

Dive Record Hall of Famer Named Grand Marshal of the 2010 Key Largo Boat Parade

Neal Watson legendary diver and DEMA Hall of Famer is to be the Grand Marshal for this year's boat parade. Watson's achievements are legendary. He currently holds several Guinness World Records, including the compressed air diving depth record where he descended to 437 feet. He recorded another milestone by swimming 66 miles underwater non-stop in 19.5 hours from the Florida Keys to Miami.

Watson has worked in numerous major motion pictures, and appeared in television shows including, 20/20, Inside Edition and The Today Show. He has also been featured in countless magazine and newspaper articles for his world records and exploits in shark diving. For the past 12 years, Watson has annually produced Ocean Fest, the only seaside consumer dive show in the United States. Watson has worked with numerous celebrities and taught Sarah Ferguson, the Duchess of York to dive and hand-feed sharks for an ABC special with longtime friend, Jean-Michel Cousteau.

In November 2004, Watson was inducted into the "Fort Lauderdale Sports Hall of Fame" along with three-time Super Bowl Champion and Football "Hall of Fame Recipient" Michael Irvin. A year later he was inducted into the DEMA "Diving Hall of Fame".

"I am thrilled Neal can join us, he is a diving legend who

has been in the industry since 1953 and I have known and admired him for many years," said Spencer Slate Captain of the Grand Marshal Boat.

This year's theme for the Parade is 'Under the Sea'. entry is free and boats are encouraged to register early.

There is \$1500 in cash and awards for Best in Parade, Best Use of Theme, Most Colorful, Most Original, Best Business, Best Boat Under 25' and Best Boat Over 25'. All entries receive a fabulous ditty bag and win great raffle prizes at the Captains Party on Friday evening the 10th. In addition every entry except the overall winner will qualify for a \$500 cash drawing. The winner will be picked at random at the awards party after the parade.

The Boat Parade will begin at 7:30pm on Saturday, December 11th with an extended route beginning at Dusenbury Creek going north to Gilbert's Resort and then heading south back to Sundowners for the awards at 10pm. The best viewing locations along Blackwater

Sound are the Caribbean Club, mile marker 104.5; Jimmy Johnson's Big Chill and Sundowners Restaurant mile marker 104; and the Marriott Key Largo Bay Beach Resort, mile marker 103.5.

For more information call Robert Stoky at (305) 451-4502.



Neal Watson

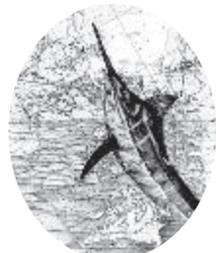
Key Largo Annual Holiday Boat Parade
Sunday, December 11, 2010
 Starts at 7:30

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Think Globally, Eat Locally

Have Fun and Save the Planet

Now it is more important than ever to eat locally and shop your local farmer's market and small grocery store.

We all know that our planet needs our help right now, but we often feel unsure about what to do, where to make an effort, and what will really help. The good news is that we can heal the planet on a daily basis simply by buying and eating food that is grown locally. Food that has been transported long distances doesn't contain much life force by the time it gets to your kitchen. Making a commitment to shop, buy, and eat locally is not only a very important part of creating positive change, it can also be delicious fun.

One of the best places to begin the adventure of eating locally is a farmer's market. Stalls brim with fresh fruits and vegetables grown on nearby farms. Not only is this good for the environment, it's good for the

farmers since they benefit from selling directly to the consumer. The consumer benefits, too, from the intimate experience of buying food from the hand of the person who grew it. In addition, the food is fresher and more diverse. In supermarkets, particular varieties of fruits and vegetables are favored due to their ability to survive transport to a far destination. Alternately, at a farmer's market, you will find versions of the fruits and vegetables you know that will surprise and delight your senses—green striped heirloom tomatoes, purple cauliflower, white carrots, and edible flowers, just to name a few.

Make an effort to buy as much of your food as possible directly from local farmers. You will become one of a growing number of people eating delicious food to save the planet and having fun doing it.



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