

# The Beacon

Shedding Light on the News & Events of North/Central Brevard County, Florida

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Susan Walden

**Volunteers Lisa Mosier and Ken DeTorres dump oranges and grapefruits into one of hundreds of boxes bound for food pantries throughout the state during the annual Gleaning Project in 2007. Volunteers are getting ready for this year's gleaning event Jan. 31. 8 a.m. – 3 p.m. Sponsored by the Society of St. Andrew and First United Methodist Church in Titusville, the project provides citrus for food banks up and down Florida's coast. To volunteer or donate citrus, call 269-7631.**

## Citrus gleaning to line food bank pantries

By Susan Walden

If you have extra citrus in your yard, mark your calendar for the 14th Annual Citrus Gleaning Jan. 31, 8 a.m. – 3 p.m.

Hundreds of volunteers will once again pick fruit off the trees of those who'd like to give, and load them on trucks at the First Methodist Church in Titusville to provide to those less fortunate.

The gleaning is sponsored by the Society of St. Andrew and the church. All they need to make it another successful year is citrus and volunteers.

The process is as smooth as a Swiss watch with helpers from one end of the procedure to the other, making it a successful gleaning each year, according to Ken DeTorres, the church's Sunday School coordinator and

gleaning volunteer.

"The day starts early as the volunteers meet at the church at 8 a.m. for breakfast," he said. "Then we pass out assignments while people begin to call the church to have their citrus picked. With team leaders, volunteers and Mapquest, we go to the trees and begin picking."

The volunteers stretch and use hooks instead of climbing ladders, which can be dangerous. "It's a little physical and is only tiring if you're out all day," he said. The pickers place the oranges, grapefruits and other citrus into mail totes and head back to the church loading area located at 202 South Hopkins, next to Sav-A-Lot where they're helped by other volunteers who put the cit-

## City council mulls red-light cameras

By Susan Walden

Red light runners beware – your flagrant days might be numbered.

The Titusville City Council could decide at their meeting Jan. 27 to install red-light cameras at various locations.

Council members tabled the discussion Jan. 13 until the next meeting because they wanted to learn more about the issue.

Studies across America, from large to small communities, have studied the effectiveness of the cameras and the general consensus is that it deters right angle, or "t-bone" accidents, which are deadly. The cons are that it can increase the amount of rear-end collisions.

Cameras take still photos and videos of red-light runners and tickets are issued and sent to the vehicle owner. Violators will be able to go online and view their video.

Titusville Police Maj. Mel Williams thinks red-light cameras are just what the doctor ordered.

"Red light running is a real problem, not just in Titusville but surrounding communities. We've watched the studies and feel there are successes."

Last March, the police assessed various intersections up to an eight hour period.

▶ The highest number of red-light runners was at northbound Washington and Olmstead with 30 violations in eight hours.

▶ 28 violations in eight hours at eastbound Cheney and Columbia.

▶ 25 runners in 5.7 hours at southbound Columbia at Cheney.

▶ 21 red-light violations in eight hours at southbound Washington at Olmstead

▶ 14 runners in four hours at eastbound Garden and Hopkins.

Apopka has had red-light cameras for two years, the

**See CAMERAS, Page 2**

**See CITRUS, Page 2**

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# Titusville event largest citrus gleaning in nation

**CITRUS, from Page 1**

rus in boxes placed on pallets.

The full pallets are then loaded onto semis that go to food banks up and down the Florida coast. Unfortunately, this is the second year in which citrus canker has impeded them from taking the trucks outside of the state.

"Usually we go as far as the Appalachian mountains," said DeTorres, who has been gleaning for five years. "We went to Louisiana after Hurricane Katrina."

Volunteers are all ages although DeTorres says many high school students pitch in because the day counts as community service hours toward Florida Bright Future's scholarships. "It's also a great family project. It's a great learning experience for kids. It shows where the fruit goes and how important it is to help others."

Gleaning, which began in middle America provid-

ing potatoes to less fortunate families, takes place throughout the nation but the First Methodist Church's event is the largest one-day citrus gleaning in the country. The practice is based on the biblical practice of hand-gathering crops left in the fields after harvest.

The Society of St. Andrew is an ecumenical Christian ministry dedicated to meeting spiritual and physical hungers by feeding the hungry all year through collecting and distributing produce that would otherwise go to waste. Volunteers of the society are churches, synagogues, scouts, senior groups and other organizations. Every year more than 20,000 volunteers participate in gleaning project in the United States.

Last year the gleaning event attracted 200 volunteers and DeTorres hopes this year to have a hundred more.

To donate citrus or to volunteer, call the church at 269-7631.

## Apopka numbers show decrease in accidents

**CAMERAS, from Page 1**

first being a pilot program in which violators were warned. "Violations went down from 287 to 21 at one of the intersections. This shows a dramatic reduction in accidents. One study in Apopka showed a 72 percent drop in crashes at one intersection and a 64 percent drop in another."

If passed, police will have to set up cameras at state road intersections outside of a right-of-way line because legislation has not been passed to have the cameras at state-owned roads. Cameras usually are placed next to the traffic light on the wire.

"Our attorneys have advised to tell local jurisdictions that they are not allowed directly on the state roads although legislation could be passed soon," said Mark Wilson, state traffic operations engineer. "If it is passed, there is good criteria for doing this."

"We believe there are ways to respect the state's regulation and still take advantage of the technology," said Williams.

"If we can reduce crashes with these cameras, we will be at a much better level of safety in our community."

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Calendar of Events ■ Businesses ■ Non-Profits ■ Attractions ■ Activities More than 4,500 webpages indexed by Google

## Moore Memorial Park honors Black History Month

A celebration of Black History Month begins Feb. 2 at Harry T. & Harriette V. Moore Memorial Park, 2180 Freedom Ave. in Mims. The national theme is Quest for Black Citizenship in the Americas.

An open forum at 7 p.m. features the discussion – Making the Church Relevant. The North Brevard Ministerial Alliance discusses the topic.

Feb. 11, at 7 p.m., Reflecting on Our Past will be presented by Lauren Austin, the principal of “that black girl art” ([www.thatblackgirlart.com](http://www.thatblackgirlart.com)).

Austin is a fabric artist creating art quilts with her own hand-dyed materials. She is also a storyteller and teacher offering a variety of presentations and hands-on workshops for all ages on African American culture and history as expressed through her art. She will be presenting her quilt work on Harriette V. Moore.

Feb. 18, at 7 p.m., We Shall

Overcome will be presented. Commissioner Robin Fisher, the county's first black commissioner will be interviewed followed by a short video and a question-and-answer session. Feb. 23 at 7 p.m., there will be a showing of Freedom Never Dies—The Legacy of Harry T. Moore. The event includes a display and short presentation shown of the future plans for the park.

Feb. 28 from 10 a.m. to 4 p.m. is the Sankofa Day Celebration. “Sankofa” is a mythic bird that flies forward while looking backward with an egg (the future) in its mouth. The event includes entertainment, vendors, food, games and activities.

The events are free and are sponsored by Brevard County Parks and Recreation Department's North Area Parks Operations.

Call 321-264-6595 or go to [www.brevardparks.com/hthvm/-events](http://www.brevardparks.com/hthvm/-events) for additional information or to download a flyer.

## Chili cook-off spices up downtown

By Debi Fleming

Titusville's two Rotary Clubs are looking for a few good chili chefs to compete in the fifth annual Chili Cook-off.

The clubs are also looking for a few good sponsors and a lot of locals who will lend their taste buds to be chili tasters and vote for their favorite chili.

The event is Feb. 6 from 6-10 p.m. in conjunction with TitusNites. The cook-off will be held on the west end of Main Street. All proceeds benefit local community service projects including scholarships for local high school students and help purchase much needed supplies for County Acres Children's Home and other organizations.

Corporate and individual sponsorships are available ranging from \$150 to \$300 and includes free entry into the competition and name placement on banner. Sponsorship deadline is Jan 23.

Chili entrants are \$25 each and entrants must provide a minimum of five gallons of chili and their own heat source. Tables, cups, spoons and napkins will be provided by the Rotary clubs. Deadline to register as an entrant is Jan 23.

Tickets for chili tasters will be available

at the event at \$5 for 10 chili tasting tickets and one “People's Choice Award” ticket. First-, second-, third- and People's Choice Awards in the form of cash prizes and trophies will be given.

“This annual chili cook-off is our big fund-raiser of the year,” said board member Denny Meneghelli. “We're hoping to surpass the amount of money we raised last year because there are even more needs in our community this year. This is everyone's chance to find out who makes the best chili in town.”

Sponsorship forms and chili entry forms are available from any member of the clubs or online at [www.titusvillesunriserotary.org](http://www.titusvillesunriserotary.org) For further information call Marcia Ely from the Titusville Sunrise Rotary club at [mevet@bellsouth.net](mailto:mevet@bellsouth.net) or 264-0518 or Rick Smisek from the Titusville Rotary club at [northtires@bellsouth.net](mailto:northtires@bellsouth.net) or 267-4000.

Rotary is a worldwide organization of business and professional leaders that provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world. To learn more about rotary visit [www.rotary.org](http://www.rotary.org)

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## Opinions

# City Council - Put green light on red-light cameras

### My View

By  
Susan  
Walden



I urge Titusville City Council to agree to install red-light cameras at certain intersections.

It will save lives, broken limbs and perhaps instill some civil obedience severely lacking in today's horrid driving habits.

When I lived in Germany for six and a half years, knowing that you'd "get your picture taken" if you went through a red light or went over the speed limit was as common as breathing air.

No one in Germany complained about their liberties being violated. How about your life being violated by some idiot who goes through the light and kills you and/or your family?

In Germany, if you object at getting a

ticket in the mail, the police would just send the photo of you freaking out as the camera popped a white flash. You can't argue with your photo.

I'm tired of waiting when the light turns green until the drivers on the other side decide to stop going through their red light.

I'm tired of worrying that my children will be T-boned coming home one day or night. I'm tired of today's arrogant driver-thinking stop signs and red lights are a mere option.

Why have some of us become so lackadaisical in our driving? No turn sig-

nals, weaving in and out of traffic and running red lights because yellow means "go faster" so when it turns red, oh well.

I've written before about the it's-all-about-me complex. It's an epidemic killing us on the road every day. Unfortunately, tough times call for tough measures.

No one likes getting a ticket. It's sobering and expensive – and so is the consequence of going through a red light and killing someone.

City Council, put the green light on red-light cameras, please.

### Astronaut Memorial set

The City's Flag and Memorial Committee holds its annual Astronaut Memorial Ceremony Jan. 31 at 10 a.m., at the Astronaut Memorial Plaza, Sandpoint Park in Titusville, 2 A. Max Brewer Parkway (S.R. 402).

This ceremony is held annually in remembrance of the Astronauts lost in the Apollo, Challenger and Columbia accidents, along with honoring all Astronauts who continue to face the unknowns of space exploration.

The keynote speaker is Robert Cabana, Kennedy Space Center director. Also participating will be Titusville Mayor Jim Tulley, color guard units, civic organizations and local community representatives.

For more info, call Kathy Mosley at 383-5862 or 383-5775, or [kathy.mosley@titusville.com](mailto:kathy.mosley@titusville.com)

### Orchestra guild goes Italian

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 at <http://nbbd.com/npr/northguild>.

### City holds strategic planning workshop

The public is invited to the Titusville Strategic Planning Workshop Jan. 24, 9 a.m. – 12:30 p.m. at Parrish Medical Center Conference Rooms. The event will be moderated by Marilyn Crotty from the University of Central Florida.

### Get the latest fashion

The Holy Spirit Council of Catholic Women holds its

annual Fashion Show and Luncheon at the completely renovated Emmaus Hall, 2309 Holder Road, Mims, Feb. 5, 11:30 a.m. Tickets are \$8 now from members. For additional information or to make large group reservations prior to the event contact president Hazel Gillooley at 268-0028 or Fashion Show Chair Joyce Starrick 269-4553. Featured will be spring outfits from the Lily Pad Resort Fashions of Melbourne. Guests will have the opportunity to select, try on and purchase the clothing on site after the show.

The menu includes potato, broccoli, clam or chicken soup, salad and desserts Holy Spirit cookbooks are still available and many of the recipes for the luncheon can be found in the cookbook.

### Library holds events

The Mims/Scottsmoor Public Library holds the following programs in February. Programs are free unless otherwise noted.

Dance Lady, Cathy Johnson, teaches a Line Dance class on Mondays and Thursdays at 10:00 a.m. Fee is \$4 (\$2 for seniors). Please call her at 269-3082 to sign up for the class; Nintendo Wii: Monday & Wednesday 2-4 p.m.; 50 cents/game. Friday: Senior Bowling; Basic Computer Classes are available on Wednesday mornings. Call to register, space is limited; Jazzercise for Beginners: Tuesdays & Thursdays February 5, 17, 19, and 24. Jazzercise Personal Touch class size minimum is 3 and maximum is 10 students. Cost is \$20 for four classes, paid at the first class by cash, check, Visa or MasterCard to instructor Monica Benninghoff. Customers will receive a 4-class pass for the Mims-Scottsmoor Public Library location. Call to register; Feb. 2 - 2:30 p.m. Saving Cents: reduce energy use and costs by Gayle Whitworth from the Brevard County Extension Program. Please call to register. Cost is \$5; Feb. 3 - 6:30-7:30 p.m. Our Local Sea Turtles Book signing and

talk sponsored by the Wild Treasures Program of the Florida Fish and Wildlife Conservation Commission. The speaker will be Blair Witherington, author of "Sea Turtles: An Extraordinary Natural History of Some Uncommon Turtles," and "Florida's Living Beaches: A Guide for the Curious Beachcomber" Witherington has pursued his interest in sea turtles for twenty years with graduate degrees centered on sea turtle biology and conservation; Feb. 7 – 9 a.m. – noon Acrylic painting with Pat Urbano. Cost: \$10 for materials. Call to register; Feb. 9 – 2-3:30 p.m. Master Gardener Clinic with Nora Drown; Feb. 13 – 9 a.m. – 5 p.m. Friends of the Mims-Scottsmoor Library Romance Book and Bake Sale; Feb. 14 9 a.m. – 1 p.m. Friends of the Mims-Scottsmoor Library Romance Book and Bake Sale; Feb. 21 – 9 a.m. – noon Quilter's Anonymous: meets monthly for some quilter's camaraderie. Share ideas and techniques - bring your projects; Feb. 26 – 6:30-7:30 p.m. NASA: Final Countdown. Author Pat Duggins, senior news analyst for WMFE Public Radio in Orlando, discusses Florida's impact on NASA and how Florida will be affected by NASA's new goal of returning to the moon and going on to Mars. The program is sponsored by the Florida Humanities Council.

### TOPS holds meeting

Choose weight-loss success and receive ongoing support. Find out how by attending Take Off Pounds Sensibly Jan. 30, 9 a.m. – noon at the First Baptist church, 813 Main St., Titusville. For more information, call Sharen at 268-5476 or Marilyn at 269-1335.

### Enjoy a shrimp dinner

The Spaceport Aerie of the Fraternal Order of Eagles, 3510 South Street in Titusville, holds a shrimp dinner Jan. 30, 6-8 p.m. The shrimp will be served scampi style or broiled with pasta or rice. Cost is \$10. Public welcome. For more info, call 267-2430.

### Computer enthusiasts get together

The Titusville Computer Club meets for the General Membership Meeting with a Q & A session, Feb. 12 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.

### Come to caregiving conference

The 6th Annual Caregiving for Seniors Conference, where informal caregivers will learn important information from caregiving professionals, is Jan. 31 from 8 a.m. to 2 p.m. at the Melbourne Hilton Rialto.

Keynote speaker Dr. Rosemary Laird of the Health First Aging Institute will present "Caregiving Ain't for Sissies - Navigating the Health Care Maze". The conference will also include breakout sessions, such as "Don't Get Caught with your Parents or Spouse Down," "Dealing with Diagnosis: Emotions that Caregivers Go Through" and other interesting topics aimed to help caregivers through the caregiving process.

For more information or to register for the free Caregiving for Seniors Conference, call (321) 868-5815, or visit [www.eldercare.health-first.org](http://www.eldercare.health-first.org).

Just when you're trying to lose those holiday extra pounds, Girl Scout cookies are on sale. If you don't have a scout grace your doorstep, call the Citrus Council at (407) 896-4475 for your order.

### Come to the ball

The North Brevard Senior Center holds a Hearts & Roses Ball Feb. 14, 7:30 p.m. It includes ballroom dancing to the sounds of the 1940s & '50s by "The Covenant Combo," an 11-piece big-band orchestra. Door prizes. Cost is \$10 person and includes light hors d'oeuvres and setups. BYOB.

Call 631-0368 for more information.

### Foundation announces scholarship

The Jess Parrish Medical Foundation is accepting scholarship applications from high school seniors who plan to pursue a career in a medical/healthcare field. Scholarship amounts range from \$500 to \$1,500 and recipients will be announced in May.

Scholarships will be awarded to graduating high school seniors who reside in the North Brevard County Hospital District (Fay Boulevard in Port St. John north to the Brevard/Volusia county line). Students must have a 3.0 grade point average or greater, based on a 4.0 scale. Students who have been awarded a JPMF scholarship in previous years may reapply, provided they are continuing in a medical/healthcare field and have maintained at least a 3.0 grade point average.

High school students attending Astronaut High, Space Coast High and Titusville High may obtain an application from the Guidance Office at their school. Others may obtain an application by calling the Jess Parrish Medical Foundation at 321-269-4066. The deadline for submitting applications is April 3.

### MOPS helps moms

MOPS understands that the years from infancy through kindergarten are foundational in a mother-child relationship and are filled with unique needs. MOPS exists to meet the needs of every mom - urban and suburban moms, stay-at-home and working moms, teen, single, and married moms - moms with different lifestyles who all share a similar desire to be the very best moms they can be! MOPS is for Moms to be, new moms, and all moms of children from infancy through kindergarten. Meetings are the 2nd and 4th Monday (Sept through May). Meeting fees are \$5 (scholarships available). Group activities are planned throughout the year, so don't hesitate to call and join us at any time of the year! MOPS meets at Indian River City United Methodist Church located at 1355 Highway 50, Titusville, 32780. For more information call Titusville MOPS coordinator Linda Benson (321) 383-8293 or visit [www.orgsites.com/fl/titusvillemops](http://www.orgsites.com/fl/titusvillemops) or MySpace page <http://www.myspace.com/mopssoftville>.

### Jet on loan at museum

The Valiant Air Command now features the world famous F-86 Sabre jet based at its Titusville Warbird Museum. This particular F-86, on loan, was built in 1953 and initially served in the USAF, before being

transferred to Argentina; where it served from 1960 until 1988. At that time it was purchased and lovingly restored by Tom Righetti, who has since passed away.

The Valiant Air Command is located at the Space Coast Regional Airport at 6600 Tico Road in Titusville. Our website is [www.vacwarbirds.org](http://www.vacwarbirds.org) and our phone number is 321-268-1941.

### It's for the animals

"Bunco in the Village" benefiting the Central Brevard Humane Society and the Cocoa Main Street's Derby Street Chapel restoration project is Feb. 13, from 6-9 p.m. at the Cocoa Civic Center located at 403 Delannoy Avenue in Cocoa Village.

Advanced tickets are \$10 per person or \$15 at the door the evening of the event (if available) and includes a Bunco game, refreshments, silent auction, and a 50/50 drawing. Many prizes will be awarded for the game and special door prize drawings will be announced throughout the event. Seating is limited.

Tickets can be purchased at the Central Brevard Humane Society (1020 Cox Road in Cocoa), their (3) Molly Mutt Thrift Shops located in downtown Melbourne, Merritt Island and Rockledge and the Cocoa Main Street Office in the Porcher House located in Cocoa Village.

For more information, contact the Central Brevard Humane Society at (321) 636-3343 or visit [www.critter-savers.com](http://www.critter-savers.com).

### Get your sea oats

Beachside residents are encouraged to order early this year when purchasing sea oats for dune planting through the sixth annual bargain sea oats sale offered by Brevard County's Natural Resources Management Office and Keep Brevard Beautiful, Inc.

Liner size sea oats will be sold in packs of 96 for \$48 while supplies last, as quantities are limited. The sea oats will be available for pickup on Feb. 7.

For more information, call Paula Berntson at (321) 633-2016 ext. 52431 or e-mail [paula.berntson@brevard-county.us](mailto:paula.berntson@brevard-county.us). To order, visit [http://natres.brevardcounty.us/documents/09\\_sea\\_oat\\_gen\\_info\\_order.pdf](http://natres.brevardcounty.us/documents/09_sea_oat_gen_info_order.pdf).

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This immaculate home looks like it was built yesterday. Spacious living room overlooking the paradise pool area, graced with a formal dining room with stepped up plant shelves in between. Large gourmet kitchen is blessed with an eat-in area that also overlooks the pool area thru large plate glass windows. The den features a large gas fireplace inlaid with gorgeous coral tile. Safe room with security sys. & huge bedrooms compliment this fine home. Tall ceilings and over-size garage included. **\$369,000**

**1645 APRICOT DR., TITUSVILLE**



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## PREGNANCY AND YOUR FEET

Pregnancy is a joyous time. But it can be tough on the feet. Weight gain is part of the process and so, too, is a shift of a woman's center of gravity. Both of these strain the feet. Two of the most common foot problems that come with pregnancy are over-pronation, meaning the foot rolls inward and the arch flattens, and edema, which is swelling caused by a pooling of blood and fluid retention in the lower extremities. These conditions can lead to foot pain.

Over-pronation can strain the plantar fascia, which is the fibrous band of tissue that runs through the sole of the foot from the heel to the

forefoot. This can cause heel pain and make walking difficult. Over-pronation can be alleviated in some instances by using orthotics, shoe inserts that support the arch. Properly fitting footwear is essential to addressing over-pronation and in combating edema. And regarding edema, the mother-to-be should elevate her feet whenever possible. If she has to drive for a long period, she should take regular breaks to stretch legs and encourage circulation.

If you are pregnant, talk with your physician and your podiatrist about ways to keep this wonderful time as healthy—and comfortable—as possible.

[www.BrevardPodiatryGroup.com](http://www.BrevardPodiatryGroup.com)

**Risa L. Vinarub, DPM, FACFAS, FACFAOM**  
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## Senior Center goes to show

The North Brevard Senior Center, a non-profit organization serving the social needs of seniors in northern Brevard County, goes on a trip to see "Vicki Lawrence & Mama – A Two Woman Show" Jan. 29 at 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.

## 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.

## Fund-raiser helps nonprofit

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 beautiful Cocoa Village. Proceeds provide programs and services for persons with disabilities in Brevard County.

Local businesses and restaurants will provide samples of coffees, chocolates and desserts. Entertainment will be provided by Dueling piano's of Orlando, and there will also be a silent auction. Tickets are \$30 and can be purchased by calling 321-632-8610, or online at [www.bacbrevard.com](http://www.bacbrevard.com). Tickets will be available at the

door the night of the event for \$35.

New this year is a pre-event Wine Tasting and hors d'oeuvre reception at the Porcher house adjacent to the Civic Center from 6-8 pm. There are limited tickets available for this event for \$75 each and includes admission to Coffee & Chocolate. Call Robert Gramolini at 321-632-8610 for more information or to purchase these pre-event tickets.

## Gotta bed to give?

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.

Less fortunate mothers and dads year-round visit B.E.T.A. for free infant layette items, emergency diapers and formula, maternity clothes and baby equipment. B.E.T.A. is open 9:30 am to noon, Monday through Thursday, at 620 Garden Street, Titusville. Volunteers are always needed. Phone 264-0446 to donate.

## Nuggets love nature

The Central Area of Brevard County Parks and Recreation sponsors Nature Nuggets, a nature class for 3- to 5-year-olds that includes story time, crafts, songs, puppets and fun.

Nature Nuggets is offered the first and third Tuesday of each month at Rotary Park on Merritt Island at 9:30 a.m. 10:45 a.m., 2 p.m. and 3:30 p.m.

The class fee is \$4 per child and registration is necessary. For additional information, call 321-455-1385.

## Get info about your TRICARE

TRICARE beneficiaries who receive a disability check – listen up. TRICARE officials want to ensure that beneficiaries receive the TRICARE coverage to which they are entitled.

In general, most beneficiaries become eligible for Medicare at age 65. However, many beneficiaries under age 65 also qualify for Medicare and there is one critical fact they need to know. To view the full news release, please visit: <http://www.tricare.mil/pressroom/news.aspx?fid=470>.



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## To Your Health Stop your sneezing, take Echinacea



By Kim Kuhn  
Nature's Provider Health Food Store  
Titusville

Cut your chances of catching a cold by more than half? According to researchers at the University Of Connecticut School Of Pharmacy, the use of Echinacea, one of the most popular herbal supplements may do just that.

Researchers found:

☐ Echinacea reduced the chance of catching a cold by 58 percent when taken prior to or at the first sign of symptoms.

☐ Echinacea taken if you already have a cold can shorten the duration by an average of 1.4 days

The results of 14 previous clinical trials were re-

viewed and data combined. Researchers determined Echinacea reduced the chance of catching a cold when taken alone or in combination with other herbal supplements.

In one of the studies they reviewed, Echinacea reduced the chance of contracting a cold by 65 percent, in another when used in combination with vitamin C, it was 86 percent.

The lead author of the study - Assistant Professor of Pharmacy Practice Craig Coleman, says

"The take-home message from our study is that Echinacea does indeed have powerful cold prevention and cold treatment benefits," says Craig Coleman, assistant professor of Pharmacy Practice and lead author of the study.

Happy Health!



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Hi, my name is **Violet**. I am a domestic short 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 am very loveable, so won't you give me a chance?!

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Dear Christian Allen,

I hear that a woman should go lighter as she gets older. I think it can make you look "washed-out" when an older person does that. What do you have to say about the matter?

Signed,

Just a faded memory.

Dear Tina Translucent,

I can see through this problem into the heart of the matter. Let's address the facts first.

Sooner or later as we age, our rate of cell reproduction begins to slow down. So does the amount of pigment in our skin and hair. Your skin and hair are very closely related. One could understand that your original natural color would

no longer match the skin tone you have today. You see it changes throughout your life about every four to seven years. The amount of pigment decreases causing a lightening and fading of your color – we call that silver blonde in my business. Keep in mind that no matter how old you are or how light or dark you want to be, your first concern should be the shade that most flatters your skin. Rule of thumb, if your teeth look whiter and your eyes look brighter then it is the color for you.

Gotta Disappear for now,

Christian Allen

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# DEATH NOTICES

**BURNETT** Neil, 85, of Titusville, died Jan. 13. Arrangements by North Brevard Funeral Home in Titusville.

**DELANCY** Napoleon, 53, of Titusville, died Jan. 8. Arrangements by Lewis-Ray Mortuary in Titusville.

**DI LUCCIO** Elsa, 77, of Titusville, died Jan. 15. Arrangements by North Brevard Funeral Home in Titusville.

**FERGUSON** Glen, 54, of Mims, died Jan. 14. Arrangements by North Brevard Funeral Home in Titusville.

**GARDNER** Jackie, 77, of Port St. John, died Jan. 12. Arrangements by Funeral Solutions in Cocoa.

**GARDNER** Nola Mae, of Titusville, died Nov. 17. Arrangements by North Brevard Funeral Home in Titusville.

**KINDERMAN** Anne, 91, of Titusville, died Jan. 9. Arrangements by North Brevard Funeral Home in Titusville.

**MALONE** Geneva, 87, of Titusville, died Jan. 11. Arrangements by North Brevard Funeral Home in Titusville.

**MARTINO** Earvin, 89, of Mims, died Jan. 9. Arrangements by Lewis-Ray Mortuary in Titusville.

**MAY** Shawn, of Titusville, died Jan. 15. Arrangements by North Brevard Funeral Home in Titusville.

**MARKLEY** Franklin, 76, of Titusville, died Jan. 16. Arrangements by North Brevard Funeral Home in Titusville.

**MAYAFFEY** Jennifer, 33, of Titusville, died Jan. 7. Arrangements by Beach Funeral Homes & Crematory Service in Suntree.

**MIRANDO** Ann-Marie, 52, of Titusville, died Jan. 11. Arrangements by Funeral Solutions in Cocoa.

**RICE** Imogene, 79, of Titusville, died Jan. 14. Arrangements by North Brevard Funeral Home in Titusville.

**RUTHERFORD** John, 81, of Titusville, died Jan. 7. Arrangements by Lewis-Ray Mortuary in Titusville.

**SCOTT** Gloria, 57, of Titusville, died Jan. 9. Arrangements by North Brevard Funeral Home in Titusville.

**SHUMPES** Mata Lois, of Titusville, died Jan. 7. Arrangements by North Brevard Funeral Home in Titusville.

**SMITH** Ma-Layjah, of Titusville, died Jan. 8. Arrangements by Lewis-Ray Mortuary in Titusville.

**SPINALE** Charles, 56, of Port St. John, died Jan. 7. Arrangements by North Brevard Funeral Home in Titusville.

**THOMSON** Iris, 67, of Titusville, died Jan. 11. Arrangements by North Brevard Funeral Home in Titusville.

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