

HAPPENINGS

ISSUE NO. 394

FEBRUARY 2023

SERVING PORT ST. JOHN & CANAVERAL GROVES

HAPPENINGS
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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

Mad Science Saturdays And Homeschool Workshops Presents

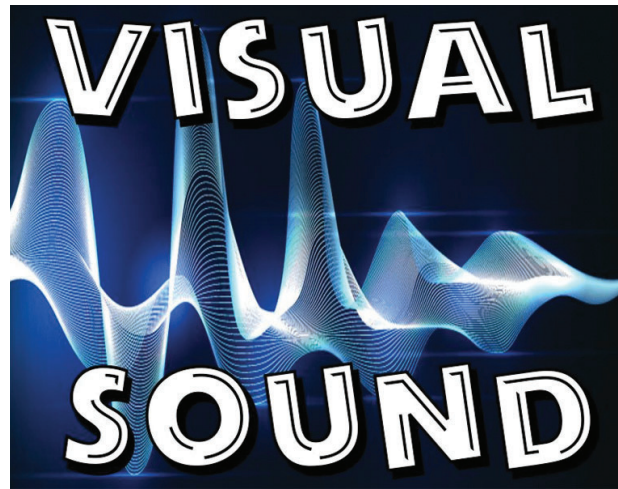


Ever wonder what Sound looks like? This month we will be seeing what a standing wave-form looks like, what kinds of patterns we can make with changing frequencies, and more crazy ways to interact with soundwaves.

February 8, 9, 11, 14, 25 and 28.

The workshop will be offered at 10:00, 12:00, and 2:00 on each of the above listed days. Registration is now open.

Be sure to register soon at <https://spacewalkoffame.org/register> to reserve a spot, as class sizes are limited to 12 students per class time, for children grades 1-6. For more information, please contact the American Space Museum



at 321-264-0434. The address of the museum is 308 Pine Street, Titusville. It will be lots of fun, as well as educational and it's FREE.

Sponsored in part by the State of Florida, Department of State, Division of Arts and Culture, the Florida Council on Arts and Culture, and the National Endowment for the Arts.



Rummage Sale & Bake Sale

Frontenac Baptist Church, 5500 N. U.S. #1 just south of Port St. John will be holding their annual Rummage Sale/Bake Sale on Friday, March 17th and 18th, 8 a.m. - 2 p.m. The event is FREE and everyone is welcome. Please come and help make it a success. We always like to see you!

If you would like to help by donating good usable items, please contact the church office at 321-636-1369 and leave a message.

Our church services are Sunday morning, Sunday School at 9:30 and Worship Service at 10:30. Wednesday Evening Meal is at 5:30 p.m. and Bible Study and Prayer are at 6:00 p.m.

We are a small church with a big heart!



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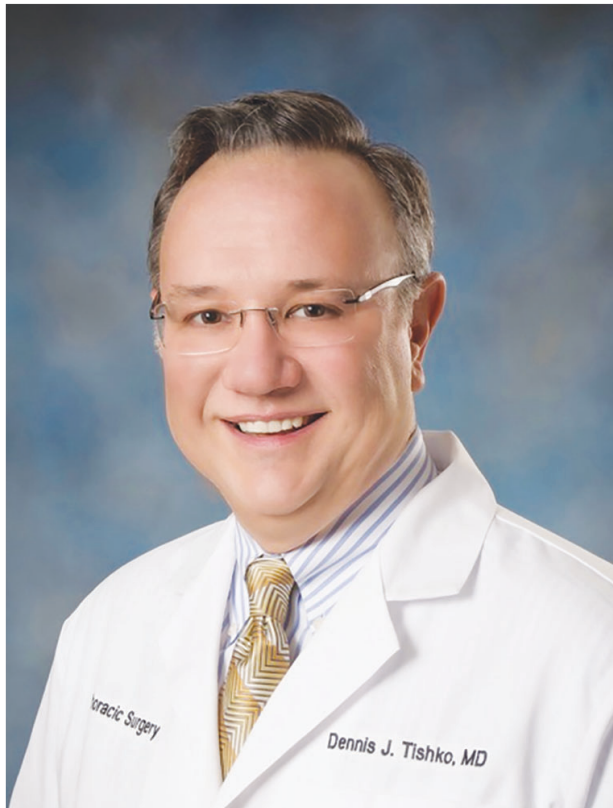


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Parrish Healthcare Welcomes Thoracic Surgeon Dr. Dennis Tishko, MD, FACS

Parrish Healthcare and Parrish Medical Group are pleased to welcome Board Certified Thoracic Surgeon, Dennis Tishko, MD, FACS to the North Brevard community. With more than 30 years' experience as a board-certified Thoracic Surgeon, Dr. Tishko's medical philosophy is rooted in person and family-centered care, believing that educated and informed patients do best. Of this, he states, "Their motivation and understanding are critical to a successful recovery. Education is an integral part of the care I provide to each individual and their family." He is especially passionate about the early detection of lung cancer through innovative and informative cancer screening programs.

Dr. Tishko has performed over 6,000 thoracic surgeries. He has special expertise in caring for those with a diagnosis of lung cancer. To this end, Dr. Tishko invented and pioneered a minimally invasive surgical procedure called single incision video assisted thoracic surgery (SiVATS). This valuable technique extends surgery to those not usually considered to be surgical candidates and promotes less pain, fewer complications and a

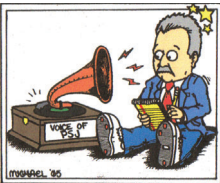


shorter hospital stay when compared with traditional procedures.

After earning his medical degree from the University of Cincinnati, Dr. Tishko went on to successfully complete his residency in General Surgery at Harvard Medical School in Boston, MA of which he was Chief Resident. He completed fellowships in Thoracic and Cardiovascular Surgery at the University of Wisconsin Hospitals and Clinics in Madison, WI and the Cleveland Clinic Foundation in Cleveland, OH.

Dr. Tishko is Board Certified in Thoracic Surgery with the American Board of Thoracic Surgery and is a Fellow with the American College of Surgeon and the American College of Chest Physicians. He has been a Clinical Assistant Professor of Surgery at Florida State University for nearly 10 years. Dr. Tishko and his family reside in the North Brevard community.

Conveniently located at Parrish Healthcare Center – Titus Landing, located at 250 Harrison Street, Dr. Tishko welcomes new patients to his practice. For more information visit parrishhealthcare.com/tishko.



Randy Rodriguez - Realtor

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“Men on Fire” Conference

First Baptist Church of Port St. John is hosting a Men's Conference in 2023. "Men on Fire" will feature guest speakers with an encouraging Godly message for all men and amazing worship music. This conference is open to all area churches and all men 16 and up. The conference will be Friday, February 17, 2023 and Saturday, February 18, 2023. A barbecue dinner will be held at 5:30 p.m. on February 17, 2023 to start off the conference.

Saturday, February 18 will open with Breakfast at 8:00 a.m.

Friday's conference starts at 6 p.m. and ends at 9 p.m. Saturday's conference starts at 8:30 a.m. and ends at 12 p.m.

You can pre-register for the conference online at firstbaptistsj.org or call the church office at 321-636-5455 weekdays from 9 a.m. to 1 p.m. You can also contact the Men's Ministry Director, Joe Sunday, at 321-863-7702.

First Baptist Church of Port St. John is located at 3900 Fay Blvd., Port St. John.

PSJ Community Center Schedule - February, 2023

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 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 – 6 p.m.
 Zumba (Adult Class with Jackie) 5:30 - 6 :30 p.m.

Tuesdays

Seniors At Lunch, 10 a.m.-1 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 – 6 p.m.
 Dancing Little Stars - Ballet/Tap Combo, (ages 3-6), 5 p.m. - 5:45 p.m.

Wednesdays

Seniors At Lunch, 10 a.m.-1 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 – 6 p.m.
 8th & 22nd, Culinary Kids, 4 p.m. - 5:30 p.m.

Thursdays

Seniors At Lunch, 10 a.m. - 1 p.m.
 Billiards, 10 a.m. – 7 p.m.
 Outside Basketball, 10 a.m - 7 p.m.
 Game Room/Computers 10 a.m. – 7 p.m.
 Community Cares Aftercare, 2:30 – 6 p.m.
 Gentle Yoga with Diane, 5:30 p.m.-6:30 p.m.

Fridays

Outside Basketball, 9 a.m - 6 p.m.
 Game Room/Computers 9 a.m. – 7 p.m.
 Billiards 9 a.m. – 7 p.m.

Seniors At Lunch 10 a.m. - 1 p.m.
 Dancing Little Stars - Tiny Tots, (ages 1-3), (Parent Participation), 10 a.m.-10:40 a.m.
 Dancing Little Stars - Beginner Ballet, (ages 2-4), 10:45 a.m.-11:15 a.m.
 Community Cares Aftercare, 1:30 – 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 p.m. 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.

Dancing Little Stars - Professional Ballet, Tap and Hip-Hop classes for boys and girls, ages 2-7. Classes focus on rhythm, concentration, memory and balance... while having fun! Our full-scale dance recital is held at the end of the dance season in May. Enrollment is open through February. Tuition is \$60 per month with the recital costume included with tuition. Register online at:
www.dancinglittlestarsbrevard.com.

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~ by Maureen Rupe

U.S. EPA vs. Florida DEP

On December 1st, the U.S. Environmental Protection Agency (EPA) notified Florida's Department of Environmental Protection (FDEP) that they have to do a better job of protecting its citizens for water quality pollution, especially those who eat fish. According to a 2016 report by the Florida Department of Agriculture, Florida is 11th among the states for producing seafood production, which harvests 87 million pounds valued at \$237 million a year. The letter stated Florida's current criteria for 40 toxic pollutants doesn't follow requirements of the Clean Water Act, Florida's use of outdated science, and Florida must protect its citizens from adverse health effects if they consume contaminated fish. EPA stated they would take over protections if Florida doesn't update their water pollution standards.

In an article explaining the EPA letter, DEP's Alexandra Kuchta stated Florida knew that they needed to update their water standards, and they look forward to working with EPA to update the state's Human Health Criteria for human con-

sumption. Florida has a history of not meeting federal standards for human consumption, as the 1992 updates Florida completed were tabled by EPA's Environmental Regulation Committee due to questions concerning human consumption data used to calculate those standard limits. In 2016, they decided to update some of their criteria, but over half of the chemicals didn't meet the Federal Clean Water Act requirements. Regulators passed those substandard limits, but those were withdrawn after an American Indian Tribe challenged the updated limits, so Florida left the older 1992 updates in place.

In 2015 Florida joined Alabama, Georgia, Kansas, Kentucky, South Carolina, Utah and West Virginia in a lawsuit challenging the creation of the EPA Waters Act, saying the state decides water rules within a state, not the federal government. President Trump decided not to defend the federal rules, which left Florida in control of their impaired waters, which have since degraded further.

Florida and every county have "all powers of self-government not inconsistent with general law." Our Florida Constitution has protections for our natural resources in Article ii, Section 7a:

It shall be the policy of the state to conserve and protect its natural resources and scenic beauty. Adequate provision shall be made by law for the abatement of air and water pollution and of excessive and unnecessary noise and for the conservation and protection of natural resources. Florida State Statute 376 goes further by stating "Pollution of waters and lands of the state is prohibited.—The discharge of pollutants into or upon any coastal waters, estuaries, tidal flats, beaches and lands adjoining the seacoast of the state in the manner defined by ss. 376.011-376.21 is prohibited."

This is a wake-up call for our economy, our health and overall quality of life. We already can see dead manatees, degraded marine life and the Avian Bird Flu that led to a halt to the yearly Birding Festival that brought a million tourists to Brevard. Our Quality of Life is at stake. This should be a non-partisan issue,. We will all lose if pollution is allowed to continue.

Interesting: The US EPA letter to Florida DEP was sent on December 1st. Governor DeSantis signed an Executive Order in January for \$3.5 billion in which \$100 million will go for Everglades Restoration water quality & water Supply, plus

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\$100 million for the Indian River Lagoon. If we poison our water, our water will poison us.

Note: The EPA letter to DEP is enclosed within the first link to the Tallahassee Democrat article (www.tallahassee.com). If you would like me to send you a copy of the letter, please email me at rupe32927@gmail.com and I'll send you one.

References:

www.tallahassee.com/story/news/2022/12/05/epa-florida-runs-afoul-of-clean-water-act-must-update-water-standards/69699997007/

<https://textbookdiscrimination.com/Constitutions/FL/A02S07>

http://www.leg.state.fl.us/statutes/index.cfm?App_mode=Display_Statute&Search_String=&URL=0300-0399/0376/Sections/0376.041.html

Septic Tanks and Sewage Systems

Brevard County and the state of Florida should stop permitting new conventional septic systems that contribute 400,000 lbs. of nitrogen annually to the Indian River Lagoon. Just last year, 900 new septic tanks were added in Brevard. Most were conventional septic systems that had a low nitrogen removal efficiency. There are 53,204 homes within the Indian River Lagoon's watershed, and most have an estimated 35% nitrogen removal.

It defies common sense that Brevard citizens should continue to pay the self-imposed tax to Save the Lagoon, (the 2016 ballot passed in every Brevard Precinct), to replace conventional septic systems, and at the same time allow builders to install the same low performing conventional septic systems that are not only polluting the lagoon, but

we are eventually converting to advanced systems or connecting the residents to larger sewage plants.

As far as larger sewage plants built by the cities and county, where they may use treated liquid (reclaimed water), semi-solid or solid sewage with fecal matter removed, but it all has high quantities of nitrogen and phosphorus as a cheap fertilizer within golf courses, residential or agricultural areas. Besides not necessarily being able to control whether it ends up in neighboring water bodies, there are large amounts of prescription drugs or other chemical pollutants that are not tested for or ever removed. The only way to ensure it doesn't go into our water would be by using a filtered incinerator and burn away all the contaminants. This is done in Europe and the Gates Foundation

cont., next page



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Good Day!, cont.

in South Africa. The problem here is money, where no one wants to pay the price to do the right thing.

Reference:

<https://advancedsepticsservicesfl.com/florida-septic-tank-regulations/>

<https://www.wri.org/insights/wastewater-best-hidden-energy-source-youve-never-heard>

Port St. John Request for Zoning Change

I reported this in December 2022, thinking it would be heard in January. It was postponed until February. The zoning meeting will be at the Port St. John Library on February 8, 2023 at 6 p.m., which was changed originally from November 9th, 2022, due to impacts from Hurricane Nicole.

Edita Realty (James McKnight) request a change of zoning classification from BU-1 to RU-2-10 (22Z00049) (/Rz /XXXIYBRA 2302548 & 2302549) (District 1). The properties are on 950 Avon Street and 960 Avon Street in Port St. John, one block east of U.S. 1, and one block south of Kings Highway. RU-2-10 zoning classification allows for apartments, however, the applicant is proposing duplexes which could be considered a transition between the commercial to the north (the new buildings at the southeast corner of U.S. 1 and Kings Highway). The request is to develop two duplexes, one on each lot. The proposed RU-2-10 permits multifamily residential uses or single-family residences at a density of up to 10 units per acre on 7,500 square foot lots. Duplexes have a minimum floor area of 1,150 square feet, and 575 square feet per unit. The closest multifamily zoning is the condominiums across U.S. 1.

The two properties are 0.18 acres for 950 Avon Street, and 0.22 acres for 960 Avon Street. 960 Avon Street is mapped as within the Indian River

Lagoon Nitrogen Reduction Overlay. However, both properties are within 0.2 miles of the Indian River Lagoon. The package states if adequate sewer for the development is not available, then the use of an alternative septic system, designed to provide at least 65% total nitrogen reduction through multi-state treatment processes shall be required.

The package states compatibility between this site and existing properties near this development depends on:

a. Whether the proposed uses would have lighting, odor noise levels, traffic or site activity that would significantly diminish the enjoyment of safety or quality of life in the existing neighborhood.

b. Whether the proposed uses would cause a material reduction (five per cent or more) in the value of existing abutting lands or approved development. The package states only a certified MAI appraisal can determine if this value has or will occur due to the proposed use.

c. Whether the proposed uses are consistent with an emerging or existing pattern on surrounding development.

d. Actual development within the last 3 years.

e. Approved development, but not yet constructed within the last 3 years.

Reference

<https://www.brevardfl.gov/PlanningAnd-Development/Home>.

As of publishing, the agenda and zoning package is currently not available on the Brevard County Planning and Development website.

Cheerio,

~ Maureen Rupe

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Rose's Room

~ Rose Padrick



Weight Woes

Summer is coming, but not quick enough for people still in the path of danger or suffering in any way. Please join me in prayer for those in pain throughout our world.

If there's anything I hate worse than buying a new bathing suit, I'm sure Castor Oil is somehow involved. Magazine articles have us ladies divided into body shapes. Pear shapes; smaller on top larger on bottom, apple shapes; round all over, etc.

Of course, all the contributors to the articles are the same shape... Barbie.

They say one bathing suit design will disguise an "overly prominent" derriere; another will draw the eye away from "upper imperfections," and so on. The authors agree a friend or family member should accompany us, to be honest with us about which design works best for us, if the color is right for us and to have lunch with us after. I think these people should change their medications.

In the real world, we need categories for lumpy, fluffy, overstuffed, south-bound and severely dimpled.

As for bringing a friend or family member, I have great friends. They would tell me I look like Marilyn Monroe if I wore a suit made by Omar the Tent Maker, but I can't see myself parading in front of them with various areas of my anatomy seeing daylight for the first time in many moons.

Family members are a whole different breed, especially the hundred pound one who thinks honesty is a virtue and says things like, "No, I don't think the blue flowers make your butt look big. Your butt looks big because you are not the spring chicken you once were. And because YOU chose to have Mediterranean ancestry, your children all have beautiful hair and skin, but everything that goes into OUR mouths immediately migrates south, thank you very much! Can we go home now? It's almost time for my midmorning lettuce leaf."

What good is a kid who can't lie to her own mother once in a while? I have half a mind to tell her she's adopted and really screw up her weight-to-derriere ratio.

A popular weight loss guru tells us that in order to have total harmony, we should listen to our bodies and give them what they crave. Listening to my body and caving in to cravings is what got me in this shape in the first place!

There is so much ado going on between my head and body so much of the time, I'm beginning to have a little better understanding of schizophrenia.

My exercise thingy lies dormant in the spare room because I listen to my

body when it begins to whine the moment I come within five feet of the machine.

This same body is all smiles and hop-scotches as it crosses the bakery's doorstep.

Since I live with Fibromyalgia, the more intelligent side of my brain knows how poisonous sugar can be. It patiently explains, "If we put that piece of fudge in our mouth, the aching will begin within an hour." The side of my brain that houses the nerve endings leading to my taste buds are screaming, "CHOCOLATE!...JUST EAT IT!... IT'S CHOCOLATE!"

My toes get crazy happy when smooshed in beach sand, my hips forget they are arthritic, and my legs don't want to stop walking if we are within feet of the Atlantic. More than a mile from the water these same toes are complaining about being squeezed into walking shoes, hips groaning almost audibly, and my legs are attempting to lock up.

It really gets noisy at dinner time. My overstuffed stomach begins by commenting, "A nice light salad will feel good after all the junk I've been processing today."

My flavor receptors screamingly reply - "Meat! Potatoes! Bread!"

Stomach keeps trying, "Fresh fruit would be great for dessert."

Not to be outdone, the receptors continue, "CHOCOLATE!"

I attempt total harmony by finishing off the salad between helpings of meat, potatoes and bread, followed by fresh raspberries...sitting atop a brownie...covered in chocolate syrup.

I'm pretty sure the harmony achieved when my sugar induced Fibromyalgia moans blend with my bathroom-scale-induced groans is not what the guru had in mind.

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St. Patrick's Anglican Church
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February is a busy month at St. Patrick's Anglican Church. We are leaving the season of Epiphany and quickly approaching the season of Lent.

The colors for Lent are traditionally purple and they represent a somber and penitential season. The dark richness of the purple color should remind us to slow down and think about the sacrifice Jesus made for each and everyone of us. The purple should also remind us of the robe the guard put over Jesus' shoulders as he went to his crucifixion.

In many Christian churches, Lent is a time to give something up as a reminder of that sacrifice and to remind us of the forty days in the desert that Jesus spent in prayer and fasting. I would challenge you to see this sacrifice not as something you give up, but something you can add during these forty days between Ash Wednesday and Easter. Maybe it's the addition of prayer or bible study, or maybe its reaching out to someone lonely or broken with a call or a visit. Take this time to sacrifice a bit of yourself for God and for

someone else during Lent.

Saturday, February 11th is our Annual English High Tea – from 12:00-2:00 p.m. An assortment of teas, sandwiches, scones and cake will be served. Cost is \$20.00 per adult. Wear your favorite fascinator and join the fun. Please contact the church office for more information.

During February, we will continue our Adult Bible Study on Sunday mornings from 9:00 to 9:40 a.m. on Timothy 1 and 2, James, Jude and Titus until Sunday, February 19th.

During Lent, we will continue our evening Study on Wednesdays after the 6:00 p.m. Communion Service with a Study and Light Supper starting March 1st till the week before Easter. We will pick the Sunday morning bible study back up after Easter.

Shrove Tuesday (Fat Tuesday) Pancake Dinner will be Tuesday, February 21st at 6:00 p.m. and is open to the public. Come join us for pancakes with all the fixings.

Ash Wednesday services on February 22nd will be at 7:00 a.m. and 6:00 p.m.

Regular service schedule is: Holy Communion Service – Sunday 8:00 a.m. and 10:00 a.m., Wednesday 6:00 p.m. Morning and Evening Prayer – Monday, Wednesday, Friday – 9:00 a.m. and Friday 6:00 p.m.

God Bless



Amvets Post 2415 Schedule

2-1 Sons of Amvets 2415
General Membership Meeting
-1st Wednesday of the month
at 6 p.m. Commander Chuck

Harrington, 321-208-7897.

2-2 Bike Night! 6:00 on the 1st Thursday of the month.

2-9 Amvets 2415 Ladies Auxiliary General Membership Meeting - 2nd Thursday of the month at 6 p.m. President Theresa Nikki Anderson, 321-208-7897.

2-11 Amvets Riders Chapter 2415 General Membership Meeting- 2nd Saturday of the month at 10:30 a.m. President Craig Doan, 321-208-7897.

2-8 General Membership Meeting- 2nd Wednesday of the month at 6 p.m. Commander Larry Lonneville at 321-208-7897.

Karaoke every Friday with Bone, 6-10 p.m.
Bingo Sundays 1-?

Post 2415 is located at 688 West Ave., (adjacent to Hwy. US 1), Port St. John.

If you are a veteran and would like to visit the Post or would like more information about Amvets, contact Commander Larry Lonneville at 321-208-7897.

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**Crafters and
Shoppers**

**Saturday, February 11,
2023 from 9-3 PM**

Blessed Sacrament

2ND ANNUAL CRAFT FAIR

5135 North Cocoa Blvd., Cocoa

You are invited to be a vendor at our Blessed Sacrament Craft Show. Vendor set up would begin at 7 a.m. and completed by 8:45. All vendors are responsible for the collecting and reporting of all Florida State Sales Tax.

Email Diana Champagne for vendor application and fees.

dchampagne2@cfl.rr.com

Monthly Tax Update

Here we are again and tax season is under way. So far, I have been upfront with providing clients with an estimate for their tax preparation fees. And as usual, I have already heard comments of dissatisfaction as to why we are charging so much: Wow! That's not what I paid last year! I'll just do them myself. Or they just hang up.

I want to know, when you go to the grocery store, do you go up to the manager and provide him with a list of your groceries and evaluate if you're going to buy them at that store, and do you go to another store and do the same to evaluate where you're going to buy your groceries? When you need gas, do you evaluate whether you're going to pay the price or go without? There isn't any negotiating. So, why does everyone think tax preparation haggling is appropriate?

On behalf of all the Enrolled Agents, Certified Public Accountants and attorneys, you need to understand what it takes and why a deserving reasonable fee is appropriate. Your advisor is a well-educated individual and we use the U.S. Master Tax Guide (the Guide), the Tax Code and many other resource documents when preparing a tax return. In 1995, the Guide had 669 pages. In 2003, the Guide had 768 pages, and now the 2023 Guide has 944 pages. This is due to all annual

tax law changes dealing with COVID, retirement distributions, depreciation, itemized deductions changing to possibly the standard deduction, child tax credit, earned income credit, education credits, filing status, divorce issues, head of household filing status, health care premium tax credit, and gift tax, estate and trust tax returns, corporate returns, partnership returns, bit coin, sale of real estate, capital gain tax..., and you wonder why our charge is what it is.

The complexity of the law is at hand. It's not just entering your information on a form, it's why we enter your information on the applicable form, and which line(s) is correct to enter your information. You are buying knowledge and expertise.

When someone gives you a fee that is substantially lower than ours, you better ask yourself why. Does this preparer have the knowledge needed to prepare my tax return, how many tax returns do they prepare? How many years of experience do they have? Will they be able to represent you in audits? How many hours of continuing education do they take annually? Will they meet with you to permit you a chance to build your trust and confidence having them become your preparer?

So, when they are upfront and give you their estimated \$520 tax preparation fee, remember, you

are buying knowledge, you are buying a valuable service, and you are buying trust. When you ask them a question, the answer may be saving you thousands of dollars or costing you thousands of dollars if you get the wrong information. It's your loss, not theirs. So, be careful, don't risk a reasonable fee to get the knowledge, value and trust you are receiving when the event comes about.

Be advised, like everywhere else, inflation is pumping up tax prep costs and it's worth every penny for the tax preparer's knowledge, value and trust.

On a last note, ask your friends, your colleagues and your parents for a referral for a tax advisor. Meet with them, have your questions ready and make sure you're confident they will provide the services you feel comfortable in receiving.

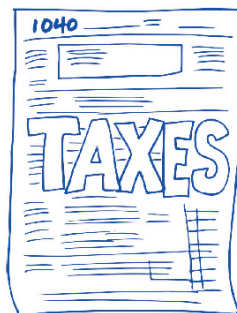
This is a very brief overview. For details and specific assistance in applying the general information in this article, call us at your earliest convenience or contact your tax advisor. Provided by Tracey C. Higginbotham, E.A., 321-632-5726, a member of the National Society of Accountants.

How do you reach 12,000 homes in Port St. John & Canaveral Groves?
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Good Works handyman service was started at St. Patrick's Church during the pandemic, when fear was high about strangers in the home and money was tight with a lot of people losing jobs or cutting hours. The business is still active and available for many types of home repair.

Call 860-833-6296 for more information about the many services they offer, or a bid on a project/repair you need done.



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New XBB.1.5 COVID Variant: What You Should Know

A new variant of the virus that causes COVID-19 is spreading in the U.S., raising concerns about a potential wave of infections and reinfections to start the new year. The XBB.1.5 COVID subvariant — nicknamed the “Kraken” variant — is representing more and more cases, and experts are questioning the variant’s severity as real-world data emerges.

The XBB.1.5 variant is a descendent of Omicron and a close relative of the XBB variant that spread through Singapore and India this past fall. XBB.1.5 is still gaining ground within the United States, accounting for at least 43% of sequenced cases from the last week, according to estimates from the Centers for Disease Control and Prevention (CDC).

The World Health Organization (WHO) said in a risk assessment last week that the omicron XBB.1.5 variant doesn’t have any mutations that make people sicker compared to previous variants, but has referred to it as “one of the most antibody-resistant variants.” A December study in the journal Cell demonstrated that XBB is better at evading immune defenses gained from vaccination and prior infection, compared to other variants.

The WHO said it doesn’t have any real-world data on how the variant is actually affecting people, so the full severity of the variant and its symptoms can’t be fully determined. What they are saying: Dr. Ashish Jha, head of the White House COVID Task Force, said last week that “your protection against an XBB.1.5 infection is not that great” if you had a COVID-19 infection before July 2022 or your last vaccine was before the recent bivalent update in September. “We will soon have more data on how well vaccines neutralize XBB.1.5,” Jha tweeted. “But right now, for folks without a very recent infection or a bivalent vaccine, you likely have very little protection against infection.”

COVID-19 transmission is considered “high” across most of the U.S., according to CDC data. But under the agency’s “community level” guidance, which diverges from transmission levels, Americans in just under 14% of counties should be masking while indoors.

WHO, on the other hand, amended its masking guidance this week to recommend that everyone wear masks in crowded spaces “irrespective of the local epidemiological situation, given the current spread of the COVID-19 globally.”

It seems the choice is yours. Against a virus variant that doesn’t seem to care about your vaccine status, is it time to consider keeping a mask handy again and wearing it in crowded spaces?

A little good news: According to CDC, XBB.1.5 is the only COVID strain that is increasing in the U.S.

Parenting Unique Minds Autism Spectrum Disorder Workshop

Free 8-session workshop series for parents of preschool children with Autism Spectrum Disorder (ASD). Children are welcome to join in sensory play. Space is limited. Registration required.

Workshops begins February 8, 2023, 5:30 – 6:30 p.m. Sessions are every other Wednesday for 8 weeks. They will be held at:



5650 S. Washington Avenue, Titusville

This Workshop is facilitated by Behavioral Independence. Topics include:

- The importance of play
- 4 functions of behaviors
- Self-care and independence
- Basics of ABA therapy
- and more!

For more information, call Vaneesha Greco, Manager, TCC, at 321-264-0855, ext. 4829, or visit parrishhealthcare.com.

SCAN ME TO REGISTER



Homestead Exemption

If you purchased a home in 2022, it’s time to apply for homestead exemption if you haven’t already done so. The Homestead Exemption provides qualified applicants with a reduction in their home’s taxable value up to \$25,000.

An application for the Homestead Exemption may be submitted any time throughout the year, but **must be submitted by March 1 of the year in which the benefit will be applied.**

Once approved, the Homestead Exemption is automatically renewed each year as long as ownership and residence conditions remain the same for the property.

Visit <https://www.bcpao.us/exemptions.aspx?t=2.1> for more information, including requirements, and to apply for the exemption.



Post 359 - American Legion Riders presents Bike Days at the Tiki Saturday, February 4th, 1:00 - 5:00 p.m.

Good food on the grill with Fixin’s, \$6. Listen to live music, take part in 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 Wayne Fowler, Events Coordinator, American Legion Riders Post 359 at 321-307-1450 or visit our website, alr359.org, for more information.

Martin Andersen Senior Center Dances

Martin Andersen Senior Center will host Singles/Couples Ballroom Dances on Saturday, February 11th and Saturday, February 25th. 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 \$8; \$7 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.



“Emotions of Color” Exhibit

The Studios of Cocoa Beach is honored to present “Emotions of Color,” an exhibit of paintings by Phyllis Shipley. Phyllis is internationally known for her colorful art work. An opening reception will be held on Saturday, February 4, 2023 from 6 to 9 p.m.

Phyllis has been producing fine art paintings for the past thirty years and has been a successful gallery owner, a successful art show participant and award winner, and a continuing student in the details of water-color and acrylics.

Phyllis says, “Painting, for me, is driven by emotion. And color relates that emotion. As I layer thin glazes of paint, my subject evolves as my “inner vision” dictates in expressing strength, gentleness, rhythm and color. Color is all around us and has a way of producing reactions to our senses. “Emotions of Color” is my story as I strive to express joy, surprise, memories, desires, longings and energy for life in my work. Can you relate?”

The reception is an opportunity to meet the artist, enjoy wine and appetizers, and explore the gallery at 159 Minutemen Causeway in downtown Cocoa Beach. The exhibit runs from January 31 to February 27. This non-profit gallery is open Monday to Saturday 9 a.m. to 7 p.m., and Sundays 10 a.m. to 3 p.m.

For more information on events, artists and classes, visit www.studiosofcocoa-beach.org or follow them on Instagram and Facebook.

CAMPING: When you spend a small fortune to live like a homeless person.

Parrish Healthcare Proudly Sponsors Dr. Martin Luther King Day Celebration



Honoring the legacy of Dr. Martin Luther King’s service to community, Parrish Healthcare was proud to provide health education and blood pressure checks at North Brevard’s Martin Luther King (MLK) Day on Monday, January 16. The event, held at Isaac Campbell Park in Titusville, included live entertainment, a charity basketball game, a car show, food vendors, and a variety of health and wellness resource vendors.

This year’s event was organized by Boyz 2 Men with a Purpose, whose mission is to support, mentor, and educate boys and young men ages seven and older, to positively impact their communities. The skills and trades taught include culinary arts, graphic design, carpentry, auto mechanics, and more.

Parrish Healthcare has served as a primary sponsor for MLK Day events within North Brevard since 2014. “Our support of MLK Day is one more way we serve to extend the reach of our vision of Healing Families—Healing Communities,” said Parrish Healthcare President/CEO George Mikitarian.

Dr. Martin Luther King Day is the only federal holiday designated as a National Day of Service to encourage all Americans to volunteer for the improvement of their communities. During the last quarter-century, the MLK Day of Service has grown, and its impact has increased as more Americans embraced the idea that citizenship involves taking an active role in improving communities.

“We believe in Dr. King’s enduring message that ‘everybody can be great because everybody can serve,’” said Mikitarian.

“There is greatness in every act of kindness and service whether you donate blood, provide meals or shelter to the homeless, or mentor at-risk youth,” added Mikitarian.

For more information about Boyz 2 Men with a Purpose, visit <https://b2mpurpose.com/>.



National Active and Retired Federal Employees Association (NARFE)

NARFE Apollo Chapter 1137 meets monthly on the second Monday of each month. The February meeting will be on the 13th. 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 is www.NARFE.org/Chapter1137.

SFJROTC FL-20082 Conducts Change of Command Ceremony

The Space Force Junior Reserve Officer Training Corps (SFJROTC) detachment FL-20082 at Space Coast Jr/Sr High School (SCHS) conducted a formal change of command ceremony on 13 January 2023 where Cadet Lieutenant Colonel Luc Cope assumed command from Cadet Lieutenant Allison Adkins. Allison Adkins, a 4-year JROTC cadet, lead 111 SFJROTC cadets during the first semester of SY 22-23 and was instrumental in SFJROTC FL-20082 accomplishing the following achievements.

- Earned “Exceeds Standards” overall rating during Higher Headquarters Inspection receiving the highest possible score in 18 of 26 graded areas (the highest percentage in the program’s history)
- Generated 865 community service hours via 15 events (58% of programs annual goal)
- Donated 4,222 items (cans, bottles, boxes, bags) of non-perishable goods to the Viper Nation Supply Station
- Oversaw 966 leadership development requirement hours amid 79 afterschool activities
- Performed 11 Color Guard events supporting the Space Coast K-9 competition at Viera Stadium, American Institute of Aeronautics and Astronautics, and many school functions
- Supported the Port St. John Holiday Parade
- Provided program overview to senior BPS administrators and Space Florida representatives

Luc Cope, a 3-year cadet, will lead 98 cadets during the second semester focusing on accomplishing the 12 annual goals established for SY 22-23. Additionally, he will oversee and manage the below upcoming SFJROTC events.

- Preparing for Honor Guard competitions
 - Planning the annual Curriculum-in-Action (i.e. SFJROTC field trip involving aerospace and/or leadership)
 - Organizing the annual SFJROTC Military Ball
 - Executing integrated Bataan Death March remembrance event for AFJROTC/SFJROTC cadets to trek a minimum of 14-miles
 - Sponsoring SFJROTC combat dining-in/awards night
 - Attaining 1,500 community service hours by 10 April 2020
 - Completing all requirements for FL-20082 to receive “Distinguished Unit with Merit” honors
- Tomorrow (21 January 2023) marks the 1-year



*Pictured left to right: C/CMSgt Brianna Maynard;
C/Lt Col Allison Adkins; C/Lt Col Luc Cope*

anniversary of FL-20082 conducting their formal transitioning ceremony from an AFJROTC to SFJROTC program. Since that time, FL-20082 has had an extraordinary productive year and reached several historical milestones. Nonetheless, FL-20082 cadets still seek and are always grateful for opportunities to support their school and local community. Moreover, FL-20082 welcomes guest speaking opportunities for any aerospace and/or leadership organization in the SFJROTC classroom or at an organization’s facility to maximize and expand their SFJROTC program. Below is SFJROTC instructor contact data, If you would like to support, partner or have FL-20082 cadet performance requests (i.e. Color Guard or community service)

Lt Col Joseph Stevens, USAF (Ret)
stevens.joseph@brevardschools.org
SMSgt John Werner, USAF (Ret)
werner.john@brevardschools.org
SFJROTC FL-20082
Space Coast Jr/Sr High School



Alcoholics Anonymous

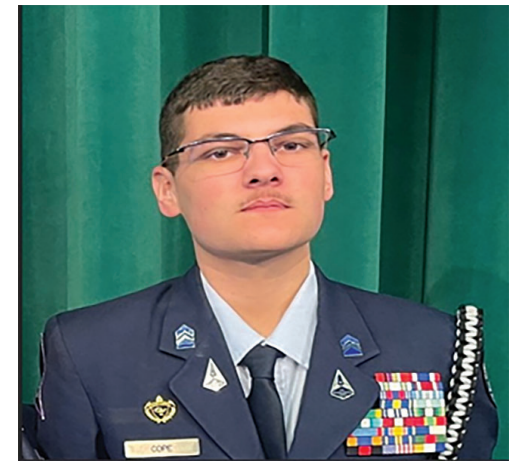
Port St. John

Saint Patrick’s Church

4797 Curtis Blvd. - East off Grissom Pkwy.

Sunset Group Meeting

(C) Sunday	5:00	BIG BOOK
(C) Tuesday	6:30	12 STEP
(O) Thursday	6:30	Beginners Mtg



*C/Lt Col Luc Cope,
FL-20082 Delta Commander*

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.

Thursdays, 11 a.m.-noon: **Humanatee Yoga for Beginners or Intermediate.** Bring your own yoga mat! \$5 Instructor Fee.

Thursdays 3:30 p.m.: **Story & Craft** time for school-aged kids. Ages 6-12.

Fridays 9:30-10:00 a.m.: **Baby Storytime.** Ages 3 and under.

Fridays 10:30 a.m.: **Toddler Storytime.** Ages 3-5.
2/1, 6:30 p.m.: **Bookworms Bookclub.** See the Reference Desk for monthly book selection.

2/4, 10:30 a.m.: **Valentine Craft Class.** \$40 fee due at signup. See Reference Desk.

2/7 & 2/21, 3:00 p.m.-4:00 p.m.: **STEAM time.** Ages 6-12. Come build and make things with us! Activities centered around Science, Technology, Engineering, Art and Mathematics.

2/11 & 2/25, 10 a.m.-noon: **Pokemon Club of Port St John.** All ages welcome.

2/15, 1:30 p.m.: **Lynda Medicare 101** information session.

The Foundation For Random Acts of Kindness And Sam's Mart Enrich Lives of PSJ Students

Please join us in congratulating these three young men in receiving an education/life fund! Each student received \$2,500 to start an educational savings account for their future. This was made possible by the generosity of Samir Patel, the owner of Sam's Mart in Port St. John. Mr. Patel wanted to give back to the community and decided to partner up with The Foundation For Random Acts of Kindness to accomplish the idea.

"I saw first hand what The Foundation For Random Acts of Kindness does with the money they receive and decided I want to sponsor a child from each local elementary school. I wanted to ensure the money goes into the right hands and what better way than invest in our local children's future."

Three students were chosen for this first donation to their education/life fund. Last names are intentionally left out.

Tanner, who attends Enterprise Elementary School, has the mind for math and science. He is earning high grades and may possibly have a future in the military, among other options.

Mason, who attends Atlantis Elementary School, is a huge Atlanta Braves fan with outstanding grades. His future is bright with many possibilities in the medical field. Those good grades will open many opportunities.

Dustin, who attends Challenger 7 Elementary School, is also a big baseball fan. He keeps up solid grades and is thinking of a possible military future.

"The Foundation of Random Acts of Kindness was started to help children at a very young age to help curtail student debt. We set up funds so these children can go to college, trade school or even start a business in the future. We want to play offense, not defense!" said Neesha Patel-Peters, Vice President of Foundation for Random Acts of Kindness. "We were blessed to receive a \$7,500 donation from Mr. Patel and every dollar went back towards the education fund for Tanner, Mason and Dustin. We are always looking for partners with our initiative and Sam's Mart

approached us with this great idea."

Mr. Patel has decided he wants to sponsor a child from each elementary school every year. That's just amazing!

Congratulations to the three students who earned their educational fund through their hard work and persistence.

Sam's Mart is located on Fay Blvd. in Fay Plaza.

Thank you to The Foundation For Random Acts of Kindness for making PSJ a better place to live. The Foundation For Random Acts of Kindness website is www.foundationforrak.org.



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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.**

2-1 American Legion Auxiliary, Unit 359, General Membership Meeting on the 1st Wednesday of each month, 6 PM at the Post Home, 7260 S. US 1, just north of PSJ. Call President Valerie Helmer at 321-268-1632.

2-1 Sons of Amvets 2415 Meeting- 1st Wednesday of the month, 6 p.m. 688 West Ave., PSJ. Commander Chuck Harrington, 321-208-7897.

2-2 Groundhog Day

2-4 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.

2-5 Tu Bishvat

2-7 Compassionate Friends Support Group meets the first Tuesday of every month at 6 PM in Cocoa Beach at the Lutheran Church of the Resurrection, 525 Minuteman Cswy. west of A1A, Fellowship Hall. Call 610-7875 for info.

2-8 Amvets Post 2415 General Membership Meeting on the 2nd Wednesday of each month at

6 p.m. at 688 West Ave., PSJ. Commander Larry Lonneville, 321-208-7897.

2-9 Amvets Ladies Auxiliary 2415 General Membership Meeting on the 2nd Thursday of each month at 6 p.m. President, Theresa N. Anderson, 321-208-7897.

2-10 Brevard Women's Connection meets at Space Coast Convention Center on Hwy. 520 from 11 a.m. until 1 p.m., 2nd Friday of each month. Call Pam at 321-752-6896 or e-mail bwc0020@gmail.com.

2-12 Super Bowl

2-11 Amvets Riders meeting, 2nd Saturday at 10 a.m. Call President Craig Doan, 321-208-7897.

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

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

2-12 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.

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

2-14 Valentine's Day

2-15 American Legion Post 359 meets at the Post Home at 7260 S. US 1 in Bellwood, (2 miles north of PSJ), 6:00 PM. All Legionnaires and new members are welcome. The Post meets on the 3rd Wednesday of each month. Please contact the Post at 321-268-1632 for assistance.

2-20 Presidents Day

2-20 Moonport Modelers RC Club meets at 6:30 PM, 3rd Monday each month at the N. Brevard Library, 2121 S Hopkins Ave., Titusville. For more info, call Wayne Mendez, 505-2361.

2-21 Mardi Gras

2-22 Ash Wednesday

2-25 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 re-

sponders. Last Saturday of each month.

2-28 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.

Congratulations to:

Cooper Sanchez turns **2** on the 2nd.

Kara Scott turns **12** on the 2nd.

Kyle Davis turns **29** on the 3rd.

Jack Bray turns mo' better on the 3rd.

Cheyenne Marquez turns **19** on the 4th!

Drake & Madison Rowell are **26** on the 7th.

Amethyst Crawford turns **22** on the 7th

Cassidy Michonski turns **25** on the 7th!

Jennifer Wilson turns **31** on the 9th.

Nicolas Wagner turns **19** on the 11th.

Segunda Leach dances all night on the 11th.

Jamey Blevins turns **18** on the 11th.

Joshua Wilson turns **28** on the 14th.

Missy Crawford turns prettier on the 18th.

Samantha Hurst turns **24** on the 23rd

Cely Sanchez rocks the house on the 25th.

Jason Sanchez turns **23** on the 26th.

Laura Wagner parties wild on the 27th.

Kobi Ragan turns cooler on the 27th.

Ashlee Rickard turns **Sweet 16** on the 27th.

Amber Baum turns more lovely on the 29th.

Jack & Sue Bray celebrate their **43rd** anniversary on the 1st.

Noah and Sophia Kelderhouse celebrate their **2nd** anniversary on February 6th!!

Adam & Dawn Niehoff celebrate their **17th** anniversary on the 4th.

Michael & Helen Lapardo celebrate their **36th** anniversary on February 14th!!

Joe & Stephanie Hilde celebrate their **5th** on the 17th.

Tom & Laura Wagner celebrate their **22nd** wedding anniversary on the 17th.

Derek & Leslie Rickard celebrate their **19th** anniversary on the 21st.

Karissa & Joel Smith celebrate on the 22nd.

We have lots of room for more good news.

Email inputs 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

Parrish Healthcare Community Support Groups - February

Parrish Healthcare offers a variety of support groups as a free service to the community. The February 2023 schedule is as follows:

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, February 1, 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 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, February 6, 13, 20, 27, 10-11 a.m.
 - Where: The Children's Center, 5650 S. Washington Ave., Titusville
- For additional information and to register, visit parrishhealthcare.com/Moms.

Parenting Unique Minds (Autism Spectrum Disorder Workshop)

An 8-session workshop series for parents of preschool children with Autism Spectrum Disorder (ASD). Parents will learn the importance of play, childhood self-care and independence and the basics of Applied Behavior Analysis.

- When: Wednesday, February 8, 5:30-6pm
- Where: The Children's Center, 5650 S. Washington Ave., Titusville

For additional information and to register, visit parrishhealthcare.com/ASD.

Parrish Healthcare's 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, February 9 and 23, 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 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, February 13, 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.

Early Steps Community Play Date

A special play date for children five and under and their parent(s)/guardian(s).

- When: Wednesday, February 15, 9-10:30 a.m.
- Where: The Children's Center, 5650 S. Washington Ave., Titusville
- Facilitated by Mary Cancel, Family Resource Specialist
- For additional information visit parrishhealthcare.com/EarlySteps.

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, February 15, 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 Shan-

non Luker at 321-268-6111, ext. 3544.

- To register, please visit www.parrishhealthcare.com/CancerSupportGroup.

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, February 21, 2-4:00 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/StrokeandHeartSupport.

Parrish Healthcare A.W.A.K.E Celebration

Alert, Well and Keeping Energetic (AWAKE). Is your family AWAKE? All are invited to join for this free sleep event. Learn how getting a better night's sleep can improve the overall health of your family. Enjoy a delicious meal and register to win multiple door prize drawings.

- When: Thursday, February 23, 5-8 p.m.
- Where: Indian River Preserve, 3950 Clubhouse Dr., Mims
- Facilitated by Michele Roberge, RT(R), RPSGT
- For additional information, or to register, please visit www.parrishhealthcare.com/AWAKE.

Tools to Quit Smoking Now

We know quitting tobacco isn't easy, but finding help should be. Parrish Healthcare has partnered with Tobacco Free Florida to offer this free class which equips those who use tobacco with tools and services to quit.

- When: Tuesday, February 28, 5:30-7:30 p.m.
- Where: Parrish Medical Center, 951 N. Washington Ave., Titusville
- For more information and to register, visit parrishhealthcare.com/quitsmoking.

For more information about available classes, support groups and events, visit parrishhealthcare.com/events.

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As the weather improves here in our little piece of paradise, we can also be relieved just a bit that a tiny glimmer of relief is also arriving for those living through the hell of bullets and bombs or tornados and floods. If you are reading and have been affected or have loved ones being affected, please know you are not alone and prayers are being sent.

Anyone driving to Orlando via Highway 50 has seen the many toothed alligator staring out at us as we passed and probably thought you would like to stop in someday. As with many other structures throughout central Florida, the concrete reptile has suffered damage and is in the midst of extensive dental work, but is still very impressive.

Like everything else in the park, the lobby is all old Florida and exhibits of turtles, snakes and beautiful birds lining the walls, and a huge stuffed alligator welcomes you to the little café.

Exiting onto the concrete path, there is something to absorb and enjoy at every turn. There are those among us who do not appreciate the aroma of sulfa water emerging naturally in the springs, but this is real Florida.

Following the path past the alligator compound, you can't help but be amazed at the size of these dinosaur cousins. What amazes me even more is the fact that there are twins to the ones sleepily staring at us as we pass in the waters we drive past every day. The professionals working with the alligators for the show Jumping Gator Jamboree are most entertaining, but also educational. They make it easy to understand how the gators can use their massive tail to push themselves out of the water to grab an unsuspecting bird right off a tree branch.

The Florida panther is the most beautiful I've seen. Well fed and groomed, she seemed happy to observe us with a short tail flick from her high perch as we filed past, just as a regular house cat would, except this kitty has four to six-inch claws.

Following the path with a stop to marvel at the huge tortoises, we climbed the old wooden bridge to the Indian village. There is a display of hunting and everyday artifacts, but the shows have been temporarily stopped.

Several wooden boardwalks through the flora and fauna are well maintained and high enough that the only alligator sightings you'll have will be from above. Birds and other creatures abound and there's the remains of a sort of fort and a photo opportunity. Clean, odor-free compounds of alligators in various stages of growth line up across from wolf, deer, the biggest and busiest raccoon ever and more.

The guide doing the critter show, Kaitlyn, was again very knowledgeable, entertaining and educational, taking time to answer any and all questions as she explained where the creature she was holding lived and what they ate. Patiently circling the area, Kaitlyn made sure everyone who cared to had a chance to hold or pet any of the animals they chose. I have to admit I missed a large part because I was tuned in to a couple of pre-teen boys

(brothers?) encouraging/goading each other to hold the Ball Python long enough that the little girl sitting in front of them reached out for the snake. I also have to admit to a silent, "You go, girl!"

The Jungle Swamp Queen boat ride took us around bends and into the 'proposal' lagoon, where lady alligators put their beaus through pretty rigorous physical testing before they are deemed worthy. Realizing we were sitting just inches above the water, just feet from these monsters, gave my non-Floridian sister the vapors, resulting in unabashed giggling from yours truly. Exiting the boat ride, we sadly learned the bear is no longer with us after a thirty-year run and the guide did not know if a decision had been made to acquire another.

Admission for adults is \$23.95, children 3 to 11 is \$15.95, Senior admission is \$19.95. There are substantial discounts for first responders and military, and also specials for Florida residents throughout the year.

Viper Nation Supply Station

The Viper Nation Supply Station is always in need of food. They have families that shop there on a regular basis. And students go every Tuesday and Thursday. Contact Keri Weeks at 321-638-0750, ext. 27009 or weeks.keri@brevard-schools.org to help.

Space Coast Jr. Sr. High School

VIPER NATION SUPPLY STATION

DONATIONS NEEDED

Free to everyone

ITEMS APPRECIATED:

- Granola Bars
- Individual wrapped snacks
- Beef O Roni/Ravioli
- Ramen soup
- Fruit roll up/Fruit Gummies
- Mechanical Pencils
- Notebooks
- Toiletries

Jess Parrish Medical Foundation Golf Classic

Jess Parrish Medical Foundation (JPMF) has announced the law firm of Zumpano Patricios as the presenting sponsor for the annual Fran Gerrett Memorial Golf Classic on Friday, March 31. More than 200 golfers are expected to play the two-course tournament with all proceeds benefiting The Children's Center (TCC), a service of Parrish Healthcare, and one-stop childhood development resource center. TCC provides a safe and healing environment for special needs and/or typically developing children to learn and grow, along with an array of health, education and human services under one roof.

"Zumpano Patricios is honored to partner with Jess Parrish Medical Foundation for the ninth year as presenting sponsor of the Fran Gerrett Memorial Golf Classic. It is gratifying to know that our contribution is helping advance the vital work of TCC and that children in North Brevard will continue to have access to the programs, and receive services and support, toward realizing fullest potential during their most important developmental years of life, stated Joseph I. Zumpano, managing shareholder at Zumpano Patricios.

Tournament players can choose between two golf courses – Indian River Preserve Golf Club with its rich, lush rolling fairways designed by Perry Dye and LPGA champion Jan Stephenson or The Great Outdoors Golf Club with the beautiful natural environment of the St. Johns wildlife refuge. Course selection is first-come, first choice with paid registration.

Event registration begins at 7:30 a.m. with a shotgun start at 8:30 a.m. The tournament format will be a four-player scramble with fun contests, including a chance to win a \$1,000 cash prize when purchasing a chance drawing ticket for \$20. The drawing will take place at the event. Those purchasing tickets need not be present to win.

Fran Gerrett served as the director of Materials Management at Parrish Medical Center for 24 years. Fran passed away in 2012, but the annual golf tournament lives on as a tribute to his long-time dedication to our community and favorite charity, The Children's Center.

Community leaders and volunteers organize the golf classic. Event co-chairs are Amy Craddock and Leigh Spradling. Other members of the golf committee include Santi Bulnes, Lana Grims-

ley, Kathy Myer, Jeff Riley, Kathy Simonsen, Greg Sparkman, and Kristina Weaver.

The foundation welcomes all businesses and organizations to participate and support the event. A variety of sponsorship opportunities are available beginning at \$500.

For information on sponsor opportunities, or to purchase chance drawing tickets, contact Jess Parrish Medical Foundation at (321) 269-4066 or visit www.parrishmedfoundation.com/golf.



CBAA Art Show

February 9 - 11, 2023

The Central Brevard Art Association is presenting its annual Spring Art Show and Sale at the Cape Canaveral Public Library showcasing the unique talents of local artists. Just in time for Valentine's Day, local artists will be displaying and selling a variety of original fine art and prints, photography, jewelry, sculpture, mixed media and much more! Find an original for yourself or your Valentine or just come and browse beautiful works of art. Gift Baskets will be raffled with 100% going to the CBAA scholarship fund.

The Cape Canaveral Public Library is located at 201 Polk Avenue, Cape Canaveral. Admission and parking are free. Show hours are Thursday, February 9th, 9 a.m. to 5 p.m.; Friday, February 10th, 9 a.m. to 5 p.m.; Saturday, February 11th, 10 a.m. to 2 p.m.

CBAA is a not-for-profit organization of local artists serving Brevard County for over 62 years. CBAA was created to promote community appreciation of visual arts, provide educational opportunities in visual arts to the local community and support our members through education, instruction, encouragement, and promotion. Through community support, CBAA also provides an annual scholarship award to a local graduating high school senior who wishes to pursue a college education in art and sponsors a scholarship at Eastern Florida State College for students pursuing the arts. To learn more visit www.cbaartists.com or call us at 321-806-8065.



Gear up for Brevard Renaissance Fair 2023

February 4-5, 2023, 10 a.m. - 6 p.m.

Gather one and all for the 8th season of the Brevard Renaissance Fair in the Forest of Wickham Park in Melbourne. A full cast of colorful characters fills the lands with music, dancing and more. With over 100 stage shows daily, varieties of foods and treats, and numerous artisan merchants with handcrafted wares, the Brevard Renaissance Fair invites guests to immerse themselves in a unique experience of history and fantasy!

For more information, visit <https://brevardrenaissancefair.com>.

Several vendors and food options will be available for purchase, so be ready to enjoy your day.

When you arrive, please stop by the ticket booth to get your entry tickets and provide payment if needed.

Central FL Accordion Club

The Brevard Chapter of the Central Florida Accordion Club (CFAC) holds its regular meeting the last Sunday of every month.



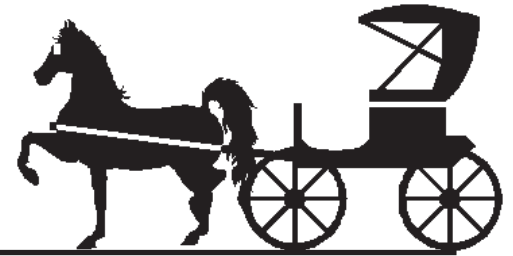
Members and guests are invited to play accordions or other instruments.

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.

SLEEPY HOLLOW



Fruit From The Groves



On January 12, 2023 a meeting was held for the Canaveral Groves Homeowners Association. A Deputy from Brevard County Sheriff's Office

informed the group of what has been going on over the last three months in the Groves. There have been a number of disturbance calls and traffic complaints. We have one of the quietest areas in Brevard County as far as the number of calls.

He mentioned about the speeding and other traffic infractions in the area. He advised everyone to call in when a traffic infraction is seen. If possible, get the tag number or a good description of the vehicle then call it in to the non-emergency number. Even if they are not able to respond at the time, the time and date of the complaint is logged. This gives them an approximate time of when most violations happen and they can readjust their patrol schedules and increase their patrols in those time periods.

Brevard County Fire has run on a number of medical calls and traffic accidents in the area. PLEASE get out of their way when they are responding to an emergency. It is a state law.

They have also assisted with structure and commercial fires outside the area. Remember to be careful with fire due to the dry and winter conditions.

At the meeting, it was discussed about the membership and lack of participation at the meetings. There are over 500 homes in Canaveral Groves and it is a shame to see that only a very few residents show up. Canaveral Groves Homeowners Association is not your typical HOA. We do not enforce any violations and have no enforcement capabilities. Brevard County Code Enforcement is the one that handles all the complaints and enforcement. The HOA **does not** get involved.

It seems the only time a large group shows up is when something affects them personally and then they are not seen again. This community group (HOA) is here to help and bring spirit to the community.

It was also brought up about finances. In the last few years, we have not sold pecans or Vidalia onions due to the lack of participants. Therefore, the only income we have are the dues (\$15 per year) which are currently now due. This is our only way to continue with operational expenses. No one in the organization receives any income for their participation in the HOA, they are all volunteers.

There was an election of officers for 2023 and all board members maintained their positions.

The next meeting will be held on the second Thursday in June, (8th), or as needed. This was voted upon and passed at the meeting.

Canaveral Groves Community Bulletin Board is a way to keep up with current events, however it is not the same as coming to a meeting and contributing to the community.

- Ed Silva



You are invited to the 25th Bark Brew Fest presented by Tails at the Barkery and the Dirty Oar Beer Company on Saturday, February 18th at the Dirty Oar Beer Company from 5:00 p.m. to 7:00 p.m. in Historic Cocoa Village.

Play Bingo to win a fabulous Prize! Bring your canine companion, sip your favorite libation, enjoy delicious food from 56@, and join us for an evening of fun, including raffle baskets and a 50/50 drawing.

All proceeds to benefit Great Dane Love – A Central Florida Rescue, Inc., an all-volunteer, non-profit rescue that was established in September 2012 and whose mission is to help with the rehoming of displaced Great Danes and providing ongoing education regarding responsible Dane ownership and care.

All pets must be on a leash or in appropriate carriers and have current vaccinations and county tags for the safety of our animals and friends.

Contact: Great Dane Love – A Central Florida Rescue, Inc., www.gdlcf.org/ or:

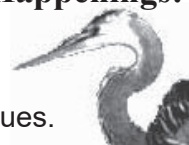
Tails at the Barkery, (321) 305-4584, or
Dirty Oar Beer Company, (321) 301-4306
<http://www.tailsatthebarkery.com/>

***Treat Yourself with the same dignity
and respect you give others.***

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 _____

Won't you join us?

Walter Butler Community Center February, 2023

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, 10 a.m. – 2 p.m.

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

Kids In Motion Aftercare, 3 p.m. - 6 p.m.

TUESDAYS

Zumba, 5:30 – 6:30 p.m.

Open Computer Lab, 6 – 8 p.m.

Pickleball, 6 – 8 p.m.

WEDNESDAYS

Pickleball, 10 a.m. – 2 p.m.

Volleyball Fundamentals, 5 – 8 p.m.

Open Computer Lab, 6 – 8 p.m.

THURSDAYS

Volleyball Fundamentals, 5 – 8 p.m.

Open Computer Lab, 6 – 8 p.m.

FRIDAYS

Pickleball, 10 a.m. – 1 p.m.

SATURDAY

Basketball League, 9 a.m.-4 p.m. (First games January 28th)

Open Computer Lab, 10 a.m. – 2 p.m.

Open Game Room, 10 a.m. – 2 p.m.

YOUTH BASKETBALL LEAGUE -

January 28, 2023 – April 1, 2023, ages 5-15, games are at 9 a.m.-4 p.m.

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 \$15 per week.

For class details, contact Debbie Kowaleuski, your licensed Zumba instructor, at 321-403-6918, or visit www.dkowaleuski.zumba.com.

KIDS IN MOTION - An after school program that focuses on anti-bullying and educational hands-on projects such as the Choice Program, 4-H club and STEM programs, and Kids Art to enhance learning.

Classes are Monday – Friday, 3 p.m. – 6 p.m. Program cost is \$31.79 weekly. Discounts are available for households living in the target area, eligible for free or reduced lunch and/or qualifies for EBT assistance.

For more information, contact Walter Butler Community Center at 321-433-4448.

Experimental Aircraft Meeting

Experimental Aircraft Association Chapter 724 holds regular scheduled gatherings for fun and fellowship on the



2nd Wednesday of each month - October 12th this month - at 7:00 p.m. 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.

Ever stop to think... and then forget to start again?

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