. (Route 405) in Titusville. The officer was shot various times and is recovering from his injuries.

Enjoy raffles, live music, silent auction, food and more. All proceeds benefit Streety. Cash donations can be deposited in the Vann Street Fund at Wachovia Bank. For more information about the event, call (407) 349-2216.

#### Be a warbird volunteer

The Valiant Air Command is looking for a few good tour guides.

Anyone with a passion for vintage warbirds – their legacy and the pilots who flew them – who is 18 or older and enjoys meeting the public, this volunteer position is for you.

Exhibit and display information is provided. Candidates must consider that being a guide constitutes considerable walking during a normal four-hour shift.

"This is a unique opportunity to not only learn about

aviation history from World War I to present, but to pass that knowledge along to the public," said Terry Yon, public affairs officers for VAC. "As a tourist destination for visitors from around the world, you are just as likely to meet a couple from Russia as you are a family from Rockledge."

The museum is open seven days a week, so there is plenty of flexibility for scheduling. In addition to tour guiding, volunteers also work at the annual Warbird Airshow, as well as many other special events during the year.

"If you have an aviation background, are prior military or just interested in history, come see us; we have one of the best, most rewarding personal opportunities that you can find," said Yon.

The VAC is located at the Space Coast Regional Airport, 6600 Tico Rd., Titusville. Go to www.vacwarbirds.org or call 268-1941 for more information.

#### Get out to the coin show

The Titusville Coin Club holds a coin show Aug. 8, 10 a.m. - 5 p.m. at the Searstown Mall. Dealers will be present to appraise or purchase coins, paper money, gold and jewelry. Call Kevin Seymour at (386) 427-8927 or e-mail titusvillecoinclub@gmail.com.







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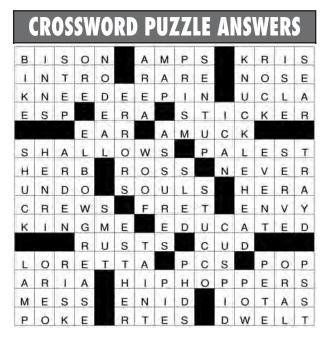
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Les and Li Heiney recently opened their store in Baldwin Plaza on Broad Street in Titusville. They've been selling various items for years at the flea and farmer's market but now have an airconditioned store for more comfortable shopping. Li's Place offers a variety of items at reduced prices, including \$1 items, such as nail polish, batteries, markers, bungee cords and more. They are open Tuesday through Saturday 8 a.m. - 5 p.m.

Susan Walden

### Li's Place – flea market prices ease wallet blues

Bv D.D. Remini

How do you beat the skyrocketing costs of everyday items?

One place to save your money is Li's Place in Baldwin Plaza on U.S. 1 in downtown Titusville.

Les and Li Heiney own their new shop, which just happens to be across from the farmer's market, although the market is closed for the summer.

"I sold items in the flea market for three years and then transitioned to the farmer's market for a year," said Li. "I decided to have a permanent location and here I am."

She's more comfortable in the air conditioning while still offering low prices to her regular and new customers.

The store offers many items all with low flea and farmer's market prices. Items include socks like those hard-to-find diabetic ones, 600- and 1,000-thread count sheet sets, men's belts, women's popcorn shirts and T-shirts, jewelry, sandals, men's T-shirts and briefs, plus many household items you can't live without for just \$1, \$2 and \$5.

The red hot \$1 items, which no one can pass up include bungee cords, bandanas, nail polish, batteries (even double A), 10-pack of super glue, seven-pack of various color permanent markers, spring clamps and more.

"We try to keep prices on the same level as the farmer's and flea markets so people can afford it without ruining their budgets," said Les. "Saving money now and offering items for less is very important in this economy."

The jewelry includes must-see glass pendants in many shapes and colors that can be worn with a matching ribbon and earrings. They look like blown glass with flecks of different colors in them. Li's Place also has beautiful beaded bracelets.

It might be August, but customers can't help but make a mental note to come to Li's Place for holiday gifts (as well as birthdays).

"Many of my customers are happy to see me and say how glad they are that we're back. They like the fact that they can come anytime instead of once a week waiting until Friday," she said.

The Heineys have lived in Titusville 37 years and have two sons and four grandchildren — who all live locally.

Li loves the location of her store. "Not only are a lot of customers coming in, but the neighboring merchants are very friendly and help each other such as recommending their customers to us."

Li's Place takes cash and is open Tuesdays through Saturdays 8 a.m. -5 p.m. The address is 109 Broad St., Titusville. Call 693-1715.

## August Horoscopes

ARIES (March 21 - April 20) This is a plan. You know what you want to do with moth of major changes. Now's the time to go for it. In areas of love, make sure you are not being taken for granted.

TAURUS (April 21 - May 21) Be careful in mid August. There could be communication problems between you and loved ones causing a lot of tension. This month you are optimistic and nothing can dampen your spirits.

GEMINI(May 22 - June 21) August is all about your inner harmony. You feel even better than usual being at home and in a peaceful area doing calm, stress-free things. Let our guard down emotionally right now to let love in. Do not take financial risks this month.

CANCER (June 22 - July 22) Travel is on your mind. Try to take some time to get away. A friend gets great news but feels you might be jealous, so take it slow, show and be happy for him/her.

LEO (July 23 - Aug. 22) This is an emotional month for you. Someone close to you is deliberately being difficult. There's good luck in business and finance.

VIRGO (Aug. 23 - Sept. 23) Financially, this is the high point of the year for you and it is important that you have to give as well as receive. September begins the hard work again. Treat a friend or a loved one.

LIBRA (Sept. 24 - Oct. 23) Stick to the

your life; now's not the time to deviate. Discipline and dedication are the keys to

SCORPIO (Oct. 24 - Nov. 22) Your communication skills are excellent this month, so use to your advantage this month. Spats or debates between you and family members disappear in August.

SAGITTARIUS (Nov. 23 - Dec. 21) It's important to keep your word this month because you are in danger of breaking promises. The last week of the month brings unexpected luck.

CAPRICORN (Dec. 22 - Jan. 20) Your month starts as a relaxing one. However, be careful because a new relationship might not be as it seems. Plan for a vacation or few days off because you deserve it.

AQUARIUS (Jan. 21 - Feb. 19) When it comes to your professional aspirations, now's the time to put a new plan in action. When it comes to relationships, they might be bumpy. Be prepared to take second place this month. This will quickly disappear.

PISCES (Feb. 20 - March 20) You have a great need for a change in scenery. Due to the restlessness, it's best to take a short vacation. A little time away gives you an opportunity to let your creative juices flow.

# To Your Health The benefits of probiotics



By Kim Kuhn Nature's Provider Health Food Store Titusville

#### What are probiotics?

The bacteria that help maintain the natural balance of organisms in the intestines are called probiotics.

These are the "good" bacteria that are found in the normal human digestive tract and help reduce the growth of 'bad' harmful bacteria. One of the largest group of probiotics include lactobacillus acidophilus, which is found in yogurt and also in supplements.

#### What are they used for?

Clinical research has shown that probiotics may be useful in restoring normal bowel function especially when taking antibiotics. Antibiotics kill the'good bacteria as well as the bad (harmful) bacteria in the intestional tract. This can lead to diarrhea. Supplementing with probiotics, such as capsules, powder, or liquid extract may help replace the lost good bacteria and thus help prevent diarrhea.

Probiotic therapy may also help those with Crohn's disease and ulcerative colitis. Researchers are also studying the use of probiotics for inflammatory bowel disease, colon cancer, and irritable bowel syndrome. People have reportedly found probiotics useful for side effects of radiation therapy, vaginal yeast infections, immune support and lactose intolerance.

#### **Sources of probiotics?**

Probiotics are already present in a normal digestive system. They can be found in some food products such as yogurt as well as capsules, liquid, powder or tablet form at your local health food store.

Happy Health, Kim Kuhn, B.S., MBA (References available upon request)

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#### Are you an artist?

Artists and authors are invited to participate in the 2009 Moore Art and Bookfest and must submit applications and the \$50-plus-tax fee by Sept. 11.

Application forms are available at 475 North Williams Avenue in Titusville, at the Harry T. & Harriette V. Moore Memorial Park, 2180 Freedom Avenue in Mims or online at www.brevardparks.com.

The Art and Bookfest is Oct. 24, from 10 a.m. - 4 p.m. at the Harry T. & Harriette V. Moore Memorial Park in Mims.

This activity is sponsored by Brevard County Parks and Recreation Department's North Area Parks Operations. Call Juanita Barton at (321) 264-6595.

#### **Go to Wellness Expo**

The Doctors' Goodwill Foundation holds its first Community Health & Wellness Expo Aug. 23, 7:30 a.m. – noon at BCC Titusville Campus. The event includes many exhibits and screens. Go to www.doctorsfoundation.org or call 735-6492 for more information.

#### **Adopt a bone**

Come in to the SPCA at 455 Cheney Highway and "adopt" an engraved mouse or bone on the wall's dog house. There are three sizes with three prices - \$100, \$250 and \$500.

Applications can be obtained online at www.spcanorthbrevard.com or stop by the facility and pick one up. If you would like to make a donation, SPCA would be very grateful.

#### **Got on a great tour**

The Merritt Island/Beaches area of Brevard County Parks and Recreation offers beginning birder tours Aug. 16 and 30 from 8:30 a.m. to 1 p.m. from Kiwanis Island Park, 951 Kiwanis Island Park Road, Merritt Island.

Participants will travel to the Merritt Island National Wildlife Refuge and learn how to identify resident wading birds and migratory shore birds. Merritt Island National Wildlife Refuge is known for its abundant birdlife and is a major destination for birders from throughout the world.

The cost to participate is \$5 for children and \$10 for adults. Reservations are required, and may be made by calling (321) 455-1380.

#### **Seniors honor vets**

The North Brevard Senior Center holds a Red, White and Blue Ice Cream Social Aug. 22, noon at 909 Lane Ave., Titusville. The event is in honor of veterans of World War II, Korea, and Vietnam. Enjoy heavy hors d'oeuvres (catered by

Dotti, former chef to the Astronauts) and a make-your-own-sundae bar, games and prizes. Tickets \$8 person on sale at the NBSC Reception Desk until Aug.14.

#### **Come to computer club meeting**

The Titusville Computer Club meets Aug.13 at 7 p.m. at St. Gabriel's Episcopal Church, 414 Pine St., Titusville, in the Fellowship Hall on Palm Ave. Everyone is welcome. For further information call 267-3746.

#### **Get ready for Bark in the Park**

The Central Brevard Humane Society in conjunction with Space Coast Stadium holds Bark in the Park Aug. 21 at Space Coast Stadium located at 5800 Stadium Parkway in Viera, gates open at 6 p.m.

Enjoy an evening at the ballpark with your dog. Watch the Brevard County Manatees take on the Daytona Cubs while visiting pet vendors, participating in fun raffles and much more. Bring a blanket or lawn chair and watch the action from the grass berms around the outfield fence. Cost to attend the game is \$5per person and \$2per dog. All animals must be on a leash and have proof of current shots along with a county tag.

The Central Brevard Humane Society will be there with shelter dogs and will also provide the public with fun educational information about responsible pet ownership.

Proceeds raise awareness and financial support for the thousands of unwanted and abandoned pets that visit the Humane Society each year, who need a safe and loving "forever" home.

Those interested in being a vendor or for more information, should contact the Central Brevard Humane Society at (321) 636-3343 ext. 209 or visit www.crittersavers.com.

#### **Museum changes hours**

To increase public access to the museum on weekends, the Harry T. & Harriette V. Moore Cultural Center is now open Mondays through Fridays, from 9 a.m. to 6 p.m.; Saturdays from 10 a.m. to 6 p.m.; and Sundays from 2 p.m. to 6 p.m.

Opened in April 2004, the 5,000-square-foot cultural center is located in the 11.93-acre Harry T. & Harriette V. Moore Memorial Park at 2180 Freedom Avenue in Mims, the site of the original Moore family home.

On Christmas night 1951, the Moores were murdered for their involvement in the civil rights movement when a bomb exploded under their home. The park is dedicated to the celebration of their lives and to promoting awareness of their unique contributions to the early civil rights movement.

Cont. on next page



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#### From previous page -

This facility is managed by Brevard County Parks and Recreation, North Area. Call 321-264-6595 for more information on the park, cultural center, activities and rentals.

#### **Sponsors needed**

One of the Central Brevard Humane Society's biggest fundraisers of the year is the 8th Annual Paws at the Pier Sept. 19, from 10 a.m. to 3 p.m. at the Cocoa Beach Pier in Cocoa Beach.

This popular event includes the whole family and the "furry" kids/friends. Some of this year's activities will include live entertainment from the Pan Sharks, pet contests (best dressed, largest & smallest pet, best pet trick and pet/owner look-a-like), door prizes, silent auction and a vendor village.

Sponsorship opportunities are available for individuals and businesses at all levels, beginning at \$100 for the "Bow Wow" sponsorship and up to \$1,000 and above for the primary sponsorship, "The Big Dog Kahuna".

This annual event is one of the highest quality, feature extensive promotion, and offers a fantastic "bang for your buck" for sponsors – all while having exceptionally high charitable return for the homeless animals of Brevard.

To sponsor, call 636-3343 or ecole@crittersavers.com.

#### Could you donate?

The Humane Society needs the community's help. With the soaring heat of the summer, the Central Brevard Humane Society is in urgent need of new air conditioning units for the kennel area of the shelter. This area is where all the adoptable dogs are housed until they find new "forever" homes. To donate, call (321) 636-3343.

#### **Spay/neuter your pets**

The Central Brevard Humane Society's new state-of-the-art "low cost" spay/neuter & wellness clinic is now open. This facility is located directly behind the shelter at 1020 Cox Road in Cocoa. The hours of operation are Monday through Friday, from 8 a.m. to 5 p.m. Services include spaying/neutering, vaccinations, heartworm prevention, flea and tick treatment programs and microchipping.

To schedule an appointment, call(321) 636-3343.

#### Would you like to volunteer?

Hospice of St. Francis seeks caring people who would like to become volunteers

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20

34

38

42

46

60

64

#### Across

- 1 American buffalo
- 6 Rock-concert equipment
- 10 Singer Kristofferson
- 14 Lead-in
- 15 Out of the ordinary
- 16 Schnozz
- 17 Totally immersed with
- 19 Westwood campus
- 20 Uncommon sense
- 21 Historical period
- 22 Decal
- 24 Pitcher part
- 25 Without self-control
- 26 Shoals
- 30 Least ruddy
- 34 Rosemary or basil
- 35 Mr. Perot
- 37 Not even once
- 38 Take down, as braids
- 39 People
- 41 Wife of Zeus
- 42 Naval staffs
- 44 Worry
- 45 Green-eyed monster
- 46 Checkers player's call
- 48 Imparts knowledge
- 50 Oxidizes
- 52 Cow chew
- 53 Country star Lynn
- 56 Where Windows run
- 57 Weasel word?
- 60 Pavarotti performance
- 61 Eminem and Jay-Z
- or Emmon may 2
- 64 Army dining room
- 65 Oklahoma city
- 66 Traces
- 67 Finger jab
- 68 AAA expertise
- 69 Resided

#### Down

- 1 Tour de France vehicle
- 2 B&Bs
- 3 Part of a process

- 5 "I can't agree to that!"
- 6 Precinct
- 7 Almanac page
- 8 Light-bending device
- 9 Satirized
- 10 Fool
- 11 Music genre
- 12 Bit of land
- 12 Bit of tand
- 13 Burn the surface of
- 18 Box-score stat
- 23 Optimist's mantra
- 24 Effort, so to speak
- 25 Puts at ease
- 26 Open, as clams
- 27 Artist Matisse
- 28 Shakespearean forest
- 29 Canine call
- 31 Happening
- 32 Dish out
- 33 Platters
- 36 Luge, e.g.

- 43 Plant fungus
- 47 Film swimmer Williams
- 49 Type of tooth
- 51 Besmirch
- 53 Light source
- 54 Layered cookie
- 55 Danger
- 56 Advanced degs.
- 57 Folk singer Seeger
- 58 Kind of exam
- 59 "Hey, you!"
- 62 Dessert selection
- 63 Sound of a punch

Answers on Page 10

## **DEATH NOTICES**

ANDERSON Lula, 96. of Scottsmoor, died Jul 28. Arrangements by North Brevard Funeral Home in Titusville.

BAKER Chester, 85, of Titusville, died July 31. Arrangements by North Brevard Funeral Home in Titusville.

CARPENTER Richard. 69, of Titusville, died July 24. Arrangements by North Brevard Funeral Home in Titusville.

CARR William, 86, of Titusville, died July 27. Arrangements by North Brevard Funeral Home in Titusville.

DIESEL Carroll, 77, of Titusville, died Aug. 1. Arrangements Newcomer Funeral Home in Titusville.

ESTELLE Shirley, 81, of Titusville, died Aug. 1. Arrangements bγ Newcomer Funeral Home in Titusville.

FILIPOWICZ Felicia. 69, of Titusville, died July 21. Arrangements by National Cremation Society, Rockledge.

FISHER Margaret Mildred, 97, of Titusville, died July Arrangements by North Brevard Funeral Home in Titusville.

FULLER Robert, 76, of Titusville, died July 20. Arrangements by North

Brevard Funeral Home in Titusville.

HELVEY Mary, 80, of Titusville, died July 31. Arrangements by Brevard Memorial Funeral Home in Cocoa.

HEY Ruth, 85, of Titusville, died July 31. Arrangements by North Brevard Funeral Home in Titusville.

HUDDLESTON Gail. 87, of Titusville, died July 30. Arrangements by North Brevardd Funeral Home in Titusville

KNIGHT James, 79, of Titusville, died July 28. Arrangements by Brevard Memorial Funeral Home in Cocoa.

MARSHALL Margaret. 84, of Titusville, died Aug. 2. Arrangements by North Brevard Funeral Home in Titusville.

McCRIMMON Hector, 75, of Titusville, died Aug. 1. Arrangements by North Brevard Funeral Home in Titusville.

MONROE Edward, 69, of Titusville, died Aug. 2. Arrangements by North Brevard Funeral Home in Titusville.

MONTROSE Betty, 90, formerly of Titusville, died July 18. Arrangements by Hodroff-Epstein Funeral Home in Minneapolis,

PERRY Joyce, 72, of

Titusville, died July 22. Arrangements by North Brevard Funeral Home in Titusville.

POTVIN Albert, 93, of Titusville, died July 17. Arrangements by North Brevard Funeral Home in Titusville.

RICHARDSON Andrea, 36, of Titusville, died July 22. Arrangements by Lewis-Ray Mortuary, Titusville.

ROBERTSON David. 56. of Mims. died July 20. Arrangements by Atlantic Mortuary and Cremation in Cocoa.

SHOLES Albert, 83, of Titusville, died July 17. Arrangements by Atlantic Mortuary and Cremation in Cocoa.

SMITH Raymond, 92, of Port St. John, died July 1. Arrangements by Brevard Memorial Funeral Home in Frontenac.

SNIDER Carolyn, 66, of Titusville, died July 30. Arrangements by North Brevard Funeral Home in Titusville.

SPANGLER Agnes, 92, of Titusville, died July 24. Arrangements by North Brevard Funeral Home in Titusville.

WHITMAN Dorothy, 79, of Titusville, died July 17. Arrangements by Atlantic Mortuary in Cocoa.

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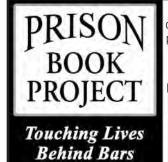
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Help us help the students of Andrew Jackson Middle School start the new school year on a positive note by sending them back to the classroom with new school supplies. Just stop by Sand Point between now and August 14 to drop off new pencils, 3-ring binders and paper, notebooks, glue, erasers, colored markers and rulers. Your generous donations will be delivered to the school for distribution to in-need students. And just for participating, you will be entered into a drawing for some great prizes, including \$100 Gift Cards from Carrabbas and Publix!

Make plans now to participate!

Donations accepted
9 a.m. to 5 p.m. daily thru
Friday, August 14
Drawings for prizes:
Friday, August 14 • 4 p.m.
For more information call (321) 383-6000



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