

# HAPPENINGS

ISSUE NO. 393

JANUARY 2023

SERVING PORT ST. JOHN & CANAVERAL GROVES

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## \*\*\* PSJ Christmas Parade Results! \*\*\*

The morning of the 33rd annual Port St. John Christmas Parade started cold, but warmed up to the 70's and the parade took off under clear blue skies. We had a lot of new entries this year and Fay Blvd. was lined with a large crowd to enjoy it all.

It was the longest parade we've had in years, with several entries having multiple vehicles. It looked like a Battle of Champions was on with former Best Overall winners PSJ Pirate Bar, Parrish Medical Center, PSJ Golf Cart Club and Challenger 7 Elementary all bringing dazzling decorations and lots of imagination! At the end, the judges voted a newcomer, Higginbotham Cleaning Service as Best Overall 2022.

Thank you to the residents of Fay Blvd. who get blocked in for 2 hours every year as the Christmas parade goes by. We appreciate you!

As always, a VERY BIG THANK YOU goes out to our wonderful sponsors who make the parade possible: Parrish Healthcare, Happenings, Higginbotham Companies, Dominos, Maureen Rupe, Freedom Air & Plumbing, Allstate Insurance, All Air and Heat, Inc., Shipping Depot,



Amvets Post 2415, State Farm Insurance, Orion Connectivity, Paradise Ford, PSJ Golf Carts, Hidden Acres Rescue for Thoroughbreds, 321 Mud Buddies, Tilt Time Services, LLC and Freedom Optical. We are not a county-funded parade, so please remember these businesses and people who give back to make our community a wonderful place to live.

And of course, a BIG THANK YOU to the

Christmas Parade Committee and our newest volunteers, many of whom miss the parade every year staging the entries to create the parade. YOU ARE AWESOME!

A big THANK YOU! to Challenger 7 Elementary for allowing us to stage the parade there.

Parade photos are courtesy of Kathy Camick, and on Facebook at Kati Photography.

### Christmas Parade Winners:

**Best Overall - Higginbotham Cleaning Service**

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1st Place Creativity            | PSJ Pirate Bar                  |
| 2nd Place Creativity            | Tilt Time Services, LLC         |
| 1st Place Spirit                | Parrish Healthcare              |
| 2nd Place Spirit                | KSK Junk Removal                |
| 1st Place Theme                 | Challenger 7 Elementary         |
| 2nd Place Theme                 | PSJ Little League               |
| 1st Place Musical:              | SCHS Vipers Band                |
| 2nd Place Musical               | Space Coast Panthers            |
| 1st Place Marching Non-Musical: | SC Vipers Cheerleaders          |
| 2nd Place Marching Non-Musical: | Port St. John Blackbelt Academy |

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## It's Cold & Flu Season

As the temperatures drop this fall, you may have a higher risk of contracting a common cold. That's because common cold viruses tend to live longer in lower temperatures. Plus, when it's chilly outside, it's more likely for people to spend more time in enclosed spaces where infections can spread easily.

Viruses that cause colds can spread from infected people to others through the air and close personal contact. This can happen when you shake hands with someone who has a cold or touch a surface, like a doorknob, that has respiratory viruses on it, then touch your eyes, mouth, or nose.

There is no cure for a cold. To feel better, you should get lots of rest and drink plenty of fluids. Here's a quick guide to understanding and treating a common cold:

### Start with prevention.

Avoid getting a cold by washing your hands often with soap and water, avoiding touching your face and steer clear of sick people.

Use an alcohol-based hand sanitizer. Viruses that cause colds can live on your hands, and regular handwashing can help protect you from getting sick.

Avoid touching your eyes, nose, and mouth with

unwashed hands.

Stay away from people who are sick.

### Know the symptoms.

Colds usually last for 7 – 10 days. Common symptoms include:

Sore throat	Runny nose
Coughing	Sneezing
Headaches	Body aches

There's no cure for the common cold, but there are things you can do to alleviate symptoms, like resting, drinking water and warm liquids. In severe cases, over-the-counter cold and cough medicines may help.

### Cold vs. Flu

The flu, which is caused by influenza viruses, also spreads and causes illness around the same time as the common cold. Because these two illnesses have similar symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. In general, flu symptoms are worse than the common cold and can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Flu can also have very serious complications. CDC recom-

mends a yearly flu vaccination as the first and best way to prevent the flu.

**Manage your cold.** Your doctor can determine if you or your child has a cold or the flu and can recommend treatment to help.

### When to See a Doctor

You should call your doctor if you or your child has one or more of these conditions:

Symptoms that last more than 10 days

Symptoms that are severe or unusual

If your child is younger than 3 months of age and has a fever or is lethargic

You should also call your doctor right away if you are at high risk for serious flu complications and get flu symptoms such as fever, chills, and muscle or body aches. People at high risk for flu complications include young children (younger than 5 years old), adults 65 years and older, pregnant women and people with certain medical conditions such as asthma, diabetes and heart disease.

## About Yoga with Diane

### Port St. John Community Center

Gentle Yoga, Thursdays 5:30 – 6:30 p.m. Relax, rejuvenate, and enjoy yoga that meets you where you are! Appropriate for beginners, all body types with alternatives offered to accommodate physical conditions. All that is needed is a yoga mat and water bottle. Recommend not eating two hours prior, small fruit snack okay. Price is \$10 per class, \$85 for 10-class pass. Visit [www.psjyoga.com](http://www.psjyoga.com) for further information. - Diane Coben

## Parks & Recreation Meeting



The North Brevard Commission on Parks and Recreation will hold its next monthly meeting on Thursday, January 12th, 2023, at 5:00 p.m.

The meeting will be held in the Brevard Room at 518 South Palm Avenue in Titusville. The public is invited to attend. The Brevard Room is located in a building on the north side of the parking lot behind the Brevard County Government Center–North.

For questions, call Jeff Davis at 321-264-5105.



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# PSJ Community Center Schedule - January, 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

Closed January 2nd For New Year's Day  
Holiday

Closed January 16th For Martin Luther King  
Jr's Birthday

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) 5:15 - 6 :15 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.

Ballet, Tap and Hip Hop Classes, ages 3 - 6, -5:00  
-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.

11th & 25th, 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 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.

Creative Movement Ballet Classes (ages- 2-4)  
10:15 a.m. - 10:45 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!  
**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](http://www.floridakelskitchen.com).

**About 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 dance recital is held in May. Enrollment is open through February. Tuition is \$60 per month with the recital costume included. Register online at [www.dancinglittlestarsbrevard.com](http://www.dancinglittlestarsbrevard.com).

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## Good Day!

by Maureen Rupe

### Space Hotel Debut Planned In 2025

If you have a bank full of money and like to travel, the Pioneer Station Space Hotel plans to open in 2025. Orbital Assembly Corporation, the owner, plans to open two hotels. A second larger Voyager Station is planned for 2027 hosting 400 people. This one has been in orbit since 2019. Orbital Assembly was a partner with Gateway Corporation and had originally named Voyager as, "Von Braun Station." The name was changed when Orbital Assembly took over operations and they decided the name was too controversial. The station's name was changed to Voyager Station.

The smaller version, Pioneer Station, will host 28 people and hopes to open in 2025. The hotels will have views of space, as well as offices, restaurants and recreation, including basketball where anyone will be able to dunk the basketball with the lighter partial gravity. People will be able to stay at the hotel from a minimum 4 days to two weeks.

Orbital Assembly Corporation hasn't mentioned the cost to stay at either hotel, but it will probably be costly initially if you look at Virgin

Atlantic, which plans to send people into space for \$450,000 per person. Orbital Assembly states as space tourism becomes more common, cost should become more in line with cruise tickets.

Note: Von Braun, prior to being brought to the United States, was a supporter and enabler of Hitler and was wanted by Europe as a war criminal. He was a Nazi scientist who designed the rockets that destroyed much of London, England during World War II. The United States gave him refuge where he worked on our rocket program and designed what is now known as Voyager Station. Due to his history, Orbital Assembly decided the original name would have negative implication from domestic and foreign customers.

I recommend everyone go on the internet and read any of the articles about "space hotel" from any of a number of sites, including the one in the reference. Since this is the space travel hub, this will have implications on all of us.

I'm hearing the dates stated above may slip a year or two due to the recent COVID pandemic, but they are still coming.

Reference:

<https://www.architecturaldigest.com/story/>

worlds-first-space-hotel-open-2027

### Indian River Lagoon Coalition Meeting on Septic & Sewers, January 19, 2023

The non-profit "Indian River Lagoon Coalition" is planning an informational meeting on Septic & Sewer Systems on January 19th from 5:30 – 8:30 p.m. The meeting location is at the Titusville High School Performing Arts Center. The night will cover what has been completed by Brevard County's "Save Our Lagoon Program," as well as finding out how septic systems impact the health of the lagoon, how a standard septic tank can be upgraded, and what has been and what still needs to be done to the public sewage infrastructure.

The first and last half hours: 5:30 – 6:00 p.m. and 8:00-8:30 p.m. is for viewing the tables. Presentations will be given from 6:00 to 7:00 p.m. 7:00 to 8:00 p.m. is reserved for Questions & Answers. Port St. John and Canaveral Groves residents should be interested in attending this meeting as most of us are still on septic tanks. Reservations to attend can be acquired at <https://www.eventbrite.com/e/lagoon-straight-talk-titusville-tickets-474326000837>.

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STEVEN ALLENDER

## A Few Important Points For Port St. John and Canaveral Groves

Port St. John residents and businesses east of the railroad tracks are on sewer serviced by a small sewer plant in Port St. John that is just about at capacity. West of the railroad tracks, which is the great majority of PSJ, is on septic. The state, knowing the threat of stormwater, in 2011 put in legislation that said all septic tanks must be inspected and pumped out if needed every 5 years. In 2012, the legislation repealed the year-old legislation as they had too many complaints.

If the county had to build a plant for PSJ, it would probably cost \$100 million. So, if the state suddenly requires septic systems to hook-up to the nearest sewer plant, the nearest sewer plant would be either Cocoa or Titusville.

There is a state law that requires hook up to sewer if the line is in front of your home, but this is not always enforced. State Law also states if a city supplies sewer to unincorporated property, the property can be annexed by the city without approval by the residents. So, in the future it could be Cocoa or Titusville who has eyed us in the past as an added tax incentive.

Reference:

<https://helpthelagoon.org/the-coalition/straight-talk-titusville/>

### Very Pleasant, But Is It Safe?

When I first came to Florida over 50 years ago to visit friends in Tampa, I was amazed at how building homes on the beaches was allowed. Being born and bred in England, I knew the English beaches were owned by the Department of De-

fense, and whilst we were free to use as beaches, we could not build structures on the sand. It made sense, as the UK is a relatively small island and must be defended. I have been in Brevard now for forty years and have seen our beach buildings morph into high rise apartments.

After the destruction left by hurricanes Ian and Nicole, it once again made me think, why would anyone want to build on sand with the risks involved. Our home is probably the largest investment we make in life, so why would anyone, after their house is destroyed, build again on the beach? Why, when building your house on sand has been proverbial for several thousands years. It is even mentioned in the bible as being a foolish man who built his house on the sand (Matthew 7:26).

*cont., next page*



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### **Good Day!, cont.**

Climate change cannot be denied, and storms are going to get worse, and sea levels are going to rise, and the scenario will keep being repeated.

#### **Port St. John Homeowners Association (PSJ HOA)**

About 40 years ago, many of us residents in Port St. John had problems with our quality of life, so we formed a Homeowner's Association. Since our area was a good size, it was strictly voluntary to join. It was popular for solving our problems and at that time it was a voice to elected officials that was recognized and respected. We were lucky at the time to have a District 1 Commissioner who helped us to grow into a great community.

The PSJHOA lobbied for our library, fire station, Community Police Unit, Special District Board (which allowed a board made up of elected PSJ residents to look at Planning & Zoning issues), as well as the PSJ Community Center, Fay Lake Park and the Space Coast Communities Sports Complex in Canaveral Groves. These last three items were voted on by residents to pay for their construction.

It took the PSJ HOA 12 years to accomplish the Port St. John Parkway, which was asked for as a means for people living west of I-95 to get out quickly in emergencies such as brush fire, (a common occurrence back then), as they only had Fay Blvd. as a roadway out. There were many more quality-of-life projects that residents gave their time and dedication to the community they live in. It also built friendships that have lasted 40 years, though many have passed, but never forgotten.

I am writing this as I heard someone say that HOAs were never any good at all for a community.

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That wasn't true for Port St. John.

#### **Brevard County Commissioner District 3 John Tobia**

Commissioner Tobia is following up on his plan to rid the county of Citizen Advisory Boards. He now wants boards that are not mandatory by the state dissolved. If an Advisory Board is not mandatory, the County Commission has the ability to change or rescind it. Two boards which could be dissolved are the Port St. John Special District Board and the North Merritt Island Planning & Zoning Board.

In the 1990's, the PSJ HOA lobbied the county for their board as the county Planning & Zoning Board has no one from PSJ sitting on the board. There were too many developers represented to keep rezoning decisions fair. The county commission agreed and founded our Special District Board. North Merritt Island HOA asked for our help, which we certainly understood, and the County Commission granted their board.

Commissioner Tobia now wants these Citizens Advisory Boards dissolved. I am very wary of people in power who do not like citizen input. Commissioner Tobia is running for Brevard County Supervisor of Elections in 2024. In my view, as a constitutional officer he would not have the checks and balances he had while he was on the Brevard County Commission.

Reference:

<https://www.brevardfl.gov/CountyCommission/Home>

I sincerely wish everyone a peaceful and safe 2023.

Cheerio,

Maureen Rupe

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## Rose's Room

~ Rose Padrick



**Rose Padrick & family  
Rocking the Christmas parade!**

Not resolving, just remembering...Hopefully.

I'm still praying for some kind of end to the terribleness that is plaguing a huge part of our world. My mind keeps going back to the Christmas truce in 1914 during WW1. Wouldn't it be wonderful if the miracle repeated itself and stayed so long that the horror would be over across the seas and peace would prevail here on our home ground also? If only prayers could make it so. Please know if you are being affected by natural or man-made disaster, prayers and good will are being sent.

It was so worth my wide-load derriere balancing precariously on a not-wide-load seat back, hanging onto a great-grandson and ignoring the "I'm the favorite granddaughter" battle of the signs while riding in the Port St. John Christmas parade just to see smiling faces, both young and old. Thank You! Thank You! To those of you who let me know you were readers.

I try not to make New Year resolutions because I know I'll convince myself that this time will be different - this time I won't quit until I finish 10 chapters or lose 20 pounds, whichever comes first. I even get a little embarrassed at the flimsy excuses that tumble from my lips as I close my computer and take a (Rocky) Road trip into Ben and Jerry land. Also trying not to think about my arm cellulite cells meeting with my thigh cellulite cells at the spare tire just above my navel and procreating like jack rabbits in a Viagra factory.

This year I'm going to do my best to remember to put a choke chain on my judgement impulses.

I'm going to remember the sunny afternoon I took a great-great-grandson to the beautiful new park, groaned inwardly and frowned outwardly when a group of preteen boys slid to a stop and dropped their new, very expensive bikes under the swing. Shoving, poking and swearing their way to the slide steps, they surrounded my three-year-old charge giving the scowling old lady following them strange looks. I was just ready to order them aside so I could reach for my chubby cheeked buddy when he spoke up loud and clear, "Scuse me! It's MY turn...please!"

Scowl turned to smile when the group split and allowed him to pass with warnings to be careful and hold on. They stood in that formation as little three-year-old legs climbed and slid several more times, then each one waving and telling their 'Little Buddy' to have a good day. I fought the urge to hug them all.

I'm going to remember the early morning a friend and I were rushing into a store and noticed what appeared to be a young man sporting a hoodie and the 'Droopy pants-flashing red boxers' look to the max. I told

my friend I had sworn to my grandchildren if I ever saw them in that attire I would go the nearest hardware store and they would need a heavy-duty staple remover to change their under-drawers.

Just then the young man stopped and held the door for us, revealing a red work vest and pants with a belt. His vest hanging below his hoodie created an image that I had all too willingly jumped to. I fought the urge to hug him.

I'll remember the little car on Grissom that kept slowing, then speeding up, did not belong to a total idiot, but a young mother with a small child whose ancient car was giving up. I'll remember the older

gentleman who boldly walked into Walmart with a motley looking dog, then showed the clerk a white cane when stopped, explaining you don't have to be totally blind to need a dog. I'll remember the grand-teen who disappeared at the same time the last piece of dark chocolate did.

Each memory is an example that jumping to conclusions does not burn calories, if it did, I and many others would resemble Twiggy. (If you don't know who she is, you wouldn't understand.)

I'm going to work so hard on my memory this year that I won't have to resist hugging urges and I invite everyone to join me.

If I get good enough, maybe I could remember why I went into the next room...at least half the time.

Happy Holidays, everyone.

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Our Grand Marshal this year was Dave Brown. Dave is the manager of Dominos, the sponsor of scholarships, supporter of teams and events at our schools, and a sponsor of the Christmas parade, Thunder Over the Indian River and other community events for the past 20 years. He makes Port St. John a better place to live.



Space Force JROTC Honor Guard

## St. Patrick's Anglican Church

4797 Curtis Blvd., Port St. John

321-802-1311 / [www.stpatrickspsj.org](http://www.stpatrickspsj.org)

Here we are now in January and a new year, and although we tend to look backwards, we have a unique opportunity to look forward. I don't know about you, but I spend most of the month of January worrying about a New Year's resolution I almost never keep and correcting the wrong year on all the documents and checks that I write.

For Christians throughout the world January is the beginning of the liturgical season of Epiphany. On Epiphany Day, which is January 6th, we celebrate the arrival of the Three Kings who visit the baby Jesus in Bethlehem, and even though all our nativity sets show the kings with the shepherds visiting the manger, we know because of the historical context of Matthew that this was a while after the birth of Jesus. In the Anglican tradition, the Magi or Kings are Balthazar (from Arabia), Caspar (from India), and Melchior (from Persia) and the season of Epiphany goes from Epiphany Day to Shrove Tuesday or Fat Tuesday, the day before Ash Wednesday (February 21st).

It's a wonderful time to put our spiritual resolutions in place before we enter Lent and then the Easter season. One of those resolutions might be to go to a bible study or maybe take some time and read a different psalm each day, so that you can

understand what God has planned for your life or to calm your stressful life. We have a wonderful adult bible study on Sundays between services that everyone in the community is welcome to attend. We meet in the parish hall at 9:00 a.m. till 9:40 a.m. with coffee and good conversation, the new study begins on Sunday January 8th but you can start anytime during the Epiphany season.

If you are looking for our regular service schedule: Sunday Communion Services – 8:00 AM and 10:00 AM, Morning Prayer Services – Monday, Wednesday, and Friday 9:00 AM, Wednesday Communion Service – 6:00 PM, Evening Prayer Service – Friday 6:00 PM. If you cannot attend in person, please watch us on Facebook Live on Sunday's at 10:00 AM ([www.facebook.com/StPatspsj](http://www.facebook.com/StPatspsj)).

Children's Sunday School is available on Sundays at 10:00 am 5 years to 13 years old.

Our next Veteran's and First Responders Breakfast which all Veterans, Spouses of Veterans, and First Responders are welcome will be Saturday January 28th at 9:00 a.m. in the church parish hall, which is the building just east of the main church. Please come join us for great food and fellowship. If you can't join us in person, please pray for our active-duty soldiers, veterans, and first responders.

God Bless.

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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](mailto:dchampagne2@cfl.rr.com)**

## Monthly Tax Update

I want to start this month's article with options involving identity protection the Internal Revenue Service Center (IRS) provides. They have tools you may access by signing into your account. You will be requested to provide your sign-in utilizing your ID.me account. Taxpayers using the new verification procedure, which is also mobile friendly, can gain entry to existing IRS online services such as the Child Tax Credit Update Portal, Online Account, Get Transcripts Online, Get an Identity Protection PIN (IP PIN) and Online Payment Agreement. Additional IRS applications will transition to the new method over the next year.

Be advised, there are a number of tax changes coming up beginning January 1, 2023. One item is dealing with Inherited Retirement Arrangements. In prior years a beneficiary was permitted to take the required minimum distributions over their life expectancy. Well, the Secure Act of 2019 changed this rule. Now, a majority of beneficiaries will have to distribute the entire amount in the retirement account within ten (10) years. In 2021 and 2022, the interpretation of the law was thought to be any amount and anytime during this period. This has now been determined as incorrect. Recently, IRS issued a clarification and has stated a required minimum distribution is required each year during the ten (10) year period and IRS will provide a table detailing the distribution requirements in early 2023. Now, if you didn't take any distributions during 2021 and 2022, that's okay. IRS has stated no penalty will be assessed due to this misunderstanding on the intent and requirement of the law.

Next, let's talk about who prepares your taxes. Did you know anyone can be a paid tax return preparer, as long as they have an IRS Preparer Tax Identification Number (PTIN). However, these PTIN preparers have differing levels of skills, education and expertise. Also, they may prepare your tax return, but they can't represent you in audit or any inquiry by IRS unless they prepared the return. You may pay more for an Enrolled Agent, CPA, or an attorney, but it's worth it in the long run. Their continuing education requirements can be invaluable. If you desire, at [irs.gov](https://www.irs.gov) there is a "Directory of Federal Tax Return Preparers with Credentials and Select Qualifications" where it

can help you find preparers in our area who currently hold professional credentials recognized by the IRS, or who hold an Annual Filing Season Program Record Completion.

You can also check with professional organizations where many tax preparers are members. It is in your best interest to learn about your tax preparer's credentials and qualifications before your appointment and make sure you're comfortable to trust them to prepare your tax return. Remember, you are ultimately responsible for the return, not your preparer or friend.

In closing, we wish everyone a Happy and Prosperous New Year!

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.

### Calling All Christian Authors!

Dynamic writers group in Cocoa, FL offers training, critiques, and paid writing opportunities. (2nd Sundays, 2-4:30 p.m. at Cocoa Library.)

Contact D.P. Clarke at [1royaldy@gmail.com](mailto:1royaldy@gmail.com) for information. Print "Writers Group" in Subject.



## Amvets Post 2415 Schedule

**1-4 Sons of Amvets 2415**  
General Membership Meeting  
-1st Wednesday of the month  
at 6 p.m. Commander Chuck

Harrington, 321-208-7897

**1-5 Bike Night!** 6:00 on the 1st Thursday of the month.

**1-12 Amvets 2415 Ladies Auxiliary** General Membership Meeting - 2nd Thursday of the month at 6 p.m. President Theresa Nikki Anderson, 321-208-7897.

**1-14 Amvets Riders Chapter 2415** General Membership Meeting- 2nd Saturday of the month at 10:30 a.m. President Craig Doan, 321-208-7897.

**1-11 General Membership Meeting-** 2nd Wednesday of the month at 6 p.m.

**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.

**It's time to file your taxes.**  
**Call today to set an appointment.**

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# Christmas Parade Winners:



1st Place Theme - Challenger 7 Elementary



1st Place Creativity - PSJ Pirate Bar



1st Place Spirit - Parrish Healthcare



2nd Place Theme - PSJ Little League



2nd Place Creativity - Tilt Time Services, LLC



2nd Place Spirit - KSK Junk Removal



1st Place Musical - SCHS Vipers Band



Best Overall - Higginbotham Cleaning Service



1st Place Marching Non-Musical:  
SC Vipers Cheerleaders



2nd Place Musical - Space Coast Panthers



Lady Vipers Basketball Team



2nd Place Marching Non-Musical  
Port St. John Blackbelt Academy

## Gift of Light Raises \$20,000+ for Community

Thirty-two years ago, Gift of Light was a modest fundraising event organized by the Parrish Medical Center Auxiliary. In 2002, when Parrish Medical Center opened the doors to what is today nationally recognized as One of America's Finest Healing Environments®, it was time to re-invent Gift of Light.

Parrish Healthcare's Gift of Light event heralds in the most wonderful of seasons—the season of giving—in a spectacular way,” said Parrish Healthcare President/CEO George Mikitarian. “The event is as much about celebrating the holidays as it is about expressing our sincere gratitude to the community we have the honor to serve. Gratitude for the trust they place in us as their health system of choice, and gratitude for their support of events like Gift of Light that extend the reach of our vision, Healing Families—Healing Communities®,” added Mikitarian.

The Gift of Light community celebration held on December 1st at Parrish Medical Center raised \$20,825 and counting, thanks to the generosity of donors and sponsors. An estimated 3,000 community members attended the event, many of whom purchased a light on the 40-foot grand Christmas tree in honor or tribute of someone special. The event ended with a breathtaking fireworks display and the lighting of the tree that was perched on rooftop of the former hospital tower building.

Since the inception of the Gift of Light, hundreds of thousands of dollars have been raised, all benefiting the areas of greatest community need and administered by the Jess Parrish Medical Foundation. “The funds raised have been used to support our first responders with new lifesaving equipment and training; to provide services to the very young and fragile elderly; purchase new medically advanced diagnostic technology; and award medical scholarships, to name a few of the ways these funds are used to extend the reach of the Parrish Healthcare vision, Healing Families—Healing Communities®,” said JPMF Executive Director and Parrish Healthcare Senior Vice President Natalie Sellers.

The tribute gift program is available all year and culminates with the Gift of Light. Tribute and memorial gifts are permanently listed in the Book of Honor displayed year-round in the hos-



pital's All Faiths Chapel and in the atrium during the holiday season. Tributes are also featured in a digital Book of Honor, which was released on Christmas Eve.

Santa and Mrs. Claus made a special appearance for photos and to hear Christmas wishes. Children loved visiting Santa's Workshops for holiday crafts and cookie decorating. Face painters, a balloon artist, stilt walkers and Santa's elves made sure guests had a magical, memorable (healing) experience.

“We are overjoyed by the tremendous support received for the Gift of Light, and are delighted to have so many organizations and community partners joining us to make a difference in our community,” said Randall Coleman, Chairman of the JPMF Board of Directors. “On behalf of the Foundation, I would like to extend our thanks to the sponsors, tribute donors, volunteers and



everyone else that played a role in this extraordinary event.”

Tribute gifts may be made by visiting [parrishhealthcare.com/jpm-foundation](http://parrishhealthcare.com/jpm-foundation). For more information, visit [parrishhealthcare.com](http://parrishhealthcare.com).

### Photos With Santa

The Friends of the Library's Photos With Santa event at the Port St. John Library was well attended in December with lots of happy youngsters receiving gifts. The Santa Event saw 106 children along with their parents, grandparents and guardians attend the event.

It was good to see the PSJ community come out to support the local Library and have fun together again.



## Skin Self Exam; Why It's So Important

“Save your own skin.” You’ve likely heard that phrase bandied about when referring to protecting oneself from various dangers in life. Never has that saying been so appropriate as when we’re talking about skin self-exams, which can quite literally save not only your skin, but your life.

Why do skin self-exams matter? Your skin is a superhero. It’s your body’s largest organ, and it fights every day on the front lines to protect your internal organs and the rest of your body from harmful elements like the sun. But it’s up to you to protect your skin and inspect it regularly.

That means taking sun-safe steps like using sunscreen and avoiding tanning beds, but also means monthly skin self-exams so you can help spot and stop skin cancer in its earliest stages.

Skin cancer is the most commonly occurring cancer in the United States. Though some people are more susceptible to it than others, such as those with fair skin or a family history of skin cancer, anyone can get it, no matter their race or complexion.

Every day, about 9,500 people are diagnosed with it, and as many as one in five people will develop it during their lifetime. In 2022 alone, 7,650 people will die from skin cancer. As daunting as those statistics are, the good news is that skin cancer is both largely preventable and highly treatable when detected early. Statistics show the five-year survival rate for melanoma is 95% when treated early, before it has spread, whereas the five-year survival rate plummets to as low as 23% for more advanced stages of the disease.

### How to perform a skin self-exam:

Skin self-exams take just a few minutes and should be performed once a month. All you need is a full-length mirror, a hand-held mirror and good light. If you have trouble doing it yourself, enlist the help of a relative or friend.

You should check your entire body — we’re talking everywhere from between your toes and fingers to the bottom of your feet and everywhere in between. Skin cancer can develop anywhere on the body, even under your finger nails or in places that don’t see the sun.

In general, if you see any kind of spot that stands out from the others on your body, or one

that changes shape, itches or bleeds, you should see a doctor. More specifically, you’re looking for the ABCDEs that represent the common characteristics of melanoma:

**A is for Asymmetry:** Look for spots in which the sides don’t match. One side may be round while the other more angular or jagged.

**B is for Borders:** Typical moles are generally smooth around the border. If you see one with uneven or jagged borders this may be cause for concern.

**C is for Color:** Spots that are multicolored — a mixture of red, brown, white or even blue — should be examined by a doctor

**D is for Diameter:** Check out the size of your spots. Anything that’s bigger than one-fourth inch (6 millimeters) deserves a professional look.

**E is for Evolution:** If you notice any change in a mole anytime, consult your doctor. That includes changes in size, shape, color or any other noticeable factor.

Another easy-to-remember cue is to look for any “ugly ducklings” — meaning any spots that stand out from the others on your body because of their shape, color, size or other differentiating factors.

If you spot any spots with these characteristics, schedule an appointment with your doctor right away. While it may be nothing to worry about, it could mean the difference between simple, early treatment and something much more daunting.

Skin cancer is a deadly disease no doubt, but in many cases, it doesn’t have to be. While we all get busy, making time for a quick skin self-check each month can truly save your life. Mark your calendar, set a reminder on your phone or do whatever it takes to remember, but do them.

Thank you to Parrish Healthcare for this information to protect all of us. Parrish Healthcare is America’s first Joint Commission Integrated Care Certified network, a Mayo Clinic Care Network member and one of the nation’s most recognized hospitals for clinical quality, patient safety, and healing environments; and Parrish Health Network, a coalition of healthcare providers, insurers and others working together to improve quality and safety and lower healthcare costs on behalf of individuals, families and businesses.



Post 359 - American Legion Riders presents

## Bike Days at the Tiki Saturday, January 7th, 1 - 5 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, (just north of Port St. John), 321-268-1632. Contact Wayne Fowler, Events Coordinator, at 321-307-1450 or visit our website, [alr359.org](http://alr359.org), for more information.



## Titusville Playhouse

Jimmy Buffet’s ESCAPE TO MARGARITAVILLE

Rated PG

January 13 - February 12, 2023

Escape to Margaritaville is a musical comedy featuring the most-loved Jimmy Buffett classics, including “Cheeseburger in Paradise,” “Margaritaville,” “It’s Five O’Clock Somewhere,” “Fins,” “Volcano,” and many more. With a book by Emmy Award winner Greg Garcia and Emmy nominee Mike O’Malley, this hilarious, heartwarming musical is the party you’ve been waiting for!

The Titusville Playhouse, Inc. is located within the Historic Emma Parrish Theatre 301 Julia St., (corner of Hopkins Ave. - US1 southbound). 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 30 minutes before show time.

## On the Road With Rose



### F. I. T. Botanical Gardens

#### Frueauff Building

2900 S Babcock St., Melbourne  
(321) 674-8000

<https://www.fit.edu/garden/>

Watching the news as I tap on this electronic device, I'm seeing just a small hope coming through that at least a small part of all the terrible-ness circling the globe may possibly be coming to an end, or at least slowing down. As usual, many of us are sending prayers and wishes if you are touched by any of the swirling ugliness.

F.I.T.s Botanical Gardens is one of the most unique campus botanical gardens in the continental United States. This high honor is mainly due to the hard work of founding President Emeritis Jerome Keuper and the help of Mr. Dent Smith.

Dodging raindrops is certainly not the best way to spend a fall morning in our beautiful Sunshine State... Well, actually it is to me, but when I have a deadline I try to adult, at least for a few hours.

I visited the FIT Botanical Gardens some years ago but was not able to access the whole area due to construction, and on a recent peaceful Sunday morning I was not able to access the entirety due to cold rain and lack of planning. (I don't need the umbrella-it's not going to rain anymore.)

Parking on the back side of the F.I.T. campus off Babcock St., I entered the campus through a covered bridge/crosswalk (sans Clint Eastwood) that would rival any northeast covered bridge. It's a bit of sensory shock to walk through and under the palm trees and flowering bushes of old time Florida, then have the path open up to one of the most beautiful college campuses in Florida. Kinda' like the old and new melded together.

I could tell there was some damage from the latest hurricane, some flooding and mushy ground, but the stream, fauna and flora were still absolutely beautiful.

Either I missed the signs or they were out due to the storms, but the trails were very well kept and easy to follow. Various species of palms leaned over the winding stream following the main trail named the Dent Smith Trail in honor of Dent Smith, one of the founders of the Gardens who was also the founder of the Palm Society. The Palm Society studies all aspects, propagation and conservation of palm trees all over the world. Some of the Garden palms are unique and have been brought in to be planted in the garden.

The Hibiscus and Pentas made for splashes of color amid the bright green foliage and provided cover for the small garden snake I spotted on one path, then a racoon on the other, I'm sure there were many more little eyes watching the dripping human go by from their warm, dry homes.

Hawaiian Ti plants, Flowering Ginger and many more beautiful bushes and ground hugging plants that I didn't recognize await around every bend. There are small plaques naming most plants, offering chances for discussions and teaching moments for children. It's very easy to imagine fairies fluttering around amid the butterflies.

A couple of hours spent wandering amid flowers, bushes, streams and just plain beauty is well worth the short drive. I meandered around to the front of the campus and was totally taken aback at the size and beauty of what used to be a small campus with just a few buildings, and is now so large and impressive.

The gates are open every day sunrise to sunset. Dogs are not allowed except for service animals and they are very serious about visitors not clipping pieces of the plants. I recommend bug repellent and as usual, please take only pictures and leave only footprints.

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**American  
Space  
Museum &  
Space Walk of Fame**

Mad Science Saturdays Presents

# AMAZING WATER!

**January 10, 11, 12, 13, 14, 24, 28**

Water. H<sub>2</sub>O. Come to MAD Science this month to learn why this molecule is the most amazing thing in the universe. We will discuss water's structure, how it changes and the crazy things water does that makes it so unique. We'll be making square bubbles, water worms and getting to make water boil at room temperature.

The workshop will be offered at 10:00, 12:00, and 2:00 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 FL Council on Arts and Culture, and the National Endowment for the Arts.

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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.**

### 1-1 Happy New Year!

#### 1-7 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](http://alr359.org), for more information.

**1-3 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.

**1-4 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.

**1-4 Sons of Amvets 2415 Meeting-** 1st Wednesday of the month, 6 p.m. 688 West Ave., PSJ.

Commander Chuck Harrington, 321-208-7897.

### 1-7 Orthodox Christmas

**1-8 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 [angelagardnerwrites@gmail.com](mailto:angelagardnerwrites@gmail.com) for info.

**1-8 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 [1royaldy@gmail.com](mailto:1royaldy@gmail.com) for more information. Print "Writers Group" in Subject.

**1-8 Multiple Sclerosis Self-Help Group** meets on the 2nd Sunday each month (except Mother's Day & November), 2 PM, Cocoa Library.

**1-11 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.

**1-12 North Brevard Parks and Recreation** meets in the Brevard Room at 5 p.m. at 518 South Palm Ave., Titusville. For questions, call Jeff Davis at 321-264-5105.

**1-12 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.

**1-13 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](mailto:bwc0020@gmail.com).

### 1-14 Orthodox New Year

**1-14 Amvets Riders meeting**, 2nd Saturday at 10 a.m. Call President Craig Doan, 321-208-7897.

**1-8 Multiple Sclerosis Self-Help Group** meets on the 2nd Sunday each month (except Mother's Day & November), 2 PM, Cocoa Library.

### 1-16 Martin Luther King Day

**1-16 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.

**1-18 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.

**1-24 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](mailto:Moonlight.Quilters@yahoo.com) for more information.

**1-28 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:

**Brandi McGann** is more lovely on the 1st.

**Nathan Weimer** turns **16** on the 1st.

**Brandon Crissman** turns **48** on the 1st.

**Angie Crissman** turns cuter on the 3rd.

**Mack Grenet** turns wiser on the 3rd.

**Haley Higginbotham** turns **23** on the 4th.

**Karissa Davis** turns **27** on the 4th.

**Brittney Parks** turns **3-0** on the 4th.

**Craig Taylor** turns **42** on the 4th.

**Michelle Parks** is the Queen on the 5th.

**Lisa Sarivola** parties wild on the 5th.

**Tom Hunt** turns wilder on the 5th.

**Carl Anderson IV** turns cooler on the 5th.

**Lucha Hunt** turns hotter on the 6th.

**Natalee Prentis** turns **29** on the 7th.

**RaeLynn Weathers** is the Queen on the 12th.

**Michael Cox** turns **19** on the 14th.

**Mark Walters** turns **25** on the 16th.

**Lanny Grenet** turns buffer on the 16th.

**Jack Woerner** turns **26** on the 22nd.

**Makylie Taylor** turns **16** on the 24th.

**Joe Casey** turns wilder on the 25th.

**Colten Lavis** turns **12** on the 29th.

**Brittanie Grenet** turns prettier on the 31st.

**Dylan Carmichael** turns **17** on the 31st.

**Jim & Maria O'Neill** will celebrate their 57th anniversary on January 16th.

**Rob & Cheryl Wratchford** celebrate their 40th anniversary on the 29th.

**The Christmas Parade Committee** for a Great Job on Dec. 17th. Well done, team!!

*We have lots of room for more good news.*

Email inputs to [happenings1@att.net](mailto:happenings1@att.net)

### Important Phone Numbers

County Commissioner -	607-6901
Sheriff: Non-Emergency -	633-7162
Fire Station 26 (Port St. John)	633-2056
Emergency Operations Ctr -	637-6670
Waste Management -	636-6894
Roadway Maintenance -	264-5084
SCAT Bus Information -	633-1878
Port St. John Library -	633-1867
PSJ Community Center -	633-1904
Florida Power & Light -	723-7795
City of Cocoa Water Dept. -	433-8400
Parrish Medical Center	
Port St. John -	636-9393
Titusville -	268-6111
Atlantis Elementary School -	633-6143
Challenger 7 Elementary -	636-5801
Enterprise Elementary School	633-3434
Fairglen Elementary School -	631-1993
Space Coast Jr/Sr High School -	638-0750
Sexual Offender Registry -	
<a href="http://www3.fdle.state.fl.us/sexual_predators/">www3.fdle.state.fl.us/sexual_predators/</a>	

## Parrish Healthcare Community Support Groups - January

### 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, January 10, 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](http://www.parrishhealthcare.com/StrokeandHeartSurvivorSupport)

### 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, January 12 and 26, 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](http://www.parrishhealthcare.com/CaregiverSupport)

### 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, January 4, 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](http://www.parrishhealthcare.com/FearlessCafe)

### 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, January 11, 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](http://www.parrishhealthcare.com/CancerandSurvivorSupportGroup)

### 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, January 2, 9, 16, 23, 10-11 a.m.
- Where: The Children's Center, 5650 S. Washington Ave., Titusville
- Facilitated by Teri Newman, MSN, RNC-MNN, IBCLC
- For additional information and to register, contact Teri Newman at [teri.newman@parrishmed.com](mailto:teri.newman@parrishmed.com).

### 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, January 18, 6-7:30 p.m.
- Where: Heritage Hall, 931 N Washington Ave., Titusville
- 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](http://www.parrishhealthcare.com/AWAKESupportGroup)

### 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, January 9, 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](http://www.parrishhealthcare.com/DiabetesSupport)

com/DiabetesSupport

### Be a Parrish Care Partner!

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

For more information, please contact Tori Watson, Clinical Recruiter at 321-268-6111, ext. 7749.

## 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.** \$5 Instructor Fee. No meeting on 1/12.

Thursdays, 3:30 p.m.: **Young Readers Storytime.** Ages 6-12. New Time beginning 1/12!

Fridays, 10:30 a.m.: **Little Listeners storytime.** Ages 2-5.

1/11, 6:30 p.m.: Bookworms Bookclub, see the Reference desk for monthly book selection.

1/12 10 a.m.: **Quarterly meeting of the North Brevard Public Library Advisory Board.**

1/14 & 1.28, 10 a.m.-noon: Pokemon Club of Port St. John. All ages welcome.

1/25 6:00 p.m.: **Friends of the Port St. John Public Library** Bi-monthly Membership Meeting. All are welcome!

**All Brevard County Libraries will be closed Sunday & Monday, January 1st and 2nd for the New Year holiday and Monday, January 16th in honor of Martin Luther King Jr. Day.**

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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 on line at [firstbaptistpsj.org](http://firstbaptistpsj.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.

## 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](mailto:weeks.keri@brevard-schools.org) to help.



Space Coast Jr. Sr. High School

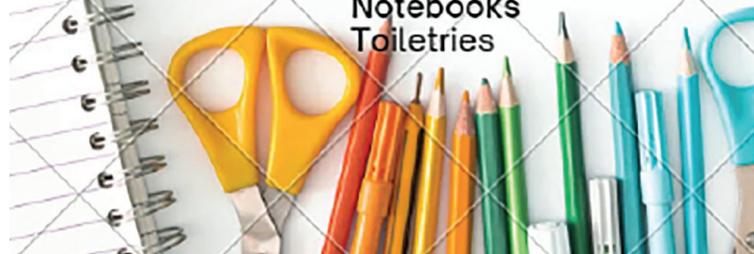
# VIPER NATION SUPPLY STATION

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



# Parrish Medical Center Earns Prestigious Baby-Friendly Designation

Parrish Medical Center (PMC) is proud to announce that it has achieved the highly prestigious international Baby-Friendly designation after a rigorous review process conducted by Baby-Friendly USA, the organization responsible for bestowing this certification in the United States.

This distinguished honor demonstrates that PMC is adhering to the highest standards of care for breastfeeding mothers and their babies. These standards are built on the Ten Steps to Successful Breastfeeding, a set of evidence-based practices recommended by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) for optimal infant feeding support in the precious first days of a newborn's life.

The positive health effects of breastfeeding are well documented and widely recognized by health authorities throughout the world. For example, the Surgeon General's 2011 Call to Action to Support Breastfeeding stated that "Breast milk is uniquely suited to the human infant's nutritional needs and is a live substance with unparalleled immunological and anti-inflammatory properties that protect against a host of illnesses

and diseases for both mothers and children."

Parrish Medical Center joins a growing list of more than 20,000 Baby-Friendly hospitals and birth centers throughout the world, 603 of which are in the United States. These facilities provide an environment that supports breastfeeding while respecting every woman's right to make the best decision for herself and her family.



Proud to be  
**Baby-Friendly**  
DESIGNATED

"We are extremely proud to be recognized for the hard work of our care partners throughout the Baby-Friendly process," said Melinda Hodges, Manager, Parrish Medical Center Women's Center. "PMC is committed to providing the support, education and resources moms need to successfully initiate breastfeeding and continue breastfeeding when they leave our care."

"This designation is the culmination of a lot of hard work and determination across our organization, all with a goal of helping families get off to a good start," added Parrish Healthcare's Sr. Vice President Natalie Sellers. "We are proud to offer an environment that supports best practices shown to increase breastfeeding exclusivity and duration and are committed to give moms who choose to breastfeed the best chance for success."



## Parrish Medical Group Welcomes General Surgeon Peng Yu

Parrish Medical Group is pleased to welcome General Surgeon Peng Yu, B. Med, MS, PhD, to the North Brevard community. Dr. Yu specializes in general surgery, including procedures of the appendix, gallbladder, spleen, large and small intestines, hernia repairs and access for hemodialysis. His office is located at Parrish Healthcare Center, 250 Harrison Street, Titusville (Titus Landing).

Dr. Yu received his Bachelor of Medicine in 1998 from Dalian Medical University. He then successfully completed residencies in general surgery both internationally and in the United States. Dr. Yu went on to study the specialty of burn surgery and critical care as a clinical fellow at the University of Colorado. He holds certifications in advanced trauma life support and in the specialties of laparoscopic and endoscopic surgery.

Dr. Yu is excited to join the Parrish Medical Group team of experts and to provide quality general surgical services to the North Brevard community.

Parrish Medical Group and Dr. Yu are now accepting new patients. For more information, visit [parrishhealthcare.com/yu](http://parrishhealthcare.com/yu).

## Martin Andersen Senior Center Dances

Martin Andersen Senior Center will host Singles/Couples Ballroom Dances on Saturday, January 14th and Saturday, January 28th. 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.

## 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. 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.

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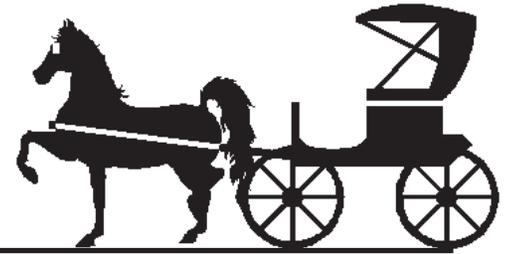
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# SLEEPY HOLLOW



## Fruit From The Groves

Hope everyone had a happy and safe Holiday season.

It's a start of a new year and it's time to take care of a few administrative items. First, the Canaveral Groves Association is planning a meeting on January 12 at 7 p.m. at the Brevard Christian Church on Grissom Parkway. This meeting should last approximately an hour or so. There are a number of very important issues to take care of, especially the election of officers for 2023, as well as other things.

Everyone west of Grissom Parkway all the way to the St. Johns River is eligible to join the Association. People living in Canaveral Estates, Summer Breeze, Sharpe's, those off of Adamson Road and Satellite Blvd. are not eligible to become members. However, they are allowed to attend all meetings, but can not vote.

The yearly dues of \$15 per household is now due. Remember this is a voluntary organization and no one is paid. The dues covers administrative costs including state and federal fees as well as mailings, etc. The dues have NOTHING to do with the Canaveral Groves Bulletin Board on Facebook.

The Sheriff's Office has been busy out here patrolling the streets. They have written a number of tickets for speeding, so please slow down.

They have also answered a number of home alarms. Please remember to secure your vehicles and homes when leaving. If you are going on vacation, you can have the Sheriff's Office do property checks. All you have to do is call them on the non-emergency line. Remember, if you see something suspicious, call them, as it's the only way to keep the Groves safe. This is the time of the year that strangers and others commit crimes in the area.

Brevard County Fire Station 29 (Guardians of the Groves) has been busy going to fire, medical calls and auto crashes, as well as assisting other agencies. Four Communities Fire Dept./Volunteer has also been busy. Remember, they are a volunteer agency and can use our support as well as volunteers.

Remember to be safe out there and start 2023 off well. See you at the Homeowners meeting on January 12th.

- Ed

## Solo Events In January at Studios of Cocoa Beach

The Studios of Cocoa Beach begins the New Year with two solo exhibits. An opening reception for "Painting the Tropics by Delia Swenson" and "A Fused Glass Retrospective by Jamille Haddad" will be held on Saturday January 7, 2023 from

6 to 9 p.m.

Delia paints in oils on wood and canvas capturing the natural colors of our tropical environment. She explores the beauty of local gardens and flowers, as well as Florida beaches, parks and recreational areas.

Delia has been painting for over a decade. Her masterful use of color and composition brings her landscapes to life. You can almost hear the wind and smell the flowers and salt air in her realistic oil paintings. Delia says "Life is full of color and my goal is to capture the beauty and emotions it evokes. I hope a little of what I feel while I paint transfers to the viewer."

A retrospective viewing of the glassworks of Jamille Haddad will feature examples of fused glass techniques including glass panels, plates, sculptural vases, dam casts, gold enameling and other functional works

Jamille has been working in glass since learning stained glass in 1978. After reading an article in a stained glass journal, he became intrigued by the possibilities of fused glass, an art that had its beginnings in Egypt around 2000 BC and was virtually forgotten until the 1980's. In 1982, at a summer workshop at the Bullseye Fusing Ranch in Portland, Oregon, Mr. Haddad learned the basics of fusing glass.

Since then Jamille has been designing and producing fused glass as well as stained glass art throughout central Florida. Commissions have included windows, entryways, back splashes in kitchens and bathrooms, sink vessels and wall hangings

The Studios of Cocoa Beach is located at 159 Minutemen Causeway in downtown Cocoa Beach. Both exhibits will be on view from January 3 to January 29. The gallery is open Tuesday to Saturday 9 a.m. to 7 p.m., and Sunday 10 a.m. to 3 p.m. Visit the website [www.studiosofcocoabeach.org](http://www.studiosofcocoabeach.org) for artist profiles, upcoming classes and more, or follow them on Facebook and Instagram.

### 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



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E-mail \_\_\_\_\_

Phone \_\_\_\_\_

**Won't you join us?**

# Walter Butler Community Center January, 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.

**Closed January 2nd For New Year's Day Holiday**

**Closed January 16th For Martin Luther King Jr's Birthday**

## **MONDAYS – FRIDAYS**

Pickleball, 10 a.m. – 2 p.m.

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

Open Gym, 6 – 8 p.m. (Mondays only)

## **TUESDAYS**

Zumba, 5:30 – 6:30 p.m.

Open Computer Lab, 6 – 8 p.m.

Pickleball, 6 – 8 p.m.

Kids In Motion Aftercare, 3-6 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 9a-4p (First games Jan. 28th)

Open Computer Lab, 10 a.m. – 2 p.m.

Open Game Room, 10 a.m. – 2 p.m.

## **WINTER BREAK CAMP -**

Dates: January 3 – 4

- **No camp on County Holidays (January 2)**

Age: 1st through 6th grade

Cost: \$31.79 daily (1-2) days | \$57.21 (3) days | \$76.28 (4) days

- 1 day = \$31.79

- 2 day = \$63.58

- 3 day = \$57.21 (@ \$19.07 per day)

- 4 day = \$76.28 (@ \$19.07 per day)

Food: Please provide a lunch and snack for child/children daily, unless otherwise stated

Discounts: Up to 75% for those who qualify (contact Walter Butler Community Center @ 321-433-4448 for more information on discount criteria)

## **YOUTH BASKETBALL LEAGUE -**

January 28, 2023 – April 1, 2023, ages 5-15. Registration November 14 - January 7, 2023.

Player Evaluation January 7, 2023,

10 a.m.-2 p.m.. Game times 8:30a.m. Registration fee \$25. COACHES NEEDED. Register online at [brevardfl.gov](http://brevardfl.gov) or in person at WBCC. For more information, call 321-433-4448.

**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](http://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. 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.

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