

The Beacon

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

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Susan Walden

Sweet ammo

Titusville Police Maj. Tom Barry, looks through the dozens of stuffed animals presented to the police by Brenda McGovern, right, of the Central Brevard Chapter of International Association of Administrative Professionals Feb. 12. Police give the stuffed animals to children who are involved in accidents and other stressful situations. See story on Page 5.

Fire Department offers free smoke detectors

By Dee Dee Remini

The easiest way to survive a house fire is to have working smoke detectors.

However, in this economy many have such a tight budget that they cannot afford to buy them or get them fixed.

The Titusville Fire Department has an answer to that.

For those with low- and moderate-income households in Titusville city limits, firefighters will install free detectors.

The process is easy. Call Titusville Fire and Emergency Services Headquarters at 383-5708. Once an application is approved a crew from the nearest fire station will come to the home and properly install the detectors.

The smoke detector program is made possible through the community care partnership with Parrish Medical Center and generous donations from Wal-Mart.

Scott Gaenicke, fire department division chief, said he's proud that the fire department is offering this opportunity to help the community because it's so important.

"People say they can't afford certain things, but how can you put a price tag on safety? So we're here to help."

Smoke detector statistics

□ 65 percent of home fire deaths from 2000-2004 resulted from fires in homes without smoke alarms or ones that weren't working.

□ Smoke alarms sounded in about half of the homes with fires.

□ The death rate per 100 reported fires is twice as high in homes without working alarms as home with ones that work.

□ About 890 lives could be saved yearly if all homes had working smoke detectors.

Source: NFPA

Proposed cuts include closing schools

By Susan Walden

The economic downturn is causing a funding crisis in the Brevard County Schools that could change the face of local education.

The school system began the school year with an additional \$10.06 million cut and now teachers and administrators are bracing themselves for dire changes that includes lay-offs, pay cuts and closing Pinewood, South Lake and Coquina Elementary Schools in North Brevard. These potential closings are quite possible because the area is already experiencing a drawdown in student population that is projected to continue with the space program shift.

On Feb. 10's school board meeting, Dr. Richard DiPatri unveiled proposed reductions of more than \$60 million for the 2009-2010 school year. These potential reductions could become actual cuts this May or June for next school year unless school officials and the public can convince the state Legislature and Gov. Charlie Crist that alternatives must be found. Plus, school officials learned Feb. 10 that another \$10 million, or 2 percent cut, is coming before the school year ends.

"Our situation is beyond serious," said DiPatri, while addressing teachers at a meeting Feb. 12. "I even believe Bright

Futures is on the table."

Closing schools, cutting at least 362 teachers, ending some bus routes, eliminating all middle school sports and all high school junior varsity sports, raising lunch and child care fees and cutting some of the music areas by half are just a few of the eye-openers of the proposed reductions.

DiPatri, whose salary is \$217,941 but retires in June, said when looking across the board, nothing will be left untouched. He said he would not seek a 10 percent bonus he's eligible for this year. Last year he earned more than \$18,000 from a bonus. He also asked teachers to think about agreeing to cut their pay to save jobs.

"There are those who say that eliminating the fat is good," he said. "That's simply absurd. ..."

"We don't want to do any of these things," he said. His battle cry is rounding up everyone in the county to address legislators and bombard them with their concerns. The school system has formed a working coalition of the Brevard Federation of Teachers, the Brevard Association of School Administrators and the International Union of Painters and Allied Trades (Local 1010) to rally the masses and raise awareness in the

See **SCHOOLS**, Page 5

NEXT ISSUE: March 5

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Parrish offers free PAD screening

What do your heart, brain and legs have in common? Arteries! Get a free Peripheral Arterial Disease screening to celebrate Heart Month in February.

Free PAD tests, called ankle brachial index, are available on Tuesdays and Thursdays at the Parrish Heart & Health Village, 603 N. Washington Avenue, Titusville. Call 268-6880 today to make your appointment. The PAD test takes about a half hour and you only need to take off your shoes and socks to have it done.

People have PAD when the arteries in their legs become narrowed or clogged with fatty deposits, or plaque. The buildup of plaque causes the arteries to harden and narrow, which is called atherosclerosis. When leg arteries are hardened and clogged, blood flow to the legs and feet is reduced. Some people call this poor circulation.

The most common signs of PAD include one or more of these problems:

- ▶ Cramps, tiredness or pain in your legs, thighs or buttocks that always happens when you walk but that goes away when you rest.
- ▶ Foot or toe pain at rest that often disturbs your sleep.
- ▶ Skin wounds or ulcers on your feet or toes that are slow to heal (or that do not heal for 8 to 12 weeks).

Sometimes, people ignore their leg pain and think it is just a sign that they are getting older. As a result, many people with PAD do not know they have it and do not get treatment. It is important to discuss any leg or thigh pain you may be having with your health care provider since it may be a warning sign of a serious disease such as PAD. Finding and treating PAD early can help keep your legs healthy, lower your risk for heart attack or stroke, and save your life and limbs.

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Police reload with stuffed animals

By Susan Walden

The Titusville Police Department is armed with some friendly ammunition to ease children's tensions during a crisis.

The Central Brevard Chapter of International Association of Administrative Professionals donated 50 new stuffed animals to the police Feb. 12, adding to their coffers.

Along with the mandatory emergency items, such as flares, every patrol car has one stuffed animal to give to a child who has been in an accident or in a domestic crisis no matter if he or she has been hurt.

"The power of these teddy bears is unbelievable," said Lt. Todd Hutchinson. "They really calm children down when they're upset."

It might sound a little silly to new police officers, Hutchinson said, but they find out quickly how soothing the token is.

"Anytime we can give children something like this to comfort them they see our compassion and it helps bridge the gap between the children and us," said

Maj. Tom Barry, who heads the patrol division. "We give out about 75 a year."

The IAAP collected 250 teddy bears in clear plastic bags after hearing about a national program called Stuffed Animals For Emergencies. "We thought SAFE was a great idea and decided to collect them and distribute the stuffed animals to various groups, such as the fire and police departments, said Brenda McGovern, IAAP's community service committee chairperson and a Titusville Engineering Services employee.

She said one particular IAAP member donated most of the toys. "It's interesting how a person can fill a need such as this," she said.

"This project has been one of our favorites because it has the potential to touch so many children who live in the City of Titusville."

Other civic organizations donate also donate stuffed animals to the police during the year, which keeps the department stocked," said Hutchinson.

"These alone will keep us going for a year."

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Opinions

Got memory? You're better off than me

My View

By
Susan
Walden



I don't know about you, but as I get older I'm forgetting things.

I might have written a commentary about this before, maybe not. I forgot.

I rushed into my doctor the other day and boy, was I embarrassed. I couldn't

remember if my doctor had cut my pills to once a day instead of twice. I've been taking this medicine for a few months every day. Hello? Where's the brain all of a sudden?

My doctor was very nice and I'm sure it was hard for him not to giggle or make a note to refer me to a neurologist or psychiatrist when I come back in a few weeks for a check-up. He remembered, didn't even have to look it up in my chart, and was writing something in someone else's chart at the same time.

"I multi-task," he said with a smile. Showoff.

I'm about a year from gluing a drool cup under my chin at this rate.

Was it the recent birthday? Is the cell phone sucking brain cells out of my ear?

Am I drinking too much water from that plastic bottle? (No that's cancer-causing, right? See, I forgot.) What is this memory loss thing?

With the drool cup, I'm also going to gorilla-glue my glasses on my face and my car keys to my hand. If I had a dollar for every time I lost those things, I'd be a millionaire. I can't find my shoes when I kick them off in my house, I've lost the charger to my computer, I just can't go on because it's too depressing.

Did you ever start driving somewhere and forget for a second where you were going to go? This is a continuation of when you walk into a room and forget why you went in there. Been to the grocery store for that "one thing" and come out with \$200-worth of groceries and you

got everything else but the item you went in for?

Maybe it started when I had kids. The first time I saw this forgetfulness is when I tried to call one of my kids and named everyone else, including the dog before I called his name. My mother-in-law walked by, chuckled and said, "Roll call." She was a teacher.

"Wow, you used to do this to?" I asked her.

"Oh yea. And it gets worse."

So I have that going for me. Can't wait for what the future brings as I get older. But there's one saving grace. If I keep this up, when I get there I will just think forgetfulness is natural because I will have forgotten what the past was like when I was normal.

Trade is the answer to ailing economy



I have always been a supporter of higher tariffs to protect the American worker. The exodus of jobs to China has been absolutely devastating to many industries that once thrived in the U.S. prior to the economic storm we are now experiencing.

The suffering of the U.S. worker has been great – paralyzed by globalization of manufacturing and economics.

Regardless of our legislative action and impact of future tariffs, if an adjustment and equitable arrangement isn't made with China soon both nations will suffer from inaction. We must keep in mind that abruptly raising any trade barriers could be devastating to both the Chinese people as well as our own.

The Greek philosopher, mathematician, engineer,

physicist and astronomer Archimedes once said, "Give me a lever long enough, a place to stand, and I'll move the world." While standing on America's future with a lever of trade in hand, and the weight of the U.S. dollar, our nation has successfully raised a large portion of China.

Somewhere down the line both of our nations must come to a place of fair trade. If we are exchanging our dollars for their export products, and they aren't importing equal measures of American goods, the well will one day undoubtedly run dry.

China is so invested in America, and us in them, our destinies are now bound and yoked together. China surely knows, if we go down, we are taking them with us.

We are clearly the largest consumer of Chinese goods in the world. We have a very strong complimentary relationship. However, this relationship is not in any way an equal partnership.

Obviously, one of the quickest and most cost efficient ways to get the economy flowing again is through a reduction in the cost of living in each American household. A joint trade act could provide the necessary means to "prime the economic pump" so to speak, causing the benefits for the entire world to flow up like a well spring. Strategically injecting small amounts of money into the Chinese economy on a labor level would be far less ex-

pensive to the U.S. government by comparison than providing unemployment and welfare benefits for huge percentages of the American workforce.

However, if we were to try to achieve this end through engineered initiatives geared to specifically reduce the cost of import goods coming into the U.S. for the sake of immediate relief; we must set up reasonable boundaries that will prevent the further loss of manufacturing and service positions in the process.

While I am absolutely certain we could create millions of jobs in both nations with a joint trade effort, a trade balance must be the goal after any short term recovery objectives. Anything short of a solid agreement to aggressively and diligently work toward a "true" trade balance would be our future economic undoing.

I realize there is a tremendous amount of animosity, mistrust, and suspicion regarding socialist China, but a decision to isolate ourselves in a rapidly growing world economy would prove to be our folly.

International trade is such an important part of any nation's success. It is a doorway to prosperity, and remains a vital part of our nation's future and security. Today, we may still have the weight in the U.S. dollar to move the world, but without a counter balance of promise and the lever of future export trade opportunities, we will struggle to raise ourselves afterward.

DiPatri calls on community to rally legislators

SCHOOLS from Page 1

community. The delegation is meeting with the school board Feb. 22 and then presents a Town Hall Education meeting Feb. 23, 7-9 p.m. at the King Center. The public is encouraged to attend. Legislators will be there to answer questions and listen to the community.

Potential 2009-2010 Budget Reduction Cuts

□ Possibility of closing schools with a student population less than 500. In North Brevard they are: Coquina, Pinewood, Riverview and South Lake Elementary Schools. The others in the county are: Cambridge, Cape View, Challenger, Freedom 7, Gardendale Harbor City, Holland MILA, Stevenson, Sea Park, Surfside and West Melbourne Elementary Schools plus Clearlake and Hoover Middle School. (Elementary schools \$850,000 each/middle schools \$1.1 million)

□ Eliminating a minimum of 362 teaching positions. Elementary schools under 750 – reduce two per school or 88 teachers district wide. Elementary schools of 750 or more – reduce three teachers per school or 39 teachers district wide. Secondary schools – reduce four core academic teachers (math, English, science and history) at every middle and high school or 120 teachers in district. All schools – reduction of one additional activity, classroom or elective teacher or 85 teachers district wide. District wide – reduction of 30 exceptional education teachers. (\$19.114 million)

□ Eliminate all athletic equalization at 22 secondary schools. Athletic equalization guarantees a minimum amount of revenue for athletics at a school if gate receipts aren't sufficient to support it. (\$282,000)

□ Reduction of all adult education programs, including GED opportunities, adult diploma graduates and co-enrollment for regular high school students. It also requires a closing, relocation and/or consolidation of one or more adult education centers and reduces day and evening school classes and services. (\$200,000)

□ Eliminate all corridor busing to choice schools, district choice programs and CTE choice. Sixty-three choice school bus runs would be eliminated – 39 secondary and 24 elementary plus 33 bus drivers will be cut. This impacts 33 schools and approximately 1,700 students who would otherwise be designated as out-of-area students. Schools impacted would be all North Brevard middle and high schools. (\$1.261 million)

□ Reduction of capital funds utilized for facility system(s) replacement failure. This means no new 10-year Facilities Improvement Plan construction/major renewal projects to be recommended in the coming school year. This reduction is from \$4 million to \$2 million so that plumbing, electrical and HVAC system replacements and repairs at failure will be completed as needed to ensure that the schools will be available. (\$2 million)

□ Defer bus replacements for a year. (\$3.250 million)

□ Reduction of equipment for buses except for items required by law. The district will defer a portion of the purchase of digital cameras as replacements for outdat-

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Town Hall Education Meeting

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ed VHS video camera systems. (500,000)

□ Elimination of the entire superintendent's building and capital reserve utilized to fund emergency situations needed to support program/facility needs. Over the past two years, these funds have been used for projects such as parking lots, playgrounds, fencing, security systems, flood and hurricane repair, HVAC systems and furniture/equipment for schools. (\$2 million)

□ Elimination of 87 additional district level personnel at Viera and district offices. Administration and support staff who would be eliminated are responsible for the coordination of district instructional programs, teacher support services, training, school maintenance and people associated with the delay of capital projects in the 10-year facilities improvement plan. Total savings includes potential fringed labor savings. The district has already reduced staff by 60 positions. However, it does need to maintain sufficient infrastructure to assure that it has accounting clerks to pay over \$340 million each year in payables, security personnel to process over 11,000 background checks, employees to provide curriculum support and services to all classrooms and staff to assure that all of the teachers are certified every five years. Other critical central office activities support teachers such as recruitment and hiring, staff development, selection and administration of health benefits, retirement programs and development and management of the budget. The additional cutback = 147 positions. (\$4.5 million)

□ Cutting middle school athletics and intramurals. (\$236,000)

□ Elimination of ninth grade athletics and intramurals. (\$373,000)

□ Elimination of junior varsity athletic programs. (\$167,000)

□ 50% reduction of band/chorus uniform allocations and instrument allocations. The district provides schools a per-student allocation to support the purchase of specific high cost items related to music programs. The planned reduction in funding will decrease the availability of school-owned instruments for student use and/or rental, delay replacement uniforms and will create a corresponding need for other funding sources such as fundraising activities. Band/chorus uniform allocations are provided to all secondary schools and instrument allocations are provided to all schools. (\$200,000)

□ Reduction of individual school budgets by an additional 12.9 percent. Schools are located a non-labor budget based on their weighted student enrollment. The budget this year was cut by 25.8 percent. Therefore, the total reduction is 38.7. This additional cut impacts substitutes, instructional supplied, supplementary educational materials, field trips and more. (\$1 million)

□ Possibility of changing school start times, eliminating bus routes and 28 drivers. High school start times from 8:30 to 8:45, middle school from 9:15 to 9:30. The change eliminates 28 bus routes. (\$1.121 million)

□ Elimination of 24 school resource officers. There are 40 SROs at a cost of \$1,140,000 (\$28,500 per SRO). Forty school sites will be impacted. In North Brevard they are: Mims, Pinewood, Apollo, Coquina, Imperial Estates, Oak Park, Riverview and South Lake Elementary Schools and; Madison and Jackson Middle School. (\$684,000)

□ Elimination of 418 positions through the implementation of the proposed staffing plan reductions. This would cut 15 school administrators, 16 campus monitors, 144 additional custodians (68 were eliminated this year through attrition), 130 instructional assistants, 85 media clerks and 28 office clerks. (\$15.320 million)

□ Reduction of school technology allocations to schools by 50 percent. This will result in a lower per student allocation of schools for instructional technology support. This means \$4 per student instead of \$8. It also delays implementation of interactive technologies and associated training that is designed to be utilized with the "Sunrise Standard" or 21st century classroom initiative. (\$600,000)

□ Elimination of the computer refreshment program for students and staff. It represents about 2,500 computers and delays the district's goal of ensuring a student to modern computer ration of 5:1 and a teacher to modern computer of 1:1. The refreshment initiative began in 2006-2007 to address the serious lack of access to modern computing devices. (\$2.5 million)

□ Elimination of student curriculum enhancement activities, such as BLAST, Lagoon Quest, Seine, ALPHA Program, Project SEARCH, Summer Fine Arts, Robotics and LEGO Robotics. (\$1.005 million)

□ Elimination of new career and technical programs included in secondary schools of national prominence. (\$2.5 million)

□ Cutting technology upgrades. (\$3 million)

□ Utilization of textbook reserves. (\$1 million)

□ Delay of textbook purchases. (TBD million)

□ Elimination of drivers education programs and 16 drivers ed teachers (\$845,000)

□ Possibility of closing one or more of the three alternative learning centers. (\$415,000)

□ Revenue producers:

□ Raising childcare fees by 12.75 %. (\$1 million)

□ Increasing school meals – grades K-6 lunch from \$1.70 to \$1.90, 7-12 lunches from \$1.80 to \$2.15. (\$718,000)

Joe's Club holds Western Day for memory therapy

By Debi Fleming

For those who drop off parents and other relatives each day at Joe's Club in Titusville, they needn't worry because their loved ones are well cared for. Activity director Sharon Pogar and the her staff are constantly coming up with new ideas to keep the clients as active, entertained and involved as possible.

The club recently held "Western Day," complete with cowboy hats, chaps and a visit from Rio, a 20-year-old mustang owned by Diane Delano of the Mims Wild Horse Rescue Education & Rehabilitation Center in Mims.

Club clients each took a turn stroking

the gentle horse, and for some it brought back memories of their own days in the saddle. For others it was a nice excuse to enjoy the beautiful weather outdoors and see one of nature's most beautiful animals up close and personal.

"We try to do things that will keep their minds active," Pogar said. "I'm passionate about what I do, and try to have a lot of activities that would involve them. They are having a ball with our Western theme and getting to see a horse. They'll be talking about this for days. My goal is to not make it the same old thing day after day here."

Pogar goes out of her way to deco-

rate the walls, tables and even outside with the current theme, be it Valentine's Day, Elvis Day, or in this case Western Day. Pogar copied photos of each client and placed them in paper cowboy hats the clients colored as a way to involve the clients. They were thrilled to see themselves as a cowboy or cowgirl and showed off their pictures to the others.

"This will be like a kick-back memory for some of them," Pogar said. "Some of them had horses years ago and since some of them have better long-term memory than short-term, this is something that they will really enjoy."

Delano was delighted to have been

invited to show off Rio to the clients and brought along a teenage volunteer to help take care of the horse during the day.

"We wouldn't be able to take care of all the horses at our horse rescue without the wonderful help of volunteers, because they're helping from their hearts," Delano said.

Delano is devoted to preserving the spirit of the west by saving America's wild heritage, the mustang. She regularly educates groups such as 4H, Girl and Boy Scouts about the history of mustangs and provides workshops, clinics and lectures.

Welcome Bernard B. Vinoski Jr., MD Board Certified in Gastroenterology

Dr. Vinoski specializes in the diagnosis and treatment of disorders of the digestive system, which may affect the esophagus, stomach, small intestine, large intestine (colon), rectum, liver, gallbladder or pancreas. His office uses an electronic medical record system for patient convenience and enhanced medical care.

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Teen computer whiz becomes entrepreneur

By Susan Walden

Ever since Brady O'Keefe was knee-high to an ant, he's wanted to own a business – and now he does.

Seems ordinary until you find out O'Keefe is 17 years old (and a little taller now).

But don't let the age fool you. He can fix a computer, take it apart and put it back together again and everything in between. He can exorcise the viruses and other maladies that cause computer owners to visualize shoving their laptop out a second-story window.

O'Keefe, a senior at Titusville High School and dual-enrolled student at Brevard Community College, is opening a store on South Hopkins called Brevard PC Repair. As of press time, construction workers are putting the finishing touches on the location, which is across from the Miracle City Mall. There he will sell computers, fix them, provide on-site service to customers and eventually offer web services.

"I'm very proud of him," said his mother, Kris, who knew this was a logical step for Brady considering his lifestyle growing up. "Ever since I could remember, Brady and I would sit there at the computer and do educational games and programs. He always loved it."



Susan Walden

Brady O'Keefe, 17, is opening a computer store on Hopkins Avenue where he will sell and repair computers, including making housecalls.

He watched his father fix computers for his friends and that's how Brady learned to repair them. Since then he's taken courses and certifications that qualify him as a professional. His experience also includes repairing

computers at a local business.

Even though Brady loves computers, he loves the business world even more. "I've had web sites for games and other things that have been a source of revenue. Now I'm taking courses in business and created a business plan, which I showed my mom," he said.

"He did all the research, from the credit card process to vendors. I'll let him handle the technical stuff; I'm the marketing director," she said.

"She's very supportive," Brady said with a grin as he looked at his mother.

So what does Brady visualize for himself in the next 10 or 20 years? "I'll have a string of computer stores and might eventually franchise them. I might do another sort of business down the road too. I like to say that this is my *first* business."

To Brady and Kris, they know age is just how you look at it. "I always say," said Kris, 'He has a lifetime of experience fixing computers.' How many people can really say that?"

For more information about Brevard PC Repair, call (321) 427-5610.

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Donate to grads

Donations are now being accepted for a huge rummage sale sponsored by Titusville High School Project Graduation '09. The sale is in April in Titusville.

If you have any unwanted or unused items to donate to the project, contact Hillary Arena at 269-0085 or Matt Horner at 268-2820. Arrangements can be made for pickup of these items.

All proceeds from the sale benefit Titusville High School Project Graduation '09. Project Graduation is an all night celebration of fun, food games & prizes to keep graduating seniors safe and drug & alcohol free.

For more information on volunteering or donating to Project Graduation, contact Matt Horner, Chairman, at THSPG09@bell-south.net or call (321) 268-2820. Information on upcoming events can be found at www.thspg-09.schools.officelive.com

Come to rummage sale

Holy Spirit Council of Catholic Women holds its annual Rummage Sale and Silent Auction Feb. 20-21 from 8 a.m. to 2 p.m. in the church hall, 2309 Holder Road, Mims. Lunch will be available in the Tea Room from 10 a.m. to 1 p.m. with soup, sandwiches and hot dogs plus a bake sale for hungry bargain hunters. For further information, call Hazel at 268-0028 or Jenni at 269-4178.

Meet the reptiles

It's Sunday Funday Life Reptiles for children Feb. 15 at 2 p.m. at the Enchanted Forest Sanctuary in Titusville. The event gives kids a

chance to learn about reptiles by seeing and touching some of them. For more info, call 264-5185. The sanctuary is at 444 (SR 405) Columbia Blvd.

The Central Brevard Humane Society has marked down the remaining copies of their 17th Annual "Best Pets of Brevard" Calendar, from \$10 to \$5 each. Copies of the calendar can be purchased at the Humane Society located at 1020 Cox Road in Cocoa, the Molly Mutt Thrift Shops in downtown Melbourne, Merritt Island and Rockledge, Accent Framing in Titusville and at local veterinary offices.

All proceeds help to pay for food, shelter and medical care for thousands of homeless animals in our community. For more information, contact the Central Brevard Humane Society at (321) 636-3343 or visit www.crittersavers.com.

Take bridge lessons

Enjoy easy bridge beginner lessons at North Brevard Senior Center, 909 Lane Ave., Titusville — Wednesdays 9:30-11:30 AM, now through April 29. Bring a partner, or come alone and a partner will be provided. Cost \$36 for the first 6 lessons and \$25 for the month of April. Easybridge! books are available for \$10 to registered students. To register and for more information, call Charlotte 321-385-0793 or Cat 321-268-9530.

Fund-raiser planned

Rally Against Cancer Day is March 21 in Titusville and includes a Poker Run beginning at 9:30 a.m. where cars, trucks, bicycles and motorcycles are involved. It's \$20 per poker hand and includes a T-

shirt. Luch is \$15 and there are package deals. The run departs Space Coast Cancer Center, 490 N. Washington Ave. and travels the poker route ending at Fox Lake Park.

At 1 p.m. there's a reverse raffle at the park, which is \$100 a ticket and includes lunch, a day of fun and a chance to win. Only 500 tickets will be sold. Every ticket drawn wins. Grand prize is a 2009 Harley Road King Classic.

The event needs donations to make it successful. Along with a monetary donation, the association is also in need of gift baskets, drawing items and gift certificates. Make donations to Space Coast Medical Associates Foundation, 490 N. Washington Ave., Titusville, 32796 or call Alice at 268-4200 or Debbie at 264-6160 for more information.

Learn to sew

The American Sewing Guild is giving classes at the North Area Adult Ed. Center on Thursdays beginning March 5 from 9 a.m. to noon or 6-9 p.m. The cost is \$35 for seven weeks. Open to all ages and sewing levels. Sewing machines are provided.

For more info. call Kathy Matura at 267-8839.

Garden Club holds events

The Titusville Garden Club general meeting is March 4. The social is at 9:30 a.m.; the meeting follows at 10 a.m. with a surprise guest speaker at 11. It is open to the public.

The Fantastic Garage Sale is March 21 9 a.m. – 1 p.m. and for early birds it begins March 20, 4-7 p.m. at the TGC center at 5275 Sisson Rd. Call 264-4266.

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Scholarships available

Brevard County Supervisor of Elections Lori Scott in conjunction with the Florida State Association of Supervisor of Elections will award three \$1,200 scholarships to eligible full-time students attending an accredited Florida college or university.

Applicants must be a registered voter who has lived in Florida for at least two years and be majoring in one of the following: Political Science, Business Administration, Journalism or Mass Communication. Additional requirements are listed in the scholarship guidelines and on the scholarship application, which are available on the Brevard County Supervisor of Elections web site:

www.brevardelections.org.

Applications should be submitted in the county in which the student is registered to vote.

Scholarship applications must be returned by March 20 to: Lori Scott, Brevard County Supervisor of Elections Office, P.O. Box 410819, Melbourne, FL 32941-0819 For additional information or to receive an application by mail, please call the Brevard County Supervisor of Elections office at (321) 633-2124.

Learn to put memories on DVDs

The Genealogical Society of North Brevard presents Johnna Meek, who will offer an instructional program called "Your Memories to Music (creating DVDs) March 3, 7 p.m. of the

Genealogical Society of North Brevard.

The meeting is in the Hannemann Room of the Titusville Public Library, 2121 So. Hopkins Ave.. For more information, call 321-383-8486.

Clean up waterways

The Brevard County Natural Resources Management Office, St. Johns River Water Management District Watershed Action Volunteer Program and Keep Brevard Beautiful, Inc. are partnering to organize a volunteer cleanup in Melbourne to celebrate National Clean Water Week.

Residents are invited to join the groups for a litter clean-up on the Eau Gallie extension, west of I-95, Feb. 28, 8 a.m. - noon.

Many volunteers are needed to assist with litter cleanup of this beautiful, natural area, which leads to the Sarno Lakes stormwater management project and ultimately to the St. Johns River. Action is needed to prevent litter from becoming marine debris.

Volunteers should take care to dress appropriately for the weather and wear closed-toe shoes. All materials for the cleanup will be provided, including trash bags, gloves, and drinking water.

To get to the cleanup site from I-95, take exit 182 and travel west on Eau Gallie Blvd. to the end of the unpaved section of the road.

For more information, call (321) 633-2016 ext. 56721.

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Arthritis of the big toe has a medical name. It is hallux rigidus. The condition occurs when cartilage, the smooth elastic tissue that cushions the ends of bones in joints, wears away through years of use, or is damaged. This leaves bone rubbing against bone, which is the definition of osteoarthritis. Pain comes when the affected joint bears weight, as when standing or walking. Because foot pain can affect the way a person walks, secondary pain and problems may develop in the knees, hips and/or ankles.

abnormality in the foot's bone structure, by injury from a single event, or by repetitive motion that causes chronic jamming of the joint. Basketball, tennis and soccer are among the activities that could lead to hallux rigidus. Conservative, or non-surgical, treatment begins with proper shoes. Cross-trainers, for instance, typically have a stiffer structure that reduces toe movement and eases pain. Orthotics—custom-made or over-the-counter shoe inserts—also can help.

Talk with a podiatrist about ways to avoid hallux rigidus, or to treat it.

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Cruise-In moves

The next Cruise-In is March 7, 4-8 p.m. and moved to Sand Point Park.

Come to fund-raiser

Don't miss the Whiskers and Paws Luncheon and Fashion Show Feb. 21, 11 a.m. – 3 p.m. at the Holiday Inn Express, 301 Tucker Lane (I-95 & SR 520). Proceeds benefit the homeless animals at the SPCA of North Brevard.

The event includes fashion, runway show featuring adoptable animals and food. There will also be a silent auction and 50/50 drawing.

Tickets are \$25 at www.spcanorthbrevard.com or pick up tickets at the adoption center at 455 Cheney Hwy, the thrift store on U.S. 1, Pet Supermarket in Merritt Island and Freida's Pet Boutique in Cocoa Village.

There's a chance to win a three-day/two night stay at Holiday Inn

Express with ticket purchase. Call 289-9555 for more information.

Come to meeting

The Brevard County School Board's School Health Advisory Council hosts a meeting on Feb. 25. at the Educational Services Facility from 3-5 p.m. in Training Rooms 3 and 4. The council is made up of district staff, concerned citizens, health officials, parents and students who work diligently to create a school environment that enhances learning and encourages development of lifelong wellness practices. The SHAC will be reviewing the current wellness policy and its related procedures as well as the results of the annual survey. For more details, call Kevin Thornton at (321) 633-1000, extension 690 or thornton.kevin@brevardschools.org.

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To Your Health

Don't feel like you have enough time to exercise?

We have all heard that we should strive for 30 minutes of exercise every day for major health benefits. But finding the time in our busy schedule to exercise can be difficult.

However a study conducted by Dr. Mark A. Tully of University of Ulster, Northern Ireland and colleagues, found that adults who engaged in 30 minutes of walking just three days a week were able to lower blood pressure and improve overall fitness.

The 12-week study included 106 adults between the ages of 40 and 61. The subjects were randomly assigned a brisk 30 minute walk three days a week, a brisk 30

minute walk five days a week or told not to change their lifestyle (non-walkers). Participants could choose to walk in bouts of at least 10 minutes.

At the end of the study, the blood pressure, waist and hip girth fell significantly in the three-day and five-day walkers. No changes occurred in the non-walker group.

The Tully team said, "These results may encourage people who feel they do not have time to exercise on five days each week to consider finding time to commit to a lower weekly target of exercise."

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Follies dance in March

The annual Titusville Follies, a popular dance group, returns to Titusville Playhouse March 19-21 at 7:30 p.m. Tickets are \$15 and \$17 and can be purchased at the playhouse any weekday from 9 a.m. – 4:30 p.m., on the phone with credit card information at 258-1125 or at the door. For more information, call Penny Storm at 383-2288.

Cookies anyone?

Just when you're trying to lose those 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.

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.

Needy 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 and arrange pick-up.

Brevard County Animal Services and Enforcement reminds companion animal owners to take advantage of the Spay/Neuter Rebate Program. This program assists Brevard County residents by contributing \$25 toward the cost of having pets altered, in an effort to reduce the homeless animal population of the county.

Residents must complete an application and meet the criteria to be eligible for monetary assistance for sterilization of their pet dogs and/or cats through this rebate program.

The rebate applies to "owned" companion animals only. No more than four animals per year/per household can qualify for the rebate program. Pets must have current Brevard County animal license tags and current rabies vaccinations to be eligible for the program.

Rebate applications are available at North Animal Care and Adoption Center, 2605 Flake Rd. in Titusville and participating veterinary clinics.

For more information and complete details on this program, call 321-255-4346 or 321-617-7503.

Scholarships offered

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.

Moms get some relief

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

Cont. on Page 14

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*Hi there! My name is **Rocky**. I am a Chow Chow/ Shepherd mix born 1/21/2003. I have had a rough life up until now. My owners brought me in because their landlord would no longer allow me to live at my house. I am missing some hair on my back and tail, but don't worry...the vet says that it's just flea allergies that can be cured. Hair isn't all I'm missing...I also don't have any front teeth due to chewing on rocks all my life. The girls here gave me a heartworm test and I tested positive. The treatment is expensive and can be painful, but I know that it will save my life. I am ready to start over new and meet my forever family...is it you?*

*Hi there. My name is **Bear** and my birthday is 7/31/2008. I am a male, Domestic short hair brown tiger cat. I was brought to the SPCA by my previous owner because they were going to lose their house and did not have any money to take care of me and my buddy Lucky. I am very sweet and love a lot of attention so a home with people that have time for me would be great. I do meow alot sometimes when I am left alone. Please stop by and visit me and give me a good home.*



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Cont. from Page 13

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 or MySpace page <http://www.myspace.com/mopsoftville>.

Coffee and chocolate?

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 will provide programs and services for persons with disabilities in Brevard County.

Local businesses and restaurants will be providing 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 for the event are \$30 and can be purchased by calling the Brevard Achievement Center at 321-632-8610, or on-line at 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. Please contact Robert Gramolini at 321-632-8610 for more information or to purchase these pre-event tickets.

FPL can help you

With rising costs of electricity coming at a particularly difficult time for its customers, FPL is committed to helping customers become more energy-efficient. A leaky duct system is one possible factor that can lead to a higher bill. In fact, two-thirds of all homes have leaky ducts that go undetected. Identifying leaky ducts is fairly easy to do, and with FPL's help, it is fast and affordable. FPL customers who call to schedule a duct analysis performed by an FPL Energy Expert receive a complete report of repairs needed and a list of independent contractors qualified to make the repairs.

Additionally, FPL offers its customers incentives to help cover the cost of repairs.

Visit www.fpl.com or call 1-800-DIAL-FPL.

Kids can 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.

Be a volunteer

The American Cancer Society is recruiting volunteers interested in making a difference in the fight against cancer.

Volunteers with the American Cancer Society's Florida Division participate in programs that support research funding, educate the community, deliver services to patients and advocate for policies that help defeat cancer.

The American Cancer Society's Brevard Unit is in immediate need of volunteers willing to:

- Drive patients to and from cancer treatments.
- Work with health care providers to promote the American Cancer Society's patient programs and services.
- Coordinate drivers with patients for rides to cancer treatments.
- Support from breast cancer survivors to breast cancer patients.

To get involved, call American Cancer Society at 800-ACS-2345.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service. For information about cancer, call 1-800-ACS-2345 or visit www.cancer.org.

Meeting can help

Overeaters Anonymous (struggling with food addiction) weekly meetings are Monday, 7 p.m. at Hope Community Fellowship Church, 29029 Cheney Hwy, Titusville (Big Book meeting) and Saturdays, 9:15 a.m., Port St John Public Library, 6500 Carole Ave., Port St John (beginner's/discussion meeting). No dues, fees or weigh-ins. Everyone is welcome. Contact Diane at 266-1910.

MS group meets

The Central Brevard Multiple Sclerosis Self Help Group meets every second Sunday of the month at 2 p.m. in the Central Brevard Library, 308 Forrest Ave., Cocoa. All family members are welcome. For more info and to verify the next meeting day, call 636-0235 or go to www.cbmsgroup.org.

Merritt Island moms get together

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

MOPS meets the needs of children from birth to kindergarten. Mothers enjoy conversation, refreshment, activities and speakers while their children are cared for in a preschool atmosphere in a nursery. Call Amy at 720-7472.

Teens have fun

The Teen Warehouse is a place for teens in grades 7-12 to hang out with friends and have a safe, fun time at Tom Statham Park Community Center, 7101 South U.S. Highway 1, in Bellwood, south of Titusville.

The center is open Mondays through Thursdays from 4-8 p.m. and on Fridays from 4-9 p.m., with Saturday activities as announced. There is no fee for drop-in activities, however, fees may be charged for special events as announced in the future.

For more information on teen activities sponsored by Brevard County Parks and Recreation Department in North Brevard, call 264-5105.

DEATH NOTICES

ANDREWS James, 68, of Titusville, died Feb. 6. Arrangements by North Brevard Funeral Home in Titusville.

ATKINSON James, 82, of Titusville, died Feb. 5. Arrangements by North Brevard Funeral Home in Titusville.

BATCHELOR Peggy, 89, of Titusville, died Feb. 8. Arrangements by North Brevard Funeral Home in Titusville.

BOELKE Willard, of Titusville, died Feb. 9. Arrangements by North Brevard Funeral Home in Titusville.

BROWN Russell, 66, of Titusville, died Feb. 6. Arrangements by North Brevard Funeral Home in Titusville.

CAMP Margaret, 86, of Titusville, died Feb. 7. Arrangements by North Brevard Funeral Home in Titusville.

CHING Robert, 72, of Titusville, died Jan. 29. Arrangements by North Brevard Funeral Home in Titusville.

COLMAN Pamela, 75, of Mims, died Feb. 11. Arrangements by North Brevard Funeral Home in Titusville.

ERICKSON Carl, 78, of Titusville, died Feb. 10. Arrangements by Brevard Memorial Funeral Home in Titusville.

EVERETT Don, 80, of Titusville, died Feb. 13. Arrangements by Newcomer Family Funeral Home in Titusville.

FREDLEY Ethel, 91, of Titusville, died Feb. 11. Arrangements by North Brevard Funeral Home in Titusville.

GANT Michael, 57, of Titusville, died Feb. 2. Arrangements by Lewis-Ray Mortuary in Titusville.

KELSALL Frank, 59, of Port St. John, died Feb. 14. Arrangements by Brevard Memorial Funeral Home in Cocoa.

JEWELL Leslie, 84, of Port. St. John, died Feb. 13. Arrangements by Funeral Solutions in Cocoa.

LAMBERT Kenneth, 73, of Mims, died Feb. 11. Arrangements by North Brevard Funeral Home in Titusville.

MILLER Carlene, 73, of Titusville, died Feb. 6. Arrangements by North Brevard Funeral Home in Titusville.

NIEHOFF Doris Jean, 67, of Titusville, died Feb. 14. Arrangements by North Brevard Funeral Home in Titusville.

ROTH Charles, 64, of Titusville, died Feb. 8. Arrangements by North Brevard Funeral Home in Titusville.

SHAVER Brant, 56, of Port St. John, died Feb. 13. Arrangements by Newcomer Funeral Home in Titusville.

SHEARER Virginia, 91, of Titusville, died Feb. 10. Arrangements by North Brevard Funeral Home in Titusville.

TAYLOR Gerald, 74, of Titusville, died Feb. 8. Arrangements by Newcomer Funeral Home in Titusville.

WOOTEN Yvonne, 76, of Titusville, died Feb. 9. Arrangements by North Brevard Funeral Home in Titusville.

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APT FOR RENT

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* Titusville
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DOGS FOR SALE

2 Pomeranians (males) 1 b/w marking 10 months and 1 w/chocolate parti markings - 2 years old. \$200 each. Seen at 540 Ward St., Titusville. Call (207) 540-2625.

2 AKC red toy poodle puppies. Health certificates, papers, ready to go Feb. 1. \$500 each. Call (321) 289-4271 or (321) 543-0668.

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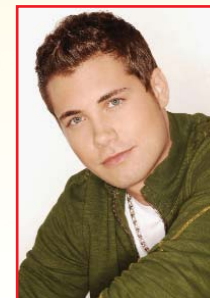
FOR HEALTH

Saturday, February 28
11 am to 3 pm
Sandpoint Park, Titusville


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- ◆ Dance & Fitness Demos & Instruction
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