

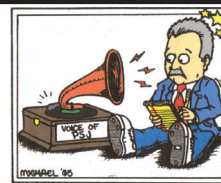
HAPPENINGS

ISSUE NO. 346

MARCH 2019

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

Spring is Here! Let's Go Play!

The 2019 Space Coast Seafood & Music Festival will be held on March 7-10, 2019 at Space Coast Daily Park, 6091 Stadium Parkway, in Viera. The event will be open Thursday, 5 pm-10 pm; Friday, 5 pm-11 pm; Saturday, 10 am-12 midnight; and Sunday, 10 am-6 pm. There is music for everyone.

On Thursday, March 7th, Brevard County's Space Coast Symphony Orchestra presents "Music of the Night," a free concert under the stars.

On Friday, March 8th, American Band SOJA and Jamaica's Ky-Mani Marley will headline the big Friday night celebration with cool sounds of reggae music to start the weekend vibe.

On Saturday, March 9th, Travis Tritt and The

Charlie Daniels Band will headline the 4th annual event on Saturday, along with the highly popular The Cadillac Three. The three country music star bands are on the blockbuster "Outlaws & Renegades Tour."

On Sunday, March 10th, Classic American southern rockers Molly Hatchet will jam the Seafood & Music Festival with a free concert.

The fair will have arts and crafts, a Live Shark Encounter, rides, games, a Kids Zone and Pirates Parade. Bring

the family out for a great day of fun, entertainment and of course, great food.

There is something for everyone in your family. Call 855-386-3836 or 321-323-4460 for more information.



Space Coast Spring Fair

Don't miss the 2019 Space Coast Spring Fair at Space Coast Daily Park in Viera, March 28 - April 7, featuring free unlimited rides with gate admission. More than 150 popular free rides, free shows including circus shows and the Globe of Death show, and games will be enjoyed for just \$12 (Monday through Thursday) or \$15 (Friday through Sunday) at the Space Coast Spring Fair.

For tickets and information, call 1-855-386-3836 or visit SpaceCoastDaily.com.

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PSJ Community Center Schedule - March, 2019

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

Seniors at Lunch, 10 a.m. - 1 p.m.

Mondays

Outside Basketball, 10 a.m.-8 p.m.

Community Cares After School Program, 2:30- 6

Game Room/Computers, 3-8 p.m.

Billiards, 3-8 p.m.

Zumba (Adult Class), 6-7 p.m.

Tuesdays

Outside Basketball, 10 a.m.-8 p.m.

Community Cares After School Program, 2:30- 6

Game Room/Computers, 3-8 p.m.

Billiards, 3-8 p.m.

Girl Scout Troop 1902, 4-5 p.m.

Girl Scout Troop 276, 6-7 p.m.

Wednesdays

Outside Basketball, 10 a.m.-8 p.m.

Community Cares After School Program, 2:30- 6

Chair Yoga, 2:30-3:15 & Floor Yoga, 3:30-4:30

Game Room/Computers, 3-8 p.m.

Billiards, 3-8 p.m.

Zumba (Adult Class), 6-7 p.m.

Thursdays

Outside Basketball, 10 a.m.-8 p.m.

Billiards, 1:30-8 p.m.

Community Cares After School Program, 2:30- 6

Game Room/Computers, 3-8 p.m.

14th & 28th - Cub Pack 704, 6-7 p.m.

Fridays

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

Billiards, 1:30-6 p.m.

Community Cares After School Program, 1:30- 6

Saturdays

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

Game Room/Computer, 10 a.m. - 2 p.m.

Family Fun–Fit Day

- To be held at Fay Lake Wilderness Park 10 a.m.

- 12 p.m. For more information contact the Port

St. John Community Center at (321)633-1904.

Community Cares – After School Program

Port St. John Community Center staff will pick

up children from Challenger 7 Elementary every

school day and transport children back to the

community center. This program will include

homework time, snack and outdoor activities. The

cost of this program is \$45 per week per child.

Children in grades kindergarten through 6th grade

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Good Day! by Maureen Rupe

Rezoning at Ranch Road/Grissom Blvd - This rezoning is for two 120-foot by 84-foot storage buildings (10,080SF). The lot line of the storage buildings is approximately 320 feet from Grissom Blvd. with a stormwater pond just in front of the storage building, about 80 feet from Grissom Blvd. The storage building is on the southern-most lot next to Ranch Road. The zoning request will not be heard by the Port St. John Special District Planning & Zoning Board as it's not within the boundaries of the Port St. John Special District. It is under the Brevard County Planning & Zoning Board only, before the revision goes before the Brevard County Commission. The item is tabled to the March 25th meeting as it is being revised.

M&R United, Inc. (Carmin Ferraro) requests a change of zoning classification from BU-1 (General Retail Commercial) to BU-2 (Retail, Warehousing and Wholesale Commercial). The property is 13.27 acres, located on the west side of Grissom Parkway between Cinnamon Fern Blvd. and Ranch Road (no assigned address).

Planning and Zoning Board Recommendation: Lawandales/McLellan – Tabled to the March 25, 2019, Local Planning Agency meeting. The vote was unanimous.

If you are interested in this rezoning, please come to the Planning & Zoning Advisory Board meeting on March 25, 2019, 3 pm, in the Brevard County Commission Chambers

Reference: www.brevardfl.gov/docs/default-source/planning-and-development/planning-and-zoning-agenda-2019-02.pdf?sfvrsn=4

Bio-Solids, the 900lb. Gorilla next to the Lagoon

I've been talking about Bio-solids in Happenings since at least 2012. You can find a letter on the Facebook page of the Brevard Indian River Coalition where I wrote to the Brevard County Commission in November, 2017 about Florida Bio-solids:

"... there are 83 sites the Department of Environmental Protection allows landowners to dump "Class B" waste. Class B is more regulated due to fecal and heavy metal content it contains after treatment. The article shows a map of the active sites allowing Class B effluent, two are

in Brevard county, both within a couple miles of the Indian River Lagoon. Site FLA395731 (Jakubcin) is 200 acres (4890 Lloyd St., Mims), less than 4 miles from the Indian River Lagoon, and has 176.7 dry tons applied (353,400 pounds). Site FLA844462 (Port St. John Site) is 85.5 acres (Ranch Road, Port St. John), less than 2 miles from the Indian River Lagoon, and has 16.335 dry tons applied (232,670 pounds)."

Brevard has two Class B Human Waste dump sites. One 200-acre site at 4890 Lloyd Street, Mims, and one 85.5-acre site on Ranch Road in Port St. John.

Biosolids is just a more acceptable way of saying "human feces," the solids left when you have a bowel movement on the toilet. This "Human Body Waste" is being sold to the public as a good thing to use for agriculture because it does contain nitrogen and phosphorus. But just like everything else, too much of anything, if it is not needed, can be detrimental. The Biosolid Regional Summit in Fort Pierce, Florida on June 8, 2018, gave, among other things, the following facts:

Fact 2: it is documented by the US Environ-

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mental Protection Agency (EPA) that in Florida, 53% of its rivers, 82% of its lakes and reservoirs and 32% of bays and estuaries are impaired by nutrients, specifically total phosphorous (TP) and total nitrogen (TN).

Fact 6: A substantial amount of imported nutrients within watersheds become discharged into surface waters. As an example, it has been estimated in Lake Okeechobee contributing basins that over 11% of the total TP import and over 13% of TN import are annually eroded and discharged into surface waters.

Fact 9: Both AA and Class B biosolid products contain an average concentration of nutrients that varies around 5.5 percent nitrogen and 2.2 percent phosphorus.

Fact 15: if you assume 11% of 1,000 tons of TP from Class AA biosolids within that Lake Okeechobee watersheds are discharged to surface waters which is equal to 110 tons of TP to surface waters annually (equivalent to 220,000 lbs.). Then it would equivalently add a cost of \$26,400,000 annually to remove the TP from the surface waters assuming \$120 per pound removal rate employing shallow water STAs.

Only Class B human waste has been tracked since 2013. Class AA human waste, otherwise known as “biosolids,” can be spread anywhere or sold outside of the state as it’s considered the same as regular fertilizer. The Titusville waste treatment plant known as “Osprey” has been reporting in 2014 through 2017 that it was putting out around 230 tons of human waste at the Mims and Port St. John dump sites.

There are 13 waste plants listed in Brevard on the Florida’s listing of Waste Treatment plants, including: Mims, Titusville Osprey, Port St. John, Skyes Creek, Rockledge, David B. Lee Water Reclamation and Palm Bay. Whatever the human waste is cleaned to, it still has the same nitrogen and phosphorus concentrations (Fact 9), so it should be an easy assumption that the other sites in Brevard produce at least 1,000 tons per year. It is easy to show we are spending the same as the Okeechobee watershed, so we are essentially wasting \$26,400,000 per year. Aren’t we putting the nitrogen back into the Indian River Lagoon, while at the same time spending our taxes of more than \$26,400,000 per year to pull out muck and fix sewage pipes

to keep nitrogen and phosphorus out of the Indian River Lagoon?

What other problems are there? I found a November 15, 2018 EPA Report, No. 19-P-0002, titled “Unable to Assess the Impact of Hundreds of Unregulated Pollutants in Land-Applied Biosolids on Human Health and the Environment.” The 66-page report was written by EPA’s Inspector General and I can’t list everything, but on page 14-15, it states two concerning paragraphs:

“Existing biosolids data and studies do not fully examine the pollutants found in biosolids, especially unregulated pollutants. Until such research and data exist, the EPA cannot determine if any regulations should be issued. In over 20 years, no new pollutants have been regulated.”

“Piecing together information from the 2015 biennial biosolids review, the 2001 and 1989 National Sewage Sludge Surveys and other information, the EPA identified 352 pollutants in biosolids. The EPA does not have complete risk assessment information on these pollutants; therefore the agency cannot say whether

cont., next page

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STEVEN ALLENDER

Good Day!, cont.

the pollutants are safe or unsafe when found in biosolids.”

Still on page 15: “We took the EPA’s list of 352 pollutants without full risk assessment data and compared that list with three other hazardous lists: (a) the Resource Conservation and Recovery Act (RCRA) hazardous waste listings, (b) the EPA priority pollutant list, and (c) the National Institute for Occupational Safety and Health’s (NIOSH’s) list of hazardous drugs. We found that 61 of the 352 pollutants appeared on one or more of the hazardous lists. According to the EPA, without risk assessments on each chemical, it is unknown whether the pollutants in biosolids are harmful. Of the 352 biosolids pollutants:

- 32 are hazardous wastes under RCRA (four of which are acutely hazardous).
- 35 are EPA priority pollutants.
- 16 are NIOSH hazardous drugs”

Residents of Port St. John and Canaveral Groves needs to remember the Port St. John dump site is just north of Space Coast Middle School, and well within smell distance. What

about our yards? Both the Port St. John and Mims dump sites are on Bahia grass according to dump site records. Are they selling the Bahia grass? Are all these pollutants and 61 hazardous pollutants in all our Brevard neighborhoods? Is it being sold outside of our county across all of central Florida? But we have to get rid of the human waste, don’t we?

With all the fish kills and algae blooms, the state is starting to wise up, and in 2018 created the DEP Biosolid Technical Advisory Committee (BTAC). I’ve given the link below to their webpage. I have a friend who attended 4 of the 5 days they met starting in September, 2018, 3 days in November, 2018, and their last day on January 23, where they disbanded. My friend was not impressed with what was decided, as in his words, “Too many people involved with the BTAC are invested in the current scheme and its infrastructure.”

Brevard County is passing the buck by saying it’s the state’s responsibility. They seem to be so determined to update the sewer systems and connect at least all homes within a few hundred feet of the Indian River Lagoon to those sewer

systems, they are forgetting the 900 lb. gorilla watching from the shores. We are spreading reclaimed water (with nitrogen and phosphorus) around the county and spreading at least Class A or AA biosolids around the county, either directly on agriculture land or even sold as fertilizer. I’m told the Class B biosolids are taken to the county landfill, but no one seems to know as they haven’t tracked the spreading of AA biosolids since 2013. Shouldn’t the county at least be challenging the state on Bio-solids? Aren’t Brevard residents’ health being affected by this?

References:<https://www.facebook.com/BIRLC/posts/1884812571547546>

<https://floridadep.gov/water/domestic-wastewater/content/dep-biosolids-technical-advisory-committee>

<http://prodenv.dep.state.fl.us/DepNexus/public/electronic-documents/FLA844462/gis-facility!search>

<http://prodenv.dep.state.fl.us/DepNexus/public/electronic-documents/FLA395731/gis-facility!search>

<http://www.tcrpc.org/announcements/Bio-solids/summit%20summary.pdf>



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https://www.epa.gov/sites/production/files/2018-11/documents/_epaog_20181115-19-p-0002.pdf

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PSJ Studio Celebrates its "Lucky" 13th Season

For local resident and business owner, Jackie Jordan, also known as Miss Jackie, it's a dream come true. She's feels very lucky and blessed, and with good reason. Previous dance studios in Port St. John had come and gone; with the longest run by Hope's nearly a decade before Star Dance Academy opened for a brief time (where she taught dance and voice). Remnants of it remain on the Plaza sign today.

Miss Jackie began teaching long before any of the studios closed, and taught at the local community center before taking on the challenge of keeping the doors open in spite of area economic setbacks and inflating rents and insurance. With a strong sales and management background, she was able to succeed where others failed. She

also began Brevard's first and only aerial arts program, which is very expensive to upkeep and is still going strong.

She began this with a broken back and other physical limitations, and had to overcome a few other obstacles to build a successful, award-winning studio. Luck of the Irish? I think not. Perseverance, dedication, family and community involvement has contributed in a big way.

She hopes to continue to inspire our youth and mentor them through the arts, as well as support our community through scholarships and other opportunities. They are gearing up for another successful competition season and are looking for individuals who may want to compete in upcoming Orlando talent competitions. For more information on classes and workshops, call 321-403-4904.



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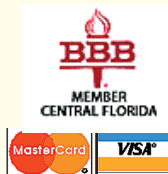
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Federal Court Rules in Favor of Parrish Medical Center

A federal judge has ruled in favor of Parrish Medical Center (PMC) and against seven oncologists who sought an injunction to restore their privileges to practice at the Titusville hospital. The seven physicians—Germaine Blaine, Cynthia Bryant, Juan Castro, Ashish Dalal, Firas Muwalla, Brendan Prendergast and Richard Sprawls, had sought a preliminary injunction against PMC, claiming their due process rights had been denied and that PMC’s bylaws were breached.

The court found that neither situation had occurred and denied the physicians’ request. The ruling was issued Feb. 4, 2019, by U.S. District Judge Roy B. Dalton, Jr. The dispute centered on the physicians’ refusal to provide patient care data to PMC. Having received what the court said was a “full panoply of due process protections,” the seven physicians’ privileges were not renewed by PMC due to the physicians’ consistent failure to provide PMC with essential patient care data.

The court noted that “...PMC found that the Plaintiffs’ failure to comply with PMC’s request for patient data hindered the cancer program.” This failure constituted “relevant considerations” for PMC.

The Court’s Order cited that “... at this stage, the Court finds no fault in this course of action—rather, the Bylaws contemplate denial of reappointment on such grounds so long as the reappointment process is followed.” The court also noted that, “Each reviewing body at PMC found that Plaintiffs’ failure to comply with PMC’s request for patient data hindered the cancer program and the delivery of quality of patient care and could cause the loss of accreditation in the future,” the court said.

“The court’s decision validated the actions taken to not renew the physicians’ privileges,” said Joseph Zumpano of Zumpano Patricios. “The court found that PMC’s Board of Directors and administration did the right things, the right way, according to policies, bylaws, and the law.”

PMC has Brevard County’s longest continually accredited program by the American College of Surgeons Commission on Cancer (CoC). First accredited in 1989, PMC is one of only two CoC-recognized programs in Brevard County.

The federal district court order can be read here: https://ecf.flmd.uscourts.gov/cgi-bin/show_public_doc?2018-00487-94-6-cv



Neighborhood Watch

It’s time to stop the madness of some undesired aspiring ‘artists’ from painting any more ‘art’ on walls here in Port St. John!!!

We have an empty building that sits on Curtis with boards and multiple coats of paint over poorly done graffiti. It’s constantly under “attack” and it looks hideous. They either need to finish the building or tear it down, and the owners should be cited until it’s cleaned up. The wall behind McDonald’s needs some attention as well, and not the kind the words on it describes. This isn’t very attractive to see every day, and it’s another reminder of the mentality we are dealing with when it comes to criminal behaviors. We need volunteers to clean up the remnants of the stupidity that lurks in the minds of our local pranksters.

In keeping with the idea of spring cleaning, I’d like to also suggest that any ATV enthusiasts help others enjoy the wilderness by keeping it clean and free of debris. Places like the “Black Hole” and others are always targets for garbage. C’mon folks let’s get it TOGETHER! We need to stop this madness in our neighborhoods by not allowing it to continue. We really DO have some good folks here who would jump in and help, but we need to continue to focus on prevention, and that starts with everyone.

The less we enable a criminal, the less they will have to enable them to succeed. “Lock it or lose it” is the slogan that we need to heed. That includes homes, registered weapons, and vehicles.

Be safe everyone!

-Neighbor Nell

FIRST FRIDAY ROSARY

September 7, 2018, 6 PM. All are welcome.

St. Peter's Orthodox Catholic Church
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Reverend Father Frank Cossentino

321-208-2356

Coffee & cake social to follow.

Happy Birthday to Helen Gedutis (Sunrise Landing), who turned 100 last month!

Rose's Room

~ Rose Padrick

Some say this month comes in like a lion and leaves like a lamb. Still retaining a dab of the detective skills I honed when I had teenagers, I am able to place these sayers north of the Florida-Georgia line. Any true Floridian will say the month comes in like a gator charging an airboat captain and leaves like a sea cow gently dozing in a Merritt Island canal. These same sayers claim March to be spring – again, us Flo-Gro's know it to be the Almost Summer season, to be followed by Summer, late Summer and Gonna' Be Summer.

I mention this because a friend and I fell under the spell of a certain movie starring a certain beautiful lady who was very able to hit all the high notes with amazing clarity and decided to also count our favorite things. The lateness of the hour and the availability of 'grape juice' had absolutely nothing to do with this decision, but had everything to do with the timing of producing this column.

As with most everyone, my number one favorite thing is my family... and what a family it is! Dispensing a very special hug and telling each one of my five biological offspring, twenty-two grandchildren, four great-grands and one and a half great-great-grands that they are my absolute favorite ain't always easy. Black, white, brown, red and various hues in between run plays and pitch balls at every opportunity. African-American, Mexican, Irish, Scotch, German, Italian, English and Welsh vie for the turkey legs at holiday dinners. Gay, straight, in-laws, out-laws (previously married but still my grandchildren's parents and welcome to gatherings), almost-laws (fiancé's) take turns attempting to be heard above the din. The fact that the din is mostly laughter does this old heart good – unless I happen to be the object of said laughter, which happens with amazing regularity. I believe if we had four legs someone would be building a very large boat and predicting many weeks of rain!

Another favorite also includes humans... I have been buzzed into the absolute best Podiatrist office in the state on many occasions, both

pre- and post-surgery, most recently for continued pain. I have found every staff member to be very knowledgeable and truly happy to help feet get better, up to and including the person who upgraded the entire structure of my foot. Dr. Beylin's suggestion was to consider laser treatment, which would be easier to do if I could rid myself of the mental picture of a surgical masked being in a long white coat waving a laser light while growling, "I am your doctor."

He also mentioned one of the metal Gee Gaws he left in my foot is a tad loose, but can be fixed with a very minor procedure. I always thought it would be a whole 'nuther member of the A.M.A. revealing I had a screw loose.

The beach certainly makes the list – The happiness received from watching chubby little legs making their way to the water and catching the look of surprise when the water recedes and the sand swallows their tiny feet is almost overwhelming. My soul laughs with each happy squeal as sea gulls swoop low hoping for a hand-out. The smile on my face is totally genuine when said squealer throws a stage four temper tantrum because big brother won't fork over the sand bucket. And it won't be me who wrestles her, big brother, buckets, towels, coolers, umbrellas and five pounds of sand into the car, then home for shower and nap.

Mundane items like Hot Fudge Sundaes, wildly dancing to any of Chubby Checkers' songs played at teenager decibels and flying kites make the list; all of which I have been advised are unhealthy for me by more than one member of the above mentioned favorite number one. These and many other activities make my kids almost as crazy as I was for the biggest part of their collective teenage-hood... I probably should have listed this as favorite thing number one, but I work so hard at it and get such enjoyment that Offspring Frustrating is a favorite activity, not a favorite thing

I challenge everyone reading this to take a few moments once a month to jot down a list of their own favorite things, then go out and obtain them. Go to the beach, laugh with little ones, stop for ice cream on the way home and join in my most ungainly gyrations to Peppermint Twist. Your kids will get over it eventually, but your soul will remember forever.

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Monthly Tax Update

This month let's talk about non-traditional income sources the Internal Revenue Service is targeting. This includes income from Lyft, Uber, or delivery drivers, home rentals through Airbnb or VRBO, GoFundMe or Kickstarter and virtual currency such as Bitcoin. First, let's discuss independent driver arrangements including Lyft, Uber, delivery services or other vehicle support activities. These arrangements are viewed as independent contractors receiving compensation and considered self-employment. You are responsible to pay for your own Federal withholding taxes and the self-employment taxes (Social Security and Medicare taxes) on the net profit earned from your vehicle services being provided. You will file the Schedule C for Form 1040 to report your gross income and all your expenses to arrive at your net profit. Expenses include vehicle (either mileage or actual), cell phone, extra vehicle insurance, fees and commissions paid, parking and tolls, credit card processing fees, anything provided to the customers and any other associated fees. Don't forget, you have to maintain a mileage log to substantiate your business miles.

Next, you decide to rent your house or a room. This type of activity has special circumstances.

If you rent out your home or room for short-term rentals (less than 14 days per year), the income is not taxable regardless of how much you earn. However, if you rent out your home or room for more than 14 days, then you are subject to tax on the income that exceeds your direct expenses and only a portion of the general or shared expenses based on days of rental versus personal use. You'll complete Schedule E for Form 1040 to report this activity or it could be classified as a business activity due to the amount of rental activity and require you to file the Schedule C for Form 1040.

Okay, crowdfunding from GoFundMe or Kickstarter are determined on a case-by-case basis. Believe it or not, GoFundMe funds are treated as a gift and not taxable to the recipient and no deduction is allowed from the funding source. Whereas, Kickstarter campaigns are taxable income, unless specifically identified as a loan or a capital contribution to an entity in exchange for an equity interest.

My final topic deals with Virtual Currency, most popularly known at Bitcoin. The income from this is treated as ordinary income or a capital asset and depends on the facts and circumstances. It is important to accurately record your virtual currency transactions. Some transactions

are for the payment of services, which is income. Then, you spend the currency for something and the characteristics of the currency results in capital gain or loss on the liquidation of the currency and at the same time results in a possible deduction if used for business needs. Therefore, for tax purposes, you need to track how and when you received the currency, the value on the date you received the currency, the date the currency was traded or used, the value on the date of the trade or use, and what you did with the currency when you traded or used it.

This is a very brief overview. It is your responsibility to discuss any tax and financial changes with your professional advisor for assistance in evaluating your situation. 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.

Challenger 7 Golf Classic

The 4th Annual Challenger 7 Elementary Charity Golf Classic will be held on Saturday, April 27th at Turtle Creek Golf Club. The cost is \$55 per person and includes greens fee, cart, lunch, range balls and on-course



contests. Registration will begin at 7:00 am with the tournament officially starting at 8:00 am. Afterwards, please join us for lunch, awards and raffle at about 12:30 pm. All proceeds benefit Challenger 7 Elementary School.

In addition to prizes for 1st, 2nd and 3rd place, there will be two "long drives," two "closest to the pin" challenges and a putting contest.

A hole-in-one wins a Buick Verano sponsored by Ron Norris Buick/GMC.

Anyone who does not play golf can still participate by sponsoring a golf hole for \$100, or attend the awards luncheon for \$10.00.

For an application or additional info, email c7golf@cfl.rr.com or visit <http://c7golf.wixsite.com/challenger7>. The deadline to register is April 19th.

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Parrish Medical Center Recycles to Aid the Homeless in North Brevard

Blue medical wraps used in Parrish Medical Center's operating rooms to cover and safeguard sterilized surgical instruments will find a second use in covering and safeguarding the homeless.

The water-resistant, heat-sustaining wraps shield surgical instruments after they are sterilized for operating room use. The wraps are removed and discarded prior to starting the procedure.

Sherry Pierce, CRNA, learned of a recycling project online from a medical center in Camden, New Jersey and brought the idea to Rebecca Tipton, manager of Perioperative Services. They realized there could be a better use for the excess medical equipment at Parrish Medical Center, too.

"I had seen the medical wraps could be converted for use by the homeless," Pierce said. "I thought about our hospital's vision, 'Healing Families—Healing Communities.®' It's another



Pictured (left to right) North Brevard Charities Sharing Center's Lomika Hardy, Diane Patterson, Jonda Erwin, Joe Robinson; with Parrish Medical Center's Sherry Pierce, CRNA, Rebecca Tipton, manager of Perioperative Services.

way for Parrish Medical Center care partners to live our vision."

A team of operating room care partners have volunteered to assemble and sew the wraps into mats, sleeping bags, pillows and drawstring travel bags. There's no set goal on quantities, but Tipton says, "The more the better." When the wraps are completed they will be donated to North Brevard

Charities Sharing Center for their use in aiding the homeless.

"When Sherry presented the idea, the surgical team was immediately enthusiastic about it," said Matt Graybill, director of Perioperative Services.

And this project gives Parrish Medical Center care partners another way to help people, which is why we work in healthcare.

Understanding Medicare Star Ratings

Medicare is the U.S. government's largest health insurance program covering U.S. citizens and legal residents 65 and older, and people who qualify on the basis of disability or end-stage renal disease (ESRD). Centers for Medicare & Medicaid Services (CMS) created the Five-Star Quality Rating System to help consumers, their families, and caregivers compare Medicare Advantage and Medicare Prescription Drug Plans more easily based on quality and performance. CMS uses information from member satisfaction surveys, plans, and health care providers to give overall performance star ratings to plans. A plan can get a rating between 1 and 5 stars. A 5-star rating is considered excellent. Medicare updates these ratings each fall for the following year.

CarePlus is rated an overall 5 out of 5 stars for 2019 by Medicare. Some of the measurements Medicare considers when determining star ratings are:

- **Chronic condition rating:** Were you able to get the screenings, tests and vaccines you need to help stay healthy? If you have a long-term condition like diabetes, did you get help from the plan to manage it?
- **Part D rating:** Were you prescribed drugs safely and in a way clinically recommended for your condition?
- **Member experience rating:** How satisfied are you with your plan? Did you have a positive experience when you called customer service? How easy is it to use your benefits or see a doctor?
- **Complaint resolution rating:** How often did members have problems with the plan? How much did the plan's performance improve (if at all) over time?
- **Customer service rating:** How responsive is your plan to phone calls and questions?

A 5 out of 5-star rating means that Medicare considers CarePlus to be an excellent plan, and when it comes to your health that can mean peace of mind. CarePlus,

like all other 5 star plans, was awarded a Special Enrollment Period by Medicare because of our 5-star rating. That means, anyone who has Medicare doesn't have to wait until October to enroll in a 5 star plan, they can enroll in all year long.

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LIVING WELL WITH DIABETES: READ THIS IF YOU HAVE DIABETES OR THINK YOU MIGHT BE AT RISK

Diabetes Care



ask the
Expert

By **Peggy McLaughlin**, BSN, RN, CDE, Diabetes Nurse Educator



More than 30 million Americans are living with diabetes. At least 1 in 3 will develop diabetes in his or her lifetime. Fortunately, there are ways to avoid common problems and live well with the disease.

What is diabetes?

Diabetes is a lifelong condition that results when the body is not able to use food properly for energy. Diabetes increases your risk for heart disease and stroke. It is a serious medical condition, but you can learn to manage it and avoid complications by taking care of yourself.

What factors increase my risk?

You can't change a family history of diabetes, your age (being older than

45) or your ethnic background. People with African-American, Alaska Native, American Indian, Hispanic, Asian and Pacific Islander genes are at higher risk.

But you can control being overweight, being sedentary, having high blood pressure, having high blood cholesterol and developing prediabetes or gestational diabetes.

If I have diabetes, how can I live well?

First, learn all you can about the disease and get support. Know your diabetes ABCs: A is for the A1C test, which measures your average blood glucose over time; B is for blood pressure; and C is for cholesterol. Talk to your health-care team about how to manage these.

Know how to monitor your blood glucose. Bring your monitor and log book to all medical appointments.

Take any medications as prescribed and talk to your doctor if you have side effects or your blood glucose is consistently too high or low.

Make smart food choices and lose weight, if needed. Be consistent about eating three to five small meals or snacks a day. Reduce fat. Choose healthy carbohydrates, like whole-grain breads. Eat fresh fruits, veggies and beans.

Drink plenty of water.

Exercise and be active. Start where you are and aim for 30 minutes of exercise or activity on most days.

Quit smoking.

Stay motivated. Make use of diabetes education and nutrition services.

Though managing your diabetes isn't always easy, living well is possible—and you're always worth it.



Subscribe to our newsletter for tips to keep you and your family healthy.

Visit parrishhealthcare.com/sign-up

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.

3-3 World Wildlife Day

3-5 Mardis Gras Fat Tuesday

3-5 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.

3-6 Ash Wednesday

3-6 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 Valerie Helmer at 321-268-1632.

3-6 PSJ Startups & Founders Club, a group for new business owners and entrepreneurs, meets on the 1st Wednesday of each month at the Port Java in Fay Plaza. We'll begin our program at 8 AM. The Port St. John internet site can be viewed at www.meetup.com/Port-St-John-PSJ-Startups-Founders-Club/.

3-8 International Women's Day

3-8 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.

3-10 Multiple Sclerosis Self-Help Group meets on the 2nd Sunday each month (except Mother's Day & Nov.), 2 PM, Cocoa Library.

3-10 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.

3-10 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.

3-14 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.

3-15 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.

3-17 St. Patrick's Day

3-18 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.

3-20 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.

3-26 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 show and tell or a guest speaker. Call 321-720-6232 or 321-720-1584 for more info.

3-30 Earth Hour

Congratulations to:

Alexander Delida turns **13** on the 2nd.
Landon Townley turns **13** on the 2nd.
Sharon Bowen gets spanked on the 3rd.
Mason Kremer turns **10** on the 3rd.
Shawn Townsend turns **21** on the 4th.
Kari Grinstead is more beautiful on the 5th
Sam Brown has a party day on the 5th.
Doug Vick turns crazier on the 6th.
Isaac Kois turns **29** on the 6th.
Mandy Pannullo turns **26** on the 8th.
Aiden Firth turns **8** on the 8th.
Paris Ragan turns hotter on the 9th.
Jason Rockhill turns wilder on the 9th.
Brett Messer turns **23** on the 10th.
Patty Benoff parties wild on the 10th.
Carol Kremer turns cuter on the 14th.
Rhonda Rockhill is the Queen on the 15th.
Ashley Moore turns hotter on the 16th.
Paige Burris turns more lovely on the 17th.
Tonya Dees remains beautiful on the 18th.
Lucas Erickson turns **21** on the 18th.
Amaya Rockhill turns **13TEEN** on the 18th.
Brent Bray turns **30** on the 21st.
Cheryl Rausch rocks the night on the 23rd.
Alexys Sladyk turns **18** on the 24th.
Carter Niehoff turns **8** on the 27th.
Jim Carnell turns buffer on the 29th.
Norm & Sue Blum celebrate their 36th Anniversary on the 4th.
Lisa & Cary Troxel celebrate the day Cary robbed the cradle on the 27th. Rock on!
Dave and Valerie Hannen celebrate their 34th wedding anniversary on the 30th.
We have lots of room for more good news.
 Email your inputs to happenings1@att.net.

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/	

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Parrish Medical Center Diabetes Education Program Merits ADA Renewal Recognition

Parrish Medical Center was again awarded an American Diabetes Association Education Recognition Certificate for its diabetes self-management education program.

Parrish Medical Center's diabetes self-management education program has been recognized since 1999. Recertification occurs every four years and recognizes the program continues to offer high-quality education as an essential component of effective diabetes treatment. The certification program is voluntary and assures that educational programs meet the national standards for diabetes self-management education programs. Recognition means the program has a staff of knowledgeable health professionals who can provide participants with comprehensive information about diabetes management.

"The process gives professionals a national standard by which to measure the quality of services they provide," said Alexandra Gutierrez, PMC director of Community and Corporate Education. "It assures the consumer that he or she will receive high-quality service."

According to the ADA, there are 29.1 million people or 9.3 percent of the population in the U. S. who have diabetes. While an estimated 21 million have been diagnosed, 8.1 million people are not aware that they have this disease.

Each day more than 3,900 people are diagnosed with diabetes. Many will first learn that they have diabetes when they are treated for one of its life-threatening complications—heart disease and stroke, kidney disease, blindness, and nerve disease and amputation.

For more information about the PMC Diabetes Education and Nutrition Services, call 321-268-6699 or visit parrishhealthcare.com and click on Diabetes Education under the Services tab. Referrals are required.



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

Meals On Wheels

Aging Matters in Brevard announced today that it will be participating in the 17th Annual March for Meals – a month-long, nationwide celebration of Meals on Wheels and our senior neighbors who rely on the vital service to remain healthy and independent at home. Sheriff Wayne Ivey will serve as Honorary Chairman of the awareness campaign to help fight senior hunger and isolation in Brevard County. Aging Matters in Brevard's celebration will include various activities throughout the month of March.

March for Meals "Community Champions Week" will be March 18-22. During this special week of March, prominent community figures will help deliver meals, speak out for seniors, and raise awareness about the power of Meals on Wheels.

"The services we provide are a lifeline for seniors in Brevard County and the need is rapidly increasing," said Josh Jensen, president and CEO of Aging Matters in Brevard. "Together, we can keep our senior neighbors well-nourished, feeling safer and more connected to our community as they age."

Hospice of St. Francis is a sponsor of the event. "A large percentage of our patients receive care in their homes. Our staff members – chaplains, nurses, social workers and aids witness the tremendous impact that the Meals on Wheels program makes for our home-bound patients. We are honored to support the March for Meals campaign so that this service which brings comfort to the body and a friendly visit to help nourish the spirits can grow to meet the needs of our community," said Joe Killian, President and CEO of Hospice of St. Francis.

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for over the age of 60. Since 2002, community-based Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to meet the growing need for this vital service.

"The month of March is a fitting time to not only celebrate the successful history of Meals

on Wheels, but also bring us together to support a solution that will strengthen communities into the future," said Ellie Hollander, President and CEO of Meals on Wheels America. "With 12,000 Americans turning 60 each day, now is the time to invest in these vital programs so that we can provide every senior in need with the nutritious meals, friendly visits and safety checks that will enable them to live healthier and independent in their own homes." For more information on how to volunteer, contribute, or speak out for the seniors in Brevard this March, visit www.agingmattersbrevard.org/events/marchformeals.

Parks & Recreation Meeting

The North Brevard Commission on Parks and Recreation will hold its next monthly meeting on Thursday, March 14th, 2019, 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.

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Sunday - CLOSED**



Parrish Medical Center Offers Free Community Support Groups

Parrish Medical Center is offering free support groups for community members living with various health issues. See the upcoming March 2019 support groups listed below:

• **AWAKE Sleep Disorders Support Group:** Monday, March 11, 6–8 p.m., Parrish Healthcare Center, 5005 Port St. John Parkway Port St. John.

• **Caregiver Support Group:** Thursday: March 7 and 21, 9:30–11:30 a.m., Heritage Hall, 931 N. Washington Ave., Titusville.

• **Care Giver Academy:** Thursday, March 14, 10–11 a.m., Heritage Hall, 931 N. Washington Ave., Titusville.

• **Diabetes Support Group:** Thursday, March 14 3:30–5 p.m., Heritage Hall, 931 N. Washington Ave., Titusville.

• **MAK Gathering (Moms and Kidz) Support Group:** every Monday and Wednesday (March 4, 6, 11, 13, 18, 20, 25 and 27), 10–11:30 a.m., The Children's Center, 5650 S. Washington Ave., Titusville.

• **Parkinson's Support Group of North**

Brevard: Thursday, March 21, 2–4 p.m., Heritage Hall, 931 N. Washington Ave., Titusville.

• **Pulmonary Hypertension Support Group:** Tuesday, March 12, 3–5 p.m., Grace United Methodist Church, Merritt Island.

• **Stroke-Heart Survivors Group:** Tuesday, March 19, 2–4 p.m., Heritage Hall, 931 N. Washington Ave., Titusville.

• **Parrish Partners Cancer Support Group:** Monday, March 18, 4–5:30 p.m., Parrish Medical Center, 951 N. Washington Ave., Titusville.

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

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.

American Space Museum Charity Auction

The seventh charity auction supporting the American Space Museum will be Saturday, March 2nd beginning at noon and ending after all lots are sold. Whether you are a serious collector looking for space-flown items, or just a space geek (like us) who wants a few astronaut autographs to impress friends, there is something for everybody.

Register now to review the auction items anytime, and pick your favorites before the March 2nd event to be held at the museum. Follow the link on our webpage, www.americanspacemuseum.org and download the Smartphone app from Invaluable Auction House.

Every space lover will find something they like so bid early and bid often!

Proceeds benefit the American Space Museum, a proud Brevard County non-profit, preserving achievement and inspiring innovation in today's excitingly new entrepreneurial space age. Come join us in keeping the artifacts of space exploration available for all to enjoy.

Life Styles

Eat Well To Be Well

A healthy diet is part of a healthy lifestyle.

EVENT | EAT WELL TO BE WELL

WHEN | Wednesday, March 13 | 10 am–Noon

WHERE | Parrish Medical Center
951 N. Washington Ave., Titusville

ABOUT | A healthy diet simply means eating the healthiest foods in moderate amounts and sticking to regular mealtimes. Join us to learn about healthy eating for everyone.

Lunch will be served at this free event, but seating is limited. Visit parrishhealthcare.com/events, or call 321-268-6110 to reserve yours.



parrishhealthcare.com/events
Healing Families—Healing Communities®

Annual Amateur Backyard BBQ Contest

The Sharing Center of Central Brevard is proud to announce the 4th Annual Amateur Backyard BBQ Contest. On April 6, 2019, come out to F. Burton Smith Park in Cocoa to sample some of the best local BBQ around.

Amateur BBQ teams from across the county will vie for the title of Amateur Champion Griller in three categories: beef, pork, and chicken. Each team will be providing samples of their delicious BBQ for you, the public, who will be voting for the People's Choice Champion Griller. While

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AMATEUR BACKYARD BBQ CONTEST



PROCEEDS BENEFIT THE SHARING CENTER'S
CHILDREN'S WEEKEND FEEDING PROGRAM



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\$15 TICKETS

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SATURDAY APRIL 6 11AM - 5PM



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SHARINGCENTERBBQCONTEST.COM

serious competitors are sweating it out, we will be soaking up the rays with great food and live entertainment.

The event's proceeds will benefit the Sharing Center's Children's Weekend Feeding Program, a program designed to empower families with children by providing access to healthy food on the weekends during the school year.

Last year's BBQ raised over \$37,000 to feed hungry kids and was well attended by nearly 1,000 people. Tickets for the event are \$15.00. This includes entry to the event, 1 BBQ dinner and samples from the BBQ teams. Come enjoy live music by the band Just Us, vendors, 50/50, and raffles including a Large Big Green Egg Smoker.

Don't wait until the last moment to get your tickets! Tickets can be purchased at the following locations:

- Sharing Center's Thrift Store at 113 Aurora Street, Cocoa
- West Cocoa Pharmacy at 2711 Clearlake Rd, Cocoa
- Jenniffer Neuman Dicandio Allstate Insurance, 950 Fay Blvd, Port St. John
- Sharing Center's Thrift Store at 95 E. Merritt Island Causeway, Merritt Island
- Sharing Center's Boutique and Donation Center at 7720 N Wickham Road, Suntree

Tickets are also available the day of the event. Come join us for some great BBQ and help feed hungry kids here in our own community.

Martin Andersen Senior Center Dances

Martin Andersen Senior Center will host Singles/Couples Ballroom Dances on Saturday, March 9th and 23rd. Music will be provided by Janice and Rene.



For both dances, 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.

Port St. John Public Library March 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

Creative Writing: Mondays, 9-11 am.

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

Master Gardener: Mondays, 2–4 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.

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

Story Time: Fridays, 10:30 am. All ages are welcome.

Yarn Club: Fridays, 2-4:00 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:

Mar. 2, 11:00-Noon Buddinwriters

Mar. 9, 10 am-Noon Port St. John Pokémon Club

Mar. 11, 5:30 pm Port St. John Public Library Advisory Board Meeting

Mar. 13, 6:00 pm PSJ Special District Advisory Board Meeting

Mar. 13, 6:30-7:30 Bookworms Adult Book Discussion Group

Mar. 20, 6-7:45 pm Sunrise Village

Mar. 23, 10 am-Noon Port St. John Pokémon Club

Mar. 27, 6-7:00 pm Friends of the Library Membership Meeting

Mar. 28, 10 am-1:00 pm North Brevard Home School Co-op

Mar. 30, 10-noon Friends of the Library Very Hungry Caterpillar Spring Event. Snacks, crafts, storytime.

The patient says, "Doctor, you've got to help me. Nobody ever listens to me. No one ever pays any attention to what I have to say."

The doctor says, "Next, please."

Volunteer Scientist Needed

The Brevard County Environmentally Endangered Lands (EEL) Program is seeking volunteers to serve on the Selection and Management Advisory Committee. The committee serves as an expert scientific advisory committee to the County Commission on all issues involving the management of environmentally endangered lands acquired under the EEL Program.

The Environmentally Endangered Lands Program was initially created by Brevard County voters in a 1990 referendum. The Program was established to provide a funding mechanism for the long-term management of a nature sanctuary network in Brevard County.

Applicant qualifications:

Two-year appointment.

Four year post secondary academic degree (B.S. or equivalent) or a minimum of 6 years of demonstrated professional expertise in biological or environmental sciences.

Demonstrated knowledge of Brevard County Ecosystems and conservation land management techniques.

Residency in Brevard County.

Interested individuals may obtain a Committee Membership Application on the EEL website at the following link <https://www.brevardfl.gov/EELProgram> and submit the application along with their resume to the EEL Program Office at 91 East Drive, Melbourne, FL 32904. Attention Mike Knight, 321-255-4466. Or via email at mike.knight@brevardfl.gov. The deadline for submissions is Tuesday, March 5.

For additional information on committee responsibilities see the EEL Land Acquisition Manual at the following link: <https://www.brevardfl.gov>.

Our annual Spring Fling...

will be held on March 30, Saturday, at 10 am. The popular "Hungry Caterpillar" will be making an encore appearance this year. The theme will be "all things, caterpillar." We will have crafts, refreshments, story time, lots of family fun and a book giveaway.

The next Friends of the Library meeting will be at 6 PM on Wednesday, March 27 at the library. Refreshments will be served.

Sponsored by Friends of the Port St. John Library

gov/docs/default-source/eel-documents/eel-program-land-acquisition-manual.pdf?sfvrsn=4

Parrish Medical Group Diagnostics Receives Designation as Lung Cancer Screening Center

Parrish Medical Group Diagnostics, located in the Parrish Healthcare Center in Titusville, is now an American College of Radiology Designated Lung Cancer Screening Center. The ACR Lung Cancer Screening Center designation is a voluntary program that recognizes facilities that have committed to practice safe, effective diagnostic care for individuals at the highest risk for lung cancer.

In order for Parrish Medical Group Diagnostics to receive this distinction, the facilities had to be accredited by the ACR in computed tomography, as well as undergo an assessment of its lung-cancer screening protocol and infrastructure. Lung cancer screening with low-dose computed tomography scans and appropriate follow-up care significantly reduces lung cancer deaths. The U.S. Preventive Services Task Force recommends screening adults ages 55-80 who have a history of smoking 30 cigarettes a day for a year, who currently smoke, or who have quit within the past 15 years. Lung cancer is the nation's leading cancer killer – taking the lives of more people each year than breast, colon and prostate cancers combined.

Anyone with a history of smoking is encouraged to talk with their doctor to see if a lung cancer screening is right for them.

For more information about Parrish Medical Group Diagnostics or lung cancer screening tests, visit www.parrishmedgroup.com/diagnostics.

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Every Friday, 12 noon - Sundays, 4:30 pm
Social time always follows service on Sundays.

FIRST FRIDAY ROSARY

MARCH 1, 2019

TO WELCOME IN THE NEW YEAR

6 PM--SOCIAL TO FOLLOW



Post 359 - American
Legion Riders presents

Bike Days at the Tiki

March 2, 1 - 5:00 p.m.

Andy's Burgers on the grill with

Fixin's, \$6.

Listen to live music.

Drawings, 50/50. All proceeds to benefit veterans and veterans' families.

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

Contact Janice Anderson, Events Coordinator, American Legion Riders Post 359 at info@alr359.com for more information.

PSJ Fireworks Show?

Monthly Business Roundtable

The Port St. John (PSJ) Startups & Founders Club meets on the first Wednesday of each month. Business owners and entrepreneurs are welcome to attend. The group shares information on new business opportunities and ways to improve on existing businesses. The hot topic for the past few meetings is whether there is any interest or anyone to work on a fireworks event for Port St. John. The answer is YES and a new group has formed to bring it back. More volunteers are needed. You don't need to know how to shoot the fireworks, just be willing to help with

WIN A YETI ROADIE 20

GAME OF CHANCE



Drawing to be held March 29 at the Baseball Game

\$10=1 TICKET
\$20=3 TICKETS

PLEASE SEE A MEMBER OF EITHER THE BASEBALL OR SOFTBALL TEAMS TO GET A TICKET OR EMAIL FARLEYBJ29@GMAIL.COM

Special thanks to Mandy Hardin at Fiber Glass Florida for the donation of the Yeti

the event and the fundraising.

The next meeting will be on Wednesday, March 6, 8:00 AM at Port Java in Fay Plaza, 4795 Fay Blvd. See you there!

One Year of Next Steps™

Parrish Healthcare is celebrating the one year anniversary of the Next Steps™ program with Parrish Health and Fitness Center. Next Steps™ is a specialized, eight-week fitness program helping people achieve their health and wellness goals while working to support any medical conditions they may have.

The program serves patients throughout Parrish Healthcare. Your primary care physician, specialist, or another healthcare professional in the hospital may refer you to the Next Steps™ program to manage and improve your medical condition or to help you achieve a more active lifestyle. Once approved with your medical insurance, you may be qualified to enroll in the program for free. You'll undergo a health assessment in order to have fitness experts design your unique plan based on your goals.

The eight-week course includes a pre-assessment and two, 60-minute supervised group workout sessions per week. When you complete the program you will complete the post assessment to determine results and a summary report

is available for you and your referring healthcare provider.

Parrish Health and Fitness Center will work with your healthcare provider to create a plan moving forward. The best option may be to implement the new skills you learned at home, or embark on a second session with Next Steps™.

"I have seen how this program has impacted many different people and changed their lives. Some participants have lost weight and regained confidences, while others have improved their stamina and energy to continue doing activities they love, like fishing and golf," said Tammy Shelley, fitness manager at Parrish Health and Fitness Center. "It's important to me that we work with their referring healthcare provider to accomplish their goals no matter what medical condition they may be struggling with."

Luis, a Next Steps™ graduate from Titusville said, "Next Steps™ has positively impacted my health. I was able to improve my stamina after my cardio surgery to continue my everyday tasks."

Luis was also eager to comment on the trainers at Parrish Health and Fitness Center. He added, "This program has been excellent. My plan was managed and maintained in all aspects as I progressed throughout the program. My trainers were outstanding and made the process even more enjoyable."

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LIFE • HEALTH • ANNUITIES

Walter Butler Community Center - March, 2019

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

Pickleball, 11 a.m.-2 p.m.
Kids In Motion, 2-6 p.m.
Basketball Fundamentals, 3-4 p.m.
Kid's Art, 3:00-4:00 p.m.
Open Gym, 6-8 p.m.
Open Computer Lab, 11a.m.-2 p.m. & 6-8 p.m.

Tuesdays

Tiny Tots, 10-11 a.m.
Seniors In Motion, 10 a.m. -1 p.m.
Pickleball, 11 a.m.-2 p.m.
Kids In Motion, 2-6 p.m.
Basketball Fundamentals, 3-4 p.m.
4-H Garden Club, 3-4 p.m.
Open Computer Lab, 11 a.m.-2 p.m. & 6-8 p.m.
Open Gym, 6-8 p.m.

Wednesdays

Home School Yoga, 10:15-11 a.m.
Pickleball, 11 a.m.-2 p.m.
Open Computer Lab, 11 a.m.-2 p.m. & 6-8 p.m.
Kids In Motion, 2-6 p.m.
Volleyball Fundamentals, 5-8 p.m.

Thursdays

Tiny Tots, 10-11 a.m.
Seniors In Motion, 10 a.m. -1 p.m.
Pickleball, 11 a.m.-2 p.m.
Open Computer Lab, 11 a.m.-2 p.m. & 6-8 p.m.
Home School, 10 a.m. -12 a.m.
Kids in Motion, 2-6 p.m.
Kids Yoga, 3-4 p.m.
Volleyball Fundamentals, 5-8 p.m.
Open Gym, 6-8 p.m.
14th & 28th - Cosmic Kids Yoga, 3-4 p.m.

Fridays

Open Gym, 9-11 a.m.
Open Computer Lab, 9 a.m. - 1 p.m.
Home School, 9:30 a.m. - 11 a.m.
Pickleball, 11 a.m. - 1 p.m.
Kids In Motion, 2-6 p.m.
4-H Garden Club, 3-4 p.m.
1st & 15th - Persons with Disabilities Dance,
7-9p.m.

Saturdays

Open Gym, 10 a.m. - 11 a.m.
Co-Ed Youth Basketball League, 11 a.m.-2 p.m.

Tiny Tots - A new kind of playtime geared for little ones, ages 2-5 years old. We will work on creative expression, word association, literacy, recreation, gross/fine motor skills, and wellness. \$1 Fee per child. For more information, contact Colleen Thompson at The Walter Butler Community Center (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.

Basketball Fundamentals - Program designed for boys and girls ages 8 to 12. 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 held Monday and Tuesday 3-4 p.m. For more information, contact Donovan Gilbert at Walter Butler Community Center at (321)433-4448.

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 WBCC at (321)433-4448.

Cosmic Kids Yoga - Kids (ages 5+) can practice yoga with a certified cosmic Kids Yoga instructor. Yoga is a great way to increase flexibility, lower stress and improve energy. The goal is to teach kids yoga in a fun, exciting, story-fashion while focusing on three principle ideas; think good things, say good things, do good things. This class meets on 2nd and 4th Thursdays, 3-4 p.m. For more information contact the Walter Butler Community Center at (321) 433-4448.

4-H Junior Master Gardener Program - The Junior Master Gardner 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 Fridays 3-4 p.m. For more information contact Jan Jordan at the Walter Butler Community Center (321) 433-4448.

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

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

Buffet Breakfast

Blessed Sacrament Church, 5135 North Cocoa Blvd., Cocoa, will be hosting a Buffet Breakfast with Omelet & Waffle Stations by Chef Marcio on Sundays from 9 am – 12 pm.

The cost will be \$10 for Adults, \$5 for Children 5-12 and free for children under 5. Everyone is invited to have a great breakfast with your family!

Also, the new Food Pantry is now open Fridays, 11 am – 1 pm.

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.CanaverallGrovesHOA.com

SLEEPY HOLLOW



Fruit From The Groves

On 2-14-19, there was a very interesting meeting of the Canaveral Homeowners Association. Two Brevard County Deputy Sheriffs who patrol the Groves were there. They talked about what was and what was not happening out here in the Groves. The group was reminded to call in about anything that looks suspicious. That is the only way to keep the Groves safe and for them to know what is going on at the time it is happening so they can check it out if needed. All calls are logged with the information so it be accessed later, show patterns and/or passed on to another shift when needed. Most of the speeders and other traffic violators that the Sheriff's Office stops live out here in the Groves. So please slow down and be more careful when using the roads. A traffic citation can be costly and delay you from getting somewhere on time. They will be looking into a couple of concerns that were brought up at the meeting.

The traffic light at Canaveral Groves Blvd and Grissom Parkway was talked about. Some of the problem is the number of homes that have been built and the number of people who have moved into the Groves since it was installed. Another part of the problem is the number of people who use the road and want to go through the intersection in the same time period during the day.

Other topics that were talked about were Brevard County Code Enforcement coming up with definitions for the codes that they use, conditions of some of the roads, trash on the roads and how we should keep the front of our homes picked up, the street light at Citrus Blvd. and Pine Street being out, the number of new homes being built and the hours of construction, and a few other topics.

Waste Management called and said that the message about them coming to the meeting was misrouted to the wrong department and that is why they did not show. But they will try to show up at a later date when requested. They will be

requested.

There will be another clean-up of the north end of Pine Street and the woods on March 2nd in the morning. The last time, the volunteers took trailers, pickups and a dumpster of trash out to the landfill. The more people who show up, the faster it will go.

I want to thank the ladies of Discovery Church for providing refreshments.

The next meeting will be on March 14th at 7 p.m. in the Discovery Church.

Ed Silva

President

Canaveral Groves Homeowners Association

Last Naval Battle of the Revolutionary War Ceremony

On March 9th, starting at 10 a.m., the Sons, Daughters and Children of the American Revolution will be hosting a ceremony to commemorate the 236th Anniversary of the last Naval battle of the Revolutionary War. The event is open to all who want to attend. It will be held at the Brevard Veterans Memorial Museum & Military Museum, 400 S Sykes Creek Pkwy., (behind Merritt Square Mall on Merritt Island,) on the Veteran's Center and Museum grounds.

According to a state historic marker: "The last naval battle of the American Revolutionary War took place off the coast of Cape Canaveral on March 10, 1783. The fight began when three British ships sighted two Continental Navy ships, the Alliance commanded by Captain John Barry, and the Duc De Lauzun commanded by Captain John Green sailing northward along the coast of Florida."

The 1938 biographical narrative of Captain John Barry's places the British ships "some 30 leagues southeast of Cape Canaveral." In 1938, there wasn't much of interest on Florida's east coast, so we might still have been the nearest

established town. Nonetheless, the last naval battle of the American Revolution is still a part of Florida history.

This year the Coast Guard Auxiliary is providing support to include a band, singer, taps and a ship that will be anchored behind the Veterans Center. Color guards will get credit for participation in a nationally sponsored SAR event. All participating organizations will receive a streamer and certificate with a picture and seal commemorating the event. Participants will receive a color copy of the certificate. Those that let us know they are coming by the end of the first week of February 2019 will have their certificate printed with their group's name.

Please send all requests for details and participation to emailbrevardsar@yahoo.com.

Roger Bonnett

President, Brevard Chapter

Sons of the American Revolution

Service, not Self

The American Legion Post 359 Port St. John family has donated \$2,100.00 for the Food Drive. The American Legion family is composed of Legionnaires, Ladies Auxiliary, Sons of American Legion and the Legion Riders. Each group has donated \$500.00 plus, and the American Legion Auxiliary Unit 359 delivered the food on Friday, February 8th to the school.

The Mission of the American Legion Auxiliary is, "Service, not Self." American Legion Auxiliary Unit 359 President Valorie Helmer and spokesperson for the American Legion Post Family, Port St. John, said, "When called upon to contribute to the Endeavor Elementary Food Drive, we did not hesitate to support our community and children."

Principal Chris Reed said, "With this donation of food we have served the students by meeting the needs of the entire family." Endeavor Elementary is a partner school, cultivating a community within a community.

Bark Brew Fest

You are invited to the 7th Bark Brew Fest presented by Tails at the Barkery and the Dirty Oar Beer Company on Saturday, March 16th, at the Dirty Oar Beer Company from 5:00 p.m. to 7:00 p.m. in Cocoa Village. Play St. Patrick's Day Bingo to win a fabulous Prize! Bring your canine companion, sip your favorite libation, enjoy delicious food from The Weber Grille Gourmet Food Truck, and join us for an evening of fun, including raffle baskets and a 50/50 drawing.

All proceeds used to benefit golden retrievers and golden retriever blends rescued by Golden Retriever Rescue of Mid-Florida, a 501c3 nonprofit, whose ongoing mission is saving, protecting, and re-homing golden retrievers and golden retriever blends that have lost their home and family. Serving our community since 1991 and supported by an all-volunteer staff, donations, and foster homes, GRRMF provides intervention, medical care, a home based foster care environment, adoptions and community education.

All pets must be on a leash (or in appropri-

ate carriers) and have current vaccinations and County tags for the safety of our animals and friends. We hope you can join us!

Loads of Love

American Legion Auxiliary Unit 359 and the VFW of Port St. John help by supplying local Veterans with free laundry service. We supply the veterans with bus passes to the South Park Coin Laundry located at 616 S. Park Ave. in Titusville. These veterans are not homeless, however, they have minimum income with no means to have clean clothes to wear to job interviews, doctor appointments, etc. In supplying veterans with free laundry service, the ALA has boosted their self-esteem and confidence.

In addition to bus passes and clean clothes, the ALA Unit 359 supplies the veterans with other comfort items: caps, sweat shirts, coats, etc.

No veteran's service should be forgotten, and we are lighting the way to a brighter future for veterans with **LOADS OF LOVE**.



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, March 31st, 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. 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.

Calling All Christian Authors!

Dynamic writers group in Cocoa, FL 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 information. Print "Writers Group" in Subject.



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

DINE IN OR TAKE OUT

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Parrish Medical Center is the first hospital
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In observance of National Patient Safety
Awareness Week, March 10-16, we celebrate
the hundreds of thousands of lives being
saved by the hands and hearts of healthcare
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To learn more visit, PatientSafetyMovement.org.



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