ISSUE NO. 328



Submissions for publication need to be in before the 18th.



Call 321-633-7499 or e-mail to happenings1@att.net. The current and last issues are on the website. www.happenings.net

#### SERVING PORT ST. JOHN & CANAVERAL GROVES

# **The Best Wings in Port St. John**

SEPTEMBER 2017

#### **Out On The Town**

Rather than do my normal monthly restaurant review, this month I decided to find out who has the best chicken wings in PSJ. I've always been a hot wing lover, at least since I discovered Frankie's Wings and Things at the port. I remember going there at least twice a month on a Saturday night during the early 90's. Frankie's wings were so good, most of the time you had not looking like they came off a pigeon. to wait for an open table, but it was worth it. In fact, in my opinion Frankie's pretty much set the and juicy and not dried out. standard for what a good wing should be.

Chicken wings, hot wings, or Buffalo wings, not soggy, but the skin should be crispy. whatever you may call them, have gained in popularity and are served in most restaurants red) with a tangy vinegar taste and appropriate and bars today. They are typically served with celery and/or carrot sticks with either blue cheese the hot wings were invented and first served in 1964 at the Anchor Bar in Buffalo, New York, hence the name Buffalo wing.

So what makes a good wing? For judging purposes, I used the following criteria:



1. Size: Wings should be somewhat large and

2. Cooked perfectly: No blood, but still plump

3. Crispiness: This is the sign of a good wing;

4. Sauce: Should have good color (orange or heat level.

For judging purposes, I ordered all my wings or ranch dressing for dipping. Legend has it that in Medium heat, which should have a slight kick to them. Over a 4 week period, I tried wings at Dogs 'R Us Grill (PSJ), Icehouse, Old Florida Grill, Kelsey's and Jabbers. To be fair, I went to all of the restaurants twice just in case one may be having an off day in the kitchen.

Dogs R Us (PSJ): wings were small on both visits. One visit the wings were overcooked and dried out and the sauce was good. But the other visit, the wings were served in a pool of grease.

Icehouse: Nice size of wing, cooked perfectly, but their sauce didn't have that traditional tangy/ spicy flavor.

Old Florida Grill: Nice large wings, but not very crispy and their sauce was greasy and didn't have any tanginess or heat whatsoever.

Kelseys: Nice large wings, cooked perfectly and crispy, but their sauce tasted a little on the sweet side, which I didn't care for. Wing sauce should be tangy and spicy, not sweet.

Jabbers is the winner of the best wings in PSJ: For both visits the wings were large and cooked to perfection. They were nice and crispy on the outside and the meat was moist and juicy. The sauce had a nice red color, wasn't greasy, and had that nice tangy and spicy flavor.

I'm looking forward to the new Beef O'Brady's to open up in PSJ. We'll see if they beat out Jabbers wings. - Ken Carson



# Life Force In your corner. By your side. Certified Oncology Patient Navigator Shannon Luker, BSN, OCN, CBCN, CN-BN

A knowledgeable and caring team of experts are in your corner and by your side. Meet Shannon, a registered oncology nurse and a certified oncology patient navigator. Shannon is specially trained to personally guide you through our world-class, integrated cancer care system. Learn more about our Patient Navigator Service and how we're working together with Mayo Clinic.

#### EVENTS | Meet the Patient Navigator and Tour the Parrish Cancer Center

WHEN	<ul> <li>Tuesday, September 26   5–6:30 p.m.</li> <li>Tuesday, November 14   5–6:30 p.m.</li> <li>Thursday, December 14   5–6:30 p.m.</li> <li>Parrish Cancer Center, 845 Century Medical Dr., Titusville</li> </ul>
EVENT	Meet the Patient Navigator
WHEN	Tuesday, October 10   10–11:30 a.m.
WHERE	Parrish Medical Center, 951 N. Washington Ave., Titusville

#### Call 321-268-6110 to reserve your space.



#### PARRISH HEALTHCARE

845 Century Medical Drive, Titusville parrishcancercenter.com



#### **PSJ Community Center Schedule - September, 2017**

The center is open Mondays–Thursdays from 10 a.m. to 8 p.m., Fridays from 9 a.m. to 6 p.m., Saturday 10 a.m.-2 p.m. Schedule is subject to change. For latest information or to register, call 633-1904.

#### **Mondays – Fridays**

Center Closed September 4, Labor Day Holiday Seniors at Lunch, 10 am - 1 pm

#### Mondays

Outside Basketball, 10 a.m.-8 p.m. Game Room /Computers, 3-8 p.m. Teen Billiards, 3-8 p.m. Zumba (Adult Class), 6-7 p.m. 11th & 25th Girl Scout Troop 210, 6-7:30 p.m.

#### **Tuesdays**

Outside Basketball, 10 a.m.-8 p.m. Game Room /Computers, 3-8 p.m. Girl Scout Troop 1902, 4-5 p.m. Teen Billiards, 6-8 p.m.

#### Wednesdays

Outside Basketball 10 a.m.-8 p.m. Dream Weavers, 12-4 p.m. Game Room /Computers, 3-8 p.m. Teen Billiards, 3-8 p.m. Zumba (Adult Class), 6-7 p.m. 6th & 20th Cub Scout Pack 704, 6-7 p.m. 13th & 27th Cub Scout Tiger Den ,4 6-7 p.m.

#### Thursdays

Country Heat, 6-7 p.m. Outside Basketball, 6 - 8 p.m. Teen Billiards, 6 - 8 p.m.

#### **Fridays**

Outside Basketball, 10 a.m.- 6 p.m. Game Room /Computers, 3-6 p.m.

#### **Saturdays**

Outside Basketball, Billiards & Ping pong 10 a.m.- 2 p.m.

**Zumba Classes -** Zumbia incorporates rhythms of Latin and International music to high energy aerobic/fitness dance movements. Zumba tones the body by integrating basic principles of movement and resistance training. Dancers and long-time exercisers thoroughly enjoy the change in Pace-exercising in a healthy, fun, partylike environment. For ages 12 years to adults. Classes will be held Mondays and Wednesdays at 6-7 p.m. \$5 per class. For more information contact the Port St. John Community Center at 321-633-1904.

#### "DREAM WEAVERS" - Knitting Club

This group of middle to senior aged folks meet at the Port St. John Community Center to knit, crochet, and cross-stitch. We socialize, have fun teach and involve the seniors that already come to the center. The club is looking to re-spark interest for those that may have once enjoyed this type of skill and may be looking to join the group to donate any completed projects to area non-profit agencies. Wednesdays 12-4 p.m. no fees.

#### **Parks & Recreation Meeting**

The North Brevard Commission on Parks and Recreation will hold its next monthly meeting on Thursday, October 12, 2017, at 5:00 p.m. The meeting will be held in the Brevard Room at 518 South Palm Avenue in Titusville. The public is invited to attend.

The Brevard Room is located in a building on the north side of the parking lot behind the Brevard County Government Center-North.

For questions call Jeff Davis at 264-5105.





1412 South Hopkins Ave.

321-264-1878

Titusville, FI 32780

#### Good Day! by Maureen Rupe Good Dav!

#### **Development and the Indian River Lagoon**

I was looking at the North Merritt Island zoning request by the Crisafulli family increasing density and so close to our lagoon.

17PZ00072 Crisafulli Enterprises, Inc. (Bud Crisafulli) requests a change of classification from BU-1 and AU to RA-2-4 limited to 48 units in a Binding Development Plan (BDP), 11 blocks of townhouses on 12.85 acres located on the SE corner of Porcher Rd. and N.Courtenay Pkwy.

I then sent the email below to the County Commission:

Subject: August 3rd Planning and Zoning Meeting

Honorable Commissioners,

On Thursday, August 3rd, the Brevard County Commission is reviewing a number of agenda items that are increasing density on development locations, such as 17PZ00072 Crisafulli Enterprises, Inc. and 17PZ00005 Droor Assoc/ NAJJAD, Inc. Why are we spending hundreds of millions to help storm water runoff, while at the same time doubling or tripling the allowed

development on an acreage, without mitigation impacting all the positive things we are doing to to strengthen storm water requirements for that property? As the residents of our County have recently passed an ordinance to tax ourselves to clean up the lagoon, we should be particularly concerned on whether we are close to the negation threshold the increase in density is having on our total nitrogen or total phosphorus intake to the lagoon.

We already know what we were doing was not sufficient to prevent our lagoon from a slow demise, which is why we are spending over \$300 million on a number of projects to try to correct the situation. Shouldn't we be looking at the county's Comprehensive Plan to make sure what we are doing is not negating the restoration of the lagoon? I'm sure our county staff can determine the projected runoff for a developed property, and can determine the projected increase in runoff based on doubling or tripling the development of a property would be. We should be able to determine the projected total nitrogen and total phosphorus due to the amount of growth in Brevard County overall, or even part of the county. We must determine at what point we could be

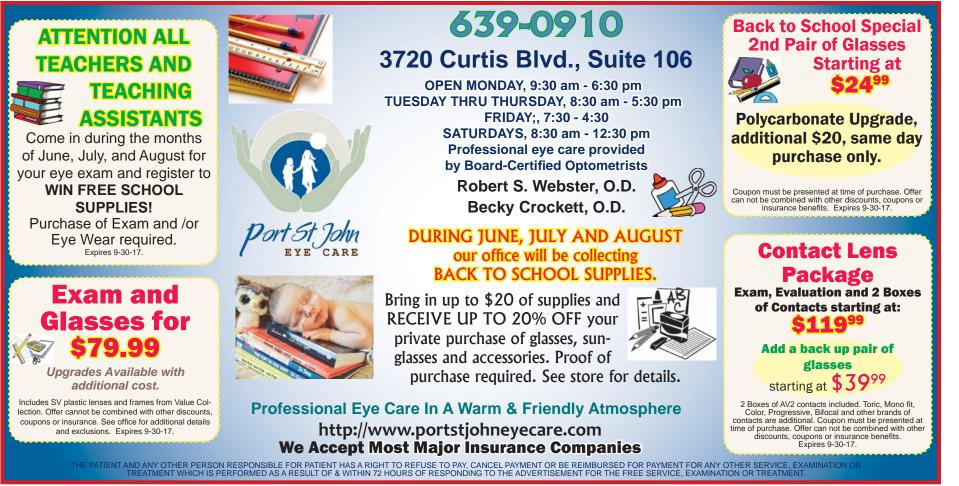
save the lagoon.

Cheerio,

Maureen Rupe

The Referendum to clean the Lagoon passed in every precinct in Brevard County. This "will of the people" is a mandate. That didn't seem to matter as the change passed 5-0, even though without knowing what the increase in density will do to the lagoon. The pleas by myself and others, including both Merritt Island Home Owner Associations at the meeting, to look at the Brevard County Comprehensive Plan and Future Land Use Maps (both tell how we plan to develop the county) fell on deaf ears.

Per Chapter 73C-49 of the Florida Administrative Code, Brevard County is required at least every seven years to review the Comprehensive Plan for updates. They are supposed to make updates this year, but almost no changes are currently planned, and there are no committee meetings planned, even though there were changes for Merritt Island in 2014 for Flood Plain Management, Stormwater Volumes and Septic Tank Criteria. The Save Our Indian River



Lagoon Project Plan even stated in Section 5.1: "However, the scientist continued to voice concern about the restoration of the Indian River Detail Meeting.aspx?ID=1467 Lagoon (IRL) in the absence of regulatory reform needed to prevent new development from adding more septic system and stormwater pollution to the lagoon. Therefore, updated regulations are needed as a complement to this plan to ensure timely and sustained success in restoring health to the IRL." How obvious is it that does Brevard County needs to listen to their own documents?

The environmental community promised the taxpayers we would monitor the Indian River Lagoon Tax. This "business as usual" brought by developers to increase zoning densities must stop. This is not to stop development all together, but if someone wants to change zoning, we should understand how that change will impact the lagoon. We can't just say everything is to stay on their property, especially if the lay of the land, or ground water flow moves contamination towards the river. We must put protections in place that prevent any extra contamination, or all we are doing is keeping up with new development and will never make our lagoon cleaner.

#### Reference:

http://brevardcountyfl.iqm2.com/Citizens/

http://www.brevardfl.gov/docs/defaultsource/natural-resources-documents/saveour-indian-river-lagoon-project-plan-update. pdf?sfvrsn=2

#### **The Guardian Brevard**

Many thanks to Protect Our Children, the group that spends time and energy to do all they can to protect our children from predators. If you would be willing to support, please send a donation to www.brevardkids.org. The state law has not changed. If a predator has been living next to you for a number of years before they are convicted, they can carry on living in the same house even though they are a threat to the children living around them. They can continue living next to a school, next to a park, or have children living all around them. This is not good for the community.

From Issue 64, Volume 22, Spring, 2017. All areas of Brevard seem to have had an increase of child molesters. The two Titusville zip codes have 77 names listed. West Cocoa's 32926 has 74

names listed. Frontenac and Port St. John have identified 47 individuals listed.

All of the names and addresses can be viewed at https://brevardkids.org/wp-content/ uploads/G-64.pdf.

Ed. Note: A name alone is not reason to think vou know an offender. Some names are common, some are less. Remember that legal age teens and 17-year old partners is illegal. Do your research before you ass-u-me someone is guilty.

#### **Dolphins Facing Issues in Indian River La**goon

An August 17 Orlando Sentinel story by Kevin Spear titled, "Dolphin dangers on the rise in Brevard County's Indian River," is focusing on illegal feeding of dolphins and an increase of dolphins being injured by hooks and lines. The increase in dolphins being injured by lines and hooks is thought to be caused by people illegally feeding dolphins. Cheryl Munday, National Oceanic and Atmospheric Administration, says "a fed dolphin is a dead dolphin." According to the article, "Munday said when dolphins are fed, they lose their fear of people and rely on handouts,

(continued, next page)

### You can't afford to buy a funeral you can't afford

Our family is at your service 24 hours of every day. Allow us to assist you in containing funeral and memorial costs to suit your needs.

~ Cary Troxel & family







6825 N. U.S. Hwy #1 Port St. John Cocoa, FL 32927

.....

#### Good Day!, cont.

or will hang around shorelines and boats where people are fishing, stealing bait and hooked fish." What they are doing to stop this bad practice is putting up educational placards along all public boat ramps, docks and piers in the Indian River Lagoon. The article states there are sixty dolphins found dead in the Indian River Lagoon each year from disease, and 10-15% have line or hook injuries. Seven so far this year seemed to have died from hook and/or line injuries.

Many may not know, but it is illegal to feed or harass wild dolphins. According to the National Oceanic and Atmospheric Administration website:

"If prosecuted for violating the Marine Mammal Protection Act, civil or criminal penalties could include:

• Civil penalties up to \$11,000.

• Up to 1 year in prison plus criminal fines.

• Forfeiture of the vessel involved, including penalties for that vessel up to \$25,000.

Reference:

www.orlandosentinel.com/news/os-dolphindanger-federal-protection-20170814-story.html

www.nmfs.noaa.gov/pr/dontfeedorharass.htm www.visitflorida.com/en-us/things-to-do/ outdoors-nature/20-places-swim-with-dolphinsflorida.html

My Thoughts:

When I came to America over 40 years ago, I felt a comfort, even before I left the airport. Wherever I went, I was greeted like a long-lost relative. Everyone was extremely kind and good natured. I couldn't wait to be officially an American. I noticed and wondered why, for a country made up of immigrants, seemed strange that "American" came after the country of birth or ancestry, such as African American or Italian American. I wondered why the "American" shouldn't be first and foremost; why even say anything about the past? Why not "I am an American." Then, when asked about roots..., enter a good-natured conversation.

I am very aware how times are changing, with talk about a pure race. About six weeks ago, I had my DNA tested and had a shock. The village my father, grandfather and ancestors had lived at least 600 years was thought to be Anglo Saxon, as when a new development was in construction,

a Saxon village was found. The artifacts were in amazingly good condition and can be found in the British Museum. I was convinced I was Anglo Saxon.

Shock - I am predominantly Scandinavian/ Viking. Only 22% Anglo/English, various small percentages of Scot, Welsh and Irish; with a small % of Iberian (Spain), and Greek. NO SAXON (Germany), not even 1%.

Well, I am certainly not "pure" anything. I doubt very much in a world that is now so attainable, is anyone? We are all the same species; why is that not enough?

> Cheerio, Maureen rupe32927@earthlink.net

Yuck, yuck. Randy Rodriguez is predominately Scottish. As if you couldn't tell by the frequent sunburns.

#### | How do you reach 12,000 homes in | Port St. John & Canaveral Groves? Happenings has prices for every budget.

Call Randy at 633-7499 We take VISA & MasterCard

What will happen to your family and your savings if you require long-term medical care?

Schedule your personal Medicaid Planning Consultation with Allender and Allender.

> 321-269-1511 AllenderLaw.com TITUSVILLE • COCOA BEACH • VIERA





#### I can help you protect your family and save money too.

With the Allstate® Auto/Life Discount, you can save on auto insurance when you protect your family with life insurance. I'll make it easy to get the quality coverage you need at an affordable price. So why wait? Call me today to put your family in Good Hands®





Insurance, discounts and savings subject to terms, qualifications and availability. Discount and availability varies by state and product line. Allstate Frie and Casualty Insurance Company. Life insurance issued by Allstate Insurance Co., Northbrook, IL, Lincoln Benefit Life Co., Lincoln, NE and American Heritage Life Insurance Co., Jacksonville, FL. Northbrook, IL. In New York, Allstate Life Insurance Company of New York, Hauppauge, NY. © 2013 Allstate Insurance Company

#### **Titusville Playhouse**

Some great shows are coming this year. It's time you went on a date or a gathering of friends to see what's going on. Here's the answer for the next two months.

#### Shrek, The Musical – Rated G **August 18 – September 10, 2017**

Shrek brings all the beloved characters you know from the film to life on stage and proves there's more to the story than meets the ears. "Once upon a time, there was a little ogre named Shrek...." And thus begins the tale of an unlikely hero who finds himself on a life-changing journey alongside a wisecracking Donkey and a feisty princess who resists her rescue. Throw in a short-tempered bad guy, a cookie with an attitude and over a dozen other fairy tale misfits,

and you've got the kind of mess that calls for a Richard O'Brien's The Rocky Horror Show, a real hero. Luckily, there's one on hand... and his name is Shrek.

#### The Addams Family – Rated PG **September 22 – October 15, 2017**

In the kooky, upside-down world of the Addams Family, to be sad is to be happy, to feel pain is to feel joy, and death and suffering are the stuff of their dreams. Nonetheless, this quirky a \$2 discount) family still has to deal with many of the same challenges faced by any other family, and the spookiest nightmare faced by every family, the Addams kids are growing up.

#### The Rocky Horror Show, LIVE ON STAGE Oct 20 – 29, 2017 – Rated R

The Rocky Horror Show is better than ever-LIVE ON STAGE at the Titusville Playhouse!

musical that inspired the 1975 classic cult film. The Rocky Horror Picture Show follows innocent couple Brad and Janet as they seek shelter at a mysterious old castle on a dark, stormy night.

Ticket Prices - MainStage shows:

\$29 Orchestra\* \$25 Balcony\*

(Students, Military and Seniors 60+ receive

2nd Stage shows:

\$20 General Admission\* (No Discounts)

\*Prices above include all service fees.

No refunds, all ticket sales are final. Requests for exchanges for the same production must be made 48 hours prior to performance.

Groups of 15 or more, please contact the office at 321-268-1125 for group rates and discounts.







Imagine a child who, for the most part, has the hopes and dreams of a typical ten year old. However, the odds in life are stacked against this child, since mom is working to make ends meet as a single parent, or a responsible guardian may not be present. This child may often have little food in the house, or they may be homeless. Children who are eligible for free breakfast and lunch at school can find that lunch on Friday is their last real meal until returning to school on Monday morning. That is almost 70 hours without nutrition.

It's common knowledge among teachers that kids coming to school hungry on Monday are more prone to behavioral outbursts due to hunger. Research shows these children will also test 17% lower in math skills, are sick more often, and take longer to recover because of poor nutrition. Over 50% of students in Brevard County are eligible for the free or reduced lunch program at school. This statistic is important because this is the key indicator for hunger and poverty in a geographic area. Currently The Children's Hunger Project serves 1,500 children each weekend.

FEED 500 Campaign The Children's Hunger Project is proud to announce that we will be feeding even more local children during the 2017-18 school year. Because of the support of so many, we are able to increase to over 1,600 children who will receive a package of food to ensure that they do not go hungry over the weekends. your doors and do your 'homework.' We are also increasing the number of schools to 39 elementary schools throughout the county.

But the sad truth is that we need to be serving about 3,000. To address this unmet need we have launched our Feed 500 Campaign. For just \$12.50 each month you can feed a child for the entire school year on the weekends. That is just \$.42 a day, or the price of a couple of coffees or fountain drinks a month. You can make your gift online or through the mail as a recurring donation. Challenge your friends and work associates to join this campaign. It will make a difference

in the lives of children in Brevard.

The Feed 500 Campaign will get us closer to making sure that children in Brevard County do not face hunger on the weekends.

Thank you for supporting, donating, volunteering and making our kids a beneficiary! YOU give hungry children in Brevard HOPE!

Since 2010, The Children's Hunger Project has delivered food packages every school week to elementary schools in Brevard County to help kids at risk of weekend hunger.



PORT ST. JOHN

**"WE WILL NEVER** FORGET"

This month marks another painstaking memory of 9-11 and its effects. It was the day most will never forget. It prompts so

many questions other than "Why?".

- How ready would you be if there was an actual emergency? Do you have operable, FULL fire extinguishers? Are you armed and are your guns in a safe place?

- Do you have an adequate escape plan at home, work and school; and how often are practice drills to help keep you and your family safe?

- Do you have a plan in place if you were to get separated? Do you have insurance?

- Do you know what's going on in your neighborhood? How are you doing on 'assurance'?

We can never predict when a disaster or situation may occur, but it's good to have a plan of action and be prepared.

Prevention is priceless. Never forget! Lock

Next month will be our NEW MEMBER ROUND UP and BLOCKTOBERFEST, where folks are encouraged to chat with their neighbors and maybe even have a "Pre-Halloween Potluck" where you visit the neighbors and enjoy some tasty treats. Maybe even a 'Mystery Meet' at a local public place somewhere!

Be safe this LABOR DAY, PATRIOT'S DAY, and EVERY DAY. Find me on Facebook and get updates on meetings and such. You know I'm watching out for my neighbors!

-Neighbor Nell

The PSJ United U12 boys are gearing up for the fall season. They finished 1st in their GCF league division. Here are the boys in action.





#### **Local Phone Scam**

Be aware of a phone scam going around where individuals are calling local residents pretending to be from various local financial institutions. If you receive a phone call from someone claiming to be from your bank or credit card company, do not provide them with any personal or accountrelated information.

Most banks and credit unions will not initiate a call to you requesting account-specific information such as your Online Banking user ID and password, account number, credit card number, debit card number, or balances on your accounts.

If you receive a call from anyone claiming to be from your bank requesting personal information, hang up immediately and report the phone number and incident to your lender.

If you are uncertain or pressured by the caller, ask for a number to call back, hang up, call your local branch directly and speak to a customer representative. Do Not get the phone number of your bank from the caller, but do give your bank representative the phone number that the caller gives you.

Then call law enforcement.

#### **Blessing of the Animals**

If you're a pet owner, you already know how much they bring to your lives. Why not have them blessed for providing us with unconditional love? Join us as we celebrate the Festival of St. Francis of Assisi. Conducted in remembrance of St. Francis of Assisi's love for all creatures, a procession of animals, from dogs and cats to hamsters and even horses, are welcome for a special ceremony called the Blessing of the Animals, on Saturday, September 17th, 10:00 a.m. Father Gary Jackson of St. Mark's Episcopal Church, Cocoa Village, will officiate the Blessing of the Animals. All pets are welcome on a leash or in members. appropriate carriers.

The Brevard Kennel Club will also be in attendance with members and their beautiful dogs who will provide a Meet the Breeds presentation.

After the Blessing, City of Cocoa officials will perform a special ribbon cutting promoting the fact that Cocoa Village is officially "Pet Friendly." Maps will be distributed indicating Cocoa Village "pet friendly" merchants that have MASC is located at 1025 S. Florida Ave., Rocka red "paw" in their windows and the locations of "pet duty stations" throughout Cocoa Village.

All donations will benefit the Florida Wildlife Hospital & Sanctuary, Palm Shores, Florida, a 501(c)(3) non-profit organization dedicated to Florida's wildlife in need.

#### Martin Andersen **Senior Center Dances**

Martin Andersen Senior Center will host a Singles/Couples Ballroom Dance on Saturday, September 9th. Doors open at 6:30 p.m. and dancing begins at 7:00 p.m., ends at 10:00 p.m. Free snacks, BYOB. Music will be provided by

Steve. The cost is \$6; \$5 for

MASC will also host a dance on September 23rd. Doors open at 6:30 p.m. and dancing begins at 7:00 p.m., ends at 10:00 p.m.



Free snacks, BYOB. Music will be provided by Steve. The cost is \$6; \$5 for members.

Adults of all ages are welcome to our dances. ledge. Call Martin Andersen Senior Center at 321-631-7556 for more information.



#### Monthly Tax Update

Now is the time to create or make plans to fund your Individual Retirement Arrangement (IRA). This means you may have questions about IRAs and your taxes. Here are some IRS tax tips about Are you aware there are business tax guides saving for retirement using an IRA:

Age rules: You must be under age  $70\frac{1}{2}$  at the end of the tax year in order to contribute to a traditional IRA. There is no age limit to contribute to a Roth IRA.

Compensation rules: You must have taxable earned wages to contribute to an IRA. This includes income from wages and salaries and net self-employment income. It also includes tips, commissions, bonuses and alimony. If you are married and file a joint tax return, only one spouse needs to have compensation in most cases. The timing of your contribution is also important. You can contribute to an IRA at any time during the year. To count for 2017, you must contribute by the due date of your tax return. This does not include extensions. That means most people must contribute by April 15, 2018. If you contribute between Jan. 1 and April 15, make sure your plan sponsor applies it to the year you choose (2017 or 2018). There are also contribution limits. The most you can contribute to your IRA (Roth or Traditional) for 2017 is the smaller of your taxable compensation for the year or \$5,500. If you will be age 50 or older at the end of 2017, the maximum you can contribute increases to \$6,500 or earned wages. The \$5,500 or \$6,500 is the maximum contribution allowed to your Roth, or your Traditional, or if you contribute to both added together. If you contribute more than these limits, an additional tax will apply. The additional tax is 6 percent of the excess amount



you contributed over the permitted amount, unless you recharacterize the contribution before April 15, 2018.

Let's change gears now to a business thought. available from the Internal Revenue Service (IRS) website? These are called Audit Techniques Guides (ATGs). These guides help IRS examiners during audits by providing insight into issues and accounting methods unique to specific industries. While ATGs are designed to provide guidance for IRS employees, they're also useful to small business owners and tax professionals who prepare returns. ATGs explain industry-specific examination techniques and include common, as well as, unique industry issues, business practices and terminology. Guidance is also provided on the examination of income, interview techniques and evaluation of evidence. So they may be helpful for business and tax planning purposes. Go to irs. gov and do a search for "audit technique guides" and click on the link. You'll find guides covering a number of different businesses from child care to construction to farming and to ministers. These provide how the auditor is to examine income, expenses, depreciation, special sections in respect to the type of business, and other important factors they are required to verify. Understanding

these guidelines may assist you to be compliant and stay within the audit guidelines.

This is very brief overview. For details and specific assistance in applying the general information in this article, call us at your earliest convenience or contact your tax advisor. Provided by Tracey C. Higginbotham, E.A., (321) 632-5726, a member of the National Society of Accountants.



#### **Operation Christmas Child**

First Baptist Church of Port St. John will be a drop off location for shoeboxes again this year!

Never heard of Operation Christmas Child? This is a ministry started by Franklin Graham and Samaritan's Purse. Go to their website: http://www.samaritanspurse.org/what-we-do/ operation-christmas-child/

They also have a Facebook page.

You can use and fill any shoebox you have or we will have a limited supply of shoeboxes available at the church. National Collection Week will be November 13-20.

For more local information, you can call Ginger Platt at 321-403-5886, or First Baptist Church of Port St. John at 321-636-5455.



#### **COMMUNITY CALENDAR**

Alcoholics Anonymous meets in PSJ on Sundays at 5 p.m. and Tuesdays at 7:30 p.m. at 4797 Curtis Boulevard (St. Patrick's Church). Overeaters Anonymous meets in PSJ on Saturdays at 9:30 a.m. at the PSJ Library. Visit oaspacecoast.org for other meeting locations. Nar-Anon: Support group for those affected by someone else's addiction, meets on Mondays, 7:00 - 8:00 pm at 1st United Methodist Church, 825 Forrest Ave., Cocoa www.naranonfl.org. 9-4 Labor Day

9-5 Compassionate Friends Support Group meets the first Tuesday of every month at 6 p.m. in Cocoa Beach at the Lutheran Church of the Resurrection, 525 Minuteman Cswy. west of A1A, Fellowship Hall. Call 610-7875 for info.
9-6 American Legion Auxiliary, Unit 359, General Membership Meeting on the 1st Wednesday of each month, 6 pm at the Post Home, 7260 S. US 1, just north of PSJ. Call President Dorothy O'Rourke at 321-268-1632.

#### **9-10** Grandparents Day

9-10 Multiple Sclerosis Self-Help Group meets on the 2nd Sunday each month (except

#### Important Phone Numbers

County Commissioner -	264-6750		
Sheriff: Non-Emergency -	633-7162		
Fire Station 26 (Port St. John) 633-2056			
Emergency Operations Center 637-6670			
Waste Management -	636-6894		
Roadway Maintenance -	264-5084		
SCAT Bus Information -	633-1878		
Port St. John Library	633-1867		
PSJ Community Center -	633-1904		
Florida Power & Light -	723-7795		
City of Cocoa Water Dept	433-8400		
Parrish Medical Center			
Port St. John -	636-9393		
Titusville -	268-6111		
Atlantis Elementary School -	633-6143		
Challenger 7 Elementary -	636-5801		
Enterprise Elementary School 633-3434			
Fairglen Elementary School -	631-1993		
Campus Charter School -	633-8234		
Space Coast Jr/Sr High School - 638-0750			
Sexual Offender Registry -			
www3.fdle.state.fl.us/sexual_predators/			
	•		

Mother's Day & Nov.), 2 PM, Cocoa Library. 9-10 Word Weavers Space Coast, a critique group for Christian writers, meets the 2nd Sunday at 2:00 p.m. at the Central Brevard Library in Cocoa. Visitors are always welcome. Email angelagardnerwrites@gmail.com for info.

**9-10 Calling all Christian authors!** Dynamic writers group in Cocoa, Fla. offers training, critiques, and paid writing opportunities (2nd Sundays 2-4:30pm at Cocoa library). Contact D.P. Clarke at 1royaldy@gmail.com for more information. Print "Writers Group" in Subject.

#### 9-11 Patriot Day

**9-13 'Remembering Through Sharing'** - a support group for families that have experienced a pregnancy loss, stillbirth or loss of an infant. Meetings are 7 - 8:30 pm, 2nd Wednesday of each month at Cape Canaveral Medical Plaza. Call April or Jamie at 321-799-7151 for more information.

**9-14 Canaveral Groves Homeowners**, Inc. meets on the 2nd Thursday of each month, 7:00 PM in the Fellowship Room of Discovery Christian Church, 3925 Grissom Pkwy. in the Groves.

**9-15 PSJ Business Connections Luncheon,** sponsored by the Titusville Chamber of Commerce, meets on the 3rd Friday of the month at 12:00, PSJ Library on Carole Ave. Call Dennis Watkins at 267-3036.

**9-18 Moonport Modelers RC Club** meets at 6:30 pm, 3rd Monday each month at the N. Brevard Library, 2121 S Hopkins Ave., Titusville. For more info, call Wayne Mendez, 321-505-2361.

**9-18 Brevard Women's Connection** meets at Space Coast Convention Center (Holiday Inn Express) on Hwy. 520 from 11 am until 1 pm on the second Friday of each month. The program includes a luncheon plus an inspirational speaker. For more information, call Mary at 636-4713 or e-mail her at mdean44@cfl.rr.com.

**9-20 American Legion Post 359** meets at the Post Home at 7260 S. US 1 in Bellwood, (2 miles north of PSJ), 6:00 PM. All Legionnaires and new members are welcome. The Post meets on the 3rd Wednesday of each month. Please contact the Post at 268-1632 for assistance with your membership or information.

9-20 Rosh Hashanah Begins

**9-26 Moonlight Quilters Guild** meets at the North Brevard Library in Titusville, 2121 Hopkins Ave. on the 4th Tuesday of each month. Meet and greet & refreshments at 6:15, meeting at 6:30 usually followed by a program or guest speaker. Call 321-567-5424 for more info. **9-30 Yom Kippur** 

#### **Congratulations to:** Cooper Campbell turns 11 on the 1st. Liz Montes parties down on the 2nd. Teri Bynum is still the Queen on the 2nd. Corabeth Ridgely turns 14 on the 3rd. Derek Rickard turns crazier on the 3rd Mary Hornsby turns classier on on the 4th. **Diane Sangalang** rocks the day on the 10th. Michelle Walker dances all night on the 16th. Shane Orend turns 22 on the 16th. McKenzie Mounts turns 8 on the 17th! Jayme Hannon is the party girl on the 18th. Jennifer Brunet gets spanked on the 18th. Mitchell Hannon turns wilder the 20th. Carol Drabek turns more lovely on the 20th. Teresa Higginbotham parties wild on the 21st. Clovd Manuel will be a hot 71 on the 21st Belinda Crouse turns prettier on the 21st. Lincoln Unrue turns 1 on the 22nd. Naomi Beasley turns cuter on th 22nd. Vance Gaddy and Charles Samples party down on September 22. Kyle Troxel turns cooler the 24th.

Kathy Patterson gets kisses on the 24th. Brooke Brunet turns hotter on 27th. Henry Snavely turns 5 on the 28th! William Taylor turns 69 on the 28th Colton Orvis turns 20 on the 30th.

**Sam & Keri Weeks** celebrate **23** happy years this month.

24 happy ones for **Sandy & Joe Thomas** on the 4th. And a late Happy 51st to Joe! **Ronni & John Hansen** celebrate **25** happily married years on the 5th.

**Steve & Lisa Sweeney** celebrate their 19th anniversary on the 19th.

**Aaron and Sharon Hightower** celebrate their 31st anniversary on the 20th.

**Olivia and Ryan Brackin** on their 1st Wedding Anniversary on September 23rd! God Bless you and may you have many years together!

We have lots of room for more good news. Email your inputs to happenings1@att.net.



#### PRIMARY CARE and OB/GYN PROVIDER LOCATIONS

5005 Port St. John Parkway Port St. John, FL 32927

250 Harrison Street Titusville, FL 32780

390 Challenger Road Cape Canaveral, Fl 32920

#### SCHEDULE AN APPOINTMENT TODAY

. . . . . . .

Call 321-268-6PMG (6764)

Online at parrishmedgroup.com

# Choose the healthcare experts at Parrish Medical Group.

- Board certified physicians
- Timely appointments and online scheduling
- Access to the Mayo Clinic Care Network
- Access to the Parrish Healthcare Integrated Care\* Network
- Recipient of the highest level of certification as a Patient-Centered Medical Home by the National Committee for Quality Assurance
- \* First and only in the nation to be Integrated Care Certified by The Joint Commission.



PARRISH HEALTHCARE

parrishmedgroup.com or call 321-268-6PMG (6764) to schedule an appointment.



# SPACE COAST PANTHE

#### **General Information**

The 2017 Spring Football and Cheer season is here and in full swing. Join us this season and become a part of the fun and excitement that is the Space Coast Panthers. Please come out and show your support for our community and the athletes. Check out our website for photos and information. While you are there take a look at our online store. Check out the T-shirts and memorabilia to help support the football players, the cheerleaders and the league.

#### **Upcoming Functions**

Upcoming games for The Panthers: - Saturday September 9th Viera Hawks @ SCP (662 Canaveral Groves Blvd., Cocoa) - Saturday September 16th SB Seahawks @ SCP (662 Canaveral Groves Blvd., Cocoa) - Saturday September 23rd SCP @ West Melbourne (3390 Flanagan Ave., Melbourne) - Saturday September 30th Sebastian Sharks @ SCP (662 Canaveral Groves Blvd., Cocoa)



#### **Board Meetings**

Space Coast Panthers general board meetings are held weekly, currently every Tuesday at 8:30 pm. Tentative dates for our meetings in September are the 5th, 12th, 19th and 26th. Everyone is welcome to come out and attend our meetings to add input and help shape our league. Make sure www.SpaceCoastPanthers.org. Contact Josh-



to check our website for updated dates and times for all meetings and upcoming functions. **Business Partners Wanted -**

Check out our website for a list of sponsor packages to help get the word out about your business and help the community at the same time. Need to receive substantial exposure for your business? Want to make a positive impact on the youth in our community? Could you benefit from a tax deduction? We are always accepting new sponsors and we have a plan to meet your needs!

Sponsorship forms are available online,

ua Skorude via email for more information at joushuascpanthers@hotmail.com.

For more information: www.spacecoastpanthers.org

https://www.facebook. com/SpaceCoastPanthers https://www.facebook. com/CoastPanthers







# Family Field Day

The Panthers' sponsored a Family Field Day at the First Baptist Church of PSJ. The day included demonstrations and other participants that included

Port St. John Black Belt Academy, Jungle Adventures, Friends Of Hart, Zumba of Port St. John and Riley Taylor, Magician. Here's an idea of how the day went, so you don't miss it next year.

Want a head start for next year? Call Tia Mahan, Space Coast Panthers Vice President, Cheer Coach, at 321-759-2615.

Visit the Panthers online at www.spacecoastpanthers.org, Facebook: https://www.facebook. com/SpaceCoastPanthers or https://www.facebook.com/CoastPanthers.















#### JPMF Recognizes Zumpano Patricios & Winker P.A. for \$100,000 Signature Gift

Jess Parrish Medical Foundation recently held a recognition ceremony to thank Zumpano Patricios & Winker P.A. (ZP&W) for their signature gift of more than \$100,000 toward various healing projects focused on future generations. Over six years ago, ZP&W made their first donation to The Children's Center and have continued supporting this program and many others to provide brighter futures for the next generation. Because of their gifts, children with and without special needs are receiving services so they can be more successful in school.

ZP&W was a major contributor to the Boy Scout Community House renovations in Mims, FL. Thanks to them, the Scouts now have a safe, healing environment to learn and grow through a program that builds character, trains Scouts in the responsibilities of participating citizenship, and develops personal fitness.

Not only has ZP&W supported our children and Boy Scouts, but they have also supported our young teens through a program called Sources of Strength, which teaches teens to identify strengths in their lives and how they can use those in times of need.

Through a combination of passion and compassion, ZP&W is making the lives of children



Gene Sego, Misty Wilson, Joseph Zumpano, Leon Patricios, Herman Cole and George *Mikitarian pictured in front of ZP&W's signature glass tile.* 

and families in our community better, stronger dation. "When I look at their signature tile, it and healthier. Their hearts led them to reach out to help others and it's truly an inspiration to all. During the ceremony, they were recognized with



"It has been an honor to work directly with ZP&W, and see their passion for children and youth through their generosity," said Misty Wilson, director of Jess Parrish Medical Founrepresents all the youth in our community served and not passed by; children with special needs and those without."

If you would like to learn more about how you can make a difference, please call Jess Parrish Medical Foundation at 321-269-4066 or visit parrishmedfoundation.com for more information.



PMC President/CEO George Mikitarian presents Joseph Zumpano and Leon Patricios with a replica of their signature glass tile.



Joseph Zumpano, PMC President/CEO George Mikitarian and Leon Patricios pictured with kids at The Children's Center.

# Life Moves

# Your Hips Our orthopedic team gets you back to what moves you work, play and daily living.

Don't let chronic hip pain slow you down. Our expert team of care partners are trained in the newest joint replacement techniques and maintain an impeccable quality and patient safety record. Our advanced anterior total hip replacement techniques speed your recovery time so you can get back to dancing in no time!

To find out if anterior total hip replacement is right for you, schedule a consultation appointment today.

Call for your appointment: 321-633-8660



parrishmed.com/orthopedics Healing Families—Healing Communities®

#### Rose's Room

#### ~ Rose Padrick

Dreaded words... "I'll do everything; you won't even know it's in the house." "I'll feed it, water it, brush it and pick up after it, nothing left for you to do."

Any mother's hands will automatically find her hips, lips automatically form, "Absolutely not!" and feet will find their way out of the room to circumvent the inevitable, "I never get anything I want!" uttered one octave above fingernails on chalkboard.

Any wife's hands will automatically find her hips, lips forming much more adult words, and feet will find their way anywhere out of earshot to circumvent the inevitable, "That's exactly what I said when you mentioned getting a cat!"

With fifty-two years of experience behind me I was able to acquiesce to obtaining another four-legged family member without revealing that my cat's vet said an animal in his condition (kidney failure) sometimes responds well to another animal in the house and it might result in a better appetite.

The twelve-pound bundle of energy came via the Sheriff Departments Paws and Stripes program. I was totally impressed by the care shown not only to the training of the dogs but training us humans, also. The extra effort put into making sure we were likely to be kind and a good fit for the dog was above and beyond, in my opinion, not to mention the dogs are saved from the shelter. Everyone involved in the program certainly deserves a large, "Good Job!" and extra-large Dove bar.

Coming to us already tagged, shot, chipped and minus two small body parts, he listened

 Higginbotham
 Licensed &

 Image: Service
 Image: Service

 State
 Image: Service

 State
 Image: Service

 State
 Service

 State
 Image: Service

 State
 Service

 Service
 Service

 <

attentively while I explained my husband and the cat are his co/owners... Anything he should need comes from them – usually the one with thumbs – that I am not to be involved in his care and feeding... then sneezed, licked my face and settled down at my feet. the whole day and part of the night; looking for a blue blouse; keeping an eye on the 'playful little pup' while I search for the cat who finds new places to hide when he smells food; finding my shoes – in the living room?; placing the cat on my bed in the vicinity of the food bowl;

The stage was set... My walking partner had surgery, the dog's human co-owner kindly offered him for my evening walks. The dog decides nature is calling the moment Life Below Zero comes on TV and his feline co-owner kindly leaves my lap to allow me to go watch. (Also so he can take over the dog's crate while I'm not looking.) The cat still refused food. The dog's human co-owner kindly offered to allow me to feed him so he could eat in the same room as the cat (just to see if that helped). It didn't.

Like most working 'mothers' I have limited time to become at least presentable enough that my co-workers don't send e-mails to the manager mentioning a 12 Step Program. It used to be a lot easier. because I'm not there to cheer him on; chasing the dog back into the kitchen; remind his 'owner' to make sure he picks up the cat's bowl before he lets the 'playful little pup' on the porch; race to car hoping I have applied makeup; race back

The feline co-owner is evidentially a tad heavier in the gray matter department, as it wasn't him that asked if I was enjoying 'the Playful Little Pups' cute antics. Fifty-two years of experience told my husband that my wide eyed stare was not a result of winning a lottery.

I (not so quietly) explained if by playful antics you mean: pouring the dogs food; picking up the small hard things that bounce when they hit the counter; putting his food bowl in a corner of the kitchen; mixing the cat's food; taking the cats bowl to my bedroom; placing the bowl in the middle of my bed so the 'playful little pup' doesn't push the cat aside and inhale the whole bowl – thereby insuring many trips outside for



a blue blouse; keeping an eye on the 'playful little pup' while I search for the cat who finds new places to hide when he smells food; finding my shoes – in the living room?; placing the cat on my bed in the vicinity of the food bowl; attempt to convince him he will feel better if he eats something; search for tan pants, hoping they are ironed; convincing the cat that just because the 'playful little pup' is nose height with the bed and staring at her food bowl doesn't mean he will jump up and eat the food; take two steps into the bathroom to find comb; chasing the 'playful little pup' off the bed and back into the kitchen where his own bowl sits half empty; running said comb through my hair; carrying the cat and his food bowl to the porch where he will totally ignore it because I'm not there to cheer him on; chasing the dog back into the kitchen; remind his 'owner' to make sure he picks up the cat's bowl before to car hoping I have applied makeup; race back in the house to grab my keys and stop to give said 'Playful Little Pup' a big hug just because he's so darn cute; his two legged co-owner also. Sometimes.

Welcome home, Wags!

For more info about the Stripes and Paws program, visit:

www.brevardsheriff.com/home/how-do-i/ request/paws-stripes/

#### **Central FL Accordion Club**

The Brevard Chapter of the Central Florida Accordion Club (CFAC) holds its regular meeting the last Sunday of every month. Members and guests are invited to play accordions or other instruments.



The next show will be held on Sunday, Sep-

tember 24th, 2:00-5:00 p.m. at Elks Lodge #1532, 315 Florida Ave, Cocoa. The event is open to the public. Admission is free.

CFAC is a Not-for-Profit Florida Corporation, and is tax exempt under Section 501c4 of the Federal Tax Code. The club is dedicated to promoting the visibility and value of the accordion as a multi-cultural musical instrument in Central Florida. For more information, contact Rod Hall, 866-455-2322.



You are invited to the first monthly Bark Brew Fest presented by Tails at the Barkery and the Dirty Oar Beer Company on Saturday, September 2nd, at the Dirty Oar Beer Company from 5:00 p.m. to 7:00 p.m. in Cocoa Village. Bring your canine companion, sip your favorite libation, enjoy scrumptious food, and join

everyone for an evening of fun including a 50/50 drawing and raffle baskets.

All proceeds go to benefit the greyhounds rescued by God's Greyts Greyhound Group, www.godsgreyts.com, a 501c3 nonprofit, family-friendly adoption group dedicated to the placement of retired racing greyhounds into loving, qualified and caring homes.

All pets must be on a leash (or in appropriate carriers) and have current vaccinations and tags for the safety of our animals and friends. For more information, contact God's Greyts Greyhound Group, (407) 578-7496 or Pam Shaia at Tails at the Barkery, (321) 305-4584 or Dirty Oar Beer Company, (321) 301-4306.

#### Crafters' and Vendors' Day

The Titusville Elks Lodge, 2955 Columbia Blvd., will host a Crafters' and Vendors' Day on Saturday, September 16th, 8 am - 2 pm.

Sandwiches, donuts and drinks will be available for purchase. Admission is FREE. The public is welcome to come and enjoy the event.

Table rental is \$15 for 1 table or \$25 for 2. Contact Marilyn at 269-7673 for more information or to reserve tables. How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?

#### ELKS LODGE #2113

2955 Columbia Boulevard, Titusville, FL

#### The Central Florida Rat Pack With "Marilyn Monroe"



Saturday, October 7, 2017 Door Open @ 5:30 pm, Showtime @ 7 pm Public Welcome!

\$20 pp – Regular Seating \$30 pp – VIP Seating

Randy Rodriguez

321-631-2128

Cell: 863-7499

Hot & Cold Hors D'Oeuvres 50-50 Raffle Inexpensive Cash Bar

Sell-Out Expected! Purchase Tickets Early at Elks Lodge #2113 For More Info, Call (321) 268-2113 or (321) 213-1135 Professional Photography by Peter Gould Photography

BERKSHIRE HATHAWAY HomeServices

The Property Place

## Mortgage Rates Are Rising. It's time to buy!



Sunrise Landing Condo 2 BR / 2 Bath /\$129, 900

This clean, lovely top floor unit in Sunrise Landing has a northeast view of Indian River and the launch pads at KSC. Great fishing from the pier or wade out, enjoy the pool and tennis courts. Sunrise Landing is well maintained and manicured. \$1,800 carpet allowance for buyer.

#### Need Your Home Sold? Call Me!

#### Corner Lot - Canaveral Groves Paved on one side \$39, 900

Great looking corner lot, partially cleared. Mango is paved, Orleans is not. Small area of wetlands on property. Survey shows location. Environmental Survey done and attached. Docs say Mango address because address was assigned after the Enviro Survey.

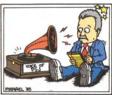
#### The Voice of Happenings!

For Rent 2006 4 BR, 2 Bath home 2 car garage, porch \$1,300/mo. Call 321-863-2920

#### Commercial Lot on Kings Hwy. Port St. John Only \$50,000

85' x 150' Commercial lot zoned BU1-A vacant commercial lot in a good location on Kings Highway between US 1 and the railroad tracks.

Ready to start your own business? Cleared, fenced on 3 sides. Electric, cable and telephone service available. High traffic count with shopping plaza nearby.



#### Prototype Beef O'Brady's Coming To PSJ Here are some photos of what the new Beef O'Brady's is expected to look like. There is a more modern look, especially the bar area, and it will

Here are some photos of what the new Beef O'Brady's is expected to look like. There is a more modern look, especially the bar area, and it will include a party room for special events. In the meantime, if you're looking for a job, put in an application at the Beef O'Brady's on Garden St. in Titusville.



#### **Port St. John Public Library** September Calendar of Events (321) 633-1867

Mon., Tues., Fri., 9 am - 5 pm; Wed., 12 – 8 pm; Thurs., 10 am – 6 pm; Sat., 10 am – 2 pm

#### The library will closed Monday, September 4 for the Labor Day holiday.

**Master Gardener:** Mondays, 2-4 pm. Bring problem plant sample.

**Yarning for a Cause:** Mondays, 10 am-1 pm. **Writing Your Story:** Mondays, 2-4 pm. Bring a notebook and writing utensil.

**Senior Games:** Tuesdays, 11:00-3:00 pm. Card games, Rummikub, Dominoes, etc. Bring your favorite game and lunch or a snack.

**SHINE -** Serving Health Insurance Needs of Elders: Tues., Noon-3:00 and Weds, 1-4:00pm. Counselors assist seniors and the disabled with Medicare and Medicaid questions. Call for an appointment time 321-222-7981.

**STIR -** Story Time for Independent Readers: Thursdays, 3:30-4:30pm. 1st grade and up. Preregistration required.

**Story Time:** Fridays, 10:30. All ages welcome. **Yarn Club:** Fridays, 2:00-4:00 pm. Knit, crochet and needle arts. Sit, talk and create. All ages and abilities welcome. Want to learn? We can help! **Overeaters Anonymous:** Saturdays, 9:30-10:30.

#### **Meetings and Events:**

Sept 6, 4-5:30 pm Financial Education presented by Wells Fargo
Sept. 6, 5:30 pm Adult Coloring Club
Sept. 9, 10 am-Noon Port St. John Pokémon Club
Sept. 11, 5:30 pm Port St. John Public Library Advisory Board meeting

- Sept. 13, 6:00 pm PSJ Special District Advisory Board Meeting
- Sept. 15, 11:45 am Titusville Chamber of Commerce
- Sept. 20, 1-3:00 pm Bookworms Adult Book Discussion Group
- Sept. 20, 6-7:45 pm Sunrise Village
- Sept. 23, 10 am-Noon Port St. John Pokémon Club
- Sept. 27, 6:00 pm Friends of the Library Membership Meeting

The next meeting of The Friends of the Library will be September 27th at 6pm. Come and join us!

# **FALL FESTIVAL** on Saturday, October 21st, 10am til 12 noon.

Sponsored by Friends of the Port St. John Library

Featuring the book, "Pumpkin Pumpkin" by J. Titherington. Costumes optional, crafts, treat bags, popcorn, donuts and a photo op with a scarecrow.



PMERICAN REGION

#### Legion Riders presents Bike Days at the Tiki

Post 359 - American

September 2, 2017, 1 - 5:00 p.m. Big Daddy Band is performing.

On The Grill: Burgers and dogs with fixin's - \$6.00. \$1 Jello and Pudding Shots.

Drawings, 50/50 and ALR t-shirt sales. Come play Cornhole or throw some shoes in our New Horseshoe Pit.

7260 S. US Hwy. 1 Bellwood (just north of Port St John), 321-268-1632.



#### Country Western Jamboree! Saturday, September 30th 6:00 pm -10:00 pm Shuler's 422 Julia Street Titusville

Tickets \$25 WomensCenter.Net 321- 543 - 3147

Western Attire Barbeque Beer, Wine & Shine Live Country Music Line & Square Dancing Wild West Photos Campfire S'mores Jail & Bail



CENTER

Sponsorships Available

#### The Lamp Stand

A monthly Church Bulletin Board for the community. Attend A Church of Your Choice!

#### **Blessed Sacrament Catholic Church**

5135 N. Cocoa Blvd., Cocoa, FL, 321-632-6333 www.blessedsacramentcocoa.org Saturday Mass, 4:30 pm. Sunday Masses at 8:30 AM & 10:30 AM Reconciliation at 3:30 PM on Saturdays

**Brevard Zen Center** 1261 Range Road, Cocoa, Fl Buddist Sunday Service 9:00am Meditation in the Zendo 7:00pm Calvary Baptist Church, 321-636-8056 1 1/2 miles south of 528 overpass, east side of US 1 Pastor Jay Frazier www.calvarybaptistincocoa.org Sunday Morning Svc. - 10 a.m. (nursery provided) Sunday Eve. Service - 6 pm, Wed. Evening - 7 pm Christ Central Church, 321-636-7671 2010 N. Cocoa Blvd., Cocoa ChristCentral51@gmail.com www.cocoachurch.org Bible Class: 9:00 – 9:45 AM Worship Service: 10:15 - 11:30 AM Christian Church at PSJ, 4645 Fay Blvd., Pastor Larry Sparrow, ccatpsj.org ccatpsj.org -- email: ccatpsj@rocketmail.com Sunday - Bible Study 8:30 a.m. Worship at 9:30. Wednesdays - Youth Group, 7:00 p.m. **Church of Jesus Christ of Latter-day Saints** 3000 South Street, Titusville Two Wards meet in this meetinghouse: Cocoa Ward... Bishop Kline Cocoa Ward Sacrament Meeting, 12:00 PM Titusville Ward... Bishop Newman Titusville Ward Sacrament Meeting, 9:00 AM **Coastal Community Church**, 639-7346 5795 Falcon Blvd., PSJ: coastalcommunity.net Services on Sunday, 9 & 10:45 am. Relevant and practical for your everyday life! Cocoa Presbyterian Church, 321-631-3956 1404 Dixon Blvd., Cocoa, cocoapc@att.net Sunday: Church school 9:15 pm/Worship 10:30 am Nurseries and Children's church Cocoa 7th Day Adventist Church & School 1500 Cox Rd, Cocoa, Pastor Amado Luzbet Church - 632-0640; School - 636-2551 www.cocoasda.org Saturday Sabbath School classes all ages, 9:45 am. Worship at 11:30 am; Wed. Bible Study, 7:00 pm. **Community Alliance Church** 321-639-1717. 4855 Fay Blvd., PSJ Sunday School (all ages), 9:30 am Sunday Worship 10:45 am and 6:00 pm. Wednesday Youth, 7 pm.

#### Tolerance of other faiths imparts to us a truer understanding of our own.

Pastor Bible Study, 6:00 pm

Covenant Life Fellowship (321) 639-7734 Non-Denominational - Pastor Jamie McIlwain 3770 Curtis Blvd., PSJ. Sunday Service, 10:30 am Wednesday Worship, 6:30 pm Day Spring Church, (407) 516-5767 4725 Fay Blvd., Kid's Service: Wednesday, 6:30 pm Service: Sunday, 10:30 am Prayer Time: Sunday, 6:30 pm Discovery Christian Church (321) 636-0316 3925 Grissom Parkway, Canaveral Groves Bill Thompson - Preaching Minister Sunday School - 9:30 a.m. Classes for all ages. Worship Service: 11:00 a.m. **East Coast Christian Center Cocoa Campus** 1855 Friday Rd., Cocoa. (321) 452 1060 **First Assembly of God** (321) 632-5228 3757 N. US Hwy. 1 Pastor Les Ray Sunday School, 9:30 am, Worship 10:30 and 6:30 pm Wednesday, 7 pm, Bible Study: Rainbows (3-4), Royal Rangers (boys 5-12), Missionettes (girls 5-12). Wednesday, 7 pm, Youth Group Fellowship. First Baptist Church of Port St. John (321)636-5455 3900 Fay Blvd., www.firstbaptistpsj.com Sunday School 9:15 Worship & Kid's Church 10:30 am. Adult Bible Study, 7 p.m. Wednesday Wednesday: TeamKids & Youth, 6:30-8 pm. Thrift Store Hours: M,T,Th,F, 10 - 4. W&Sat, 10 - 2 Food Pantry Hours: M & W, 10 am - 1 pm First Baptist Church of Cocoa (321)636-2868 750 Brevard Ave. in Historic Cocoa Village Worship 11 am & 6 pm, Sunday School 9:30 am Wednesday Service/Youth Praver & Share, 6:30 pm http://baptist1.com/church/fl/cocoafbc **First Free Will Baptist Church** Pastor Darrell "D" Miller, 795-4780. 5311 Barna Ave. Titusville 269-4033, 268-1705 Sunday School 9:00 am, Morning Worship 10:00 am Sunday Evening Service 6:00 pm First United Methodist Church, (321) 631-0183 Rev. David Charlton at 1165 Fay Blvd. Contemporary service - 9:00 am Sunday School - 10 am; Traditionaly Service, 11 am Wonderful Wednesday Worship, at 7 pm Senior (High) Youth & Jr. (High) Youth at 3 pm, Sun. Kingdom Kids, K - 5, meet at 3 pm. Sunday Frontenac Baptist Church (321)636-1369 5500 N. US Hwy 1 Pastor Michael Franzone Sunday School - 9:30 a.m. Morning Worship - 10:27 a.m.

Wednesday Evening Services, 6:30 pm weekly. Glory of God Anglican Church (321)632-6812 3735 N. Indian River Dr., Reverend Paul W. Young Sunday service at 9:30 a.m. **Good Shepherd Lutheran Church** 2073 Garden St., Titusville, 321-267-4323 Pastor Bruce Alberts; titusvillelutherans.org Traditional Worship, 8:30 am; Contemporary, 11:00 HOPE United Church of Christ, 636-0250 2555 Fiske Blvd., **Reverend Celestine Slater-Brooks** Sunday School, 9 a.m. Children's Service - 10 a.m. Sunday Morning Service - 10 a.m. (w/nursery) http://www.hopeucc.com Ma'gen David Messianic Synagogue Rabbi Jem Golden (321) 213-2259 3815 N. US1, Suite 123 in Cocoa Commercial Ctr. Erev Shabbat Service - Friday, 6:30 pm Messiah Evangelical Lutheran Church ELCA Pastor Tom Unrath, (321) 636-0777 400 Lucerne Dr. Cocoa Sunday Worship Service - 10:00 AM Bible Study - Wed. 6:00 PM Ministerio Un Nuevo Comienzo (A New Beginning Ministry) 2010 North Cocoa Blvd., Cocoa Miercoles (Wednesday); 7pm Domingo (Sunday); 7pm New Life Christian Fellowship 269-7578 Pastor Larry Linkous www.findnewlife.com Interdenominational Multi-Cultural Ministry for Entire Family 6755 S. Washington Ave. Sunday - 9:00 & 11:00, Wednesday - 7 pm Nursery & Children's Church available all services Northwest Baptist Church, 1720 Cox Rd., Cocoa 321-638-0890; www.nwbcofcocoa.org Sunday School for all ages, 9:00 am Classic/Modern Worship Service, 10:30 a.m. Sunday evening, 6 p.m.; Wed. Nights, 7 p.m. Pentecostals of Cocoa, 636-6560 1901 Michigan Ave., Cocoa Sunday Worship at 10am; Sunday School at 10:30 am Sunday evening Evangelistic Service, 6 pm **Redeemer Presbyterian Church 264-0035** Meeting at 5005 Barna Ave., Titusville Worship Celebration - Sundays at 10 am Christian Education - Sundays, 11:15 am www.myredeemer.cc St. Gabriel's Episcopal Church, 321-267-2545 414 Pine St., Titusville www.stgabs.org The Rev. Rob Goodridge, Rector Sat's: 5:30pm Rite II (Contemplative)

Sun's: 7:30am Rite I (Historical), 9:30am Rite II (Traditional), 11:30am Rite III (Contemporary) Wed's: 6pm Taize Mediational Service Thur's: 11am Healing Service

**St. Patrick's Anglican Catholic Church**, 632-7634 4797 Curtis Blvd. Bishop John Vaughan, Rector Mass Sunday at 8, 10 & 5:30 and Friday noon Mass Wednesday Mass, 6:30 pm, then Pot Luck Supper

Alcoholics Anonymous, Sun., 5 and Tues., 7:30 pm

Narcotics Anonymous, Mondays, 8 - 10 pm. 1st Friday Rosary every month at 6 pm.

**Sun Valley Christian Church**, 321-264-1337 4825 S. Barna Ave., Titusville, Minister Reggie Reed

Sunday School at 9 am, Worship at 10 am & 6 pm

Ladies Group each Tuesday and Thursday Surfside Community Fellowship, 321-607-2111

thesurfsidefellowship.com

Pastor Dr. Erick Brookins

Meeting at the Port St. John Community

Center,

Sunday Services at 9:00 & 10:30 am.

Saturday night at 6:00 pm at 1st Baptist of PSJ **Titusville Church of Seventh-day Adventist** 

Pastor Amado Luzbet. ALL are welcomed. 5005 Barna Ave. 267-8893.

Saturday Worship, 11 am. Sabbath School, 9:15 am.

Wednesday Bible Study and Prayer, 7:30 pm. **Trinity Community Church** 

Tim Merwin, Sr. Pastor

6750 South U.S. 1 (3 miles north of Fay Blvd.) Sunday Celebration at 10 am

www.sgcfla.org sgcoffice@sgcfla.org 268-8004

Trinity Lutheran Church & School - LCMS 1330 S. Fiske Blvd., Rockledge, 636-5431

Michael Hageman, Pastor Worship: 10:30 am

Trinity Lutheran Church-LCMC

Pastor David Trexler | Dial-A-Story, 607-6742 3671 S. Hopkins Ave., Titusville, FL 32780 Sunday Worship Service 9:30am

Unitarian Universalist Congregation of Cocoa

1261 Range Road, Cocoa. <u>www.uucocoa.org</u> Sunday Service 11:00am **Unity of Merritt Island,** 321-452-2625 4725 N. Courtenay Pkwy, Merritt Island Reverend Rose Whitham Practical Christianity. Sunday Services at 10 am www.unitymerrittisland.org. We are on Facebook. Victory Baptist Church, Pastor Raymond Hall 632-6148 at 242 Capron Road, PSJ. www.victorythroughjesus.org Sunday Bible Study at 9:30 am. Sunday Worship Service at 10:30 am and 6 pm. Children's clubs and teen groups Prayer Service, Wednesday, 6:45 pm. Victory Worship Center, 431-7964 Pastors Jeff & Nancy Kleinman Meeting Sundays, 10AM Wednesday Mid-Week Manna & Prayer, 7-8 PM Community Center, 4201 US Hwy 1, Cocoa

PARRISH HEALTHCARE CENTER PRESENTS



We're delighted to open Parrish Healthcare Center in the beautiful Titus Landing development.

#### SAT., OCT 7<sup>TH</sup> 10 AM to 1 PM

We want to share our excitement with you at our community Grand Opening Celebration. Come and join the fun!

- The event is free and features performances by the Taiko Japanese Drummers, local bands and the Titusville Playhouse.
- Bring the family and enjoy train rides, rock climbing challenge, face painting, refreshments, prizes and more!
- Guided tours of Parrish Healthcare Center will be provided every half hour.



PARRISH HEALTHCARE

Parrish Medical Group Physician Offices | Diagnostics | Dialysis 250 Harrison Street, Titusville 321-268-6868 parrishmed.com

#### **Dream Team**

When it comes to fighting cancer, these professionals each play an important role in your care. Teamwork has been the basis of many of the world's greatest achievements. It is also a powerful way to fight cancer. That is why Parrish Cancer Center's comprehensive cancer program has teamed up with Mayo Clinic and is part of Parrish Healthcare, the nation's first certified integrated care network.

A cancer diagnosis can be one of life's most difficult pieces of news to receive. While survival rates are improving for many forms of the disease, cancer is still a serious illness that may consume a person's physical, emotional, mental and spiritual, as well as financial, attention for quite some time.

The Mayo Clinic recommends patients find someone to talk with about their hopes and fears as one coping tactic. It could be a friend or family member, clergy, counselor, medical social worker or cancer support group.

Parrish Medical Center's cancer care team includes Brevard County's only certified cancer patient navigators—and the service is free. A Parrish cancer patient navigator is a certified oncology registered nurse who is not only knowledgeable about the disease, but is someone who will help you navigate the integrated healthcare system in your care so you can focus on healing. Parrish navigators are oncology-certified nurses and chemotherapy-certified by the Oncology Nursing Society. Parrish also has a certified breast patient navigator, who is certified through the National Consortium of Breast Centers.

For simpler cases of cancer, such as an early stage skin cancer, you might need one doctor—in this case, your dermatologist. But when cancer is more complicated, more people get involved. And when that happens, it's important that they function as a team.

Your team will depend on your specific diagnosis and needs. Here's a roster of the professionals you're most likely to work with on your road to beating cancer, the order of which is determined on a case-by-case basis.

**Primary care physician.** Your regular doctor is often the first person you tell about troubling symptoms or who sees an abnormality in a routine screening.

**Medical oncologist.** Medical oncologists prescribe medication for cancer, such as chemotherapy.

**Surgeon.** For the removal of some tumors, a general surgeon will be part of your team. For others, you might have a specialist.



**Radiation oncologist.** This doctor will create a plan for using radiation to destroy cancer cells.

**Therapist/psychologist.** For additional help coping.

Dietitian. You may need a special diet.

**Supporting players.** Anesthesiologists, nurses, radiation therapists and others.

**Most valuable player.** Never forget that you are the most important person in this process.

#### **Experimental Aircraft Meeting**

Experimental Aircraft Association Chapter 724, Merritt Island (EAA724) will hold their next meeting on Wednesday September 13th in the club house on Merritt Island Airport at 7:30pm. If you have a passion or interest in aviation, then EAA 724 will bring you closer to the action. You don't have to be a pilot or aircraft owner to enjoy our group. If you like aircraft and aviation, you are welcome. Each month we have an interesting speaker and lots of hangar flying.

The airport is approximately 2 miles south of SR 520 on Courtney Parkway. Turn off Courtney onto the airport and then bear right. Across from the Fire House is the club house with the EAA logo on the end of the building.

For more information, contact President Don White at don@eaa724.org or 321-266-7410, or visit their website at www.eaa724.org.

#### National Active and Retired Federal Employees Association (NARFE)

NARFE Apollo Chapter 1137 meets monthly on the second Monday of each month at Kay's BBQ Restaurant, SR 520 in Cocoa. You are invited to join us for lunch at 11:30 and an interesting speaker at 12:15. No reservations required.

On September 11th we'll have Dania Armstrong from the Hospice of Saint Francis telling us about their services and volunteer opportunities. Hospice of St Francis is an independent, not-for-profit organization that is not affiliated with any church or denomination. They have a paid staff augmented by volunteers trained in a variety of appropriate skills. Emily Sasko, a Registered Nurse who had made a study of the hospice movement, saw the need for hospice in Brevard and formed Hospice of St. Francis in 1977.

Our website address is www.NARFE.org/ Chapter1137.

### Walter Butler Community Center - September, 2017

Bernice G. Jackson Park, 4201 North US Hwy. 1, Sharpes

The center is open Monday–Thursday from 10 - 8 pm, Fridays from 9 a.m. to 6 p.m. and Saturday 10 a.m.-2 p.m. Schedule is subject to change. Call 433-4448 for latest information.

#### **Mondays - Fridays**

Center Closed September 4, Labor Day Holiday Pickleball, 11 a.m.-2 p.m. 17 and up Basketball Leagues, 6-8 p.m. Open Computer Lab, 6-8 p.m.

#### **Tuesdays**

Pickleball, 11 a.m.-2 p.m.
Boy Scouts, 3:30-4:30 p.m.
4-H Gardener Program, 3:30-4:30 p.m.
17 and up Basketball Leagues, 6-8 p.m.
Open Gym, 6-8 p.m.
Open Computer Lab, 6-8 p.m.
Zumba, 6-7 p.m.

#### Wednesdays

Pickleball 11 a.m.- 2 p.m. Open Computer Lab, 6-8 pm Volleyball Fundamentals, 5-8 pm Zumba, 6-7 pm

#### Thursdays

Pickleball, 11 a.m.-2 p.m.
Open Computer Lab, 6-8 p.m.
4-H Gardener Program, 3:30-4:30 p.m.
7th & 21st - Girl Scouts Troop 373, 5-7 p.m.
Volleyball Fundamentals, 5-8 p.m.

#### Zumba, 6-7 p.m.

#### Fridays

Open Computer Lab, 10 a.m.-2:30 p.m. Pickleball, 11 am-2 pm

#### **Saturdays**

Basketball League, 10 a.m.- 2 p.m.

**Basketball Fundamentals -** Program designed for boys and girls ages 5 to 8. Each week the participants will learn/review basic basketball skills and apply them to a variety of drills. Games played but primary focus will be to build on and improve the skills sets of each participant. Practice will be held Monday and Tuesday 3-4 p.m. For more information contact Donovan Gilbert at (321)433-4448.

**Volleyball Fundamentals** is a class which teaches proper playing techniques and teamwork. This class focuses on teaching beginners how to properly bump, set, spike and more. Classes will be held on Wednesdays & Thursdays 5-8 p.m. For more information contact Donovan Gilbert at Walter Butler Community Center, 433-4448. **Zumba Classes -** Zumba is an adult dancebased fitness class that uses a fusion of Latin and International rhythms with easy-to-follow moves. It includes both cardio and resistance training components designed to tone and sculpt the entire body. Zumba is designed for adults of all ages and fitness levels. Class participants exercise in a healthy, fun, party-like environment. Classes will be held Tuesday, Wednesday and Thursday, 6-7 p.m., \$5 per class (discount punch cards available). Contact Debbie Kowaleuski at (321) 403-6918 for more information.

**Brevard County 4-H Junior Master Gardener Program** - The Junior Master Gardener Program engages participants in novel, hands-on group and individual learning experiences that promote a love of gardening, develop an appreciation for the environment, and cultivate the mind. Classes will be held on Tuesdays and Thursdays 3:30-4:30 p.m. For more information contact Jan Jordan at (321) 433-4448.

**Persons With Disabilities Dances** are held every 1st and 3rd Friday of the month from 7-9 p.m. all ages welcome.

For more information contact Andrea Chestnut 264-5058 or 264-5105.

How do you reach 12,000 homes in Port St. John & Canaveral Groves? Happenings has prices for every budget.

Call Randy at 633-7499 We take VISA & MasterCard

#### **Food Vendors for Festival**

The 24th Annual Fox Lake Christmas Festival of Crafts will be held at Fox Lake Park in Titusville on Saturday, November 18th, from 9 a.m. to 4 p.m. Only handmade and homemade crafts will be offered for sale at the event, which is sponsored by the Brevard County Parks and Recreation Department's North Area Parks Operations.

The event is free to the public. It's a great opportunity to find a gift that's unique.

Registration for both craft and food vendors will begin on Monday, August 14th, at Sandrift Community Center, 585 N. Singleton Ave, Titusville. For an application to be mailed to you, please send a SASE to North Area Parks Operations, 475 North Williams Ave, Titusville, FL, 32796, or email request to jann.faiga@brevardparks.com. Office hours are 10 a.m. to 6 p.m., Monday through Thursday; 9 a.m. to 5 p.m., on Friday. Selected food vendors will be notified by Monday, Oct. 23.

Vendor selection is based on, but not limited to, application submittal date, price of product(s) to the public, proper licensing, and appropriateness of the product(s) to the nature of the event. Special consideration is given to not-for-profit service organizations. The County reserves the right to limit vendors to one or two vendors per product.

There is no cost to submit an application. A \$50 plus tax, non-refundable, special event fee is due from selected vendors by Friday, November 3rd.

For more information about this and other recreation programs in North Brevard, call (321) 264-5037.

Meet your neighbors and stay informed of Events & Community Happenings	5!
CANAVERAL GROVES HOMEOWNERS INC.	2
If you'd like to join and support our Homeowners' group, just cut out and fill out	-
this form and mail with a check for \$15 to cover the current year's membership dues.	C
Mail to: CGHI, P.O. Box 675, Sharpes, FL 32959	2
Name	
Address	
E-mail	
PhoneMay we include your phone number on our membership	
roster to CGHI members? Yes 🗖 No 🗖	

Won't you come join us? We meet on the 2nd Thursday of every month at the Discovery Church at 3925 Grissom Pkwy. at 7:00 pm. Contact wcandei@aol.com

Canaveral Groves

# SLEEPY Hollow



# **Fruit From The Groves**

#### 8/4,LABOR DAY

Groves with all the work being done on our new power poles. I have also seen an increased presence of the Sheriff's Department doing traffic work. Please keep up the good work.

There will be no HOA meeting this month. I buried the money!" We have decided to meet every other month, so meeting will be Thursday, October 12 th. at 7:00 pm. See you then.

There have been inquires about new paving here in the Groves. Please direct all questions to marcia.newell@brevardcounty.us. Marcia is on the District 1 Commissioner's staff and will get Dad. It's the best I could do from here." back to you as soon as she can.

Would like to wish Conley Jordan a Happy Belated Birthday. Conley is a great friend and always a tremendous supporter of Canaveral Groves HOA and their activities.

Thanks to Ed Silva for taking over the HOA meetings while I am healing. Between dialysis and the broken shoulder, my plate is still quite full.

Nothing new, to my knowledge, about the high speed rail or the water project for west Canaveral Groves. A few legal details still have to be worked out before the water lines on Satellite Blvd. can be started. I will pass on any information as soon as it is available.

#### .....A Parting Shot From The Cannon......

An old woman passed away, so her husband organized the funeral. It was a touching service, but as it was ending there was a great clap of thunder and a flash of lightning across the sky.

The old man looked to his minister and shrugged, "Well, she's up there. It's His problem now."

An old man lived alone in Ireland. He wanted to dig his potato garden, but it was very hard

work. His only son, who would have helped It has been an interesting month here in the him, was in prison for bank robbery. The old man wrote a letter to his son and mentioned his predicament.

> Shortly, he received this reply, "For Heaven's sake, Dad, don't dig up that garden, that's where

At 4 A.M. the next morning, a dozen policewe will have to see how that works out. The next men showed up and dug up the entire garden, without finding any money.

Confused, the old man wrote another note to his son telling him what happened and asking him what to do next.

His son's reply was: "Now plant your potatoes,

Until next month, Lord willin' and the creek don't rise, I remain your humble servant.

- Bill Cannon

#### **Taste of the Coast**

The Cocoa Beach Regional Chamber of Commerce (CBRCC) is hosting the 4th Annual Taste of the Coast event on Friday, September 22nd from 5:30 p.m. to 8:30 p.m. at the Cocoa Beach Country Club - 5000 Tom Warriner Blvd., Cocoa Beach. Residents and area guests will have the opportunity to sample foods from a variety of both well-known establishments and newcomers to the Space Coast dining scene all in one evening.

The Taste of the Coast will feature land and sea favorites, specialty appetizers, locally brewed and produced beverages along with live entertainment and a silent auction. Admission includes sampling of all food and beverage offerings. Well-known local band Gypsy Rain will be providing the live entertainment.

General admission is \$20.00 per person in advance and \$25.00 at the door and includes sampling of all food and beverages offered. Additional beverages are available for purchase.

Tickets for The Taste of the Coast are now on sale. For more information or to purchase tickets online, visit www.cocoabeachchamber. com or call (321) 459-2200. Tickets may also be purchased at the Cocoa Beach Regional Chamber of Commerce's three offices – 400 Fortenberry Rd. in Merritt Island, 3800 N. Atlantic Ave., Ste. 2, Cocoa Beach; or the Avenue Viera location at 2261 Town Center Ave., Ste. 103, Viera.

#### The Importance of Sleep



A well-rested workforce outperforms an exhausted one. A third of our lives are spent sleeping. How well we sleep and how rested we are has a direct correlation to how well we perform in our daily lives. A sleep-deprived workforce leads to reduced productivity.

A Harvard Medical School study found that the average worker with insomnia results in 11.3 days of lost productivity each year. Extensive research has shown that insufficient sleep - less than seven to eight hours daily for adults - impairs decision-making, problem-solving and creativity.

Insufficient sleep leads to decreases in workplace engagement and increases in accidents. It has also been linked to chronic diseases, such as obesity, diabetes and cardiovascular disease.

Parrish sleep wellness programs can help with one-on-one sleep screenings for employees, sleep apnea education, treatment and coaching sessions. To learn more, call the Sleep Disorders Center at 321-268-6408.



#### **9th Annual Mims Mullet Festival**

It's time to feast on mullet, listen to some great music and check out the craft booths! The

Mims United Methodist Church and the First Baptist Church of Mims are hosting the 9th annual Mims Mullet Festival on Saturday, October 7th, from 10 a.m. to 5 p.m. The festival will be held on the grounds of the Mims United Methodist Church, 3302 Green Street, and First Baptist Church of Mims, 2395 Kentucky Ave, in Mims. Admission is free.

A Kick-off Dinner for \$25 per person will be held the previous Saturday (Sep. 30) at 5 p.m. in the clubhouse banquet hall at Indian River Preserve Golf and Community (formerly Walkabout Golf Club), 3950 Clubhouse Drive, Mims. Nongolfers are welcome. Dinner options are either Country-fried steak or BBQ chicken, plus salad and sides, and include non-alcoholic beverages. Alcoholic drinks can be purchased at the bar.

A silent auction will be held for attendees. Pre-purchased tickets are required, and can be

purchased at the Mims United Methodist Church office or by calling 321-267-6202.

On Festival day, the activity starts early with the 6th Mullet Festival Golf Tournament and addition of a 5K run. The race begins at 8am with awards presentation to follow. Pre-register for the race by September 25 and save money. Race packet can be picked up on race day starting at 7am. Proceeds for the 5k will benefit the local Cub Scout group. You can follow the 5K at http://runsignup.com/race/FL/Mims/inauguralMulletFestival5K.

The 6th Mullet Festival Golf Tournament will again be at Indian River Preserve Golf and Community. Registration begins at 7 a.m. with a shotgun start at 8:30 a.m. The cost is \$65 per golfer or \$260/foursome. Golfers must register by Monday, September 26th. For advance tournament registration or more information, please e-mail mulletgolf@rocketmail.com or call 321- e-mail mimsmullet@gmail.com, or visit the-267-6202.

All tournament proceeds will benefit the Florida United Methodist Children's Home in Enterprise and the Florida Baptist Children's Home in Lakeland.

At the Festival there will be smoked and fried mullet dinners, BBQ chicken and pork dinners or sandwiches, or if you prefer, hamburgers and hotdogs. Dinner plate prices include 2 sides and a drink. Both churches will host a bake sale, so you can also purchase a delicious home-made treat for dessert or take home a whole cake!

Entertainment includes rock climbing, bouncy obstacle course, horse rides, games for the children, a car show with 50+ autos, a craft fair, and music all afternoon. Games are reasonably priced, with discounts for wrist bands. Girls aged 10-13 and 14-18 can also enter the Mullet Maiden contests.

On Sunday, Oct. 8, The Mims United Methodist will be hosting a FREE community breakfast and church service. Breakfast is from 8:30 a.m. to 9:30 a.m., with service at 9:30.

For more information, call 321-267-6202, Facebook page at https://www.facebook.com/ MimsMulletFestival.

Bring the whole family and be ready to spend the whole day and have a good time. Everyone is welcome.



Pardon our Dust as we make some New & Exciting Changes!



Monday-Thursday: 11:00 a.m.-9:00 p.m. Friday: 11:00 a.m.-10:00 p.m. Saturday & Sunday: 7:00 a.m.-9:00 p.m.

**DINE IN OR TAKE OUT** 321-638-4130



JOIN US FOR OUR NFL **KICKOFF PARTY!** WING & BEER SPECIALS

**KICKOFF** 

Stop by for a chance for some awesome...



PORT CANAVERAL'S NEW HEALTHCARE CENTER

# Primary Care/ Walk-In Clinic

#### Monday-Friday 7 a.m.-7 p.m. OPEN 7 DAYS A WEEK Saturday-Sunday 7 a.m.-4 p.m.

#### Parrish Healthcare Center Services Include:

Primary/Walk-in Medical Care Occupational Medicine Workers' Compensation Care Diagnostics Physical Therapy Industrial Rehabilitation Sleep Disorders Care



PARRISH HEALTHCARE

390 Challenger Rd., Cape Canaveral (Just off George King Blvd., across from Cruise Terminal #1)

**321-633-8640** parrishmed.com