

HAPPENINGS

ISSUE NO. 339

AUGUST 2018

SERVING PORT ST. JOHN & CANAVERAL GROVES

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

Back to School Tax Free Weekend

It's that time of year again to begin shopping for back-to-school clothes and supplies during Florida's Back-To-School Tax Free Weekend 2018. The State of Florida made some important changes to the Back-To-School Tax Free Weekend when compared to past years. The limit on clothing and footwear has been reduced from \$75 to \$60. The number of days the tax-free holidays lasts have been reduced from ten to three. Also, computers are no longer tax free.

Florida's sales tax holiday begins Friday, August 3, 2018, and runs through Sunday, August 5, 2018.

What Back-to-School items are tax free in 2018? During the 2018 Florida Back-to-School Tax Holiday, no Florida sales tax or local option tax will be collected on sales of clothing, footwear, and certain accessories selling for \$60 or less per item, on certain school supplies selling for \$15 or less per item.

No tax is due on the sale or purchase of any article of clothing, wallet, or bag, including handbags, backpacks, fanny packs, and diaper

bags, but excluding briefcases, suitcases and other garment bags, with a selling price of \$60 or less per item.

"Clothing" means any article of wearing apparel, including all footwear (except skis, swim fins, roller blades, and skates) intended to be worn on or about the human body. Clothing does not include watches, watchbands, jewelry, umbrellas or handkerchiefs. But don't plan on doing your back-to-school shopping at a theme park. That's because the Florida Back-to-School Tax Holiday does not apply to sales of clothing, wallets or bags in a theme park, entertainment complex, public lodging establishment or airport.

"School supplies" means pens, pencils, erasers, crayons, notebooks, notebook filler paper, legal pads, binders, lunch boxes, construction paper, markers, folders, poster board, composition books, poster paper, scissors, cellophane tape, glue, paste, rulers, computer disks, protractors, compasses, and calculators.

It's a great opportunity to save, but plan your shopping wisely at multiple stores.

Summer Food Service Program

Too many kids in America go hungry during the summer. The USDA's Summer Food Service Program fills the gap during the summer for children who receive free or reduced in-school meal programs during the school year by providing free, nutritious meals for kids at local organizations, like schools, recreation centers, playgrounds, parks, churches, summer camps and more all over the country – all summer long.

Through WhyHunger's Hotline and online resources directory, families anywhere in the U.S. can get information about summer meal sites in their neighborhoods so kids have access to nutritious food during the summer months. Year-round the WhyHunger Hotline and resource directory connect people in need to food pantries, soup kitchens and government nutrition programs across the U.S. Help is available at 1(800) 5-HUNGRY, Monday through Friday from 9:00 am – 6:00 pm or by texting the word SUMMER along with your ZIP CODE to 1-800-548-6479.

For more info, visit: whyhunger.org/findfood.

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Medical Reminders to Help Be Prepared for a Hurricane

2018 is predicted to be a relatively mild storm season, but some of the worst storms in history happened in “mild” seasons. We stay prepared!

Get a 30-day supply of necessary medications! If you are taking prescription medications and normally purchase them from your local pharmacy, try to have a 30-day supply on hand. This is not as easy as it sounds — many insurance companies will not authorize the filling of additional days or months worth of a medication unless ordered by the state to do so in emergency situations, such as natural disasters.

Make your medication plan now. This plan should include speaking with a health insurance representative, pharmacist or your physician about options to acquire extra medications, one of which may include paying cash for your 30-day supply.

If you are on dialysis, call your dialysis center to make a plan of action for your care. Don't count on them being open. Power outages may happen. Do not miss a treatment prior to bad

weather and make sure to follow your doctor-ordered diet very closely. Read the patient care information provided to you by your doctor. It includes medical information to assist you and phone numbers to the End Stage Renal Disease (ESRD) Network. Only your doctor can recommend if it is medically safe for you to miss treatments and can advise you on whether or not

you should be admitted to a hospital during a hurricane. Special needs shelters do not offer dialysis and some centers may be closed during a hurricane. When the storm passes, contact your dialysis center for further instructions or go to your hospital for short-term care if your center is closed.

The hospital is not a county shelter. County shelters are designated throughout the county, mostly in elementary schools. The hospital is not a designated shelter and does not take evacuees. For more helpful information visit www.brevardcounty.us/emergencymanagement/preparedness/shelters.



Make shelter arrangements if you are oxygen dependent.

You may be eligible for care at a special needs shelter, based on your medical needs and availability. If you are an oxygen-dependent person, be sure to get your oxygen tanks

filled. You should try to have two days worth of oxygen on hand. Also make shelter arrangements now.

If you do not plan to evacuate, contact the Brevard County Office of Emergency Management at 321-637-6670 for more information on how to register for special needs shelter. If you wait until a hurricane hits to make shelter arrangements, it will be too late.

General Preparation for a Hurricane: For complete information on what you can do to prepare for a disaster or hurricane, go online to the Brevard County Office of Emergency Management Web site at www.brevardcounty.us/EOC. You will find valuable information to help prepare your home and family before a hurricane strikes.

- *Thanx to Parrish Medical Center*



Life Moves Your Bones, Muscles and Joints

Orthopedic Panel Discussion

EVENT | A Discussion With a Panel of Physicians

WHEN | Tuesday, August 21 | 5–7 pm

WHERE | Holiday Inn
4715 Helen Hauser Blvd., Titusville

ABOUT | Bring your questions and meet our team of experts trained to care for all the parts that keep you moving—bones, muscles and joints.

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PSJ Community Center Schedule - August, 2018

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

Mondays – Fridays

Summer Day Camp thru August 9,
7 AM-6 PM

Seniors at Lunch, 10 AM - 1 PM

Mondays

Outside Basketball, 10 AM-8 PM

Youth Zone, 3-8 PM

Computer Lab, 3-8 PM

Teen Billiards, 3-8 PM

Zumba (Adult Class), 6-7 PM

Tuesdays

Outside Basketball, 10 AM-8 PM

Youth Zone, 3-8 PM

Computer Lab, 3-8 PM

Teen Billiards, 3-8 PM

Wednesdays

Outside Basketball, 10 AM-8 PM

Dream Weavers 12-3 p.m.

Youth Zone, 3-8 PM

Computer Lab, 3-8 PM

Teen Billiards, 3-8 PM

Zumba (Adult Class), 6-7 PM

Thursdays

Outside Basketball, 10 AM-8 PM

Youth Zone, 1:30-8 PM

Computer Lab, 1:30-8 PM

Teen Billiards, 1:30-8 PM

Tai Chi, 6-7 p.m.

Fridays

Outside Basketball, 10 a.m.-6 p.m.

Youth Zone, 1:30-6 p.m.

Computer Lab, 1:30-6 p.m.

Teen Billiards, 1:30-6 p.m.

Saturdays

Outside Basketball, 10 AM - 2 PM

Game Room/Computer, 10 AM - 2 PM

Zumba Classes - Zumba 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, party-like environment. For ages 12 years to adults. Classes are Mondays and Wednesdays at 6-7 PM \$5 per class.

For more information, contact the PSJ Community Center, 633-1904.

Tai Chi - When learned correctly and performed regularly, tai chi can be a positive part of an overall approach to improving your health. Classes are to be held on Thursdays 6-7 PM, \$6 per class (1st class free). Be sure to wear comfortable clothing. For more information contact Tom Abbott at (321)208-7148 or The Port St. John Community Center at (321)633-1904.

Dream Weavers Knitting Club - This group of middle to senior ages meets on Wednesdays, 12-3 PM to knit, crochet and cross-stitch by socializing, and involving other seniors. The club is looking to re-spark interest for those who may have done this type of skill and be looking to join the group or donate any completed project to a non-profit agency. Contact moderator Karen Maureen Cooper at (321) 987-5750 or dreamweaverspsj@gmail.com.

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Good Day! by Maureen Rupe County Animal Protection

I wrote last month on a rezoning request on the south side of Fay Blvd., 170 feet east of Adams Place on 1.6 acres. It was to build a charter school on church property. This was passed unanimously by the Port St. John Planning & Zoning Advisory Board. This rezoning request was set to go before the Brevard County Commission on 07/10/2018. The rezoning request was withdrawn by the applicants due to their concerns that improper zoning elements could be brought forward in the future.

I was concerned over a statement made by the property's trustee. In our briefings was a map referring to Scrub Jays, (a Federally Protected Species), pointing to Scrub Jays being on the property and part of a polygon of Scrub Jays in Port St. John. I asked, "What about the Scrub Jays?"

The trustee replied, "The feral cats ate them." This is in the minutes. So there were no more Scrub Jays on the property.

I called the Planning & Zoning office and asked how did the County verify this. I was

told that it was handled when it came before the County Commission.

I called Brevard County Natural Resources. I was told when it came before the Brevard County Commission, the applicant would need to obtain permits for Scrub Jays or gopher tortoise from the U.S. Fish & Wildlife for relocation of Federally Protected Species. I immediately thought that if, as an advisory board, if we did not have the full information, how could we come to an informed decision on a rezoning request?

I found the following on the Rezoning review: "Information available to Natural Resource Management Department indicates that federally and/or state protected species may be present on the property. Specifically, gopher tortoises can be found in areas of aquifer recharge soils. Additionally, the property is located within a large Florida Scrub Jay polygon. Prior to any plan, permit submittal, or development activity, including land clearing, the applicant should obtain any necessary permits or clearance letters from the Florida Fish and Wildlife Conservation Commission and/or U.S. Fish and Wildlife Service as applicable." The Port St John Advisory Board

does not see the result of the environmental study when it votes on the issue.

On emailing the Brevard County Attorney, I was told that the county had no responsibility for feral cats. I found the ordinance turning the cats over to the Animal Control, which would be under Sheriff Wayne Ivey. I asked if the ordinance I was looking at was the right one and quoted ordinance Number 14-64: Feral animals and feral cat colonies. The first paragraph stated the following:

(a) The county may establish a fund or provide services to offset costs of trapping, neutering and vaccinating captured feral cats that can be returned to an appropriate, controlled and registered colony site. Caregivers for such colonies, whether one or several animals, will be aided by the county in properly managing and caring for those colonies to the extent that funding is available.

That doesn't sound to me that the county is not somehow responsible. The ordinance says the responsibility is under the Animal Control. The above is not in the County Ordinances, but can be found at the second link I have listed in

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the references below.

The Brevard County Attorney said the caregivers were responsible for the cat colonies and they have never taken a cat from Port St. John and put it back. I remember someone wrote in Facebook about a feral cat that was put back with an eye missing. Please contact me if anyone knows. I am trying to help both the feral cats and the Scrub Jays. Perhaps the cats in PSJ can be relocated to a colony.

I sent the following letter to the Brevard County Commission in the middle of January concerning feral cats:

Subject: Animal Control

Honorable Commissioners,

A couple of my thoughts on Feral Cats:

Cats are not wild creatures. They have been domesticated over 9,500 years (<http://mentalfloss.com/article/72188/how-were-cats-domesticated>). We have caused the problem of feral cats. Even if we return them to live as wild, spaying and neutering will not solve the problem. Putting in regulations and restrictions on people feeding them will not solve the problem. People will also start dumping unwanted cats at these locations.

Feral cats are well known to kill birds, including protected species such as Scrub Jays. The most hurtful and unacceptable to me is that kids have tortured and killed these poor animals for their pleasure and sport. A member of the Port St. John Neighborhood Watch turned a black cat over to the county last week. The cat was returned to the same area in the neighborhood, spayed, chipped and no home. This kind person is willing to take care of this poor creature due to its predicament. Not all will be as lucky.

I know this is done with the welfare of the animals in your minds. Unfortunately, this Ordinance will not solve the problem.

Sincerely,

Maureen Rupe

I also sent the following letter to the Brevard County Commission on June 18, 2018:

Honorable Brevard County Commissioners,
Brevard County Sheriff Wayne Ivey,

On June 12th at the Port St. John Dependent Special District Zoning meeting, there was a zoning issue, Item 1, 18PZ00021, 4725 Fay Blvd. in Port St. John. The zoning map showed an area where I know there to be Scrub Jays on

the property. The request even showed a map of Mapped Scrub Jay and stated the applicant should obtain any necessary permits or clearance letters as required. As a member of this board, I asked "What about the Scrub Jay?"

The Trustee replied, "The Feral Cats ate them." How did the County verify this? (The county wouldn't at this stage of the rezone.)

Scrub Jays are a Federally Protected Species. The blame must lay somewhere, especially after the Brevard County Commissioners and the Brevard County Sheriff with Animal Services, have brought forward an ordinance that makes it legal for Animal Services to spay and neuter, then put feral cats back into the community where they were found. The cats are then left to fend for themselves.

Did the Brevard County Commission or Sheriff bother to find out if a Federally Protected Species was on the property or any property? Did either the Brevard County Commission or Sheriff think of this problem when they made the ordinance? Plus, now where will the homeless cats go when this lot is cleared?

cont., next page

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STEVEN ALLENDER

Good Day!, cont.

I will not leave this overlooked federal law, until it is investigated and a solution to this problem is found. Who knows how many Scrub Jays within our county have been killed due to this rule.

Respectfully,
Maureen Rupe

Again, the PSJ Zoning Advisory Board does not see the result of the environmental study when it votes. So, what is the answer? Round up all feral cats and put them in colonies that can be monitored by Animal Control? The Scrub Jays must be protected, and so must the feral cats.

References: <http://www.brevardfl.gov/PlanningDev/Boards/PSJSpecialDistrict>

http://brevardcounty.elaws.us/code/code/coor_ptii_ch14_artii_sec14-64

Port St. John Dependent Special District Rezoning

Port St. John has had a Planning & Zoning Board since 1996. The PSJ Home Owners Association put forward the idea to the County Commission as we had a lot of rezone requests and wanted people who lived in the area to have

input into changes of their neighborhoods.

From Florida Today back in 1996:

PORT ST. JOHN – Nine men and women have been sworn in as members of the new Port St. John Special Dependent District Governing Board, which was set up to advise the County Commission on all matters concerning this unincorporated community of 22,000.

The Board elected Randy Rodriguez as chairman and W.C. “Bill” Workman as vice chairman.

Other members who were sworn in Thursday during a meeting at the Port St. John Library, are: William Ainsworth, Robert Bledsoe, Don Griffin, Maureen Rupe, William Bender, Shelly Gardner and Amy Tidd.

An organizational meeting is scheduled for 7 p.m. Wednesday at the Port St. John Library.

Lake Okeechobee

I am on the Board of Directors for the Marine Resource Council. Paul Laura, another board member, brought forward the following:

“The discharges from the lake have started again, about 1.2 billion gallons per day. There is a big discussion with Sen. Nelson in Stuart, and with others about this issue. The first issue is that

the Army Corps of Engineers is not responsible for the bloom, because there is nothing in their orders that directs them to protect the public’s health. The CDC needs to be involved in this, but they’ve never been. This is a big public health issue. We’ve asked people to write the President. This is a political problem that only the politicians can solve. There’s nothing to take out the nutrients from Orlando – this water travels for several days, ending up in Lake Okeechobee, which effectively serves as the regional toilet. Nutrients are the prime driver for these algae blooms. The waste disposal plants aren’t equipped to do this effectively.

Alternatives to handle waste are being looked at. Now it’s up to us to join with St. Lucie and Martin counties, and Satellite Beach to look at newer technologies. We have way too much surface water running through everything when it rains, and this picks up large amounts of waste. EPA turned over responsibility for water quality to FL DEP.”

If it isn’t in the Army Corps of Engineers job to protect the public health, who has responsibility? As a Board Member of Parrish Medical Center, I’m concerned with public health, but PMC can’t get involved with Lake Okeechobee issues. Also, look back at how little Florida DEP (Department of Environmental Protection) has done for water protection. Florida’s water protection is dreadful, but I guess that is what happens when you get rid of scientists and fill membership of oversight committees with industry representatives who want to protect themselves from requirements instead of what’s best for Florida citizens overall.

Cheerio,
Maureen Rupe
rupe32927@earthlink.net

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Out On The Town Publix Deli

Every month I do a restaurant review of a local eatery, whether it's located right in Port St. John or nearby. But there's another place right here in the neighborhood that has great food if you don't mind take out.

Sometimes when my wife and I can't decide on where to go out to eat, we just drop in to the Publix deli and grab something to take home. Usually it's fried chicken or a rotisserie chicken or maybe a sub. Most of the time we get the fried chicken, so we'll get some potato salad and baked beans to go with it. And let me say; The Port St. John Publix deli has the best fried chicken around. The pieces are large, perfectly

fried with a crispy battered skin and still moist and juicy on the inside.

And if we get a rotisserie chicken, we prefer the lemon pepper flavor.

As for subs, they got 'em all, and all made to order with either Publix brand lunch meat or Boars Head. Our favorite is the traditional Cuban, but they're all good. I've tried several, but heed this warning; The Publix deli is extremely slow and way understaffed. So after many occasions of standing in line for 20+ minutes and then waiting for them to build my sub, we discovered; just call in your order at 321-635-8560, or order them online at: www.publix.com/Deli, and they'll be ready when you get there. Just be sure to select your local Publix and follow the prompts on the website.

Besides rotisserie or fried chicken, they generally have fried fish, chicken tenders, chicken wings, tater logs, soup and side dishes ready to go. They also have a variety of premade sandwiches and wraps in the cooler section. Other than the subs, if you're in a hurry and want something quick, Publix is the place. It's not fast food, but an avenue to good food fast.

- Ken Carson

FIRST FRIDAY ROSARY

August 3rd, 2018, 6 PM. All are welcome.

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The Heat is ON

Hopefully by the time you're reading this, you have had enough time to recoup from all of the hoopla from the 'extended' Fourth of July holiday this year. There were lots of

folks boasting how they were going to entertain everyone with their fireworks, in spite of law abiding citizens who refrained from adding to it, either because it's unlawful or because of health and safety concerns. They even went as far as to incriminate themselves on social media while calling others 'party poopers' and telling them to use whatever means possible to comfort themselves and their animals.

Hopefully everyone enjoyed the 4th, nonetheless, in spite of those who are seemingly 'above the law.'

Extreme heat and weather poses many dangers including sunburn, heat exhaustion, dehydration and heat stroke. Learn these signs and seek medical attention immediately if you or someone you see is experiencing them. It could be a matter of life and death.

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle or abdominal cramps
- Nausea, vomiting, or diarrhea
- Pale skin
- Profuse sweating
- Rapid heartbeat
- Try to hydrate often (6-8 glasses of water

minimum), limit consumption of caffeine and alcohol, and keep a wet towel or cloth handy. Wear a hat and cover that skin. SPF 50 is recommended and reapply often when outdoors.

And for those of you who are involved in sports and similar activities, it's important to limit strenuous activity and keep ice handy.

I commend outdoor laborers like the roofers, the lawn care providers and sign wavers who bravely tread the trenches and dodge lightning this time of year! Don't forget to watch over them as they work.

Pets, livestock and animals may also be affected by extreme temperatures. It's important to provide shade, LOTS of water, and air circulation. DO NOT leave your pet in a vehicle with just a 'cracked' window! Keep in mind that paws need to be protected from hot surfaces like car seats, sidewalks and pavement. Horseback riders are advised to limit ride time and choose a time that isn't so hot.

Have a safe August and Labor Day, everyone! Don't forget to LOCK it or LOSE it!

~ Neighbor Nell

Parks & Recreation Meeting

The North Brevard Commission on Parks and Recreation will hold its next monthly meeting on Thursday, August 9th, 2018, 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 (321) 264-5105.

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Rose's Room

There's a kid in the house again!

I mean a real one, not an over-aged, over-sized matron who sometimes forgets her boundaries... As in, its more fun to sit cross-legged (kinda') on the floor playing with a bright red fire engine than clomp around in the kitchen preparing fresh, healthy dinners including vegetables.

My four-and-a-half-year-old great-grandson is visiting sans parents for a couple of weeks... They know not what they do. This little ball of pure energy lives out of state and while we have kept in touch via parents and grandparents, we are now in the process of really getting to know each other. While he has always just accepted his grandmother is GranMA and I have always been GramMY, I couldn't leave well enough alone and decided he was old enough to understand his place in the family and how we are all connected to him. Our conversation went something like this...

"Kayden, do you want to learn who all of us are?"

"I 'ready know...you're Grammy. Are there anymore black and white cookies?"

"Cookies are for after dinner. Do you know your grandmother is my daughter? She used to be my little girl just like you are your mother's little boy"

"Wow! She sure is big to be your little girl. Just one cookie?"

"Cookies are for after dinner. Do you know your daddy used to be your Granma's little boy?"

The look of concern on his little face gave me cause to be glad he wasn't in charge of finding me a nice new home with lots of nice people to help me. "Grammy, my daddy is waaayyy too big to be anyone's little boy. He don't play with toys and never finishes his milk. If I could have just one black and white cookie I could drink some milk and be healthy?" Hands held palms up for emphasis.

Not one to know when to give up, I slog on. "Remember when you went swimming in the pool with Cameron and Joshua? Do you know who they are?"

The look of concern turned to exasperation, "Grammy they're my cousins!" Hand to forehead "Anyone knows that! If I promise to eat all my dinner can I have a cookie?"

"You haven't had dinner yet. Do you know

Amber and Alicia are your cousins, too?"

I could actually see the cogs turning in that little head while he continued to push the red truck. "No, big people is cousins with big people, but I really really had fun swimming with 'em. Alicia showed me how to dive all the way to the bottom and pick up a stick. I'm really hungry now. Cookies would make my stomik feel better."

Pushing aside the mental note about peeling the corn for dinner, I try one more time, "We're going to go see more aunts and uncles this week-end and maybe you can show them how well you can swim now. You remember Aunt Cindy, Uncle Garth, Aunt Donna, Uncle Roy, and other cousins, don't you?"

Big brown eyes touching this Grammys heart... "Maybe if I wasn't so hungry I could 'member more."

Glancing at the clock that was reminding me dinner would be late if I didn't pick my aged, aching butt off the floor right now, I tried one more time. "Some of them used to be my little boys and girls, too, and they all have big kids that call me Grammy now, too."

His Grandmother/his Daddy's mother/my little girl lowered herself to our little car and truck covered world and tried to help, "Amber and Alicia used to be my little girls, too. They are your Daddy's sisters. We all used to live together right here in Florida."

His stare moved slowly from me to his Granma to me, "Too many people was little an' now ain't. I jus' can't think of it. Maybe I'll jus' love 'em all an ev' rthing will be O.K. Then when I get big, I can give ev' rone black and white cookies."

Ageing, aching butts take a long moment to push/pull/lunge off the floor, especially when it's owner is trying very hard to not disturb a small firetruck-car-Lego covered world, and legs had to call on muscle memory to get me to the cookie jar, but hands remembered exactly how to pull two black and white cookies and pour two glasses of milk.

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.

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President



the generous support from all of our sponsors who help our league continue to grow. Check out our website for information on how to sponsor within the community and help the league grow.

Special Thanks!

The Space Coast Panthers would like to thank Coach Matt Diesel, his coaching staff and the Space Coast High School Vipers football team. The Vipers put on a football camp for the Panthers to help the kids learn and grow. This kind of community involvement does not go unnoticed and is appreciated. The high school football program at Space Coast High, lead by Coach Matt Diesel, gave the kids a chance to see the possible future of their football dreams. Thank you for putting on this event and showing your support. We look forward to continuing this partnership and growing our future football stars.

Board Meetings

Space Coast Panthers general board meetings will be held weekly now that the season has started. Tentative dates for our meetings are August 2nd, 9th, 16th, 23rd, and 30th at 8 pm. Everyone is welcome to come out



General Information

Welcome back everyone, our Tackle/Cheer season officially started July 1st! We look forward to seeing everyone on the field and getting ready for our exciting new season. We would like to send a special thank

you out to our current 2018 sponsors. Our league would not exist without

56% of us have no idea how much we'll need to retire

but 100% of us still plan to have a good retirement.



Let's sit down and set a reachable goal.

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and attend our meetings to add input and help shape our league. Make sure to check our website for updated dates and times for all meetings and upcoming functions.

Registration

Registration for the 2018 Fall Tackle\Cheer season continues. Make it easy on yourself and register your football or cheer star from the comfort of your home by going to SpaceCoastPanthers.org. Monitor our website for dates and times of live registrations being held near you.

While you're on the site checking out the registration, go ahead and check out our volunteer information. We are always in need of more volunteers to help with the league. Without volunteers, we have no league.



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, www.SpaceCoastPanthers.org. Contact Greg Murphy via email for more information at Murphy4884@gmail.com.

For more information:

www.spacecoastpanthers.org



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Rituals for the Spirit

Author Erie Chapman invites us to consider practicing three rituals for the spirit each day. Though all together they may only take 10 minutes of your day, the following rituals can have a profound, life-changing effect if practiced consistently and sincerely.

Ritual 1: The Three-Second Pause: Take three seconds to remind yourself of the humanity of the other person you are interacting with, and you'll deepen your own humanity.

Ritual 2: A Three-Minute Reading: Take three minutes to read a meditation or inspirational passage and you'll introduce yourself to the practice of mindfulness and thoughtful reflection.

Ritual 3: Five-Minute Magic: Five (or 20) minutes of meditation helps you "stay centered from within rather than reacting to the noise of the outside world."



Come One Come All Families
to the new First Friday Family Movie Night!

First United Methodist Church, 1165 Fay Blvd.
Port St. John on Friday, August 3rd, 6 PM.

Movie: "I Can Only Imagine" A boy suffers physical/emotional abuse at the hands of his father who becomes terminally ill; then finds redemption by embracing his faith and mends his relationship with his son, which inspires his son to write the hit song, "I Can Only Imagine" as singer of the Christian band 'Mercy Me'.

All are welcome. It's FREE to watch. FREE Pizza & Popcorn!

If you have questions, call the church office at 321-631-0183



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Kristina Weaver, RPSGT
Manager of Parrish Sleep Center
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Support Group

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*Call the Parrish Sleep Center at **321-268-6408** or visit parrishhealthcare.com/sleep.*



Despite what you might think, sleep apnea is not just a sleep problem. It's a failure to breathe properly during sleep. This means vital organs don't get the oxygen they need. It's a serious concern, especially for the heart. During sleep, the body should rest. With sleep apnea, however, the body struggles due to low oxygen levels, causing increased stress on the heart.

People with untreated sleep apnea are at a higher risk of developing irregular heartbeats, such as atrial fibrillation. They also have a higher risk for strokes and heart attacks. In fact, men with untreated sleep apnea have double the risk for a stroke.

One Poignant Example

A few years ago, I did a sleep study on my father. He stopped breathing 41 times an hour and had two episodes of ventricular tachycardia and a seven second sinus pause (when electrical activity stops). These could have been fatal arrhythmias. As I sat there looking at my monitor, I prayed he did not have any more arrhythmias.

The arrhythmias were caused by sleep apnea and a lack of oxygen, so we started CPAP—a device that keeps the airway open during sleep. Once his oxygen levels came up and we treated his sleep apnea, his heart stayed in a normal rhythm. He was in denial, unfortunately, and refused any kind of treatment.

One year after his study, at age 53, my father suffered a heart attack in his sleep and passed away. A person with untreated sleep apnea is three times more likely than the normal population to die of sudden cardiac death between midnight and 6 a.m.

How the Heart Works

To understand the connection between your sleep and your heart, it helps to think of the way the heart works. The heart has four chambers—the two on the left are the “body pump” and the two on the right are the “lung pump.”

The lung pump sends blood from the heart to the lungs to get oxygen. The lungs oxygenate the blood, which goes back to the heart. There, the body pump sends the oxygenated blood to the body.

With sleep apnea, the process to receive oxygenated blood does not happen properly. None of the organs, including the heart, receives the oxygen it needs. This puts stress on the heart, causing it to work harder.

It's comparable to a person attempting a marathon with no training or conditioning; it's dangerous.

This is the reason there is a higher risk for high blood pressure and heart failure with sleep apnea. Because the heart is working harder than it should to move poorly oxygenated blood all the way to the brain and the toes, it becomes enlarged and tired and eventually fails.

Men, in particular, have a 58 percent increased risk for developing heart failure from untreated sleep apnea.

Serious as a Heartbeat

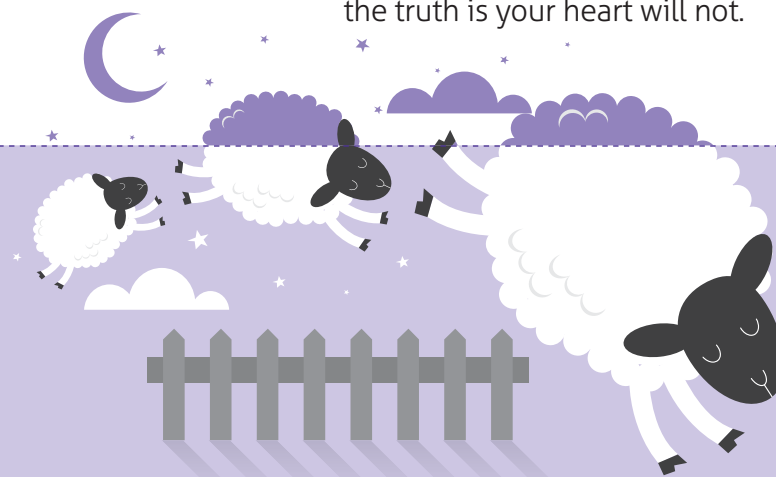
A lack of oxygen to the heart, like a lack of oil to an engine, causes misfires and improper functioning. The pumps of the heart work from an electrical system. If the electrical system is not getting the fuel it needs, it can lead to frayed signals or failure.

Atrial fibrillation is one of the most irregular heartbeats. It is a quivering of the atrium, the top chamber of your heart. With atrial fibrillation, the blood cannot fully leave the atrium and can clot. The clots might stay in the heart or eventually move to another part of the body, either of which can be life threatening.

It's critical to treat atrial fibrillation as soon as possible. By simply treating sleep apnea with CPAP, we can decrease the risk of developing atrial fibrillation by 70 percent! No medication can do what CPAP can. This shows there is a direct correlation between atrial fibrillation and untreated sleep apnea.

The words “sleep apnea” are undervalued.

Sleep apnea not only affects sleep, it also damages the heart. If you have sleep apnea, you may feel as though you sleep through night, and you may feel well and rested, but the truth is your heart will not.



SLEEPLESS IN SEATTLE ... TO THE SPACE COAST

Sleep disorders are a national epidemic: 100 million Americans have occasional sleep problems (a third have some form of chronic insomnia), and 12 million Americans ages 30 to 60 suffer from sleep apnea, which is more common than asthma. Left untreated, sleep apnea is associated with increased risk of stroke, heart attack, high blood pressure and accidental injury caused by chronic sleepiness.

COMMUNITY CALENDAR

Alcoholics Anonymous meets in PSJ on **Sundays** at 5 PM, Tuesdays and Thursdays at 6:30 PM at 4797 Curtis Blvd. (St. Patrick's Church).

Overeaters Anonymous meets in PSJ on **Saturdays** at 9:30 AM 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.

8-1 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.

8-1 PSJ Startups & Founders Club, a group for new business owners and entrepreneurs, meets on the 1st Wednesday of each month at the Port St. John Library. We'll begin our program at 5:30 PM, and wrap up before 7 PM. The Port St. John internet site can be viewed at www.meetup.com/Port-St-John-PSJ-Startups-Founders-Club/.

8-3 International Beer Day

Important Phone Numbers

County Commissioner -	607-6901
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/	

8-5 Friendship Day

8-7 Compassionate Friends Support Group meets the first Tuesday of every month at 6 PM in Cocoa Beach at the Lutheran Church of the Resurrection, 525 Minuteman Cswy. west of A1A, Fellowship Hall. Call 610-7875 for info.

8-9 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.

8-10 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.

8-12 Multiple Sclerosis Self-Help Group meets on the 2nd Sunday each month (except Mother's Day & Nov.), 2 PM, Cocoa Library.

8-12 Word Weavers Space Coast, a critique group for Christian writers, meets the 2nd Sunday at 2:00 PM at the Central Brevard Library in Cocoa. Visitors are always welcome. Email angelagardnerwrites@gmail.com for info.

8-12 Calling all Christian authors! Dynamic writers group in Cocoa, Fla. offers training, critiques, and paid writing opportunities (2nd Sundays 2-4:30 PM at Cocoa library). Contact D.P. Clarke at 1royaldy@gmail.com for more information. Print "Writers Group" in Subject.

8-15 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.

8-17 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.

8-20 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.

8-20 Day of Arafah

8-21-23 Eid al-Adha

8-28 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 show and tell or a guest speaker. Call 321-720-6232 or 321-720-1584 for more info.

Congratulations to:

Wayne Weathers turns crazier this month!

Jamie Hagar turns **27** on the 3rd.

Chase Turner turns **17** on the 4th.

Amber Santoso turns **21** on the 4th.

Cher Turman turns prettier on the 7th.

Nicholas Moore turns cooler on the 8th

Laura Davis turns **13TEEN** on the 9th!

Toyia Nguyen turns more lovely on the 10th.

Mason McGann turns **12** on the 11th!

Brittany Osburn parties wild on the 12th.

Dillon DeVane turns **17** on the 12th.

Angie Anthony turns hotter on the 12th.

Marty Grinstead turns **56** on the 15th.

Sally Blum turns **25** on the 16th.

Austin Travis turns **36** on the 16th.

Kyle Maxwell turns **17** on the 16th.

Chase & Alex Turman turn **20** on the 18th.

Terri & Tera Nguyen rock the day on the 20th.

Marty Kline dances all night on the 24th.

Tommy Nguyen turns wiser on the 27th.

Ashley Mae turns **14** on the 31st.

Randy & Cathy Rodriguez celebrate **42** years on the 1st.

Sam & Sharon Brown celebrate the beginning of another wonderful year together on the 12th.

Louis and Deborah Pierce celebrate 45 years on the 18th.

Charlie and Debbie DiMaria celebrate **33** years on the 19th!

Eric (Rick) and Phyllis Dearborn celebrate **51** on the 26th.

Trisha and Scott Orend celebrate **25** years on the 28th.

Brett and Patty Benoff celebrate their 20th on the 30th.

We have lots of room for more good news.

Fax your inputs to 633-4313 or email to happenings1@att.net.



Project Graduation

Calling all 2019 seniors and parents! If you have not signed up via Facebook, there is still time to do so at SCHS 2019 Project Graduation. If you aren't informed about all that's happening with Project Grad 2019, here is a breakdown:

- Bahama Cruise raffle tickets-\$10.
- We are still collecting gently worn used and new shoes. (25 pairs in each bag and 100 bags minimum).
- Chick-Fil-A at Space Coast registration day, August 3rd, 5-8pm.
- Papa Johns card to be sold for \$5.
- IHOP in Titusville; bucket drop on August 12th 7am-1pm.
- El Leoncito, October 24th.
- Golf Tournament October/November.
- 5K race and many more upcoming fundraisers.

Also, seniors and their parents, don't forget to stop by at the Project Grad 2019 table during registration. Don't bypass the opportunity to win a \$25.00 gas card.

Our next meeting is scheduled for August 6th at 6pm at Coastal Community Church off Falcon Blvd.

For more info, please contact Hyacinth Price at (321) 863-6121, President, and Amie Randall at (321) 289-7179, Vice President.

Let's work together to make Project Graduation 2019 a gigantic success.

Free Community Support Groups

Parrish Medical Center is offering free support groups for community members struggling with or recovering from various health issues. See the upcoming August support groups below:

- Awake Sleep Disorders Support group is Monday, August 13, from 6-8 p.m., located at Parrish Healthcare Center, 5005 Port St. John Parkway, Port St. John.
- Caregiver Support Group is Thursday, August 2 and 16 from 9:30-11:30 a.m., located at Heritage Hall, 921 N. Washington Ave., Titusville.

· Diabetes Support Group is Thursday, August 9 from 3:30-5 p.m., located at Heritage Hall, 921 N. Washington Ave., Titusville.

· MAK Gathering (Moms and Kidz) Support Group is every Monday and Wednesday, August 1, 6, 8, 13, 15, 20, 22, 27, and 29 from 10-11:30 a.m., located at The Children's Center, 5650 S. Washington Ave., Titusville.

· Parkinson's Support Group of North Brevard is Friday, August 17 from 2-4 p.m., located at Heritage Hall, 921 N. Washington Ave., Titusville.

· Pulmonary Hypertension Support Group is Tuesday, August 14 from 3-5 p.m., located at Grace United Methodist Church in Merritt Island.

· Stroke-Heart Survivors Group is Tuesday, August 21 from 2-4 p.m., located at 921 N. Washington Ave., Titusville.

The support groups are free, but space is limited. For more information, and to pre-register, visit parrishhealthcare.com/events.

Lord, keep your arm around my shoulder and your hand over my mouth.



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2-Car Garage

Pride of ownership and the work of an artist combine to create this lovely home. Wonderful landscaping. Kitchen has a bow window for a breakfast nook, vaulted ceilings over a large great room, split bedrooms. A large lanai adjoins the screened porch in the back yard. Tile floors in main rooms. New roof and new dishwasher in June, 2018, new AC and refrigerator in 2015. Don't miss this!



Randy Rodriguez
321-631-2128
Cell: 863-7499



3 BR/2 Bath \$294,900
2-Car Garage / Workshop / Gazebo

Don't miss this beautiful home! It starts with the columns on the front porch. Floors are tile in main rooms, wood in bedrooms. Large country kitchen has stainless appliances, granite countertops and modern cabinets. Formal dining room. 40' Florida room w/French doors to Master BR. Large detached workshop has a 4-bay carport. Transferable lifetime warranty on the siding.

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Rabies Concerns In Brevard

The Florida Department of Health in Brevard County (DOH-Brevard) urges residents to avoid contact with wild and stray animals to protect themselves from the risk of rabies exposure.

In Florida, raccoons, bats, foxes and unvaccinated cats are the animals most frequently diagnosed with rabies. Other animals that are at high risk for rabies include skunks, otters, coyotes, bobcats and stray or unvaccinated dogs and ferrets.

Each year, Brevard receives reports of rabid animals. In 2018, 4 rabid animals including 3 raccoons and 1 bat were reported in Brevard. Most recently, a raccoon with exposure to one person was reported in July, 2018.

Rabies is a potentially fatal disease. Rabies is transmitted through exposure to the saliva and nervous tissue from a rabid animal through a bite, scratch or contact with mucous membranes such as the eyes, nose or mouth. DOH-Brevard works with Brevard County Sherriff's Office Animal Services in responding to incidents of animal bites, tests animals for rabies through the Department of Health state laboratory, and

quarantines animals as necessary. DOH-Brevard also provides rabies vaccinations to victims of animal bites, the only known effective treatment for rabies prevention in humans.

The following are steps you can take to protect yourself and your loved ones against rabies:

- Keep rabies vaccinations up to date for all pets and at-risk livestock.
- Do not allow your pets to run free. Follow leash laws by keeping pets and livestock secured on your property. If your pet or livestock are bitten by a wild animal, seek veterinary assistance for the animal immediately and contact Brevard Animal Services at 321-633-2024.
- Support animal control in efforts to reduce feral and stray animal populations.
- Spay or neuter your pets to help reduce the number of unwanted pets that may not be properly cared for or regularly vaccinated.
- Do not handle, feed or unintentionally attract wild animals with outdoor food sources such as uncovered trash or litter.
- Never adopt wild animals or bring them into your home.
- Teach children never to handle unfamiliar

animals, wild or domestic, even if they appear friendly.

- Prevent bats from entering living quarters or occupied spaces in homes, churches, schools and other similar areas where they might come in contact with people and pets.

- Persons who have been bitten or scratched by wild or domestic animals should seek medical attention and report the injury to the DOH- Brevard at 321-634-6337.

For further information on rabies, go to <http://www.floridahealth.gov/diseases-and-conditions/rabies/index.html>, or contact DOH-Brevard at 321-634-6337.

Classified Ads

16' CARGO TRAILER - 7' wide, insulated walls, sink with exterior drain, water heater, cabinets and AC for camping. \$3,500. 321-863-7499.

Classified Section - \$5.00 per line - approximately 45 characters per line (including spaces). All classified ads must be paid in advance. Ads must be submitted in writing no later than the 18th of the month for publication the following month. Happenings reserves the right to reject any advertisements not meeting its standards. Liability for errors shall not exceed the cost of the ad.

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Special Needs Ed/Behavioral Services Available

Parrish Healthcare is pleased to announce that Able Academics will provide services on behalf of The Children's Center special needs education and clinical behavior services. Able Academics is located at 2073 Garden St., Titusville, and is currently enrolling for the upcoming school year.

Able Academics is a private ABA-based school for students who have been diagnosed on the Autism Spectrum. Their program offers grades Kindergarten through 12th grade. Able Academics supports students on their path to success with such programs as:

- Behavior Therapies
- Hands on learning activities
- Literature based instruction
- Enrichment classes, such as art, music, physical education and yoga
- Social and emotional growth
- Sensory Room for indoor play
- Playground for outdoor recess
- Life Skills classes
- Small class sizes

For more information about Able Academics

or enrollment information, please visit <http://www.ableacademics.com>, or call 321-888-3021.



Parrish Medical Center Welcomes New Graduate Nurses

Please welcome the new graduate nurses to Parrish Medical Center. They come from a variety of schools, including Eastern Florida State College, Daytona State College and Florida Atlantic University. Back row: (L to R) Zane Fields, ICU; Chrystal (Paige) Ostopovich, Fourth Floor; Heather Gibson, ED; Stephanie Hay, Fourth Floor; Beth House, Third Floor. Front row: (L to R) Clynesha (CiCi) Cobb, Fourth Floor; Nicole Rivera-Wynter, ICU; Kayla Schneerer, ICU; Danielle Dean, ED.

Free Community Presentation on Cancer

Parrish Medical Center is offering a free community health presentation on cancer as part of its HealthBridge series. Cancer: Prevention, Screenings and Treatment is scheduled on Thursday, August 9, 12–1:30 p.m., at Parrish Healthcare Center, 390 Challenger Rd., Port Canaveral.

The event is free but space is limited. For more information, and to pre-register, call 321-268-6110 or visit parrishhealthcare.com/events.

Cancer is a leading cause of death in the United States, second only to heart disease. Shannon Luker, RN, BSN, OCN, CBCN, CN-BN and Parrish Cancer Navigator, will share her knowledge and expertise about cancer. Join us to learn about lifestyle changes that can reduce your risk, the importance of screenings and our world-class cancer center.

www.happenings.net

Ad Price list, Current issue and more.

For ads, call Randy at 633-7499 or

email: happenings1@att.net

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Prevention, Screenings
and Treatment

EVENT | Cancer: Prevention, Screenings and Treatment

WHEN | Thursday, August 9 | Noon–1:30 pm

WHERE | Parrish Healthcare Center
390 Challenger Rd., Cape Canaveral

ABOUT | Join us to learn about lifestyle changes that can reduce your risk, the importance of screenings and our state-of-the-art cancer center.

Lunch will be served at this free event. Seating is limited.

To reserve your seat, visit parrishhealthcare.com/events, or call 321-268-6110.



parrishcancercenter.com

Healing Families—Healing Communities®

District One Summer News Blast

We are now well into the second year, and seeing projects completed and many more in the works. It is a pleasure and honor to serve as your District 1 County Commissioner and I appreciate the trust you've placed in me. I look forward to your continued support as we keep working to prosper Brevard County. It's a great day in Brevard County and especially District 1.

Looking Back...Where We Are....What's Ahead

Remember when we had the economic downturn and we had to work hard to revive our economy? We are now seeing a harvest of the strategies put in place a few years ago. Property values have increased and the economy is growing; a very healthy sign. Tourism revenue was \$1,968,737 for the month of March 2018, which was a little more than a 10% increase compared to March 2017 and fiscal year to date is trending at over 16%.

I have to extend a thank you to Commissioner Smith for his leadership last year and his initiative to get Brevard County focused to resurface roads and reconstruction projects needed to improve our community. We have a long way to go, however we are reducing our inventory of roads that need attention. We did all of this without seeing a general fund tax increase last year and hope we will not see one this year.

Parks and Environmentally Endangered Lands were increased as requested by voters by ballot.

What We Are Doing is Working

A large part of this tourism increase is directly related to USSSA relocating their headquarters to Brevard County and the \$40 million investment

they have made in the Space Coast Stadium. Up until last year, the 6th cent of tourism tax dollars could only be used for the Stadium in Viera. By vote of the County Commission, this 6th cent can now be used for capital tourism projects in the entire county. Some of those projects included; Oars & Paddles Park, tournament soccer fields, Palm Bay's new campground and a youth competition indoor event center which will host national cheer, dance and other activities to promote family tourism into our great county. These tourist development projects were approved by Commissioners Barfield, Smith and myself using the tourist taxes paid by visitors to our county. It is a very good return on this investment.

We will continue to see an increase in tourist numbers and the tourist tax dollar benefits as the project at Viera Regional Park is completed. The installation of the new turf on the fields will be used by USSSA to host soccer tournaments, which brings visitors to the area who eat in our restaurants, fill our hotels, not only in Viera, but other areas of the county to accommodate the players and their families. Using the tourist tax revenues in all 5 districts brings good family tourism to all of our county.

Another sizable benefit to tourists visiting Brevard is the \$40 million surplus in tax money from the half cent sales tax we voted to Save Our Lagoon. Thanks to the voters, the Indian River Lagoon tax is bringing in the necessary funds needed to clean up our lagoon.

A Note On Our Lagoon

Although we are aggressively cleaning up our lagoon, we could possibly see more fish kills over the next few years, as only 5% of the muck has been removed, with 95% still to go. We are actively moving from septic to sewer and many other new lagoon projects are still in the beginning stages. Each of us can help in this effort by watching what we put in our water. Don't fertilize in the summer when there is the highest rain, pick up after your dogs and do not wash grass clippings into storm drains.



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I am so proud to be part of Brevard County and our great efforts to clean up our lagoon. We are the only county making a significant financial contribution toward this effort.

Rain Rain Rain Again

This year we have experienced an elevated amount of rain fall along with the already high water tables. The county has been working hard to try to get ahead of potential flooding areas before we could possibly see a severe storm this year. If you have a concern, please call our office and we will try to get good information to help mitigate flooding.

District One Rocks!

I am so proud of the way North Brevard is growing. We have SpaceX, Blue Origin and One Web investing in our community, bringing in jobs, families and boosting our economy. SpaceX plans are to launch every 13 days and have a plan for manned space launch by the end of the year. It was exciting to see the river packed with visitors (over 100,000 people) when Falcon Heavy was launched. Awesome! Space X just announced they will be expanding their footprint at KSC.

Very Cool! – to have Blue Origin's rocket factory and One Web's first state of the art satellite manufacturing facility in our backyard.

We cannot talk about the space industry without mentioning the Kennedy Space Center Visitor Complex, which has over 1.2 million visitors a year. This is the only place on earth where you can view the Space Shuttle Atlantis, see launch areas, meet an astronaut, walk beneath a real Saturn V moon rocket, train in spaceflight simulators and view a live rocket launch. The educational program at the visitor center alone is worth the day at the complex. Stay tuned. They have more exciting projects planned.

Our Playalinda Beach wildlife refuge has over a million visitors a year. Our Birding Festival, Sea Turtle Festival and Bioluminescence kayaking also bring many tourists to our area.

North Brevard has four converging bike trails: Rails to Trails, Coast to Coast Trail, St. Johns River-to-Sea Loop and East Coast Greenway, which has already brought in over 600 cyclists on weekends.

The City of Titusville was just recently designated as a Trail Town and is only the second city in the State of Florida to obtain this designation.

We could not have accomplished all of this without the successful existing businesses who have contributed to the growing strong economy and the past and present leadership of our community. The future is looking pretty good. We will continue to work hard and plan strategically into the future for our success. Thank you for being involved and living in the Great County of Brevard! I am one happy Commissioner. It is a Great Day in Brevard County.

~ Commissioner Rita Pritchett

Summer Food Service Program

Too many kids in America go hungry during the summer. The USDA's Summer Food Service Program fills the gap during the summer for children who receive free or reduced in-school meal programs during the school year by providing free, nutritious meals for kids at local organizations, like schools, recreation centers, playgrounds, parks, churches, summer camps and more all over the country – all summer long.

Through WhyHunger's Hotline and online resources directory, families anywhere in the U.S. can get information about summer meal sites in their neighborhoods so kids have access to nutritious food during the summer months.

Year-round the WhyHunger Hotline and resource directory connect people in need to food pantries, soup kitchens and government nutrition programs across the U.S. Help is available at 1(800) 5-HUNGRY, Monday through Friday from 9:00 am – 6:00 pm or by texting the word SUMMER along with your ZIP CODE to 1-800-548-6479.

For more information visit: whyhunger.org/findfood.

The next Friends of the Library meeting will be on July 25th, 6 PM at the library. Refreshments will be served.

All members and prospective members are welcome at these meetings, especially our new members! Future events will be discussed and we need your input.

We gave away a boy's and a girl's bicycle to two happy, excited kids at the Bicycle Rodeo in May. It was great fun for the kids!

A big "Thank you!" to The Space Coast Transportation Office and all the volunteers.

Sponsored by Friends of the Port St. John Library

Port St. John Public Library

August 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

Yarning for a Cause: Mondays, 10 am-12 pm.

Senior Games: Tuesdays, 11:00 am - 3:00 pm.

Join other seniors for a variety of 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 pm. Counselors assist seniors and the disabled with Medicare and Medicaid questions. Call for an appointment time 321-222-7981.

Story Time: Fridays, 10:30 am. 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:

- Aug. 2, 10 am-noon North Brevard Home School Co-op
- Aug. 2, 10:30-11 am PPD/PPA Support Group
- Aug. 8, 6:00 pm PSJ Special District Advisory Board Meeting
- Aug. 9, 10am - noon North Brevard Home School Co-op
- Aug. 11, 10 am-Noon Port St. John Pokémon Club
- Aug. 13, 5:30 pm Port St. John Public Library Advisory Board meeting
- Aug. 15, 1-3:00 pm Bookworms Adult Book Discussion Group
- Aug. 15, 6-7:45 pm Sunrise Village
- Aug. 17, 11:45 am Titusville Chamber of Commerce
- Aug. 22, 5:30 pm Friends of the Library Membership Meeting
- Aug. 23, 10 am-noon North Brevard Home School Co-op
- Aug. 25, 10:00 am-Noon Port St. John Pokémon Club

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*Is transit
an important
part of your life?*

Ride with Jim allows you to share coffee & conversation with the people who help shape Brevard County's Transit System! A bus will pick up at a starting location and drive you & your transit friends to a local Bagel 13 for a chat over coffee and a bagel with Assistant County Manager and 20-year Director of Space Coast Area Transit, Jim Liesenfelt.

Space is limited.

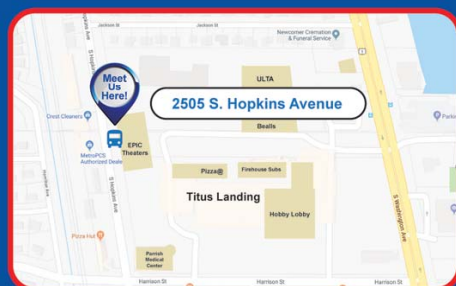
For more information & registration, visit 321Transit.com/RideWithJim

Date: August 29, 2018

Where: Meet at Titus Landing Transit Stop (behind Epic Theaters)

When: Riders must check in at 8:45 a.m. (Bus departs at 9:00 a.m. SHARP)

Returning: Bus will return riders to Titus Landing at 10:15 a.m.



*Enjoy a coffee & bagel,
compliments of Bagel 13!*



Three Common Ways Your Social Security Payment Can Grow After Retirement

By Blanca Taylor

Social Security Public Affairs Specialist

You made the choice and now you are happily retired. You filed online for your Social Security benefits. They arrive each month in the correct amount exactly as expected. But, did you ever wonder if your Social Security check could increase?

Once you begin receiving benefits, there are three common ways benefit checks can increase: a cost of living adjustment (COLA); additional work; or an adjustment at full retirement age if you received reduced benefits and exceeded the earnings limit.

The COLA is the most commonly known increase for Social Security payments. We annually announce a COLA, and there's usually an increase in the Social Security and Supplemental Security Income (SSI) benefit amount people receive each month. By law, federal benefit rates increase when the cost of living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). More than 66 million Americans saw a 2.0 percent increase in their Social Security and SSI benefits in 2018. For more information on the 2018 COLA, visit www.socialsecurity.gov/cola.

Social Security uses your highest thirty-five years of earnings to figure your benefit amount when you sign up for benefits. If you work after you begin receiving benefits, your additional earnings may increase your payment. If you had fewer than 35 years of earnings when we figured your benefit, you will replace a zero earnings year with new earnings. If you had 35 years or more, we will check to see if your new year of earnings is higher than the lowest of the 35 years (after considering indexing). We check additional earnings each year you work while receiving Social Security. If an increase is due, we send a notice and

pay a one-time check for the increase and your continuing payment will be higher.

Maybe you chose to receive reduced Social Security retirement benefits while continuing to work. You made the choice to take benefits early, but at a reduced rate. If you exceeded the allowable earnings limit and had some of your benefits withheld, we will adjust your benefit once you reach full retirement age. We will refigure your payment to credit you for any months you did not receive payments. Your monthly benefit will increase based on the crediting months you receive. You can find additional information about working and your benefit at www.socialsecurity.gov/pubs/EN-05-10077.pdf.

Retirement just got more interesting since you learned about potential increases to monthly payments. Social Security has been securing your today and tomorrow for more than 80 years with information and tools to help you achieve a successful retirement.

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LIFE • HEALTH • ANNUITIES

Walter Butler Community Center - August, 2018

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

The center is open Monday–Thursday from 10 - 8 PM, Fridays from 9 AM to 6 PM and Saturday 10 AM-2 PM Schedule is subject to change. Call 321-433-4448 for latest information.

Mondays - Fridays

Summer Day Camp thru August 9, 7 am-6 pm

Pickleball, 11 a.m.-2 p.m.

Kids In Motion, 2-6 p.m.

Open Gym, 6-8 PM

Open Computer Lab, 6-8 PM

Tuesdays

Pickleball, 11 a.m.-2 p.m.

Kids In Motion, 2-6 p.m.

Open Computer Lab, 6-8 PM

Open Gym, 6-8 PM

Wednesdays

Pickleball, 11 a.m.-2 p.m.

Kids In Motion, 2-6 p.m.

Volleyball Fundamentals, 5-8 PM

Open Computer Lab, 12-2 & 6-8 p.m.

Thursdays

Volleyball Fundamentals, 5-8 PM

Open Computer Lab, 6-8 PM

Fridays

Open Gym, 9-11 a.m.

Home School, 9:30 a.m. - 11 a.m.

Open Computer Lab, 10 a.m. - 2:30 p.m.

Pickleball, 11 a.m. - 2p.m.

Kids In Motion, 2-6 p.m.

Saturdays

Open Gym, 10 AM - 2 PM

Persons With Disabilities Dances are held at Walter Butler Community Center every 1st and 3rd Friday of the month from 7-9 PM all ages welcome.

For more information contact Andrea Chestnut at 321-264-5058 or 321-264-5105.

Classified Ads

16' CARGO TRAILER - 7' wide, insulated walls, sink with exterior drain, on-demand water heater, cabinets and AC for camping. \$3,500. 321-863-7499.

Classified Section - \$5.00 per line - approximately 45 characters per line (including spaces). All classified ads must be paid in advance. Ads must be submitted in writing no later than the 18th of the month for publication the following month. Happenings reserves the right to reject any advertisements not meeting its standards. Liability for errors shall not exceed the cost of the ad.

Kids in Motion - An after school program that focuses on anti-bullying and educational hands on projects that helps to stimulate learning, and growth; such as the Choice Program, 4-H Club and Stem Programs to enhance learning. Monday-Friday 2-6 p.m. \$30 a week. Discounts do apply if you live in the target area and if the child is eligible for free or reduced lunch and if the household receives any assistance. For more information contact Walter Butler Community Center 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 PM For more information contact Donovan Gilbert at Walter Butler Community Center, 433-4448.

Looking for Roommate

Person looking for a roommate to share a home in Port St. John. Call 321 578 1784 for details and rental amount.

Chick-Fil-A at Project Graduation Registration!

On August 3rd, 5-7:30 pm, CHICK-FIL-A will be available on Space Coast HS registration day, in front of the cafeteria/office during registration and is open to the public!

They will have sandwiches, nuggets and cookies available until they run out. It's a great chance to enjoy a treat, save a drive to Viera and support Project Graduation for our soon-to-be seniors.

Cocoa Beach Main Street Added To Florida Mural Trail

Cocoa Beach Main Street has been formally added to the Florida Mural Trail (FMT). According to Titusville resident and former Florida Mural Trail coordinator Luann Malark, "The Florida Mural Trail is now under the direction of VISIT FLORIDA, our state's official tourism marketing corporation" and "will serve as Florida's official source for travel planning to visitors across the globe."

The new online story features FMT towns/cities along with a hyperlink to each mural city, including Cocoa Beach Main Street's new website. The story will be periodically updated to keep it current with Google searches and provide greater exposure for the statewide mural connection. <http://www.visitflorida.com/en-us/travel-ideas/florida-murals-trail-statewide-tour.html>

Cocoa Beach Main Street, now in its 4th year, is continuing to develop the program and wants to add murals in downtown.

Ms. Javens commented, "We have applied for several arts and culture grants to support these types of projects. If approved, fundraising will begin to spearhead new murals throughout downtown."

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

Meet your neighbors and stay informed of Events & Community Happenings!

CANAVERAL GROVES HOMEOWNERS INC.

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. Mail to: CGHI, P.O. Box 675, Sharpes, FL 32959

Name _____

Address _____

E-mail _____

Phone _____ May we include your phone number on our membership roster to CGHI members? Yes No

Won't you come join us? We meet the 2nd Thursday of the month at Discovery Church, 3925 Grissom Pkwy. at 7:00 PM. www.CanaveralGrovesHOA.com





Fruit From The Groves

I am hoping that everyone is having a great and safe summer. As I am writing this, there is a meeting planned with Commissioner Pritchett and others about the problem of flooding out here in the Groves, and I'm hoping some of the problems are solved. There are a lot of things we can do to help, like keeping trash out of the ditches and keeping the culverts under the driveways clear so water will flow.

While looking over the Facebook pages that deal with our area, I see some of the same complaints all the time. Some are traffic violations, trash on the roads, conditions of the roads, trash not being picked up and street lights out. Please call the appropriate agency to have them resolved. Many times things that are on the Facebook pages were never reported, so the problem continues.

Brevard County Sheriff's Office has stepped up patrols in the area to help with enforcement and crime prevention but they need our help because this is a big area to cover. They can not be in all places at the same time.

Please get ready now in case a hurricane comes our way. There was some damage out here last year and roads were flooded. Remember to check on your neighbors and stay updated.

I would also like to know if there is a member of the Homeowners Association who would like to write articles about the Groves for Happenings each month? Don't worry, they have Spell Check and a proofreader.

The next meeting of the Canaveral Groves Home Owners Association will be Sept 13, 2018 at Discovery Church at 7 p.m. Our meetings are open to all. Hope to see you there.

Our Facebook page is Canaveral Groves Community Bulletin Board for residents of the Groves.

Ed Silva
President

Canaveral Groves Home Owners Assn.

A parting thought...

The other day I saw an old TV program with Red Skelton. He was asked what a good day was. He said that before he opened his eyes every morning he took a deep breath and if he did not smell flowers, he then opened his eyes, and if he did not see candles, he knew it was going to be a good day!

All have a great day.

- You may find some of the numbers you need for reporting problems or suspicious activities on the Community Calendar page inside. If the office or number you need is not there, please email me and I can get it in there for anyone else who might also need it. - Randy Rodriguez, Ed.

A Parting Shot... Six Little Stories

Once all villagers decided to pray for rain. On the day of prayer all the people gathered, but only one boy came with an umbrella.

That's FAITH.

When you throw babies in the air, they laugh because they know you will catch them.

That's TRUST.

Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up.

That's HOPE.

We plan big things for tomorrow in spite of zero knowledge of the future.

That's CONFIDENCE.

We see the world suffering, but still we get married and have children.

That's LOVE.

On an old man's shirt was written a sentence, 'I am not 80 years old; I am sweet 16 with 64 years of experience.'

That's ATTITUDE.

Have a happy day and live your life like the six stories. When I was a child, I thought nap time was punishment. Now it's like a mini-vacation.

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, August 26th, 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.

Martin Andersen Senior Center Dances

Martin Andersen Senior Center will host a Singles/Couples Ballroom Dance on Saturday, August 11th. Music will be provided by Janice and Rene. Doors open at 6:30 p.m. and dancing begins at 7:00 p.m., ends at 10:00 p.m. Free snacks, BYOB. Adults of all ages are welcome. The cost is \$6; \$5 for members.



MASC will also host a Singles/Couples Ballroom Dance on Saturday, August 15th. Music will be provided by Steve.

Doors open at 6:30 p.m. and dancing begins at 7:00 p.m., ends at 10:00 p.m. Free snacks, BYOB. Adults of all ages are welcome. The cost is \$6; \$5 for members.

Adults of all ages are welcome to our dances. MASC is located at 1025 S. Florida Ave., Rockledge. Call Martin Andersen Senior Center at 321-631-7556 for more information.

Election Day Treats

St Patrick's Angelican Catholic Church, 4797 Curtis Blvd. in PSJ, will be hosting an Election Day Bake Sale and Chili on Tuesday, August 28th all day. So bring a few \$\$ and an appetite when you come to cast your vote, or just drop by to purchase some treats to take home for you and the family. All are welcome.

Footloose

On August 2 - August 4, 2018, the Henegar Center for the Arts will present the culmination of the Feller Theatre Academy's High School Summer Theatre Workshop. One of the most explosive movie musicals in recent memory bursts onto the live stage with exhilarating results. To the rockin' rhythm of its Oscar and Tony-nominated top 40 score and augmented with dynamic new songs for the stage musical, FOOTLOOSE celebrates the wisdom of listening to young people, guiding them with a warm heart and an open mind.

The Henegar Center for the Arts is located at 625 E. New Haven Ave., Melbourne. Call 321-723-8698 or visit Henegar.org for more info.

Experimental Aircraft Meeting

EAA 724's next meeting will be on August 14th in the club house on Merritt Island Airport at 7:30pm. Prior to the meeting there will be a pot luck dinner starting at 6:30 pm. Come join us and bring a dish to share. 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. Our chapter is a mixture of pilots, wannabe pilots and non-pilots. 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.

Contact info:

www.eaa724.org

President: Dwight Bell

The older you get, the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

Lyme Disease Research

More than 300,000 new cases of Lyme disease, the most common tick-borne illness in the United States, are diagnosed each year. Despite the challenges to find a cure for this complex, debilitating disease, precision medicine and biotechnology are accelerating the discovery of new tools with which doctors will be able to diagnose it and treat patients.

Through rapid genetic sequencing, scientists can identify many different strains of *Borrelia burgdorferi* (causative agent of Lyme disease) as well as new tick-borne microbial infections, such as *Borrelia miyamotoi*, *Borrelia mayonii*, and the Heartland virus. The discovery of these new microbes inside ticks has significantly helped researchers since it "provides a starting point for the study of pathogenesis, vaccine development, and treatment." Researchers have also been able to screen thousands of drugs to determine which have the ability to destroy *Borrelia*.

- Thanx to Brian Fallon, MD, MPH

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



NEW HOURS!

Monday-Thursday: 11:00 AM-9:00 PM

Friday: 11:00 AM-10:00 PM

Saturday & Sunday: 7:00 AM-9:00 PM

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