

HAPPENINGS

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AUGUST 2022

SERVING PORT ST. JOHN & CANAVERAL GROVES

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

Call 321-633-7499 or e-mail to happenings1@att.net.
www.happenings.net

District 22 Little League Champions!

Congratulations to the 11U PSJ All Star team for going undefeated and winning the District 22 Little League Baseball Championship! These boys went 4-0 against Rockledge, Mims, Merritt Island and Cocoa to win it all for Port St. John Little League.

The team then went on to Sectionals in St. Augustine on July 9 and runnered up against Lake Mary to bring home second place.

The coaching staff of Grady Ward, Justin Cox and Brent Marmon were given the best of the best players chosen from the regular season teams to make this All Star team as competitive as it possibly could be. The team worked very hard to get to know each other and gel in a very short amount of time.

Private donations were made to the team of matching helmets and bat bags to travel to St. Augustine by Random Acts of Kindness Foundation, a stipend to the families by VA Paving to help defray travel expenses and additional jerseys from Platinium Products.



Photo from l-r: Jacob Girard, Tucker Kordula, Travis Taylor, Weston Mullins, Ayden Williams, Bryce Crocker, Lane Thompson, Jullian Santiago, Bentley Cox, Bentley Skawski, Tanner Ward, Corbin Marmon. Missing from photo: Ryan Orrick-Cole
Coaches: Justin Cox, Brent Marmon, Grady Ward
Photo Credit: Ginger Snaps Sports Photography/Ginger Platt

Way to go boys!

All of PSJ is very proud of your accomplishment and representing Port St. John so well!

Amvets Grand Opening

The Grand Opening of the new Amvets Post in Port St. John will be on August 6th at 1:00. They will have food, music, drinks, raffles and jello shots.



There will also be a Membership Drive welcoming the public.

The new Post is located at 688 West Ave., right alongside US 1 in the front of Port St. John. They've received their license and they're open now if you'd like an early look or would like to meet some of your fellow PSJ veterans.

Karaoke At New

Port St. John Amvets Post

Amvets Post in Port St. John is now holding Karaoke with "Bones" on Fridays starting July 8th, 5 - 9 p.m.

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Thunder Over the Indian River 2022

The day started on a large field of green grass that had been manicured by the staff of North Area Parks, who had also removed 3 dead trees so parked cars would be safe, and applied ant killer to the entire space. Soon, we filled the space with BBQ contestants, food trucks, a DJ stage and several inflatables for the youngsters.

The weather forecasters were remarkably accurate. They said rain at 3. The rain arrived at 2:45 and got REAL serious at 3:00. By 4:30 it was down to sprinkle and drizzle that couldn't stop the kids from heading for the bounce houses or their parents from trying the BBQ! The day was on.

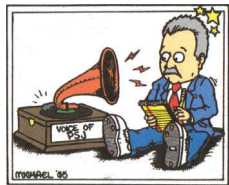
There were demonstrations by PSJ Black Belt Academy, dance contests, drawings for prizes and more, all hosted by Khamare Farrar and DJ T-Dog.

At 9:15, exactly on time, a breathtaking fireworks display painted the sky with bright colors, beautiful waterfalls, color-changing patterns and valentines. A spectacular finale wrapped the show.

The winner of the People's Choice award for the BBQ Contest was Team Froggatt Marine.



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PSJ Community Center Schedule - August, 2022

The center is open Mondays–Thursdays from 10 a.m. to 7 p.m., Fridays from 10 a.m. to 6 p.m.,
Schedule is subject to change. For latest information about any of these programs or to register, call 321-633-1904.

Mondays

Seniors At Lunch, 10 a.m.-1:00 p.m.
Outside Basketball, 10 a.m - 7 p.m.
Game Room/Computers 10 a.m. – 7 p.m.
Billiards 10 a.m. – 7 p.m.
Community Cares Aftercare 2:30 p.m. – 6 p.m.
Zumba (adult class with Jackie), 5:15 – 6:15 p.m.

Tuesdays

Seniors At Lunch, 10 a.m.-1:00 p.m.
Outside Basketball, 10 a.m - 7 p.m.
Game Room/Computers 10 a.m. – 7 p.m.
Billiards 10 a.m. – 7 p.m.
Community Cares Aftercare 2:30 p.m. – 6 p.m.

Wednesdays

Seniors At Lunch, 10 a.m.-1:00 p.m.
Outside Basketball, 10 a.m - 7 p.m.
Game Room/Computers 10 a.m. – 7 p.m.
Billiards 10 a.m. – 7 p.m.
Community Cares Aftercare 2:30 p.m. – 6 p.m.
24th-Culinary Kid's 4:00 p.m.-5:30 p.m.

Thursdays

Seniors At Lunch, 10 a.m.-1:00 p.m.
Outside Basketball, 10 a.m - 7 p.m.
Game Room/Computers 10 a.m. – 7 p.m.
Billiards 10 a.m. – 7 p.m.
Community Cares Aftercare 2:30 p.m. – 6 p.m.

Fridays

Seniors At Lunch, 10 a.m.-1:00 p.m.
Outside Basketball, 9 a.m - 6 p.m.
Game Room/Computers 10 a.m. – 7 p.m.
Billiards 10 a.m. – 7 p.m.
Community Cares Aftercare 2:30 p.m. – 6 p.m.

Zumba Classes With Jackie - A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Details about my class - We social distance with flair! * Bring your water bottle* Bring your towel* Bring a buddy* Only \$7 for an hour of fun while you work out and torch the calories!

~ Jackie Lewis

About Kel's Kitchen - Culinary Kids—Every other Wednesday at 4:00-5:30 pm. This is a special program for the child who has a keen interest in all things culinary. This program runs every other Wednesday. The focus is on developing foundational skills to carry into your kitchen at home. The cost is \$18.00 per child. An adult must accompany child and you must preregister at www.floridakelskitchen.com.

National Active and Retired Federal Employees Association (NARFE)

NARFE Apollo Chapter 1137 meets monthly on the second Monday of each month. The August meeting will on the 8th. Our speaker will be Cpl. Jennings from the Brevard County Sheriff's Office, who will talk about cyber crimes and scams.

We have changed our meeting place to the Red Lobster Restaurant, 215 E. Merritt Island Causeway, Merritt Island. You are invited to join us for lunch at 11:30 and an interesting speaker at 12:15.

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

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Good Day!

by Maureen Rupe

Quite a bit of info this month.

First, a notification of SpaceX expansion at the Kennedy Space Center. SpaceX has also authorized plans for a new 100-acre expansion on Roberts Road. Roberts Road is next to the Wildlife Refuge and the National Sea Shore. NASA's execution of a real property agreement triggers review under the National Environmental Policy Act (NEPA).

The purpose of SpaceX's proposal is to consolidate SpaceX's Brevard County, Florida operations within a contiguous campus at Kennedy Space Center (KSC) to increase operational efficiency and cost effectiveness of SpaceX's operations.

The proposed action is to modify the existing real property agreement for expansion of the Roberts Road SpaceX Operations Area. Under the proposed action, SpaceX would lease up to 100 additional acres of land to the north of the existing site for the development of office space and facilities in support of:

- vehicle and payload processing
- fabrication

- storage
- manufacturing, and
- shipping and receiving

SpaceX would also construct an approximately 1.6-mile connector road to the site

Believe it or not, I only received this information on July 12 and I'm told all public input has to be submitted by mail or email by July 29, 2022.

SpaceX Hangar X Industrial Wastewater Permit.

The Waste Water Plant Individual Permit, which should start August 1, 2022 and complete by March 31, 2023 is pending approval. The Draft permit states, "The applicant, Space Exploration Technologies Corporation, applied on December 6, 2021, to the Department of Environmental Protection for a permit to construct and operate a 0.003 MGD industrial wastewater treatment facility which would discharge 0.003 MGD of non-process wastewater to Oyster Prong, a Class II waterbody within the Indian River Lagoon Outstanding Florida Waterbody."

The SpaceX permit is for treating water that originates as Cocoa drinking water and is used in cooling towers to help the air conditioning. The

water does not contact any other fluids, then it is "treated" to remove possible contaminants, etc. The permit covers the amount of contaminants and the amount of water that can flow into the retention ponds (identified as Oster Prong).

Any water that would flow to the IRL via a canal and Oster Prong would have to come out of the retention ponds. I was told the ponds were designed to hold all of the storm water and facility "waste" water and would only spill into the IRL under a heavy rain event likely to occur no more than once every 25 years.

0.3 million gallons a day will not help the IRL, as this area of the lagoon salinity does not change much over a year. I don't know what the final decision will be, but they can't build the waste water plant without approval.

TICO Now A Space Port Launch Site.

I don't know if anyone else has read the article from June 17, 2022, saying, "Michael Baker International Partners with the Titusville-Cocoa Airport Authority for FAA Licensure as a Spaceport Launch Site Operator at the Space Coast Regional Airport." The article stated, "Michael Baker International, a global leader in engineer-

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ing, planning and consulting services celebrating 80 Years of Making a Difference, is pleased to share that the Titusville-Cocoa Airport Authority has successfully been licensed as a Spaceport Launch Site Operator, allowing the Authority to facilitate and support horizontal launch and landing of space capable vehicles from Space Coast Regional Airport (TIX) in Titusville, Florida. This makes the airport only the 12th licensed Spaceport Launch Site in the United States.”

The article went on to say: “The Spaceport Launch Site Operators License is the culmination of a multi-year effort and allows the facility to become a commercial spaceport capable of horizontally launching and landing suborbital spacecraft between Titusville and Port Saint John, Florida. The facility will grow the area's burgeon-

ing space businesses and offer incubation opportunities alongside more developed space business at Kennedy Space Center. To support the Spaceport's activities, the Titusville-Cocoa Airport Authority is planning several large-scale construction projects, including a 400,000-square-foot hangar to produce and develop horizontal spacecraft and storage for rocket-grade kerosene and oxidizers, a 400,000-square-foot apron between the hangar and taxiway and a 350,000 square-foot parking lot.”

Reference:

http://m.eachbuyer.com/car-4-3-tft-touch-screen-gps-navigation-fm-ram-128mb-4gb-europe-map-p240082.html?currency=usd&utm_source=Shopping_us&utm_medium=CSE&utm_campaign=Car-GPS&EachBuyer_us&from=site

Manatee Law Suit

A November 22, 2021 Indian River Lagoon news article by Frank Rohrer, titled, “Jupiter Attorney Notice To Florida Department of Environmental Protection,” Florida - November 17, 2021 – According to the article, “Jupiter attorney Lesley Blackner sent Florida Secretary of Environmental Protection Shawn Hamilton a 60 day Notice of Intent to Sue on behalf of Bear Warriors United non-profit organization and starving North Indian River lagoon manatees.”

Blackner's letter points to the North IRL's failing water quality and resulting 95% seagrass loss as the cause of the current Florida Manatee Unusual Mortality Event that has so far this year claimed the lives of over 1000 Florida manatees.

cont., next page



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~ Cary Troxel & family

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Good Day!, cont.

Almost 400 of those manatees starved to death in the North Indian River Lagoon portion of the national estuary this past winter as they congregated near Port St. John's seagrass deprived warm water refugia.

The environmental lawyer places the blame for the estuary's anthropogenic demise on high levels of nutrient pollution caused by inadequate, dilapidated sewage facilities and the continued permitting of septic tanks within the IRL watershed. The FDEP is responsible for Florida's water quality, setting acceptable nutrient levels, permitting waste treatment facilities and on-site septic systems, and enforcing Florida's wastewater regulations.

Intent to Sue Letter

The following is an excerpt from Blackner's Intent to Sue Notice to the FDEP on November 17, 2021. Download Blackner - FDEP - Intent to Sue Notice (PDF 25pp 1.18MB) to view the entire document.

RE: 60-Day Notice of Intent to Sue Regarding Violations of the Endangered Species Act regarding harm and death to manatees under the Endangered Species Act.

Dear Secretary Hamilton,

On behalf of the Florida manatee (*Trichechus manatus latirostris*) ("manatee"), and Bear Warriors United[1], a Florida not-for-profit dedicated to peaceful coexistence with Florida wildlife, the undersigned writes to request that immediate action be taken by the Florida Department of Environmental Protection ("DEP") to remedy continuous, ongoing violations of Section 9 of the federal Endangered Species Act ("ESA")[2] with respect to manatees that occupy in that portion of the northern Indian River Lagoon ("north

IRL") which stretches from the Turnbull Creek in Volusia County to the Melbourne Causeway.[3]

The violations at issue include but are not limited to the catastrophic destruction of the manatee's food supply, destruction of manatee habitat and resulting manatee malnourishment and starvation. The obliteration of the manatees' food supply and the resulting manatee starvation deaths, as well as their physical impairment and harm, result from DEP's regulation, permitting and authorization of sewage disposal. DEP's regulatory control of sewage includes:

Onsite sewage disposal systems, commonly known as and hereafter referred to as "septic tanks;" and sewage treatment facilities (which, together with the requisite attendant infrastructure of pipes, lift stations, pump stations, etc. shall hereafter be referred to as "wastewater treatment systems").

The septic tanks and wastewater treatment systems operating within the north IRL basin discharge high concentrations of ammonium and phosphates ("nutrients") derived from human feces and urine ("sewage")[4] into the north IRL. The ever-increasing human population in the north IRL basin yields ever increasing volumes of sewage containing toxic nutrients that leach into the north IRL. Sewage derived nutrients in the lagoon are the primary cause of the north IRL's hypereutrophication[5] which has transformed the north IRL into an ecological dead zone, obliterating sea grass and the rich biodiversity that once called the IRL home.

The manatee's primary food supply is sea grass. This obliteration of sea grass and even other macroalgae is the primary cause of manatee starvation, death and harm in the north IRL. Such

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death, physical harm and obliteration of habitat through the authorized release of toxic nutrients into the north IRL constitutes unlawful “take” under section 9 of the ESA.

Despite acknowledgement that nutrients derived from human sewage are the primary source of the hyper-eutrophication of the north IRL, DEP nonetheless continues to permit the installation of septic tanks which leach nutrients into the north IRL.

Further, DEP also continues to regulate, permit and authorize direct discharge of either raw or partially treated human sewage and nutrients into the north IRL basin from inadequate, overwhelmed, leaking sewage treatment systems, as well as directly into the lagoon during “wet weather conditions,” pursuant to the Indian River Lagoon System and Basin Act, Chapter 90-262, Laws of Florida.

DEP exerts regulatory authority over the antiquated, overwhelmed, deteriorating, leaking sewage infrastructure that transports human wastewater through the north IRL basin. During transport, sewage leaks both into basin groundwater and sometimes directly into the lagoon,

thereby further loading harmful nutrients into the north IRL.

This letter serves as official sixty-day notice under the ESA’s citizen suit provision[6] of the intent of the manatees and Bear Warriors United to file suit in the Middle District of Florida to enforce the ESA if you do not act within sixty days to begin to remedy the ongoing violations of the prohibition against “take” under section 9 of the ESA.

Charter Review Commission Disapproved of Charter Amendment For Clean Water.

I am following up on why the Charter Review Commission and the Titusville City Council both voted to oppose the Charter Amendment to their citizen’s right to clean water, and for the party causing the water pollution, whether it be a developer or government department that caused the pollution. This would not include a damage assessment, but just have the injuring party pay to fix the situation.

Until next month...

Cheerio,
Maureen Rupe
rupe32927@gmail.com

Refurbished Computers Available

Schools are about to open in Brevard County. Over the summer, volunteers at Computers Advancing Education, Inc. have been working on used computers to refurbish and upgrade them. These computers are now ready to be given, at no charge, to schools and students who need, but cannot afford, them.

Do you know a student who cannot complete their school assignments because they do not have a computer? Please tell them about us.

We also have computers available for adults who are upgrading their skills and improving themselves.

The application is on our website www.ComputersAdvancingEducation.org. Want more information? Call 321-626-9754. We’re here to help.

I’m pretty sure my Guardian Angel just sits there watching me as she paints her nails, rolls her eyes and mutters under her breath, “How did I get stuck with this one?”

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Parrish Healthcare Community Support Groups - August

To get more information or register for any of the Support Groups, visit <https://www.parrishhealthcare.com/patients-visitors/support-groups/> and follow the link to the group you want.

Parrish Healthcare Mom's Support Group

A group for mothers with babies ages birth to six months. During this time, moms will be able to discuss topics such as infant feeding, sleeping, milestones, car seats, play, development, post-partum care, birth control, post-partum depression, dietary needs and much more. Space is limited.

- When: Mondays, August 1, 8, 15, 22 and 29, 10-11 a.m.
- Where: The Children's Center, 5650 S. Washington Ave., Titusville
- Facilitated by Teri Newman, MSN, RNC-MNN
- For more information and to register, contact Teri Newman at teri.newman@parrishmed.com.

Parrish Healthcare's Fearless Café

A collaboration with St. Francis Reflections Life Stages Care, this group shares a casual discussion about advanced directives, power of attorney, wills, living wills and all of the often, scary conversations about death and dying.

- When: Wednesday, August 3, 10-11 a.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, please visit www.parrishhealthcare.com/FearlessCafe.

Parrish Healthcare Diabetes Support Group

This support group is for anyone age 18 and older with diabetes. Join us for tips to live better with this disease.

- When: Monday, August 8, 3-4:30 p.m.
- Where: Heritage Hall, 931 N Washington Ave., Titusville
- Facilitated by Peggy McLaughlin, BSN, RN, CDCES
- For additional information, please contact Peggy McLaughlin at 321-268-6699.
- To register, please visit www.parrishhealthcare.com/DiabetesSupport

Parrish Healthcare Caring for Caregivers Support Group

Care giving is a rewarding, yet demanding labor of love. Join us to learn how to care for yourself while you care for your loved one.

- When: Thursdays, August 11 and 25, 9:30-11:30 a.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, please visit www.parrishhealthcare.com/CaregiverSupport

Parrish Healthcare Stroke and Heart Survivors Support Group

If you've experienced a diagnosis or event, or are caring for someone living with heart disease or stroke, our community is here to support you.

- When: Tuesday, August 16, 2-4 p.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, please visit www.parrishhealthcare.com/StrokeandHeartSurvivorSupport

Parrish Healthcare Cancer and Survivor Support Group

This group is for cancer patients, cancer survivors and anyone touched by the disease. Enjoy refreshments and talk with others sharing similar situations and experiences.

- When: Wednesday, August 17, 4-5:30 p.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Shannon Luker, RN, BSN, OCN, CBCN
- For additional information, please contact Shannon Luker at 321-268-6111, ext. 3544.
- To register, please visit www.parrishhealthcare.com/CancerandSurvivorSupportGroup

Parrish Healthcare A.W.A.K.E Sleep Support

This group is dedicated to exchanging information and increasing awareness of sleep, sleeping disorders, and related health concerns. Everyone with an interest in sleep and health is encouraged to attend.

- When: Wednesday, August 31, 6-7:30 p.m.
- Where: Heritage Hall, 931 N Washington Ave.
- Facilitated by Michele Roberge, RT(R), RPSGT
- For additional information, please contact Michele Roberge at 321-268-6408.
- To register, please visit www.parrishhealthcare.com/AWAKESupportGroup

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Each Thursday, Parrish Healthcare hosts open interviews from 9 a.m. - 12 p.m. The event is for ALL positions. Walk-ins welcome!

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Monthly Tax Update

Let's start off this month with an announcement Internal Revenue Service Center (IRS) made recently for business owners and applicable taxpayers. For the final six months of 2022, the standard mileage rate will increase to 62.5¢ per mile. Taxpayers may use the optional standard mileage rate to calculate the deductible costs of operating an automobile for business and certain other purposes.

Also, there will be an increase to 22¢ per mile for medical or moving expenses.

Now, I want to change direction and discuss, briefly, the child dependent circumstances. When claiming a child as a dependent and the parents are divorced, separated or live apart, certain rules need be followed. Only one person can claim the tax benefits related to a dependent child who meets the qualifying child rules. Parents can't share or split up the tax benefits for the child on their respective tax returns.

It's important that each parent understands who will claim their child on their tax return. If two people try to claim the same child, on different tax returns, it will slow down processing time since the IRS will not issue any refunds until they determine which parent's claim takes priority. Normally, the custodial parent will meet the qualifying child rules due to the residency test. There are also arrangements where both parents have the child equally. Then the higher adjusted gross income parent would be determined as the appropriate taxpayer to claim the child.

However, the non-custodial parent may be eligible to claim the child if the custodial parent provides a release of dependency exemption Form 8332, Release/Revocation of Release of Claim to Exemption for Child by Custodial Parent, and the non-custodial parent must include a copy of this completed form with their tax return to claim the child. Furthermore, this also applies to some tax benefits, including the child tax credit, additional child tax credit and credit for other dependents.

Four Communities VFD T-Shirts

Four Communities Volunteer Fire Dept. is taking orders for t-shirts. You can call at 321-800-8845. Please see their Facebook page for information on the t-shirts.

It does not apply to other tax benefits such as the earned income credit, dependent care credit or head of household filing status. A thorough understanding of the rules are required. Appropriate evaluation and clear communications between parents is necessary.

The next item of importance this month is where the IRS announced they want to hire 470 revenue agents. These positions will require knowledge in auditing or examining individual and/or business taxpayers. Throughout July, 2022, the IRS is holding a series of virtual information sessions for interested applicants. Visit IRS.gov for more information about the jobs, how to qualify and how to attend a virtual information session. You'll find most of the positions are located outside of Florida, but the annual income for most positions starts at \$111,000.

I guess this should provide insight as to what they are expecting to increase activity in the next year. Be prepared to retain your receipts, records, and be able to justify your position on your tax return.

I hope everyone enjoyed the fireworks our community put on this year. It was awesome and SUPER THANK YOU to everyone who contributed funds, sweat and effort to make it happen!

This is just a brief overview. Further details

and specific questions may be obtained by contacting your tax advisor or our office. Provided by Tracey C. Higginbotham, E.A., (321) 632-5726, a member of the National Society of Accountants.

U.S. Task Force Rejects Daily Aspirin for Heart Health

It seemed a simple prospect — take a low-dose baby aspirin tablet once a day and reduce your risk of ever suffering a heart attack or stroke. But new science has shown it's not that simple.

Noting the drug's risk of dangerous bleeding, the nation's leading panel of preventive health experts has reversed course and now recommends that most people not start taking daily low-dose aspirin to prevent their first heart attack or stroke. The USPSTF recommends against initiating low-dose aspirin use for the primary prevention of CVD in adults 60 years or older. The new USPSTF guidelines were published April 26 in the Journal of the American Medical Association.

Back to School

Children in the Brevard County Schools will be returning to school on August 12, 2022. Please watch out for the school buses, stop behind them when they stop with their flashers on, and be prepared to obey the 15 mph school zone signs again.



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Rose's Room

~ Rose Padrick

I'm really hoping by the time my peckings make it to this fine publication that some of the terribleness seemingly surrounding us will have dissipated. To those of you affected in any way please don't feel alone, know there are souls out there that care and are sending prayers.

"You want me to get what?!"

Wags and I had not left the veterinarian's office more than thirty minutes before and the doctor had shown no signs of going into the deep end of her brain pool...

"I need a good, clean urine sample, preferably the first in the morning to complete your dog's yearly check-up. No, I'm sorry I don't have any pointers on exactly how to obtain this. Oh, by the way, I need it in the next two days."

I have owned dogs for most of my life, (to my smart alec offspring – No, they did not come to me by way of the Arc!) and have never had the occasion to collect anything more than a small, smelly lump. Hanging up the phone - actually now-a-days it's tapping the red button on the phone, a practice which has totally taken the pleasure out of slamming the phone down on someone, but that's another column - I turned to my precious four-legged cuddle buddy and explained we need to get better acquainted. His reply was to snort, jump on the couch and bury his head under the pillow, his indication he would prefer to take a nap right now, thank you.

Calling all my friends and relatives who are also puppy parents brought giggles and guffaws and a few recommendations. One giggler told me to wait until nature is calling loudly, then be really good with the cup. My main concern was soggy fingers. Somehow, I don't think following a small dog around waiting for nature to call is exactly what Toby Keith had in mind when he wrote a song about his red Solo cup.

I hoped my neighbors had their drapes drawn when I marched to the middle of my back yard, plastic cup in hand, placed it on the ground away from trees and bushes, explained in detail what he needed to do and why, left him sniffing and went into the house to give him privacy. I then watched through the kitchen window as he proceeded to play with and chew the cup

I didn't tell the clerk at the thrift store why I wanted the large ladle, but politely declined her offer to find me one that wasn't dinged up. Wags seemed suspicious when we set out for our fourth walk of the day, but wasn't about to argue. I hoped no one happened to be walking by my house as I held Wags leash with one hand, the ladle with the other and chased him around the bush while he outran me on three legs, finally throwing the still dry ladle away.

I'm not sure which area of my gray matter the idea of using an aluminum baking pan came from, but that seemed the most do-able. Waiting until he was doing a canine version of dancing with legs crossed, we headed for his favorite early morning target, my neighbor Patricia's mailbox post. I carefully placed said pan - he looked wonderingly at me and moved around to the other side of the post. I moved the pan to the other side of the post – he had true annoyance in his big brown eyes as he moved to my other neighbor Matt's mailbox post, about six feet away. I rushed the pan over – he used his paw to slide it away and tinkled on the post.

I love this vet and changing would be a last resort, but I have to confess the thought that it would be a lot easier crossed my mind...but I stuck with it, had success and one of my offspring's offspring owes me a lunch for sharing my method when she got the same prescription from her vet. Anywhere but Dogs Are Us...

Stay Safe In The Heat

We're already setting heat records here in central Florida and it doesn't look like it will change soon. We love the great outdoors, but while we're enjoying outdoor activities, it's important to recognize that high temperatures and potentially harmful ultraviolet (UV) rays can be harmful and in some cases life-threatening. If you've lived here long you know what to do to protect your skin and hydration, but... we get busy. We race against deadlines. Here are some reminders on sun safety precautions.

Heat exhaustion and heatstrokes are both serious conditions to be aware of during the summer months, especially if you're spending sunny days at the beach, jogging outside or doing yard work. Warning signs of heat exhaustion include general muscle weakness, sudden sweating, nausea, vomiting and abrupt lightness in the head or

fainting. Heatstroke is a condition caused when your body overheats, usually as a result of prolonged exposure to, or physical exertion in high temperatures. Fortunately, both are easy to prevent if you take precautions:

- Limit your activity in the sun – Take a break from the sun every hour or so and go to a shaded and cool area to ensure your body temperature does not get too high.

- Apply sunscreen – Sunburn affects your body's ability to cool itself, so reapply sunscreen every couple of hours.

- Stay hydrated – Drink plenty of water and other fluids that contain electrolytes, which will allow your body to sweat and cool down.

- Avoid alcohol and caffeine which can act as a dehydration component.

- Wear loose-fitting and lightweight clothing and limit restrictive garments to allow ample air to cool your body.

Protect children and pets by never leaving them alone in a vehicle. The increase in UV radiation during the summer months can be dangerous and damaging to the skin. Applying sunscreen multiple times a day is the best way to protect your skin from harmful UV rays that can cause sunburn, sun poisoning, and lead to skin cancer.

Prolonged exposure to the sun without sunscreen protection exponentially increases the probability of developing skin cancer. To prevent sun poisoning and the risk of skin cancer, it is important to use broad-spectrum (UVA/UVB) sunscreen daily. SPF 15 or higher is ideal for everyday use, but SPF 30 or higher is recommended for extended activity in the sun.

As your family heads out to the pool or beach, it is critical to also remember water safety protocols:

- Ensure that you and your family are swimming in a designated area with assigned lifeguards.

- Never leave a child unattended while swimming and always try to swim with a buddy.

- Put lifejackets or other floatation devices on young kids.

- Drink plenty of water to stay hydrated, many forget this step as they are swimming in water.

If you think you or someone may be experiencing heat exhaustion or heatstroke, seek immediate medical assistance.

A Whole New World Gala

Benefiting the Advancement of Parrish Healthcare's Critical and Innovative Healthcare Technologies and Services

After a year of pandemic scheduling woes, A Whole New World, Jess Parrish Medical Foundation's first in-person gala since COVID-19, is set to take place on Saturday, October 15, from 5:30-10 p.m. at Space Coast Convention Center, Cocoa. GrayRobinson, P.A., and William A. and Laura M. Boyles return as Presenting Sponsor.

Sultans, wise genies and Ali Baba will come to life in the elegant Arabian Night themed evening alive with Mediterranean inspired cuisine, enchanting music, dancing and magic lamps. A Whole New World is sure to be an evening you will not forget.

Guests will enjoy dinner in the Casbah inspired ballroom, cocktails at the Oasis Sand Bar, souvenir photos, and the opportunity to take home a new libation if they take a chance at the wine pull. Elegant Aladdin inspired attire suggested; black tie optional.

"GrayRobinson, P.A. and William and Laura Boyles are honored to once again partner with Jess Parrish Medical Foundation as presenting sponsor of their annual benefit gala," said GrayRobinson shareholder, William A. Boyles. "It is gratifying to know that our investment will be helping advance critical and innovative healthcare technologies and services for the North Brevard Community."

Co-chairs for the event are Judy Allender, Winnie Brewer, Kelley Broome, Mary Coleman, Jessie Kirk, and Rachel Terry.

Event proceeds will champion the advancement of critical and innovative health care technologies and services to improve patient outcomes in support of the healing mission of Parrish Healthcare.

"The outpouring of support we have received for A Whole New World has been extraordinary. We are grateful to have so many organizations and community partners joining us to make a difference in the health of our community," said JPMF Board Chair, Rachel Terry.

In addition to presenting sponsors GrayRobinson, P.A. and William A. and Laura M. Boyles, the growing list of this year's event partners include the Genie of Generosity-level sponsor: UBS Financial Services / Susan Morse and Daniel Levy; Sultan of Agrabah-level sponsors: Brevard Indo-American Medical & Dental Association (BIMDA), Coastal Health Systems of Brevard, Jessie Kirk, in memory of Robert "Bob" Kirk and MEC Contractors - Engineers; Cave of Wonders-level sponsors: The Broome Law Firm, P.A. / Chris and Kelley Broome, Dr. Frank and Marilyn Dienst Medical Services LLC, Chris and Lisa McAlpine, and Christine Sylvester; Magic Lamp-level sponsors: Steve and Winnie Brewer, LHC Group / Parrish Home Health, Jaime and Melissa Lugo, Jeanne Dorothy



Miller, Jo Lynn Nelson and Roy Roberts, Turmy and Oscar Sieveking, Barbara and Terry Terhune, and W & J Construction Corporation; and Diamond in the Rough-level sponsors: Dr. and Mrs. Brent Brandon and VITAS Healthcare. In-kind media sponsor: Brevard Business News. Other generous sponsors will be recognized at the gala.


Individual gala tickets are available for \$125 and sponsorship opportunities start at \$500. For more information about sponsorship packages, or to purchase general admission and chance-drawing tickets, please contact Jess Parrish Medical Foundation at 321-269-4066 or visit parrishmedfoundation.com/gala. Space is limited.

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Classical Christianity Engaging the World

August is already here and we are looking forward to school starting in Brevard County. St. Patrick's Anglican Church is gathering school supplies and backpacks for students at Atlantis Elementary School. We will be doing a blessing of the backpacks on Sunday, August 7th at the 10:00 AM service.

Our weekly Sunday Service schedule is:

- Wednesday 6:00 p.m. Eucharist
- Sunday 8:00 a.m. & 10:00 a.m.

(10:00 a.m. on Facebook Live) (<https://www.facebook.com/StPatspsj>)

Other upcoming events:

Veteran's, Veteran Spouses and First Responders are invited to a full breakfast on the last Saturday of each month. Saturday, August 27th at 9:00 a.m.

Put on your hard hats and tool belt – St. Patrick's will be holding Adult and Child Vacation Bible School – August 3rd, 4th, & 5th (Wednesday – Friday) 6 pm. – 8 p.m. Snacks provided. We will be doing a study on building a strong foundation in Jesus Christ. Lots of games, teaching, crafts and fellowship. Adults will be doing a corresponding bible study. Please contact the church for more information.

We have invited our special speaker, Sally Deane Norton to return August 17th and August

24th following our 6 p.m. Eucharist at 6:30-8:00 p.m. to discuss end of life transitions with a support group to follow! If you missed the July meeting, which was a great success, you have another opportunity to take advantage of her wealth of knowledge and discussions.

Sally Deane Norton is a Licensed Practical Nurse, End of Life Doula, author and speaker who helps people with Transitional Navigation, the term she prefers to use when talking about navigating everything that comes with chronic illness, terminal illness, the dying process, death and grief. <https://sallydeanenorton.com>

Please join us!

The Parish Hall of St. Patrick's Anglican Church is available to rent for birthday's, parties and events. Please contact the church office for pricing and information.

Check out our website for more events: stpatrickspsj.org

Office: 321-802-1311

St. Patrick's Anglican Church – Port St. John
4797 Curtis Blvd., Port St. John

Fighting Dementia

We all want to know what we can be doing to protect our brain health with age. It's generally understood that maintaining a healthy diet and getting some exercise can help overall health, but there are other daily habits that could have specific cognitive benefits.

For starters, you may want to reach for your toothbrush or floss, as the bacteria that cause gingivitis, *Porphyromonas gingivalis*, could be connected to the development of Alzheimer's disease. Per Harvard Health, findings published in 2019 suggested that the bacteria can travel from the mouth to the brain, release nerve-cell destroying enzymes called gingipains, and lead to memory loss and Alzheimer's. Brushing your teeth and flossing before bed is key to keeping your mouth and brain healthy.

As we get older, the risk of dementia looms large. In addition to finding treatment for the condition, current research efforts are dedicated to understanding why dementia is so rampant—affecting 55 million people worldwide, according to the World Health Organization (WHO). This number is expected to rise with the aging population, reaching 78 million in 2030 and 139 million

in 2050. We may not be able to cure dementia, but knowing the warning signs and risk factors can at least help us seek early treatment.

One recent study identified a common nighttime behavior that could end up spiking your risk. This common bedroom habit could have larger health implications.

According to the American Thoracic Society, sleep-disordered breathing (SDB) is an umbrella term used to define interruptions with breathing at night, including heavy snoring, reduction in breathing, and cessation of breathing. Aside from just keeping your bed partner awake, snoring and other breathing conditions could actually indicate a higher risk of dementia.

Investigators from the present study noted that in addition to reduced cognitive function, SDB has been “inconsistently” associated with an increased risk of dementia itself. When evaluating SDB as a risk factor for dementia, researchers did find small yet significant associations between SDB and lower composite cognitive scores and lower scores on tests of psychomotor speed (the ability to detect and respond to changes in the environment).

Moderate or severe SDB was associated with lower scores on delayed recall tests (only for men) and in patients with mild SDB, it was also associated with lower scores on executive function. According to investigators, vascular dementia can be indicated by impairments in both psychomotor speed and executive function, and impaired delayed recall can indicate incident dementia due to Alzheimer's disease.

If you snore and you think you've been experiencing any of these symptoms, talk to your physician. It may be time to do a sleep study, or there may be other options to improve your memory and function. It's worth a 5 minute talk!

August Election Day

August 23rd is Election Day in Brevard County. On the ballot will be Commissioner of Agriculture, a District Judge, 2 County Judges and our District 1 School Board representative.

Visit www.votebrevard.gov for more information and to download a sample ballot for your precinct. If you don't know what precinct you're in, (and some have changed this year), there is a precinct finder available on the site that uses your home address.

The phone my sister has (she's six)



The phone I had when I was six



Jess Parrish Medical Foundation Accepting Karla Foster, RN, Scholarship Applications

Jess Parrish Medical Foundation (JPMF) is now accepting applications for Karla Foster, RN, Memorial Scholarships. Applicants must be residents of north Brevard County; accepted into a nursing program; and possess a 3.0 or higher grade point average. New or currently enrolled nursing students are eligible to apply.



Two scholarships of more than \$1,500 each are being awarded for assistance with tuition, books, supplies or other expenses related to completing the student's nursing program.

Doug Foster established the scholarship in loving memory of his wife, Karla, tragically killed on September 11, 2006 by a hit-and-run driver. Karla had been a nurse at Parrish Medical Center for more than 22 years. This scholarship honors Karla and the profession she loved so much, and offers the opportunity to a deserving nursing student to carry on the professionalism, commitment, dedication and loving care that she demonstrated all her life.

For additional information on applying, or to make a tax-deductible contribution to the Karla Foster, RN, Memorial Scholarship Fund, please contact the Jess Parrish Medical Foundation at 321-269-4066 or visit www.parrishmedfoundation.com/scholarships. The deadline for submitting applications is Friday, August 19, 2022. Incomplete applications will not be accepted. Scholarship award recipients will be announced in September, 2022.

Christmas Cactus Business

Looking for a happy gardener who would enjoy potting, growing and selling Christmas cacti. They are always in demand.



Pots and plants included. Some teaching can be included if you're new to cacti. Call Centi Thompson for details: 321-631-4100.

Domino's Scholarship

Space Coast Jr Sr High would like to thank Dominos of PSJ and Dave the store manager for his continuous support and generosity. This year they donated a \$2,500.00 scholarship.

This year's recipient is Travis "Ray" Head. Ray plays on the Varsity basketball team at Space Coast High School and continues to strive for excellence.

Domino's does an annual scholarship for local students and it's not just a mail in. Students are asked to do an essay on a topic chosen by Domino's. The Domino's team reads those entries and a decision is made on the winner. We are blessed to have a local business in our community that cares.



Titusville Playhouse 58th Season



The Titusville Playhouse, Inc. is located within the Historic Emma Parrish Theatre 301 Julia St., (corner of Hopkins Ave. - US1 southbound), providing professional quality entertainment on the Space Coast. The MainStage theatre includes a 150 seat orchestra section and a 124 seat Balcony Section. The new Shuler Stage is an open air stage across the street at 301 Julia St.

MainStage Show:

Show times are Friday, Saturday and select Thursdays at 8:00 p.m., Sunday and select Saturdays at 2:00 p.m.

Lobby doors open and seating begins 30 minutes before show time.

The SPONGEBOB MUSICAL - Rated G

August 5 - 28, 2022

The stakes are higher than ever in this dynamic stage musical, as SpongeBob and all of Bikini Bottom face the total annihilation of their undersea world. Chaos erupts. Lives hang in the balance. And just when all hope seems lost, a most unexpected hero rises up and takes center stage. The power of optimism really can save the world!

Get more information on ticket prices and check out the whole schedule for the new season on their website, <https://titusvilleplayhouse.com/home/>. You can also find the schedule for the Shuler stage and all the new shows coming this season.

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COMMUNITY CALENDAR

Alcoholics Anonymous meets on **Sundays** at 5 PM, Tuesdays and Thursdays at 6:30 PM.

Women's AA meets on Thursdays and Fridays, 10 AM. **Both AA Groups meet at St. Patrick's Church, 4797 Curtis Blvd.**

8-2 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.

8-3 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.

8-3 Sons of Amvets 2415 Meeting- 1st Wednesday of the month, 6 pm. 688 West Ave., PSJ. Commander Chuck Harrington, 321-208-7897.

8-6 Tisha B'Av Starts

8-6 Bike Days at the Tiki, 1:00 - 5:00 PM
7260 S. US Hwy. 1, Bellwood, (just north of Port St. John), 321-268-1632. Contact Wayne Fowler, Events Coordinator, American Legion Riders Post 359 at 321-307-1450 or visit their website, alr359.org, for more information.

8-8 Ashura Starts

8-10 Amvets Post 2415 General Membership

Meeting on the 2nd Wednesday of each month at 6 PM. 688 West Ave., Cocoa. Commander Larry Lonneville, 321-208-7897.

8-11 Amvets Ladies Auxiliary 2415 General Membership Meeting on the 2nd Thursday of each month at 6 PM. 688 West Ave., Cocoa. President, Theresa N. Anderson, 321-208-7897.

8-11 North Brevard Parks and Recreation meets at 5 p.m. at 518 South Palm Ave., Titusville. For questions, call Jeff Davis at 321-264-5105.

8-12 Brevard Women's Connection meets at Space Coast Convention Center on Hwy. 520 from 11 AM until 1 p.m., 2nd Friday of each month. Call Pam at 321-752-6896 or e-mail bwc0020@gmail.com.

8-13 Amvets Riders meeting, 2nd Saturday at 10 AM., 688 West Ave., PSJ. Call President Craig Doan, 321-208-7897.

8-14 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 angelgardnerwrites@gmail.com for info.

8-14 Calling all Christian authors! Dynamic writers group in Cocoa offers training, critiques, and paid writing opportunities (2nd Sundays 2-4:30 p.m. at Cocoa Library). Contact D.P. Clarke at lroyaldy@gmail.com for more information. Print "Writers Group" in Subject.

8-14 Multiple Sclerosis Self-Help Group meets on the 2nd Sunday each month (except Mother's Day & November), 2 PM, Cocoa Library.

8-15 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, 505-2361.

8-17 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 321-268-1632 for assistance.

8-21 International Beer Day

8-23 Moonlight Quilters Guild meets at the North Brevard Library in Titusville, 2121 Hopkins Ave. on the 4th Tuesday of each month (no meeting April or December). Meet and greet and refreshments at 6:00 pm, meeting at 6:15 pm, usually followed by show and tell or a guest

speaker. Email Moonlight.Quilters@yahoo.com for more information.

8-27 Veterans & First Responders Breakfast - 9:00 a.m. at Saint Patrick's Anglican Church, 4797 Curtis Blvd., Port St. John. This is open to all veterans, spouses of veterans and all first responders. Last Saturday of each month.

Congratulations to:

Wayne Weathers turns crazier this month!

Roman Arieux turns **9** on the 3rd.

Jamie Hagar turns **31** on the 3rd.

Chase Turner turns **21** on the 4th.

Amber Santoso turns **25** on the 4th.

Cindy Kolonich turns prettier on the 4th.

Cher Turman is the Queen on the 7th.

Nicholas Moore turns cooler on the 8th

Laura Davis turns **17** on the 9th!

Toyia Nguyen turns prettier on the 10th.

Mason McGann turns **16** on the 11th!

Riley Arieux turns **10** on the 11th.

Brittany Osburn parties wild on the 12th.

Dillon DeVane turns **21** on the 12th.

Angie Anthony turns cuter on the 12th.

Marty Grinstead turns **59** on the 15th.

Sally Blum turns **29** on the 16th.

Austin Travis turns **4-0** on the 16th.

Kyle Maxwell turns **19** on the 16th.

Chase & Alex Turman turn **24** on the 18th.

Terri & Tera Nguyen turn prettier on the 20th.

Marty Kline is the Boss on the 24th.

Tommy Nguyen rocks the day on the 27th.

Ashley Mae turns **18** on the 31st.

Randy & Cathy Rodriguez celebrate **46** years on the 1st.

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

Louis and Deborah Pierce celebrate 49 years on the 18th.

Charlie and Debbie DiMaria celebrate **37** years on the 19th!

Trisha and Scott Orend celebrate **29** years on the 28th.

Cathy & Phil Euzenas celebrate their 25th wedding anniversary on the 30th!

Brett and Patty Benoff celebrate their 24th on the 30th.

We have lots of room for more good news.

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

Important Phone Numbers

County Commissioner -	264-6750
Sheriff: Non-Emergency -	633-7162
Fire Station 26 (Port St. John)	633-2056
Emergency Operations Center	637-6670
Waste Management -	636-6894
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
Space Coast Jr/Sr High School -	638-0750

Port St. John Public Library 6500 Carole Ave., Port St. John 321-633-1867

Mary Lena Penna, Library Director

Library Hours: Monday, Tuesday, Thursday and Friday 9 a.m.-5 p.m.. Wednesday 12-8 p.m. and Saturdays 10 a.m.-2 p.m.

Meeting rooms are available for reservation by calling the library and study rooms are open on a first-come-first-served basis.

Computers are available, and we also offer scanning, wireless printing and faxing.

8/3 6:30 p.m.: **Bookworms Bookclub**, see the Reference Desk for monthly book selection.

8/13 & 8/27 10 a.m.-noon: **Pokemon Club of Port St John**. All ages welcome.

8/20 10:30 a.m.: **Cruise talk** with cruise travel writer, Melissa!

Storytimes will be on hiatus at the beginning of August.

8/25 3-4:00 p.m.: **Storytime for Young Readers**. Ages 6-12.

8/26 10:30 a.m.: **Little Listeners storytime**. Ages 2-5.

Book BINGO continues through August for Adults & Teens 12+. See Reference Desk.

Tuesdays, 10-11 a.m.: Humanatee Yoga for Beginners or Intermediate. \$5 Instructor Fee.

All Brevard County libraries will be closed on Monday, September 5th in Observance of Labor Day.

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.

Shows are held on the last Sunday of each month, 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.

Fight The Summer Heat

With its sunny weather, beautiful beaches and wide variety of arts and culture offerings, it should be no surprise that nearly 1,000 families are moving to Florida each day. To you new Floridians, welcome to the neighborhood! Native Floridian? Don't worry — these tips can help you, too.

Keep cool without working your A/C too hard. While your first reaction to the Florida weather may be to crank the A/C down low, remember that each degree you raise it can save you up to 5% on your energy bill.

Keep sun out by closing blinds and curtains during the day; more than 75% of sunlight landing on your windows enters the home as heat.

Consider grilling outside rather than using the oven or stove to keep your kitchen from overheating.

Use fans, but only leave them running when someone is in the room.

Replace the A/C. If the current system is more than 10 years old, it's time to consider a replacement. Luckily, FPL offers a \$150 instant rebate on a new A/C when you purchase through a Participating Independent Contractor (PIC). A new system will keep your home cooler without working as hard, helping you save money.

Do not want run your pool pump 24/7/365. By maintaining your pool's cleanliness and proper chemical levels, you can reduce your pool pump's run time. FPL recommends you limit run time to six hours each day in the summer and four in the winter.

Don't air condition the outdoors. Attics are found in homes across the state. Without proper insulation, the hard work of your A/C or heater may be going to waste, turning your attic into a major cost center. Check your ducts. If your home was built before 1982, you may qualify for an insulation rebate from FPL worth up to \$190.

Join the On Call program. Consider joining the On Call program. This gives FPL the option to temporarily switch off your air conditioning and/or heating, along with optional appliances you choose, and could save you more than \$90 a year — even if FPL never needs to turn them off at all.

If you join this program, FPL will install a small energy-management device on the equipment and appliances you choose. Then, during times of high energy demand, FPL may switch

them off for short periods of time.

For new articles each month with more ways you can save, be sure to check out FPL's Watt's Happening blog, <https://www.fpl.com/blog/watts-happening.html>.

Protect Your Vision This Summer

Wearing sunglasses is not only fashionable and fun, but they also protect your eyes from the sun's harmful ultraviolet (UV) rays. When the sun is shining, putting on a pair of sunglasses is just as important as applying sunscreen.

UV radiation is defined by three types: UV-C, radiation that is absorbed by the ozone layer and does not present any threat; and UV-A and UV-B radiation, which can have long- and short-term negative effects on the eyes and vision.

Exposing your eyes to extreme amounts of UV radiation over a short period may cause photokeratitis, also known as "sunburn of the eye." Photokeratitis can be painful, and the symptoms include red eyes, a foreign body sensation or gritty feeling in the eyes, extreme sensitivity to light and excessive tearing. Luckily, symptoms are usually brief and rarely cause permanent eye damage. When the eyes are exposed to solar radiation for a longer period, the risk increases for developing cataracts or macular degeneration later in life.

Wearing quality sunglasses that offer UV protection is key as well as wearing a hat with a wide brim. When selecting a new pair of shades, consider the following for adequate protection:

- Block out 99 to 100 percent of both UV-A and UV-B radiation
- Screen out 75 to 90 percent of visible light
- Have lenses that are perfectly matched in color and imperfection
- Have lenses that are gray for proper color recognition
- Wear wraparound frames for additional protection if you spend a lot of time outdoors in bright sunlight

As a reminder, sunglasses not only protect against UV rays, they also reduce the risk of cataracts and protect the tender skin around your eyes from sun exposure.

Sources: American Optometric Association (<https://www.aoa.org>)

CDC (https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)

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- Skin and soft tissue
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On the Road With Rose



Sebastian Inlet State Park

700 South Highway A1A Melbourne Beach
<https://www.floridastateparks.org/Sebastian-Inlet>
321-984-4952

Remembering the good stuff is difficult right now, but reaching out however we can to those of us who have been directly or indirectly affected by the terribleness around us helps both us and them. Something as small as a kind word or smile toward a stranger having a bad day, or making a donation to a group sending help to those in need can create a ripple effect of good. Thoughts and prayer are going out to those we can't touch and lots of hugs to those we can. If you're reading this in any kind of pain, please know you're not alone and prayers are being sent.

Sebastian Inlet State Park is well worth the hour or so it takes to get there, especially for families with small children. The drive south on A1A is pleasant, especially after you leave the more populated areas where the high-rise condos and expensive homes give way to old Florida flora and fauna with tiny vintage motels peeking out every once in a while.

There are two entrances directly off A1A into the park. Save your receipt (eight dollars per vehicle) so you can leave one and enter the other. The north entrance winds around and brings you to the parking lot under the bridge and almost directly to the tidal pool. Right off the parking lot is the Surfside Grill restaurant and the bait shop. Picnic tables abound complete with BBQ grills and several bathrooms.

The tidal pool is perfect for children, mostly two to three feet. Even the youngest can splash and play. Rocks around the edges give shelter to shrimp, small crabs and other very interesting creatures to watch and perhaps net. Just make sure to release before damaging them.

There is no current in the pool and sandy beach all around, perfect to spread a blanket, open a picnic basket and make lifelong memories.

The north entrance is also a stop on the mountain bike trails, I don't ride, but have been told the old A1A trail is amazing, if difficult. We don't have mountains but the term 'mountain bike trail' is used for sandy hammocks and wetlands in Florida. After some very bumpy riding you find yourself on the old packed sand road that was A1A until the 1950s.

There's also a walking trail meandering through several hammocks, beautiful and easy enough for children. Wildlife abounds; raccoons, armadillos, many species of birds, even an occasional alligator have been spotted recently.

Returning to A1A and turning right will bring you over the bridge. The view of the jetties, blue-green water color and white sands evoke the Florida Keys - except for the waves that I have been told are just about perfect for surfing. You can plainly see the different hues of the water entering the inlet mixing with the Indian River waters.

While stopped at the south gate, take a moment to admire the brightly colored sea

turtles and perhaps make plans to donate to the Friends of Sebastian Inlet at the Fishing Museum. The museum is one of the best I have seen, the life of the old-time fishermen and their families. A very helpful gentleman is glad to explain life and work at the time further or answer questions.

Taking the short dirt road to the campground you notice there are many places to just pull the car over and pull out the fishing poles, complete with rocks for sitting on and fish cleaning tables. There are 51 campsites. They all have electricity, water, fire pit and BBQ grill; some back directly up to the river. Being almost circled by the inlet and the river, there's usually a cool breeze, especially at the playground, complete with covered pavilion with BBQ grill situated at the point.

Dogs are allowed in the campground but they must be leashed at all times, except for service dogs. They are not allowed in other areas of the park.

Sunscreen and mosquito repellent are a must. Don't forget to re-apply after swimming or every few hours. As usual, please take only pictures and leave only footprints.

~ Rose Padrick

Brevard Public Schools

Head Start



Program

**Child must be 3 or 4 years old
on or before September 1**

South Area Elementary Schools
Discovery, Jupiter, Palm Bay,
Port Malabar, University Park

Central Area Elementary Schools
Cambridge, Endeavour, Saturn, Sherwood

North Area Elementary Schools
Coquina, Enterprise, Mims

Accepting applications for the
2022-23 school year
(321) 617-7786



SCAN ME

SLEEPY HOLLOW



Fruit From The Groves

There is an election primary on August 23, 2022. This election is important because it is the time to elect judges and school board members who can effect our childrens' lives. Please see the Supervisor of Elections website for candidate elections and early voting information at www.votebrevard.gov.

Brevard County Fire Station 29, aka Guardians of the Groves, has been very busy with medical, fires, structure fires and vehicle accidents. They have also responded to mutual aid to other fire departments. Four Communities Fire Dept. has also been busy with the same incidents. Four Communities Fire Dept.'s air trailer re-supplies air to air packs that the fire fighters use in fires and hazmat situations.

Four Communities is taking orders for t-shirts. You can call at 321-800-8845. Please see their Facebook page for information on the t-shirts.

Brevard County Sheriff's Office motor unit and road patrol deputies have been busy enforcing the traffic laws. Just because you don't see them doesn't mean they don't see you. Speed was a major contributing factor for the accident on Coconut at the corner of Adamson Road where the vehicle went through the signs and into the ditch.

Again this month, there have been a number of

complaints about animals, mostly dogs, running at large. Please secure your animals. Please make sure that all animals have the required license's and they should be chipped for easy identification so they can be returned to you. This is very important due to hurricane season. More animals seem to get loose when there's a storm.

Hurricane season is now here. Now is the time to have your plans ready for when it happens. Make sure you know how to get out of your neighborhood if your normal route is blocked. Sometimes this isn't possible, so be prepared for waiting.

Children in the Brevard County Schools will be returning to school on August 12, 2022. Please watch out for the school buses and obey the traffic laws about the buses.

- Ed Silva

Tango for Tails

Join Rescue Rebels by Cash 4 Canines, Inc., a nonprofit, volunteer organization, for Tango for Tails, at The Black Tulip Restaurant & Lounge, 207 Brevard Avenue in Cocoa Village, on Thursday, August 18, from 6:00 to 9:00 p.m. Hosted by Tails at the Barkery



and Tango & Ties, this event will help raise much needed funds for Rescue Rebels by Cash 4 Canines, Inc., whose mission is to provide a better life and second chance for companion animals.

Enjoy a five-course wine pairing dinner and a special Argentine Tango Show Presentation. \$100.00 per person. Proceeds will be donated to Rescue Rebels by Cash 4 Canines, Inc.

Dedicated and devoted to saving dogs that are left abandoned in shelters, surrendered by their owners, and those that are abused and neglected, Rescue Rebels rescues them, gives them the care they need, and finds them loving forever homes.

Reservations must be made in advance at The Black Tulip or by calling (321) 631-1133.

For more information, contact Pam Shaia, Tails at the Barkery, (321) 305-4584, Tango & Ties, (321) 290-6889, or Jennifer Sorrentino, Founder & Director, Rescue Rebels by Cash 4 Canines, Inc., (954) 270-2815.

Experimental Aircraft Meeting

Experimental Aircraft Association Chapter 724 holds regular scheduled gatherings for fun and fellowship on the 2nd Wednesday of each month - August 10 this month - at 7:00 pm in the club house on Merritt Island Airport.

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.

For more information, call 321-514-9456, email watersdwayne@yahoo.com, or visit the website at www.eaa724.org.

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 _____

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E-mail _____

Phone _____

Won't you join us?



Walter Butler Community Center August, 2022

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

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

MONDAYS – FRIDAYS

Pickleball, 11 a.m. – 2 p.m.

Open Computer Lab, 11 a.m. – 2 p.m. & 6 – 8 p.m.

Summer Camp 7 a.m. – 6 p.m.

Open Gym, 6 – 8 p.m.

TUESDAYS

Pickleball, 11 a.m. – 1 p.m.

Zumba, 5:30 – 6:30 p.m.

Open Computer Lab, 6 – 8 p.m.

Pickleball, 6 – 8 p.m.

WEDNESDAYS

Pickleball, 11 a.m. – 2 p.m.

Open Computer Lab, 6 – 8 p.m.

Volleyball Fundamentals, 5 – 7 p.m.

Volleyball League Play, 7 – 9 p.m.

THURSDAYS

Pickleball, 11 a.m. – 1 p.m.

Volleyball Fundamentals, 5 – 8 p.m.

Open Computer Lab, 6 – 8 p.m.

FRIDAYS

Pickleball, 11 a.m. – 1 p.m.

SATURDAY

Open Computer Lab, 10 a.m. – 2 p.m.

Open Gym, 10 a.m. - 2 p.m.

Open Game Room, 10 a.m. – 2 p.m.

Summer Camp Thru Aug. 9

▪ Grade: Completed Kindergarten through 6th grade.

▪ When: Monday - Friday, 7 AM-6 PM

▪ Cost: \$91.10 for a week or \$30.37 for a day

▪ Food: Breakfast and lunch is included for child/children daily

- Discounts available for those who qualify.

Contact Walter Butler Community Center at 321-433-4448 for more information on discount criteria.

Volleyball Fundamentals - Teaching 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 from 5 p.m. – 8 p.m. For more information, contact WBCC at 321-433-4448.

ZUMBA - Let It Move You! There are a lot of ways to lose weight. Some are just more fun. Join the ultimate dance-fitness party that beats a boring old workout any day! Classes are every Tuesday, 5:30 p.m. – 6:30 p.m. Half the class is Zumba Toning, the other half is Zumba. Cost is \$5 per class or \$15 for the month. Adults of all ages/fitness levels are welcome.

Wear comfortable clothes and sneakers and be prepared to dance! Bring a towel and water. For more information, call Debbie Kowaleuski at 321-403-6918.

AQUA ZUMBA - Jump into the Latin-Inspired, easy to follow, calorie-burning, dance fitness party that makes working out a splash! Classes are Tuesdays & Thursdays at 10:00 a.m., and Saturdays at 10:45 a.m. for one hour at Parrish Health & Fitness Center. \$5 per class or \$10 per week. For class details, contact Debbie Kowaleuski, your licensed Zumba Instructor at 321-403-6918, or visit www.dkwaleuski.zumba.com.

Art Classes With Glaucia Romano

Artist and teacher Glaucia Romano will be teaching two multi-session classes at the Studios of Cocoa Beach, 159 Minuteman Causeway in downtown Cocoa Beach. Glaucia has many years experience teaching art in public schools and private lessons, as well as creating art in all forms.

On August 13, she will begin a class for children, “Growth Mindset Sculpture,” that meets for four Saturdays from 10 to 11 a.m. Kids will have fun exploring and playing with the materials as they create an adorable, larger-than-life plaster sculpture of their head, paint them, and decorate them. The fee for the class is \$70.

On August 27, she begins a 6 week class in Beginning Handbuilt Pottery that meets Saturdays from 3 to 5 p.m. The class will cover several ways of handbuilding with clay: pinch pots, coil and slab, and the basics of applying glazes. Children age 5 and up and families are welcome to join. The fee for the class is \$230 and tools are all provided. A \$20 supply fee, to be paid on the first day of class, covers glazes and 13 pounds of clay.

For more details and registration, visit www.studiosofcocoabeach.org. For questions on the classes, contact Glaucia at (321) 345-0670 or email glaucia@ananaprana.com.



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