

Healthy Eating ?

Dear Friends,
Readers have come to expect my articles on nonprofits and aging issues, but today I will discuss good eating - not healthy eating, but great tasting eating. Mostly we must mind our diets and avoid artery clogging dishes, but there comes a time when we just have to do what we think is right.

Years ago, my wife Terry and I were in Miami attending a promotion ceremony for our son-in-law. At the time he was deputy for General Kelly, who is now the Chief of Staff for President Trump. Few of us ever get to meet people who work in the office of one of the most powerful men in the world. However, it was my great pleasure to sit next to General



HELPING SENIORS OF BREVARD
JOE STECKLER

Kelly, a sincere, real, AND down to earth person. I enjoyed his company and conversation very much.

However, my article is not about people, but about stomachs ... and cheese. When the celebration dinner for my son-in-law's promotion was planned at Divieto, one of the top Italian restaurants in Miami, I knew I was in for a treat. After the maitre de seated us, I told him of my

fondness for cheese and requested something with a light Alfredo sauce, abundant cheese, shrimp, and a touch of lemon. He pointed to the dish I was to order.

The waiter soon brought out our food, until all had plates but me. Not to be outdone, the maitre de approached my side accompanied by a waiter pushing a cart. Taking a large silver spoon in hand, he lifted a towel from a giant round of cheese. After scraping a hole in the round, he poured pasta with white sauce into the hole and stirred until the mixture turned yellow. He then placed it on a plate with wood grilled shrimp. I had just been one of the first patrons served

from a 98-pound round of imported Regianno-Parmesan cheese from Italy.

The Maitre de explained that this dish was served to cheese lovers because the flavor of the pasta combined with cheese still in the rind was quite different from that of cheese cut from the rind. He was quite correct. So from a light, lemony Alfredo sauce I was served the absolute most cheesy delight I have ever eaten. It was also the biggest round of cheese I have seen in my life and an experience never to be forgotten.

Ask about such a dish in your favorite Italian restaurant. Was it healthy? No, probably not. But but was it good? Yes, very much so!

Calendar

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spaghetti the second Saturday of each month. The VFW also hosts bingo and karaoke nights throughout the week. For more information, call (989) 329-4763 or (321) 725-2999.

Monday, Jan. 7

American Kenpo Karate: A martial arts that stresses the practice of self-defense will be offering training classes beginning Monday, Jan 7, and continue monthly. This class consists of combination drills, pad work, katas, and sparring. Focus on self-

defense techniques and their application in real life situations while enhancing your physical and mental abilities in martial arts. Open for ages 5 and up. Cost for classes are \$30 a month. Classes will begin at Wickham Park Community Center located at 2815 Leisure Way in Melbourne. For more information, call (321) 608-7490 or visit www.omniacademy.com

Meet the Pharmacist: The Parkinson's Support Group of One Life Senior Place, located at 8085 Spyglass Hill Road in Melbourne, will host a "Meet the Pharmacist" event Monday, Jan 7 from 10-11:30 a.m. featuring Dr. Nichole C. LeFever, Pharm.D./Clinical Pharmacy

Manager/Coordinator at Rockledge Regional Medical Center. Dr. LeFever will be available to answer questions and concerns related to Parkinson's disease. The event is free and open to the public. For more information, call 321-751-6771.

Tuesday, Jan. 8

Pioneer Story Time: Sam's House, located at 6195 N Tropical Trail, Merritt Island, will host Pioneer Story Time from 10:30 a.m. - 11 a.m. This month will feature "Winnie's Journey" read by Julie Albert. No registration required. For more information, call 321-449-4720 or visit www.eelbrevard.com

Caregiver Life Transitions: Tuesday,

Jan. 8 & 22; 1:30-3:00 p.m. The Caregiver Life Transitions program, held at the Sunflower House in 777 E. Merritt Island Causeway, in Merritt Island, is specifically for individuals who have been caregivers and are now transitioning to life beyond the caregiver years. The support group offers a place to socialize, make new friends, and become an active member of a larger community. As part of this program, the Sunflower House coordinates day trips and meals. For more information or questions, call (321) 452-4341.

Rock Painting: On, Tuesday, Jan. 8 from See CALENDAR, page 10

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Dr. Anthony "Tony" DiPasquale
(321) 259-5100

Hours by appointment

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