

## Outstanding Community Service



Doug Prew of the Fish House presents the Coconut Telegraph Award for Community Service to Harvey Ziegler. Mr. Ziegler is a retired lawyer who is donating his time and services to help us keep our Florida Keys Wild Bird Center open.

**Thank you, Harvey Ziegler!**

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## Blood Centers Support Take Stock In Children

The four-year partnership between the Community Blood Centers of South Florida (CBCSF) and the Take Stock In Children program (TSIC) of Monroe was enhanced with the presentation of a check in the amount of \$13,540.00 (Thirteen Thousand Five-Hundred Forty Dollars) to support the Take Stock In Children scholarship fund.

This donation is a direct result of the practice created by the Community Blood Centers of donating \$20.00 (twenty dollars) per pint of blood collected on the Bloodmobile during visits to area schools throughout the year. The mission of the CBCSF is to supply local

hospitals with the necessary blood products and to educate students and members of our community of the importance of becoming a donor.

"We like to think of it as Locals saving Locals" said Nancy Brundage, Area Director for the Blood Center because the units collected in Monroe County help patients in our local hospitals.

On hand to present the check was Nieves Losa, vice president of operations for CBCSF and Monroe County Superintendent, Dr. Joseph Burke. Dr. Burke is a board member of the Monroe County Education Foundation which serves as the "Lead Agency" for Take Stock In Children.

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**Meatball Sub** - A taste of Italy at the Grill. Three Meatballs, Chef's special sauce, topped with Parmesan cheese.

**Tuna Salad Avocado** - large avocado split in half filled with fresh tuna salad on a bed of mixed greens and tomatoes.

**Italian Sausage Sub Sandwich** - Spicy Italian sausage topped with Chef's marinara sauce with Parmesan. served with fries.

**Chef's Salad** - Freshly sliced ham, turkey, Swiss and American cheese, tomato, fresh boiled egg over mixed greens.

**Sandwich and Cup of Soup** - Tuna, chicken, turkey, meatloaf, ham & cheese, or chicken salad sandwich with soup of the day.

**Free Breakfast Buffet**  
Every Tuesday and Wednesday  
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## Mrs. Florida Crowned National Mrs. American Dream 2009



Lisa Lansden of Tavernier has captured the title of National Mrs. American Dream 2009 during competition aboard the Carnival Imagination cruise ship on October 18th in Nassau, Bahamas. Lisa also won the swimsuit competition. She is the wife of Dr. Frank True Lansden and the mother of four boys, Tommy, David, Tyler, and Michael and has one grandson, Perry. Lisa has lived in the Florida Keys for six years and is the Corporate Director for the Florida Keys Center for Plastic Surgery's two locations.

Lisa's platform, Breast Cancer Awareness, is very important to her as she sees on a first hand basis at work just what these women have to go through. "It is very sad when you see a woman who gets her mammograms and thinks that is enough only to be told the next year that she

has a stage two or three lesion. Self breast exams are so incredibly important because these lesions can develop in-between mammograms" says Lisa.

She will be traveling the United States making appearances, judging pageants and promoting her platform and causes. She is also promoting "Project Inspiration" which she created to renovate and decorate the bedrooms and living areas of The Florida Keys Children's Shelter by bringing in artists to paint murals with the children. Lisa hopes to stress the importance of volunteerism and basically reaching out to help others in need. If you would like to book an appearance or volunteer for "Project Inspiration" please call (305) 942-3546 or contact the national pageant office at [americandreampageants.com](http://americandreampageants.com).