

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



Susan Walden

Jonathan Wood of the Raptor Project demonstrates how his hawk can be let go and come back on command during last year's Space Coast Birding and Wildlife Festival. Wood will be a presenter again at this year's festival Jan. 21-26 at BCC in Titusville. Last year almost 4,000 attended the country's top birding festival. Officials expect a larger turnout this year.

Annual Birding Festival to bring in thousands

By Susan Walden

Thousands of birding enthusiasts will flock to their main event this year – The Space Coast Birding and Wildlife Festival at Brevard Community College in Titusville Jan. 21-26.

Those in the North Brevard community who'd like to have some fun have also marked their calendars for the top birding fest in the nation.

"There's truly something for everyone," said Neta Harris, executive director of the Brevard Nature Alliance, the nonprofit organization that sponsors the festival and serves as one of the primary advocates of community-based nature activities in Brevard County.

Field trips, kayaking adventures, boat tours, seminars and presentations, exhibits, an art show and tours are just some of the features that have made the festival so popular.

"Coming to a festival like ours is a personal experience," she said. "You can pick and chose what you want

to do according to what suits you."

The exhibit area, which is chock-full of things to see, do and learn, is free, and some of the presentations are also free. Those who'd like to take a class, seminar or any activity that costs money, can bring a child 16 or under for free.

It isn't the same thing every year, which makes it interesting for the die-hard fest-goers. They've added field trips while keeping the popular ones from the past.

"Last year we added the Marl Bed Flats near Lake Jesup in Seminole County. It was rugged terrain but great for bird and wildlife watching and went very well so we're offering it again," said Harris, who began as a volunteer with the festival in 1997.

This year the festival added Joshua Creek Track in Orange County, which is more remote but well worth the trip because of the bird sightings. There will be three of those trips. Harris warns those going there to understand it could be wet and muddy, and if driving the un-

derbrush could scratch the vehicle's undercarriage.

Also new is presenter Connie Toops, a well known photographer and writer. She'll discuss backyard habitats and will offer two classes, three field trips with how-to workshops and will go to two local backyards.

Those who love purple martins can hang out at the new exhibit and go to a seminar.

There are "big names" in every genre, and world of birding is no exception. Birding authorities such as Pete Dunne, Jeff Bouton, Jeff Gordon, Bill Thompson, Paul Lehman, Debbie Shearwater, Arthur Morris and Kevin Carleson will be on hand to present seminars, presentations, workshops and assist in field trips. "This is why some field trips fill up so quickly," said Harris, who added that 13 events are already filled.

See FESTIVAL, Page 2

NEXT ISSUE: Jan. 22

Seminars, tours, exhibits, classes, professionals make festival top in country

FESTIVAL, from Page 1

Want to learn how to "pish?" The first thing is you have to know what the word means – it's the art of calling birds. Pete Dunne from the New Jersey Audubon Society teaches his class how to wheeze, shush and warble to attract feathered friends.

Last year, 3,888 came to the festival and even though there's been an economic downturn, Harris doesn't think it will affect the numbers this year as the festival committee projects over 4,000 visitors.

"It's great for the local economy because they stay here in hotels, eat in our restaurants, shop in our stores, rent condos and some stay for a long time. Three couples last year stayed 90 days in one of our hotels," she said.

The event's co-founder Laurilee

Thompson says that the festival wouldn't be a success without Titusville.

"I'm proud of the community; they've really embraced the event." She said that in this economy many birding festivals in the country are dropping like flies.

"Ours looks like it will do better than ever."

The festival is also popular with schools and home-schoolers. One of their favorite events is the Raptor Project featuring 15 to 20 raptors from diverse habitats at each free show.

Many of the birds have permanent handicaps but have been tamed and trained to educate the public as charming ambassadors of their species and the environments they inhabit.

Show times are Jan. 22 – noon and 2 p.m.; Jan. 23 – 9:30 a.m., 1 p.m. and 3:30 p.m.; Jan. 24 – 10 a.m., 2 p.m. and 3:30 p.m.

Following each show master falconer and wildlife rehabilitator Jonathan Wood will do an outdoor flying demonstration. There were some tense moments last year at one of his demonstrations as a bald eagle showed up and made eyes at Wood's raptor, who hid from the eagle making it tough for Wood to retrieve it.

"We're so blessed to have all the nature in this area. Many of us take it for granted and most of us don't even know what we have in our backyard," said Harris, who says there's a growing number of local residents who attend the festival every year.

"When you come to festival you not only learn about birds and wildlife, you learn our cultural heritage, archeology, photography and so much more."

Thompson hopes local residents take advantage of the events going on at the festival.

"The quality of our speakers alone is astounding. We have world-renowned speakers that you'd have to go to other countries to see. I'm really looking forward to them. It's a huge opportunity to go on tours with these people because they are the top birding people."

Map out plans for the festival and don't wait to sign up for classes, field trips, seminars and workshops because they fill up quickly.

Go to www.nbbd.com/fly/. Pick up a copy of the festival guide at Dixie Crossroads, Titusville Area Chamber of Commerce or the Merritt Island Wildlife Refuge.

For more information, call the fest office at 268-5224 or 1-800-460-2664 or by e-mailing Harris at neta@natureand-space.com. The office is staffed from 9 a.m. – 4 p.m. Monday through Friday.

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Opinions

Goals shouldn't just be made on New Year's

My View

By
Susan
Walden



So what's your New Year's resolution?

I always cringe when people ask me that.

Don't you think that could be a personal question? What if you were finally going to get that colonoscopy your doctor's been prodding you to get? What if you were finally going to go through with a sex-change operation? What if you didn't want your pastor to know you were switching churches?

My answer is that my New Year's resolution is to not have a resolution. I'm not trying to sound "bah humbug." And that's not to say I don't make goals for myself or I'm an underachiever, it just means I've learned over the years that New Year's resolutions just don't work for me. I'm gung-ho for about four days and then

I crash and burn. It's like that four-letter word "diet." You should, but don't say the word.

Oh yes, I have goals but I don't wait until Jan. 1 to implement them. Waiting until New Year's could be a crutch.

"Gee Muriel, you're getting a lot of junk in the trunk lately (which means her backside is getting bigger)."

"Yea Bubba, I know, but it's April so I have to wait until January to go on that diet." Yep, now that's a crutch.

It's kind of like when I was a kid. Every year I thought of something to give up or do extra for Lent – 40 days of no candy when I was a child (which was very hard for me), or when I got older, 40 days of not swearing (that's hard when you're a business owner).

Thought I'd be smart one year when I was a teen and I told my parents I wouldn't punch or bug my younger brother during Lent. That didn't go over very well. They thought I should be nice to him every day. I didn't agree especially since I'd bring home a boyfriend and he'd act cute and then kick them in a delicate place. Yep, I was dateless for awhile until I figured out how to get back at him.

Various cultures around the world throw good luck into the mix of the new year by eating specific foods or using certain symbols. The Dutch, for example,

believe that eating donuts on New Year's brings good luck. Sounds good to me. I guess it's OK if it's just one day a year that you eat that "fat pill." But, if you're Muriel it could be the last thing you eat.

In Germany, anything with a pig on it, especially in bakery items, is lucky. It also could be a great symbol to not hit the bakery so much or you will definitely become what you eat.

In some parts of the United States eating black-eyed peas with hog jowls is lucky. I'd be lucky if I could eat a bite of that. It's just not anything I've ever craved, or eaten for that matter. But, I guess if you're drunk from New Year's Eve, you'll eat anything. I know, I know, I can see the letters coming on this one - "hog jowls are good" they'll say. I'm sure it is, but well, you know, the cholesterol thing.

Many people's New Year's resolution is to swear off drinking booze, especially from tipping the glass too much the night before and "praying to the porcelain god." Yea, I remember my first drink too. As my husband and I have gotten older, we don't party anymore. I don't know if it's old age setting in, too much trouble or that we're trying to set a stellar example for our kids (yea, that's it). Now, we're lucky if we can stay up until midnight. I flipped around the channels to see com-

mentators at Times Square on New Year's Eve, but I didn't know who they were and had never heard of the band and singers coming up next. Guess we're out of it. So be it. My dad used to call New Year's Eve amateur night. He was in the liquor business so I guess he was an authority on booze.

I wasn't the only one to have a quiet evening this past New Year's Eve. A friend of mine was excited to go to this party. I called her the next day.

"So, how was the party?"

"It was great!"

"Yea? What time did you make it home?"

"10:30."

"Wow, 10:30 in the morning?"

"No, we all started yawning so the party broke up at 10:30 p.m."

She actually went to bed before I did.

My goal every day is to be healthy, be a good parent, a better person, help others and be closer to God. I think that's a plateful but not hard to do. I won't wait until New Year's, my birthday or before the summer (to get into that bathing suit). Living life to the fullest and to be the best I can is the order of the day, every day ... and I'm resolute in that.

We're never alone as long as we have each other



It amazes me how many of us can sit and listen to these brilliant mathematicians and astrophysicists on the Discovery Channel talking about black holes, parallel universes and theories on light and completely follow their theories and understand the heightened train of thought that they travel; weaving in and out of the fabric of space and time, and we don't even bat an eye at the complexity of it all.

We ask, "Where did it come from?" "When did it start?" "How did it begin?" "Where is it going?" "Are we alone?"

I believe all these questions have been asked since the first head was lifted up to the glory of a golden sunrise, gaze at the night skies to view the eloquent heavenly waltz of light, and awe-inspiring spectacle of timeless precision.

But then again, some people really didn't notice. Instead, they care about what time we are getting home from work today? Will I be alone at dinner? Will there be enough money to pay the rent this month? Will I make it through this illness? Will I be able to walk one day? Do they know how much I really care? Will I have a job next year? Will I always miss you? Do they really think I'm nice?

I don't mean to throw anyone a curve ball here, but as long as the sun comes up tomorrow, and sets in the west. If we are fortunate enough to not only have another day to live, but sensitive enough to notice the subtle gifts it brings, it will mean the world that we have someone who cares that they didn't see us today or that we didn't show up at work. Someone who noticed that we weren't there to watch the ballgame, wondered why we hadn't called and where we were. They cared that we didn't wake them up this morning just to kiss them good-

bye. Someone who cared enough to call and ask "how is your day?" Someone who looks forward to hearing our voice, seeing our face, hugging our neck or holding our hand.

It's easy to lose track of our own footsteps when we are so busy running toward the next task. Sometimes way too busy to stop and see that there is someone who may not have the drive inside them to climb the steepest corporate ladder or desire to find out the secrets of the universe tucked in the darkest confines of the deep. They only want to know what's hidden in the depths of our heart, and whether we will stand by them tomorrow no matter what it brings.

I believe that whether we are looking out into space, or searching through all the books a library could hold; whether we search deep enough, long enough or hard enough is never the issue. Our journey to the truth doesn't make us anymore right than the person standing next to us who decided to take our word for it.

The truth is we are never alone as long as we have each other. We need to take the time this year to make it count for someone else.

Students spread holiday cheer to elderly

By Debi Fleming

For many, the holidays aren't full of joy and celebrating and mingling with loved ones. For the elderly that time of year can be filled with pain and loneliness.

Poetryality Club members at Titusville High School were determined to make sure residents of Titusville Towers were neither lonely nor forgotten at Christmas, and took some holiday cheer, along with gifts to the residents.

While the club is small, just over a dozen or so members, their hearts are large and their spirit of giving was enough to make sure every one of the 113 residents received one or two gifts. Students enlisted the help of other students, teachers and administrators to purchase \$10 gift cards to local businesses, enough that each resident received one. They also collected money, candy and other personal items to pass out as well.

"I started the Poetryality club three years ago to provide an outlet for the more creative population and kids who enjoy writing," said Language Arts teacher and club sponsor Nicole Schmatolla. I do require them to participate in this one altruistic service project because, like many young authors, these elderly, disabled, and low-income individuals are too often overlooked by the general population."

The gift giving at Titusville Towers has been so popular the last two years that students requested to do the project again this year, Schmatolla said.

"Because the residents only have \$50 a month to spend on personal items we collect things like gift cards, toothbrushes, lotion and things like that," said club vice president Kaitlyn Lunceford. "People have been so generous with their donations. I think this is a really worthwhile project because many of the residents rarely get visitors."

While Hillary Schmatolla, a senior at Astronaut High School got "drafted" to help with the project because her mother is Nicole, she has loved being involved for the past three years.

"The first year we gave items like soaps, blankets, shaving cream and clothing," Hillary said. "Last year we focused on pajamas and clothing that would keep them warm over the winter. This year we're focused on buy-



Debi Fleming

Titusville High School Poetryality club members recently shared Christmas with residents at Titusville Towers, distributing gift cards, candy and personal items to the 113 residents. Shown helping resident Bob Lavigne have a Merry Christmas are Hillary Schmatolla-Brooks, left, and Kaitlyn Lunceford.

ing gift cards so they can get things like medications and personal items that they need.

"It feels absolutely amazing to help out the community," Hillary said. "We're able to bring joy to those that can't have their own kids and grandkids there."

For club president Laura Boiselle, a senior, the Christmas gift giving project is "one of the happiest things I've done," Boiselle said.

"It's really one of the greatest things to do, and I think they're really happy to have us come and do this for

them."

Sophomore Lindsey Thorson joined the club this year, and found through helping enlist fellow classmates help that "other people are really giving," Thorson said.

"I'm excited to help the older people and give them gifts."

According to Schmatolla, the project could not have been possible without the moral, and financial help of dedicated teachers, staff and administrators at Titusville High School.

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Project Graduation announces winners

The Titusville High School Project Graduation Committee announces the winners of the recent Get Fit Giveaway. The Grand Prize of a three-month family membership to the Titusville YMCA was won by the DeLeo family of Titusville. Winners of the individual memberships to Parrish Fitness Center were: Alicia Semonski, Brenda Hallum, and Matthew Horner, Jr.

The Project Graduation committee thanks the Titusville YMCA & Parrish Fitness Center for their donations to our project.

For more information on how you can donate items to Project Graduation, contact chairman, THSPG09@bellsouth.net, or call (321) 268-2820. Also, upcoming events can be found on the Web site at www.thspg09.schools.officelive.com.

BSO Guild holds special evening

The North Guild of the Brevard Symphony Orchestra hosts its second annual "Evening on the Italian Riviera" on Jan. 25. This special fund-raising event to benefit the Brevard Symphony Orchestra will take place at Portofino Italian Grill, 3350 South Washington Ave. in Titusville. The public is invited.

Tickets are \$45 per person, and guests are welcome.

Seating will be limited so early reservations are advised. For additional information and to make reservations call (321) 267-4624 or (321) 385-1513. Information also will be listed on the guild website: <http://nbbd.com/npr/northguild>.

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The next meeting of the Titusville High School Project Graduation '09 committee is Jan. 12, 7 p.m. in the school cafeteria. All parents of seniors are welcome to attend. For more information on volunteering or how you can donate, contact Matt Horner, chairman, at THSPG09@bellsouth.net or call (321) 268-2820. In addition, upcoming events can be found at www.thspg09.schools.officelive.com.

Seniors have fun

The North Brevard Senior Center, a non-profit organization serving the social needs of seniors in northern Brevard County, holds the following events: Jan. 12: Bunco at 7 p.m. at North Brevard Senior Center, 909

Lane Ave., Titusville. Cost \$3 members, \$4 non-members. Info: 321-268-9530; Jan. 17: Ballroom dancing at 7:30 p.m. at North Brevard Senior Center, 909 Lane Ave., Titusville. Music by "Len Bentley". Door prizes. Cost \$8 person includes snacks and setups (BYOB). Info: 321-631-0368; Jan. 29: "Vicki Lawrence & Mama" - A Two Woman Show. The trip is planned by The North Brevard Senior Center to the Lakeland Center. Cost is \$87 person and includes round-trip bus, matinee seats in the orchestra section, great buffet dinner in Lakeland, and all taxes/tips. Call Pat at 321-638-0835 for reservations.

Heritage Foundation invites you to exhibit

The North Brevard Heritage Foundation holds an exclusive premier of the preservation as an art form exhibition Jan. 16, 6-10 p.m. at the Royal Oak Country Club. The exhibit features art, artifacts, photographs and other materials that focus on, and creatively interpret, the foundation's preservation efforts at the historic Pritchard House and Brevard Heritage Park. Objects found at the structures, such as the 1891 Clifton Schoolhouse, the Hutcheson Barn and the Mims Train Depot will be incorporated into the exhibit. The event also includes a fund-raising silent auction, entertainment and heavy hors d'oeuvres provided.

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Library holds events

The Mims-Scottsmoor Library offers a number of programs in January. The library is located at 3615 Lionel Rd, just 2.8 miles north of State Road 46 and one block east of US #1 next to Pinewood Elementary School. Call 264-5080 for information and to register for classes. Programs are free unless otherwise noted.

Line Dancing taught by Dance Lady, Cathy Johnson, on Mondays and Thursdays at 10 a.m. Fee is \$4 (\$2 for seniors). Sign up by calling 269-3082; Nintendo Wii: Monday & Wednesday 2-4 p.m.; 50 cents/game. Friday: Wii Bowling for senior citizens.

Basic computer classes are available on Wednesday mornings. Space is limited.

Jazzercise for Beginners: Tuesdays & Thursdays Jan. 27 & 29. Class size minimum is three and maximum is 10 students. Cost is \$20 for four classes. Customers

receive a four-class pass for the Mims-Scottsmoor Public Library class location. Call to register.

Jan. 12 at 2-3:30 p.m. Master Gardener Clinic with certified Master Gardener, Nora Drown.

Jan. 13 at 6:30-7:30 p.m. Bones & Bodies: How Skeletons Unlock the Past presented by Dr. Rachel Wentz, Florida Public Archaeology Network.

Jan. 15, at 6:30-7:30 p.m. Florida Crested Caracara: a threatened bird. Sponsored by the Wild Treasures, Imperiled Species Program from the Florida Fish and Wildlife Conservation Commission. The speaker will be Chris Koeppel, environmental specialist with the Brevard County Natural Resources Management Office.

Jan. 17 at 9 a.m. - noon. Quilter's Anony-mous: a friendly group that meets monthly for some quilter's camaraderie.

Jan. 21, at 12:30-1:30 p.m. Introduction to eBay by Beth

Shephard from the Brevard County Extension Program. Registration is required, cost is \$5.

Jan. 27 at 10-11 a.m. Organic Lawn Care taught by Sally Scalera, Brevard County Extension. Learn about lawn care management - the organic way! Registration is required, cost is \$5.

Go canoeing

The Merritt Island/-Beaches Area of Brevard County Parks and Recreation hosts an interpretive canoe trip to the Thousand Islands on Friday, Jan. 23.

A knowledgeable guide will paddle along with participants while pointing out Florida's native flora and fauna and discussing some of the history and importance of the Thousand Islands.

Tours will launch from Ramp Road Park in Cocoa Beach at 9:30 a.m. and return around 11:30 a.m. The cost to attend is \$10 and registration is required.

To register, call 321-455-1385.

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EXERCISES FOR WEAK OR INJURED ANKLES

Total immobilization, usually with casting, used to be the preferred early treatment for ankle sprains and soft tissue injuries. The preferred approach now is early, safe motion exercises, which help prevent swelling and increase the likelihood of regaining full range of motion. Here are a few exercises podiatrists recommend. Be sure, of course, to talk with your podiatrist about your injury.

- Ankle pumps – Move the ankle up and down in a pumping motion. This will decrease swelling.
- Alphabet exercises – Try to write the alphabet in the air with your foot. This will get the ankle moving gently in all directions. It's an excellent way to regain and maintain range of motion in the ankle.
- Toe towel curls – Using your toes, gather and pick up a thin towel, like a dish-towel. This will help decrease swelling in the forefoot.
- Ankle isometrics – Isometric exercises are designed to strengthen muscles without movement. For instance, put your left foot on top of your right. Push up with your right and down with your left and hold 10 seconds. Switch feet. The tension will strengthen the muscles.

Talk with your podiatrist about exercises that can help speed recovery and prevent injury.

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Hello! My name is **Kevin**. My birthday is 09/02/2008. I am a Male domestic short haired brown and white tiger kitten. I was brought to the SPCA by one of our employees because she found us and took care of us until we were able to be put up for adoption. We love to play together and very spunky which makes us unique. Stop on by and take a look at my siblings and me.

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DEATH NOTICES

ADAMS Bertha, 92, of Titusville, died Jan. 4. Arrangements by North Brevard Funeral Home in Titusville.

AVERY Brenton Gregory, of Titusville, died Dec. 20. Arrangements by North Brevard Funeral Home in Titusville.

BAKER Byard, 84, of Titusville, died Dec. 31. Arrangements by North Brevard Funeral Home in Titusville.

BARKER Edward, 88, of Titusville, died Dec. 28. Arrangements by Brevard Memorial Funeral Home in Cocoa.

DAVIDSON Gene, of Titusville, died Dec. 29. Arrangements by Newcomer Funeral Home in Titusville.

DAVIS Richard, 81, of Titusville, died Dec. 31. Arrangements by North Brevard Funeral Home in Titusville.

DURDEN Mary, of Titusville, died Dec. 25. Arrangements by North Brevard Funeral Home in Titusville.

GRINWIS Kiersten, 40, of Titusville, died Dec. 28. Arrangements by North Brevard Funeral Home in Titusville.

HEARON Matthew, 74, of Titusville, died Dec. 26. Arrangements

by North Brevard Funeral Home in Titusville.

HOAR Calvin, 65, of Port St. John, died Dec. 28. Arrangements by Brevard Memorial Funeral Home in Cocoa.

JACKSON Reuben, 78, of Titusville, died Jan. 8. Arrangements by North Brevard Funeral Home in Titusville.

LANIER Harold, 64, of Titusville, died Dec. 27. Arrangements by Newcomer Funeral Home in Titusville.

MAHAN George, 87, of Titusville, died Dec. 21. Arrangements by Funeral Solutions in Cocoa.

McGOUGH Thurman, 75, of Port St. John, died Dec. 30. Arrangements by North Brevard Funeral Home in Titusville.

MOODY Joan LaRue, 63, of Titusville, died Dec. 27. Arrangements by North Brevard Funeral Home in Titusville.

PAGANO-LEMKE Nancy, 66, of Titusville, died Dec. 28. Arrangements by North Brevard Funeral Home in Titusville.

PERKINS Eunice, 71, of Mims,

died Dec. 30. Arrangements by North Brevard Funeral Home in Titusville.

PETERSON Stephen, 40, of Titusville, died Dec. 28. Arrangements by North Brevard Funeral Home in Titusville.

SMITH Ruby, 89, of Titusville, died Jan. 1. Arrangements by North Brevard Funeral Home in Titusville.

SNYDER Walter, 85, of Mims, died Dec. 24. Arrangements by North Brevard Funeral Home in Titusville.

STONE Robert, 87, of Mims, died Dec. 30. Arrangements by North Brevard Funeral Home in Titusville.

STRIPEN Walter, 69, of Titusville, died Dec. 29. Arrangements by North Brevard Funeral Home in Titusville.

TOWNSEND John, 92, of Titusville, died Jan. 2. Arrangements by North Brevard Funeral Home in Titusville.

WATTWOOD Betty, of Titusville, died Dec. 22. Arrangements by North Brevard Funeral Home in Titusville.

WILSON Betty, 67, of Titusville, died Jan. 1. Arrangements by North Brevard Funeral Home in Titusville.

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Get ready for some softball

The Central Area of Brevard County Parks and Recreation hosts spring softball organizational meetings next month.

Organizational meetings for men's, co-ed and church softball leagues is Jan. 15 at the Central Area Parks Operations office, 840 Forrest Avenue, Cocoa. The city co-ed league meeting will begin at 5:30 p.m., the men's city league meeting will begin at 6:15 p.m.; and the church co-ed league meeting will begin at 7 p.m.

League play will begin the week of Feb. 9 and will continue for 16 games. Cost per team is \$440. Game days are Mondays for city co-ed, Wednesdays for men's city, and Fridays for church co-ed leagues.

Teams are encouraged to send a representative to the organizational meetings. For additional information, call Bill Spillman at (321) 633-1874.

Mark calendar for event

Brevard Achievement Center, a private non-profit organization providing programs and services to individuals with disabilities, hosts its 4th annual Coffee & Chocolate fund-raiser Feb. 28 from 7-10 p.m. at the Cocoa Civic Center, 430 Delannoy Avenue, in Cocoa Village. Proceeds provide programs and services for persons with disabilities in Brevard County.

Local businesses and restaurants provide samples of coffees, chocolates and desserts. Entertainment is by Dueling Piano's of Orlando, and there will also be a silent auction. Tickets are \$30. Call the Brevard Achievement Center at 321-632-8610, or online at www.bacbrevard.com. Tickets are available at the door for \$35.

Take a canoe trip

The Merritt Island/Beaches Area

of Brevard County Parks and Recreation holds an interpretive canoe trip to the Thousand Islands on Jan. 23.

A knowledgeable guide paddle s with participants while pointing out Florida's native flora and fauna and discussing the history and importance of the Thousand Islands.

Tours will launch from Ramp Road Park in Cocoa Beach at 9:30 a.m. and return around 11:30 a.m. Cost is \$10 and registration is required.

For more information, or to register, call 321-455-1385.

Organization needs beds

B.E.T.A. of Titusville, Inc. Titusville's only crisis pregnancy center, has launched its annual "Crib for a Bed" campaign. Each year, during the holiday season, B.E.T.A. urges those whose babies have outgrown their gently used cribs to donate to the B.E.T.A. Center.



To Your Health

By Kim Kuhn
Nature's Provider
Health Food Store, LLC
Titusville

The New Year is here and that includes weight loss and getting in shape for many us this year. Here are some basic changes to help with this effort.

1. Fried Food
Tastes good, but is high in calories and the oil used may be hydrogenated and loaded with trans fat. Get steamed, baked or broiled food whenever possible.
2. Salad Smarts
Order dressing on the side or opt for olive oil and vinegar. Avoid the creamy dressings, bacon bits and croutons which can add lots of extra calories.
3. Drinks
Opt for water, unsweetened tea or a low calorie drink instead of soda. A single can of Coke has 140 calories. A couple of these a day can add a whopping 1960 calories a week and these extra calories can translate into extra pounds.
4. Serving Size
Split a meal when eating out or try using a salad plate instead of a dinner plate to limit serving sizes.
5. Exercise
Try a small piece of equipment like an exercise bike, air walker or stair stepper in front of the TV. As always talk to your doctor before beginning any exercise plan.

Happy Health!!

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