

HAPPENINGS

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SERVING PORT ST. JOHN & CANAVERAL GROVES

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COVID Pandemic Declared Over In U.S.

The national emergency proclaimed by President Trump on March 13, 2020, quietly came to a conclusion after 1,124 days last month when President Biden signed a bipartisan congressional resolution putting the emergency to an end, weeks before it was set to expire on May 11.

This month will also see the dissolution of the White House pandemic response team, which used to brief news services regularly. There has been no briefing for months.

It's not that COVID-19 is really over. According to the Centers for Disease Control and Prevention, about 120,000 people across the United States contract the coronavirus each week and about 1,700 die weekly from the disease.

The "tools" required to combat the coronavirus — masks and tests, treatments and vaccines — are widely available, to be used at Americans' own discretion. Many elderly and vulnerable people continue to mask. Booster shots are expected to become an annual rite. But these are all now a matter of choice and have been for some time.

There are still many countries in the world

where COVID-19 is not well controlled yet. Do your due diligence when planning international travel. Don't resist mask and distancing requirements. Best medicine and medical treatment might not be as readily available as here at home.

"The need for active management of the virus continues. Many thought the pandemic was over in the spring of 2021," according to Boston University public health professor Julia Raifman. "Unfortunately, we were not prepared for new variants, and we lost hundreds of thousands of lives in the following months. By actively tracking COVID, continuing the work to help people get vaccinated and boosted, and having policies and supplies in place to address new variants, we can help ensure we do not see such a high preventable toll again."

The records of governors and presidents, as well as doctors and public health experts, will likely be dissected for years to come. Last year, Brown University economist Emily Oster, who wrote frequently about the coronavirus, proposed a "pandemic amnesty" that would allow for a

measure of grace for all the mistakes and lapses made in the midst of crisis. "Let's acknowledge that we made complicated choices in the face of deep uncertainty, and then try to work together to build back and move forward," she wrote.

Some other changes to policies instituted to combat the COVID-19 virus will be made due to the resolution. The Department of Housing and Urban Development's COVID-19 mortgage forbearance program is set to end at the end of May, and the Department of Veterans Affairs is now returning to a requirement for in-home visits to determine eligibility for caregiver assistance.

Legislators last year did extend telehealth flexibilities that were introduced as COVID-19 hit for another two years, leading health care systems around the country to regularly deliver care by smartphone or computer. This will very likely be cancelled as face to face healthcare will become easier to access.

With the new resolution, Medicare reimbursements will have new time limits. Get your paperwork submitted now.

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PSJ Community Center Schedule - May, 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

29th-Closed For Memorial Day

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

30th - Summer Camp, 7 a.m.-6 p.m.

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

31st - Summer Camp, 7 a.m.-6 p.m.

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.

10th - Culinary Kids, 4 - 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 -6:30 p.m.

Fridays

Outside Basketball, 9 a.m. - 6 p.m.

Game Room/Computers 9 a.m. - 6 p.m.

Billiards 9 a.m. - 6 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.

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 \$5 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. Tuition is \$60 per month with the recital costume included with tuition. Register online at: www.dancinglittlestarsbrevard.com.

About Gentle Yoga with Diane - 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. We recommend not eating two hours prior; small fruit snack okay. Price is \$7 per class. Visit www.psjyoga.com for further information. ~ Diane Coben

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Rabies Alert for Port St. John

The Florida Department of Health in Brevard County (DOH-Brevard) has issued a rabies alert for the 32927 area of Cocoa in response to a raccoon that tested positive on March 29. This rabies alert is for 60 days.

The center of the rabies alert is at Everglades Street and includes the following boundaries in Brevard County:

Kings Highway to the North
US 1 to the East
Grissom Parkway to the West
Fay Blvd. to the South

The public is asked to maintain a heightened awareness that rabies is active in Brevard County. Please be aware that rabies activities can also occur outside the alert area.

An animal with rabies could infect domestic animals that have not been vaccinated against rabies. All wildlife contact should be avoided, particularly raccoons, bats, foxes, skunks, otters, bobcats, and coyotes. Rabies is a nervous system disease and is fatal to warm-blooded animals and humans. The only treatment for human exposure to rabies is rabies-specific immune globulin and rabies immunization. Appropriate treatment started soon after the exposure will protect an exposed person from the disease.

Residents and visitors are advised to take the following precautions:

Keep rabies vaccinations up to date for all pets and at-risk livestock.

Do not allow your pets to run free. Follow leash laws by keeping pets and livestock secured on your property. Support animal control in efforts to reduce feral and stray animal populations.

Spay or neuter your pets to help reduce the number of unwanted pets that may not be properly cared for or regularly vaccinated.

Do not handle, feed, or unintentionally attract wild animals with outdoor food sources such as uncovered trash or litter.

Never adopt wild animals or bring them into your home.

Teach children never to handle unfamiliar animals, wild or domestic, even if they appear friendly.

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

Persons or pets that have been bitten or scratched by wild or domestic animals should seek medical attention and report the injury to Brevard County Sheriff's Office BCSO Animal Services at 321-633-2024.

For further information on rabies, go to <https://www.floridahealth.gov/diseases-and-conditions/rabies/index.html>, contact DOH-Brevard at 321-634-6337 and select option 3, or contact Brevard County Animal services at 321-633-2024.

For more information on this alert, contact:
Helen Medlin, BSN, RN
Helen.Medlin@flhealth.gov
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~ by Maureen Rupe

House Bill 1489 / Senate Bill 1686

“Designation of Brevard Barrier Island Area as Area of Critical State Concern.” This bill directs state and local governments to ensure that new development in the Brevard Barrier Island Area complies with the principles to prioritize the Indian River Lagoon restoration, protect sea turtle habitat and safeguard against adverse impacts posed by flooding and storm surge. According to the Senate Bill’s analysis, the bill will:

- Establish a land use management system that protects the natural environment of the southern Brevard Barrier Island Area;
- Establish a land use management system that promotes orderly and balanced growth in accordance with the capacity of existing public facilities and services;
- Protect and improve the Indian River Lagoon ecosystem, including improving water quality of the Brevard Barrier Island Area through funding of water quality improvement projects; and
- Ensure that the population of the Brevard Barrier Island can be safely evacuated.

Reference: <https://www.flsenate.gov/Session/Bill/2023/1686>

Derelict Boats:

For the following, I want to thank Frank Rohrer of the Indian River Lagoon Roundtable and publisher of the Indian River Lagoon News.

Brevard County has started its largest derelict and abandoned boat removal effort ever. 2022 Hurricanes Ian and Nicole left almost 80 derelict boats abandoned in the Banana River and Indian River Lagoon. The removal program is expected to take four months to complete. These derelict and at-risk vessels are a concern because they can

endanger marine life and habitat as they pollute the waters with oil and other pollutants. They can pose threats to public safety and cause property damage as they drift on or beneath the water surface. The Brevard County Tourist Development Council’s Tourist Tax and Florida Fish and Wildlife Conservation Commission (FWC) are paying \$7,000 per boat to remove them. To expedite the process, the state has given the sunken boat owners 45 days to remove them or the state will remove them. If you know of any derelict boats, call the Florida Fish & Wildlife Commission at 888-404-3922 or Matt Culver at 321-482-7970.

Unfortunately, there is a shortfall of funds and all boats may not be removed. You can view the reported derelict boats at the FWC Derelict Vessel Atlas link: <https://gis.myfwc.com/DerelictVessel/>.

References:

<https://myfwc.com/boating/waterway/derelict-vessels/>

<https://indianriverlagoonnews.org/guide/>

Malabar Scrub Fight:

As I stated in March 2022 Happenings, the town of Malabar, along with its 400-member Mountain Bike Club, has been complaining about the removal of a number of oak trees within the Malabar Scrub Sanctuary. The Malabar Scrub Sanctuary was not bought to be used for recreation, but specifically purchased for a refuge for the Florida Scrub-Jay, gopher tortoise and eastern indigo snake. The Florida scrub-jay and gopher tortoise are considered protected by state and federal law and require specific protection. The protections are listed in the Federal Endangered Species Act, and the Scrub-Jay is a federally designated threatened species by the Florida Fish and Wildlife Commission and is also protected by the Migratory Bird Act. The property can be used for recreation if it doesn’t impact the environmentally endangered purpose of the property. Unfortunately, many of the oak trees are providing a home for a number of hawks that are playing havoc on our endangered species.

The Florida Scrub-Jay and gopher tortoise require an open landscape of low scrub-oak vegetation and reasonably open adjacent pine flatwoods in order to maintain food resources and breeding success. The city of Malabar is trying to prevent removing the trees that are used for hikers and bikers. They think Brevard County is going to cut down all the trees, but that’s wrong. The county

has already stated some trees along the borders can be kept for recreation trails, but the main portion of the property has to have tall oaks removed so the scrub species can thrive. Unfortunately, the Town and Bike Club won’t accept that offer. This fight has been going on for over a year and the Courts granted the Town of Malabar’s request per State Statutes 164.1041 to stop the proceedings and hold the pre-suit conflict resolution process. The first meeting was on April 10, 2023. This meeting occurred with little accomplished as no one from the Brevard County Commission was invited. The next meeting is to occur on May 1st. Updates will be given as information is available.

As I’ve said, the Scrub-Jay is an endangered species. In Port St. John, there were once polygons of scrub-jays, but between development, the hawks and the feral cats, they have almost eliminated them. Please support these endangered creatures by supporting EEL properties. We don’t want the Scrub-Jay to become extinct because of something we’ve done or allowed.

Reference: <https://www.floridatoday.com/story/news/local/environment/2022/04/01/malabar-enter-conflict-resolution-brevard-county-over-sanctuary-trees/7242272001/>

Senate Bill 1258 and House Bill 1191

“Use of Phosphogypsum,” This Bill would approve the use of radioactive waste called “phosphogypsum” in road construction. I think these bills should be an embarrassment to us all and we must try to ensure they are not implemented. We already have a polluted Indian River Lagoon, as are most waters within Florida, so why would we want to allow a toxic radioactive waste in any road material to pollute our lagoon or any of our waters further. The EPA currently prohibits using this toxic waste in roadway construction because it poses an unacceptable risk to public health, water and air quality, and road construction workers. The Phosphogypsum Free America Coalition is asking groups to sign onto a veto request letter drafted and you can sign on to their site to send comments on stopping expansion of Phosphogypsum acreage on these bills at <https://phosphogypsumfreeamerica.org/>.

According to an article in Florida Politics.com, “For every ton of phosphorus produced, the process also turns out five tons of phosphogypsum. There are around 1 billion tons of phosphogypsum divided among 24 stacks in Florida, with

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30 million new tons created annually.” The article also stated the Trump administration approved using phosphogypsum for road construction, but in 2021 stated, “Upon further review, EPA has determined that the approval was premature and should be withdrawn because the request did not contain all of the required information,” and announced, “With this action, phosphogypsum remains prohibited from use in road construction projects.” The article stated phosphogypsum could release cancer-causing radon gas. We don’t want that being able to be spread all over Florida, possibly affecting all of our residents.

References:

<https://flsenate.gov/Session/Bill/2023/1258>

<https://floridapolitics.com/archives/603161-phosphogypsum-reuse-study-bill-heads-to-senate-floor/>

Senate Bill 106, "Florida Shared-Use Nonmotorized Network."

The bill makes trails in the Florida Wildlife Corridor a priority for the SUN Trail program and the state’s greenways and trails network. It also doubles annual SUN Trail spending for new trails to \$50 million per year and makes a one-time appropriation of \$200 million to accelerate trail construction. The Florida legislature passed this bill and it will be sent to the governor for signature. Among other things, the bill’s analysis states it, “Prioritizes the development of regionally significant trails,” which are defined as trails crossing multiple counties, serving economic and ecotourism development; showcasing the state’s wildlife areas, ecology, and natural resources; and serving as main corridors for trail connectedness across the state.

Reference: <https://www.flsenate.gov/Session/Bill/2023/106>

Senate Bill 1240: Land and Water Management

If this bill passes, it would strip local cities and counties of the power to pass local rules on water quality or quantity, pollution control or wetlands. Cities and counties wouldn’t have the ability to regulate pollution, and that would be exclusively left to state agencies like Florida Department of Environmental Protection (FDEP), which the U.S. Environmental Protection Agency argued in a December 2022 letter that FDEP had such a poor track record of protecting water quality and threatened to take environmental protection over if they didn’t change their ways. As expected, the bill has significant opposition from environmental groups and local government advocates. The bill also wouldn’t grandfather any local pollution laws already written, such as a rainy season fertilizer ban, and any local ordinances could be eliminated if this bill passes.

References: <https://flsenate.gov/session/bill/2023/1240>

Senate Bill 880: Biosolids

On first thought, Senate Bill 880 seems positive, or at least is trying to go in the right direction. Right now, Titusville and I assume others are dumping Class B Biosolids in land behind I-95 north of Space Coast Jr/Sr High School in Port St. John on agriculture land. At times you can even smell it.

Senate Bill 880 creates a biosolids grant program. If the funds are allocated, it allows the Florida Department of Environmental Protection (DEP) to provide grants to local government projects that construct, upgrade, expand or retrofit facilities that convert wastewater residuals to Class AA Biosolids. The bill also forbids DEP from allowing land application permits for Class B biosolids within a subwatershed of a waterbody listed as impaired for either nitrogen or phosphorus (like the Indian River Lagoon) unless the applicant proves the phosphorus or nitrogen in the biosolids will not add to the nutrient

load in the impaired water body. Hopefully this last change would stop the Class B application north of our PSJ high school. The bill requires a 50 percent local match for certain projects.

The bad thing about this bill is it still allows Class AA biosolids to be used as fertilizer, as do many other states. Unfortunately, EPA ignores hundreds of toxic chemicals it purports to regulate, except in four states in the Southwest. So, its not just nitrogen and phosphorus that is spread on agriculture lands, but loads of toxic chemicals that no one is tracking.

So I’m still not comfortable with this bill if we are still allowing biosolids to be used as regular fertilizer.

References:

<https://flsenate.gov/Session/Bill/2023/880>

<https://www.buildinggreen.com/newsbrief/epa-ignoring-hundreds-toxic-chemicals-wastewater>

Maureen Rupe

rupe32927@gmail.com

Martin Andersen Senior Center Dances

Martin Andersen Senior Center will host Singles/Couples Ballroom Dances on Saturday, May 13th and Saturday, May 27th. 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.



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Parrish Healthcare Welcomes Board-Certified Family Medicine Physician Paul Bucolo, MD

Parrish Healthcare and Parrish Medical Group are pleased to welcome Board-Certified Family Medicine Physician Paul Bucolo, MD, to their family of primary care providers and to the North Brevard Community.

Dr. Bucolo is an award-winning physician who specializes in the prevention and management of acute and chronic health conditions for men and women of all ages. He is a current member of the American Academy of Family Physicians and is passionate about improving health inequities. He has served as a volunteer, providing care to the medically-underserved for more than eight years.

After graduating with honors from the University of Florida, Dr. Bucolo received his medical degree from the University of Science Arts



and Technology in Olveston, Montserrat, earning the top spot as valedictorian of his class. He went on to complete a family medicine residency at the University of Arkansas for the Medical Sciences in Fayetteville, AR. During his residency, Dr. Bucolo was honored as Chief Resident. A highly experienced clinician with more than 15 years of medical experience, Dr. Bucolo also holds a Master of Physician Assistant Studies from the University of Nebraska in Omaha.

Dr. Bucolo joins the primary care practices of Parrish Medical Group, conveniently located at Parrish Healthcare Center (at Titus Landing), 250 Harrison Street, Titusville. Dr. Bucolo welcomes new patients. Most insurances accepted. For more information, visit parrishhealthcare.com/bucolo.

Amvets Post 2415 Schedule

5-3 Sons of Amvets 2415 General Membership Meeting -1st Wednesday of the month at 6 p.m. Commander Chuck Harrington, 321-208-7897.

5-11 Amvets 2415 Ladies Auxiliary General Membership Meeting - 2nd Thursday of the month at 6 p.m. President Theresa Nikki Anderson, 321-208-7897.



5-13 Bike Night! 3:00 - 7:00 on the 2nd Saturday of the month at the Post.

5-13 Amvets Riders Chapter 2415 General Membership Meeting- 2nd Saturday of the month at 10:30 a.m. President Craig Doan, 321-208-7897.

5-17 General Membership Meeting- 3rd 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 more information about Amvets, contact Commander Larry Lonneville at 321-208-7897.



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Titusville Playhouse

The Titusville Playhouse, Inc. is located within the Historic Emma Parrish Theatre 301 Julia St., (corner of Hopkins Ave. - US1 southbound), providing professional quality entertainment on the Space Coast. The MainStage theatre includes a 150 seat orchestra section and a 124 seat Balcony Section. The Shuler Stage is an open air stage across the street at 301 Julia St. Seating is first come. There is no reserved seating.

For more information, visit <https://titusville-playhouse.com/>.

MainStage Show:

Sunday In The Park With George
- Rated PG13

May 12 - June 4, 2023

Sunday in the Park with George follows paint-



er Georges Seurat in the months leading up to the completion of his most famous painting, "A Sunday Afternoon on the Island of La Grande Jatte." Consumed by his need to "finish the hat," Seurat alienates the French bourgeoisie, spurns his fellow artists, and neglects his lover Dot, not realiz-

ing that his actions will reverberate over the next 100 years.

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.

Seating begins 30 minutes before showtime.

Calling All Christian Authors!

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

Contact D.P. Clarke at 1royaldy@gmail.com for information. Put "Writers Group" in the Subject line of your email.



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Phone: (321) 633-1874

As I sit in this beautiful Florida sunshine tapping on these tiny tiles, I can't help thinking how very lucky we are to feel safe and warm in our own homes. There are some in my own circle of family and friends who are facing ice, snow and winds with no power. While I wish I could do more than extend an invitation to come on down, we know this will only be temporary. There are many who have no power and sometimes no homes. For those, we send a message that you are not forgotten, you're being thought of, prayed for and sending whatever help we can.

Most of us have passed by F. Burton Smith Park, and like me have murmured that you would like to stop and check it out sometime. As we pass, we catch sight of a couple of stately oaks, a small lake and a pavilion, but there is so much more.

Entering through the large oaks, I immediately noticed how everything was so green and crisp and well maintained. The huge pavilion, complete with stage and large BBQ grill, is perfect for family or business events. Plenty of picnic tables afford a view of a small lake where my intrepid co-pilot and I watched a couple of young men walk past the Beware of Alligators sign and one of them splash in up to his waist. We were too far away to yell, but stayed to make sure we didn't need to call the idiot department of 911.

The bathroom was squeaky clean and not a spider web to be found. There are four smaller pavilions complete with BBQ grills and picnic tables.

Another set of bathrooms toward the back of the property is just as clean, odor and spider web free as the first, also in close proximity to the two

playgrounds and firepit. A chain link fence surrounds the playgrounds and the firepit area, great for enabling young ones to observe wildlife from a safe distance.

A large portion of the 1,080 acres is dedicated to Disc Golf games with maps leading you to 'holes' meandering throughout the hardwood hammock, pasture land, prairie and wetland ecosystems. I was not aware there is such an interest in disc golf in our area, but a very kind and patient gentleman explained the rules and nuances.

You can follow trails or just wander, quietly observe nature, play a quick game of Hide and Seek, or if you're industrious enough - a picnic and short nap on a bed of soft pine needles. There's still plenty of open area for kite flying, impromptu football or lying in the grass finding shapes in the clouds.

We didn't want to infringe on the golf players, so we didn't go all the way to the back, but there is a rustic tent camping site for non-profit organizations and a woodland trail located on the south side of the big lake.

In just the short time we were there, we saw many squirrels running and chattering, a small rabbit hiding in the palmettos, a medium sized alligator and his monstrous cousin lying on the further bank. Pets are allowed, but must be leashed at all times, and please clean up after all of your family members.

A stop at Lone Cabbage for 'Gator bites and a cold drink finishes off a great family afternoon, especially if you're lucky enough to land there on a weekend when they are having a live band. Whether you want to brave an airboat ride or just watch, it's fun.

As usual, please take only pictures and leave only footprints. Sunscreen and mosquito spray is encouraged.

Alcoholics Anonymous Port St. John

Saint Patrick's Church

4797 Curtis Blvd., Port St. John
East off Grissom Pkwy.

Sunset Group Meeting

| | | |
|--------------|------|---------------------|
| (C) Sunday | 5:00 | Living Sober book |
| (C) Tuesday | 6:30 | AA Topic Mtg |
| (O) Thursday | 6:30 | Beginners Topic Mtg |

Port St. John Housewives Softball League

The Port St. John Housewives Softball League is gearing up for another fun season! Don't let the name fool you...women of all playing abilities are invited to join our league.

As of July 1st, you must be 19 years of age or older. Sign-ups will be on Saturday, May 13th and then again on Saturday, May 20th and Sunday, May 21st from 10:00 a.m. to 2:00 p.m. at Fay Park, east parking lot. Cost is \$50, which includes approximately 20 softball games, team shirt and end of year party and awards. The season starts in July and continues through mid-October. Games are on Tuesday and Thursday nights at Fay Park. This is a great way to make friends and get some exercise. You do not have to live in Port St. John to join our league. We are also accepting applications for sponsors and experienced umpires.

For more information, call: Veronica Ordner, President, at 321-698-3863; Amanda Howell, Vice-President, at 321-368-9890; Angie Burris, Treasurer, at 321-480-1052; or Joan Sottoriva, Secretary, at 321-537-9605. You can also find us on Facebook www.facebook.com/PSJHSL.



St. Patrick's Anglican Church
4797 Curtis Blvd., Port St. John
321-802-1311

Classical Christianity Engaging the World

Happy May!!

We are looking forward to the final month of our Sunday School, but it is still not too late to join us for a Bible Study opportunity. Adult Bible Study is every Sunday between services at 9:00 a.m. and finishes at 9:40 a.m. Children's Sunday school is during the 10:00 a.m. service. Children/young adults in 1st-8th grade are welcome to join us following the announcements and returning during communion.

Veteran's and First Responder Breakfast will be Saturday, May 27th in the parish hall at 9:00 a.m. This is open to all veterans, spouses of veterans, police, fire and emergency services individuals.

Regular service schedule is:

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

~~Rose's Room~~ Rose's Kids' Room

~ The Padrick Wild Bunch

Hi Mom – we have managed to hijack your column this month to show our appreciation for you on this Mother's Day. There are not enough pages in this paper to have all your grandchildren, great grandchildren, great great grandchildren – well, you get the picture – tell you how much you are loved and appreciated, so you will have to make due with the original five.

Hi Ma – it is your #1, both in chronological order and in your heart! I know, the secret is now out that I am your #1, but I feel it is time the others knew so we can put the pretending to rest!! In all sincerity, it is your amazing ability to make all of us feel as if each of us are your #1 and favorite that makes you so very special. You have this way of making us feel as if we are the most important person in your life.

Your life has not been easy, but through it all you have kept a smile on your face and have this positivity that is contagious. I may be “older” – shut up #2! - but there are times I still need my mom and you are always there with a smile and a hug. You are my best friend, confident, the person I strive to be every day. You make this world a better place and I would not be half the person, mother, daughter and sister that I am without you. Thanks for all you have done and do for all of us – you are truly loved and appreciated. P.S. I forgive you for the Princess Diana haircut!

Hey Mom! SURPRISE.....Kim hijacked your column!! Wow, it felt good to tell you that! Kim called sacred and you know how well I handle sacred! Trying to put into a limited number of words how I feel about you is impossible. My words can't describe the love I have for my mother, best friend, traveling companion, critic and my biggest fan. Mom, you keep me grounded while encouraging me to take chances, you hold me close while telling me to spread my wings and wipe my tears while yours run. There is nothing we can't talk about... well, almost. Still not sure why you plug your ears and keep saying “lalalala” whenever your offspring get together and start talking about childhood pranks.

Mom, you are my rock, my smile, (along with Bugga), and my river partner. Happy Mother's

Day from your favorite daughter!

#3...the middle child... life starts out hard in that position. The older siblings don't want to play with you and you don't want to play with the younger siblings. So, I did the next best thing - I became my mother's private investigator. Telling on my siblings was fun AND I was paid a quarter for every tattle. I truly think it was her way of keeping me occupied and under her wing for protection because she knew that as soon as my siblings found out, I was dead meat! My mother is so funny, loving and very giving of her heart. I can't imagine having grown up with anyone else. Mom, you taught me how to be a great mother and I can only hope that my children and grandchildren love me as much as I love you!!

I'm writing to tell you that I love and really appreciate you.

I never tell you enough

And it's something I must do.

I need to let you know just how much you really mean to me.

So I'm telling you now and it's for all the world to see.

You've never turned your back on me

That's just something you would never do.

Anytime I need someone

It's always you that's there to help me through.

When God gave me to you

That's the best thing He could do.

So this poem is dedicated to you, my mom

Because I don't know how else to say Thank You

At 48, I am more than a few decades removed from scraped knees, school bullies and various “boo-boo's” in need of mom's kisses. Still, life brings with it times when only a mother's love can provide comfort. Readers see the humorous and playful side of her; she certainly is that. But those who know her see many more facets to her spirit. She is kind, warm, generous, caring, and available day or night with a meal, encouragement, or a “good morning, sweetie” text. The days of me giving her terribly made ashtrays and comically bad cards are gone, but Mother's Day is still important to me and my sisters. So, while I may not be the cute little guy goofing off in school photos any more, please know I love you and hope this day brings you a fraction of the joy you've brought me.

Using Public Charging Stations

The FBI recently issued a warning against using public phone charging stations in airports, hotels, malls or any public area. This is because cybercriminals have figured out how to use USB ports to transmit malware and monitoring software onto any device that accesses these public ports.

The FCC explains that this is what is called “juice jacking.” Hackers do this to gain access to personal data and passwords or to lock up a device. There have also been some cases where criminals have intentionally left infected cables plugged in at charging stations in hopes that someone will use one.

People tend to forget that a USB cable is used to transmit data as well as to charge a phone. Since public ports could have been compromised, it is advised not to use them at all. The possibility that a port is compromised is a strong enough reason to use other means of charging your phone whenever possible.

There are still some safe ways to charge your phone at the airport charging station. According to Lifewire, you can connect a USB data blocker so that the cable only charges the phone without transmitting any data. You can get these data-blocking cables from Amazon or other electronics stores for around \$12. The power-only cables look very similar to regular USB cables but might have a thinner end because they only use two wires instead of four.

Or you could simply bring your own charger and plug to use in a wall electrical outlet. This will guarantee that you are only charging your phone with no possible data transfer.

And of course, you could also use a charging brick instead. These portable chargers are convenient if you lose battery in your phone in any remote area. But don't charge it on a public charging station!

Public Notice

The American Police Hall of Fame in Titusville, FL will be constructing a heliport for helicopter tours beginning the second quarter of 2023.

For more information please contact Mr. Shepherd at 321-264-0911.

Thunder Over the Indian River Will Be Held On July 1st

Come out and enjoy an exciting evening at Port St. John's Independence Day celebration, Thunder Over the Indian River. Enjoy an evening including inflatables, a live DJ, demonstrations, our BBQ Contest, food/dessert trucks, raffles and of course, the BEST fireworks show in Brevard County!

For the BBQ Contest, Red, Hot & BBQ wristbands will be available to purchase at 4 p.m. for \$10. BBQ serving will start at 5:00 and voting stops at 8:00. Participants may sample as much BBQ as they like, but will be allowed only one vote for their favorite People's Choice. The winner will be announced prior to the fireworks.

We're looking for 10 BBQ competitors and sponsors. Expect to have some delicious BBQ!

We're still gathering things for our event and looking for vendors. Donated RAFFLE ITEMS are always appreciated!

To hold this event, the Port St John Community Foundation (PSJCF) needs volunteers and sponsors to help continue to make this the great event it has been in the past. We need volunteers to help the day of the event and the Friday before to create



the spectator area and parking lanes.

In keeping with our plan to avoid work days as much as possible, (probably because we're all volunteers), the gates will open at 4 p.m. on Saturday to the event. The gate is on Kings Highway, directly across from Capron Road. Don't try to use the gate on US 1.

Businesses and residents are invited to join the planning meetings and participate in all and/or any event hosted by our all-volunteer, non-profit community organization. Watch for updates on our website and Facebook.

Easy as 1-2-3

You can register as a vendor, food vendor or for the BBQ Competition.

1. Fill out the Application and send.
2. Pay for either Vendor, Food Vendor or BBQ Team/Sponsor.
3. If you are a Food Vendor, a copy of your current business license is needed for insurance purposes.

ONLINE Registration, Payment, Food/Vendor document upload and many other details may be found on our website, www.portstjohncommunityfoundation.com/, or you may message through Facebook or email us directly at psjcommunityfoundation@gmail.com.

<https://www.facebook.com/PSJCF>

<https://www.facebook.com/groups/psjcares>

This year we have a rain-out date: Sunday, July 2nd.

No fireworks or alcohol are allowed on the OUC Plant property.

Post 359 - American Legion Riders presents



Bike Days at the Tiki
Saturday, May 6th,
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.

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Monthly Tax Update

This month I want to discuss the Form 1099-K. This form is for reporting the payments of credit cards and third party network transactions. It is prepared by the processing company and sent out to the business activities where it will be reflected in your business returns. This will assist in determining the correct tax liability and will be part of your total gross income.

The 1099-K will reflect transactions where income is derived from a business the taxpayer owns, self-employment, gig economy activities and the sale of personal items and assets through online selling websites. So, what do you do when you receive a Form 1099-K reflecting incorrect amounts?

You'll have to contact the issuer of the form and request a corrected form. This may not be an easy task. Be prepared to have documentation to support your position. I'm sure you'll need this and if your efforts turn out futile, you are able to follow the IRS's guidance on Understanding Your Form 1099-K.

The threshold filing requirement for 2022 and prior years was \$20,000 sell transactions and/or 200 transactions per year. The American Rescue Plan of 2021 changed the threshold to \$600 sell transactions without any regard to the number of transactions for 2023 and future years. This means just about anyone doing any kind of business activities will most likely receive a Form 1099-K.

I know I don't have to say this, but accurate recordkeeping is utmost importance as IRS is tightening the reporting requirements. They may not increase taxes on the middle and lower class taxpayers, but they definitely are increasing scrutiny to promote tax compliance on the middle and lower class taxpayers.

On another note, let's talk about payments again. You may have filed an extension due to the fact you couldn't pay the tax liability resulting from the new W-4 calculation method. With that, you are able to make payments utilizing the "Make a Payment" icon reflected on the irs.gov website. You can make as many payments as you want for the tax liability for 2022. You can also make payments for estimated tax payments for 2023 and other payment requirements.

It's user friendly and simple to do. You enter your pertinent information, checking account information, the amount you want to pay, hit SUBMIT and you immediately receive a confirmation on your payment, and a copy of your payment will be sent to your email address. It beats writing a check and mailing it. If you need help, my Associate Enrolled Agent or myself will be happy to assist you. Give us a call.

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.

Jess Parrish Medical Foundation Receives Major Gift for Medical Scholarship Endowment

Jess Parrish Medical Foundation (JPMF) received \$100,000 in funding from the Parrish Medical Center (PMC) Auxiliary, LLC in support of the JPMF scholarship program. This gift will establish an endowment to assist in funding scholarships and provide aid to those pursuing careers in the medical field that will one day provide healing care to our community.

The Jess Parrish Medical Foundation scholarship program was created in 1990 and, in partnership with the PMC Auxiliary, LLC, has awarded more than

\$500,000 to over 450 outstanding recipients. Medical scholarships are available to graduating high school seniors and undergraduate students who reside in the Parrish Medical Center service area and are pursuing a degree in the human health/medical field. Awards can be applied to tuition, books, supplies or other expenses related to the student's educational pursuit.

"On behalf of the Foundation, I cannot express our gratitude to the PMC Auxiliary Board of Directors and members enough for this decision" said Randy Coleman, Chairman of the JPMF Board of Directors. "This gift will be transformational for the Scholarship program and ensures the next generation of Care Partners in North Brevard can continue to have the support they need. It also continues the storied legacy of the Auxiliary and the monumental impact they have on our community."

The Jess Parrish Medical Foundation, in collaboration with PMC Auxiliary, LLC, is investing in the future of our area by awarding medical scholarships to residents in North Brevard County who distinguish themselves through passionate dedication to their communities and a pursuit of studies in the fields of medicine or healthcare.

For more information about the Jess Parrish Medical Foundation or the scholarship program, please visit parrishmedfoundation.com or contact the Foundation at 321-269-4066.

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NASA May Build More Than One Moon Base For Missions

NASA's goal of returning astronauts to the moon by 2025 has long been part of a long-term plan to build a sustainable base on the lunar surface. But that plan may include more moon bases than you might expect.

Jim Free, NASA's associate administrator for exploration systems development, said on April 17 that the agency's Artemis program may ultimately build several bases around the moon instead of a single Artemis Base Camp at the lunar south pole as unveiled in 2020.

"It's really hard to say we're going to have a single base camp, because if we miss a launch window, we might have to wait a month to go back to that place." Free told reporters at a briefing at the 38th Space Symposium.

Instead, NASA may work with its international partners to establish a series of moon camps spread across the lunar surface to maximize science and exploration. The agency is studying whether it is a better idea to have a distributed approach with multiple moon bases, including some potentially contributed by international partners like the European Space Agency, Canada or Japan, who have all signed on as Artemis program partners.

NASA's current Artemis program aims to roll out a base camp on the moon in stages using an orbiting Gateway station, landers, rovers and habitats as seen in this timeline illustration.

The Artemis program originally aimed to roll out a base camp on the moon in stages using an orbiting Gateway station, landers, rovers and habitats. The Artemis Base Camp would be at the lunar south pole, possibly at Shackleton Crater, which has long been on the agency's candidate list to explore on an Artemis mission because it is known to harbor water ice in its shadowed regions. The base would serve as a hub for crewed Artemis moon landings and support a team of four astronauts for up to a week at a time.

Under the Base Camp plan, the habitat would include power infrastructure, radiation shielding, facilities for waste disposal and a landing pad for visiting crews. It would also be home to a lunar rover that astronauts could drive around the moon and a "habitable mobility platform" that crews could use to visit other locales on the moon for up to 45 days at a time.

But having multiple, smaller Artemis bases

on the moon may yield better science and access to the lunar surface, Free said. He added NASA won't be building those extra habitats anytime soon.

NASA's next Artemis mission is Artemis 2, which will launch four astronauts around the moon no earlier than November, 2024. The Artemis 3 mission, the first crewed Artemis moon landing, is slated for sometime in 2025. That mission will let the crew stay for six and a half days and then come back. The data from that mission will decide the time that the crew spends, and then the number of crew on the surface.

As those longer and bigger missions develop, NASA hopes to send lunar rovers for Artemis astronauts to drive on the moon, starting with an unpressurized rover and leading to a truck-like pressurized vehicle. Japan's space agency has teamed up with Toyota to build such a moon truck. A permanent habitat would then follow for rotating crews, Free said.

Starship Launches, Fails

On Thursday, April 20th, the SpaceX Starship rocket, the tallest and most powerful rocket ever built, was launched from Boca Chica, Texas for its first orbital test flight. The Starship Super Heavy experienced an anomaly before 2nd stage separation.

The rocket lifted off from the Starbase launch complex and flew downrange before veering out of control and exploding about four minutes into the flight. Three of the 33 Raptor engines on the Super Heavy booster apparently failed around liftoff, and the rocket appeared to lose three more in flight before veering out of control about two minutes after liftoff.

Video footage posted to Twitter shows the rocket take off before the main engine was cut off nearly three minutes into launch. As soon as the main engine was cut off the rocket began to flip downward before bursting into flames. The rocket carried no people or satellites.

There were no obvious signs of any serious damage to the launch pad or associated facilities.

Elon Musk reacted to the launch, tweeting, "Congrats SpaceX team on an exciting test launch of Starship! Learned a lot for next test launch in a few months."

Amazon Is Fighting Scammers

Many people use Amazon for the convenience of shopping at home and delivery to their door. The numbers increased dramatically during the pandemic. So did the number of scammers using their name and logo. Here's some information so you can fight back, too.

Amazon customers helped take the fight to scammers last year by reporting suspicious emails, texts and phone calls. Amazon initiated takedowns of more than 20,000 phishing websites and 10,000 phone numbers that were used as part of impersonation scams. They also referred 100s of bad actors across the globe to law enforcement to help them ensure these scammers are held accountable.

Amazon will not ask you to install an app or download software in order to receive a refund or to get help from customer service.

Never pay over the phone. Amazon will not ask you to provide payment information, including gift cards (or "verification cards," as some scammers call them), for products or services over the phone.

Always verify orders directly with Amazon. Amazon will not include purchased product information in order confirmation and shipping confirmation emails we send to customers. For any questions related to an order, always check Your Orders on Amazon.com or via the "Amazon Shopping" app.

Be wary of false urgency. Scammers may try to create a sense of urgency to persuade you to do what they're asking.

If you receive communication — a call, text or email — that you think may not be from Amazon, please report it to us at amazon.com/reportscam.

National Active and Retired Federal Employees Association (NARFE)

The NARFE Apollo Chapter 1137 May meeting will be on the 8th. Our speaker will be Cpl. Jennings from the Brevard County Sheriff's Office, who will talk about cyber crimes and scams.

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

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

Jess Parrish Medical Foundation Golf Classic Continues To Draw Sell-Out Crowd and Exceed Fundraising Goal

More than 75 sponsors, 53 teams, 212 players and dozens of volunteers participated in the annual two-course Jess Parrish Medical Foundation (JPMF) Fran Gerrett Memorial Golf Classic on Friday, March 31, at Indian River Preserve Golf Club and The Great Outdoors Golf Club. Since 2011, the tournament has raised more than \$700,000.

The law firm of Zumpano Patricios presented the 18-hole scramble for the ninth consecutive year. JPMF hosted another sell-out crowd at this year's tournament and exceeded its fundraising goal of \$80,000, raising more than \$88,000 to benefit 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 typically developing children to learn and grow, along with an array of health, education and human services under one roof.

The annual golf tournament lives on as a tribute to Fran Gerrett's longtime dedication to our community and his favorite charity, The Children's Center. Fran, a former Parrish Medical Center Materials Management Director, was famous for saying, "It's all about the kids!"

"Fran was a kind and humble man who loved helping others, especially children. The Foundation's tournament honoring my father means as much to me and my family as it does to those it benefits," said Amy Craddock, event co-chair. "My family would like to extend our thanks to the sponsors, committee, volunteers, course partners and everyone that played a role in the extraordinary success of the event. We are honored to be able to preserve our father's legacy and continue to support the children and families in need of the vital services provided by The Children's Center."

Event partners included Presenting sponsor Zumpano Patricios. Platinum-level sponsor HHS; and Gold-level sponsors were MedFast Urgent Care Centers; RUSH Construction, Inc.; and RW Services, LLC. Silver-level sponsors included Injury Centers of Brevard; MIS-Medical Imaging Solutions; Regions Bank; and Wound Care Advantage. Bronze-level sponsors were Anderson Financial Partners, Inc.; The Broome Law Firm/

Chris & Kelley Broome; Certified Plumbing of Brevard, Inc.; Cintas Corporation; Coastal Health Systems of Brevard; Randy and Mary Coleman; CPS; CSI Leasing, Inc.; Green Air Environmental of Central Florida; Howard W. Rinker, D.D.S.; Bill and Rachel Terry; UBS Financial Services / Susan Morse and Daniel Levy; and The Watauga Company. Supporting-level sponsors included Advanced Care Partners PPEC; Claudine Brandon / Golf 1 Inc.; Carmona Pathology Associates, P.A.; Herman and Joyce Cole; Florida Health Care Plans; Mary Haddad-Mauzy / Coldwell Banker Coast Realty; The Mikitarian Family; nexAir, LLC; Novatech; Ron Norris Buick, GMC, Honda, Ford; Parrish Home Health – LHC Group, Inc.; The Rodriguez Family – McDonald's; Greg and Kathy Sparkman & Allen and Diane Taylor Families; Christine Sylvester; Gabriel Werder, MD; and WFTV – WRDQ. Par-Tee-level sponsors were CarePatrol of Melbourne; Celebrate RE/MAX Aerospace; MEC General Contractors; RW Services, LLC; Space Coast Credit Union; St. Francis Reflections Lifestage Care; and System Tech Services, Inc. Beverage sponsor was Cara Fisher – State Farm Insurance; Breakfast sponsor was Firehouse Subs at Titus Landing; and Cart sponsor was Florida Power and Light Company. In-kind sponsors included Brevard County Sheriff's Office; Brevard Zoo; The Cheesecake Factory – Winter Park; The Children's Center Staff and Families; Color Bar; Costco #1450; Amy Craddock; Duran Golf Club; Durango's Steakhouse; el Leoncito Cuban & Mexican Restaurant; Envinity; Grainger; Vaneesha Greco; The Great Outdoors Golf Club; Green Air Environmental of Central Florida; Kennedy Space Center Visitors Complex; La Cita Country Club; Chris and Lisa McAlpine; Moon Golf; Kathy Myer; Ron Norris Buick, GMC, Honda, Ford; Kenneth O'Dea; Orlando Solar Bears Hockey; Publix Supermarkets; Regions Bank; Residence Inn Marriott – Cape Canaveral Cocoa Beach; The Resort on Cocoa Beach; Jeff Riley; Christie Rimsky; River Lanes Family Entertainment Center; Sego's Home Medical Equipment; Space Coast Credit Union; Greg and Kathy Sparkman; Leigh Spradling; Systems Tech Services, Inc.; Total Wine and More, Viera;

Turtle Creek Golf Club; Valentino's New York Style Pizza & Restaurant; Valiant Air Command – Warbird Air Museum; and the Weaver Family. Other generous sponsors were recognized at the tournament. "We are overjoyed by the tremendous support the tournament continues to receive, and are thrilled to have so many organizations and community partners join us to make a difference in the vital work of The Children's Center," said Leigh Spradling, tournament co-chair.

Taking home top honors were the men's division first-place teams of Matt Belle, Mahindra Lutchman, Matias Trevino and Brandon Wells at Indian River Preserve Golf Club and Neil Hunt, Brian Hurd, Steve Hurd and Josh Norris at The Great Outdoors. The mixed division first-place teams included players Amanda Cole, Chris Cole, Herman Cole and Joyce Cole at Indian River Preserve and Lynne Anderson, Harold Gero, John Gero and Susan Jensen at The Great Outdoors. The foursome of Mary Lou Angarano, Roz Angarano, Patty Labaz and Patricia McCarrick, took top women's division honors at Indian River Preserve and Amy Craddock, Kathy Myer, Jeanne O'Bryan and Toni Thigpin at The Great Outdoors. Special recognition for the team having the most fun on their course went to Neil Harber, Kelli Neros, Cristol Therien-Douglas and Tiffany Welke at The Great Outdoors.

Amy Craddock and Leigh Spradling, event co-chairs, led the tournament planning committee that included members Santi Bulnes, Kathy Myer, Greg Sparkman, Jeff Riley, Kathy Simonsen, Kristina Weaver and Suzanne Yarbrough.

Next year's tournament is scheduled for April 5, 2024. For more information about Jess Parrish Medical Foundation, or to secure your 2024 event partnership today, contact Jess Parrish Medical Foundation at (321) 269-4066 or visit www.parrishmedfoundation.com/golf.

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Parrish Healthcare Community Support Groups - May

Parrish Healthcare offers a variety of support groups as a free service to the community. The May 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, May 3, 10-11 a.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, please visit www.parrishhealthcare.com/FearlessCafe.

Parrish Healthcare 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, May 1, 8, 15, 22, 10-11 a.m.
 - Where: The Children's Center, 5650 S. Washington Ave., Titusville
- For additional information and to register, visit parrishhealthcare.com/Moms.

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

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, May 10, 5:30-6pm
- Where: The Children's Center, 5650 S. Wash-

ington 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, May 11 and 27, 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

Early Steps Community Play Date

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

- When: Wednesday, May 17, 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 Stroke and Heart Survivors Support Group

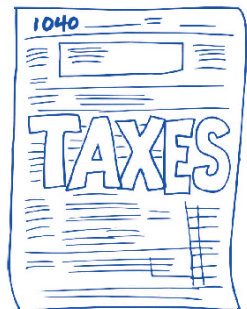
If you've experienced a diagnosis or event, or are caring for someone living with heart disease or stroke, our community is here to support you.

- When: Tuesday, May 16, 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 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, May 17, 4-5:30 p.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville



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- 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/CancerSupportGroup.

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, May 23, 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.

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, May 25, 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.

Experimental Aircraft Meeting

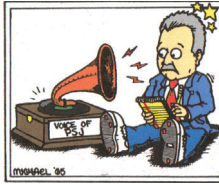
Experimental Aircraft Association Chapter 724 holds regular scheduled gatherings for fun and fellowship on the 2nd Wednesday of each month - May 10th this month - at 7:00 p.m. in the club house on Merritt Island Airport.



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.



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Saturday
May 6th
11:00_1:00

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by Docent Barbara Lapradd

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Central Florida Heritage Rose Society & Heritage Rose Foundation

Complimentary refreshments & snack peek tours of the
Historic Pritchard House

424 So. Washington Ave. Titusville
321-607-0203 www.pritchardhouse.com
thepritchardhouse@yahoo.com



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.**

5-2 Compassionate Friends Support Group meets the first Tuesday of every month at 6 PM in Cocoa Beach at the Lutheran Church of the Resurrection, 525 Minuteman Cswy. west of A1A, Fellowship Hall. Call 610-7875 for info.

5-3 American Legion Auxiliary, Unit 359, General Membership Meeting on the 1st Wednesday of each month, 6 PM at the Post Home, 7260 S. US 1, just north of PSJ. Call President Valerie Helmer at 321-268-1632.

5-3 Sons of Amvets 2415 Meeting- 1st Wednesday of the month, 6 p.m. 688 West Ave., PSJ. Commander Chuck Harrington, 321-208-7897.

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

5-11 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.

5-12 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.

5-13 Amvets Riders meeting, 2nd Saturday at 10

a.m. Call President Craig Doan, 321-208-7897.

5-14 Mothers Day

5-14 Multiple Sclerosis Self-Help Group meets on the 2nd Sunday each month (except Mother's Day & November), 2 PM, Cocoa Library.

5-14 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 for info.

5-14 Calling all Christian authors! Dynamic writers group in Cocoa offers training, critiques, and paid writing opportunities (2nd Sundays 2-4:30 p.m. at Cocoa Library). Contact D.P. Clarke at lroyaldy@gmail.com for more information. Print "Writers Group" in Subject. **5-9**

5-14 Multiple Sclerosis Self-Help Group meets on the 2nd Sunday each month (except Mother's Day & November), 2 PM, Cocoa Library.

5-15 Moonport Modelers RC Club meets at 6:30 PM, 3rd Monday each month at the N. Brevard Library, 2121 S Hopkins Ave., Titusville. For more info, call Wayne Mendez, 505-2361.

5-16 North Brevard Republican Club meets 3rd Tuesdays at 6:30 p.m. at the Police Hall of Fame, 6350 Horizon Dr., Titusville. All are welcome.

5-17 Amvets Post 2415 General Membership Meeting on the 3rd Wednesday of each month at 6 p.m. at 688 West Ave., PSJ. Commander Larry Lonneville, 321-208-7897.

5-17 American Legion Post 359 meets at the Post Home at 7260 S. US 1 in Bellwood, (2 miles north of PSJ), 6:00 PM. All Legionnaires and new members are welcome. The Post meets on the 3rd Wednesday of each month. Please contact the Post at 321-268-1632 for assistance.

5-20 Armed Forces Day

5-23 Moonlight Quilters Guild meets at the North Brevard Library in Titusville, 2121 Hopkins Ave. on the 4th Tuesday of each month (no meeting April or December). Meet and greet and refreshments at 6:00 pm, meeting at 6:15 pm, usually followed by show and tell or a guest speaker. Email Moonlight.Quilters@yahoo.com for more information.

5 - 25-27 Shavuot

5-27 Veterans & First Responders Breakfast - 9:00 a.m. at Saint Patrick's Anglican Church, 4797 Curtis Blvd., Port St. John. This is open to all veterans, spouses of veterans and all first re-

sponders. Last Saturday of each month.

5-29 Memorial Day

Congratulations to:

Cathy Rodriguez turns more lovely on the 11th.

Stephanie Hilde turns **28** on the 1st.

Emily Waters turns **18** on May 1st.

Kaitlyn Davis turns **18** on the 4th.

Eric Bray turns **28** on the 4th.

Sarah Travis turns hotter on the 5th.

Finley Link turns **9** on the 9th.

Jacob Prentis turns **30** on the 10th.

Ryan Maxwell turns **18** on the 10th.

Brandy Lampton turns **29** on the 11th.

Jesse Jordan turns **26** on the 11th.

Christopher Pistilli is **21** on the 12th.

Anthony Baum turns **33** on the 14th.

Cathy Unrue turns prettier on the 15th.

Tim Unrue turns cooler on the 15th.

Peyton Anderson turns **13TEEN** on the 15th.

Harry Weidman turns wiser on the 16th.

Ruthe Middleton parties wild on the 18th.

Alynza Sladyk turns **17** on the 19th.

Jake Wardlow turns **39** on the 20th.

Sandy Link turns cuter on the 20th.

Ellie Grace Moore is the Queen on the 27

Delaney Hermes turns **11** on the 28th.

Allison Henzmann turns **24** on the 28th.

Madison Firth turns **11** on the 29th.

Brittany Benoff turns **16** on the 31st.

John Phipps turns sexier on the 31st.

Steve Prentis turns buffer on the 31st!

Diane Rivers rules the world on the 31st.

Carol Horsman gets kisses this month.

Christopher Spears turns **30** this month.

Irene Spears has a spanking day in May.

Joe & KC Casey celebrate their **57th** wedding anniversary on the 1st.

Paul & Kathi Hildebrandt celebrate **36** on the 10th.

Harry & Vickie Weidman celebrate **41** on the 17th.

Robert and Vonnie celebrate **68** on the 21st.

Michiyo Hall - Happy **48th** anniversary to my Beautiful Bride on the 21st.

Joe & Leigh Waters celebrate **22** on May 30th.

Email inputs to happenings1@att.net.

Important Phone Numbers

| | |
|---------------------------------|--------------|
| County Commissioner - | 321-264-6750 |
| Sheriff: Non-Emergency - | 321-633-7162 |
| Fire Station 26 (Port St. John) | 321-33-2056 |
| Emergency Operations Center | 321-637-6670 |
| Waste Management - | 321-636-6894 |
| Port St. John Library | 321-633-1867 |
| PSJ Community Center - | 321-633-1904 |
| Florida Power & Light - | 321-723-7795 |
| City of Cocoa Water Dept. - | 321-433-8400 |
| Parrish Medical Center | |
| Port St. John - | 321-636-9393 |
| Titusville - | 321-268-6111 |

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. More information on services offered, how to get a library card and events for all the Brevard County libraries can be found at brevardfl.gov/PublicLibraries.

All Brevard County Public Libraries will be closed Monday, May 29 for Memorial Day.

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.

5/2 & 5/16, 3:00-4:00 p.m.: **STEAM** time. Ages 6-12. Come build & make things with us! Activities centered around Science, Technology, Engineering, Art & Mathematics.

5/3, 6:30 p.m.: **Bookworms Bookclub,** see the Reference desk for monthly book selection.

5/3, 5/17 & 5/31, 1:30-5 p.m.: **Community Support Advocate** office hours. Can help with Housing Assistance, SNAP Benefits, Social Security/Medicare Benefits and more.

5/4, 5/18 & 5/25, 1-3 p.m.: **SHINE Medicare assistance** through the Senior Resource Alliance of Brevard.

5/6, 10:30 a.m.: **Spring Doorhanger Craft** class. \$40 fee due at signup. Registration ends 5/3. See Reference Desk for more information or sign up.

5/11, 10 a.m.: **North Brevard Public Library Advisory Board Meeting.**

5/13 & 5/27, 10 a.m.-noon: **Pokemon Club of Port St John.** All ages welcome.

5/24, 6:00 p.m.: **Friends of the Port St. John Public Library** Membership Meeting. All are welcome!

6/1 : Registration begins for the Port St John Li-

brary **Summer Reading Program!** See the Youth Services desk for information.

6/3 10 a.m., 1 p.m. at the Catherine Schweinsberg Rood Central Library in Cocoa : Brevard Libraries' **Summer Reading Kick-off Party** with Balloon shows, face painting, & big vehicles.

New US1 Lighting Project

A new project has started to light US1 between Camp Rd. and Fay Blvd. The project includes 67 new light poles with most of them placed in the medians to light both sides of US1. A few of them will replace existing lights.

The project officially began last month with verifying the physical locations for installation in case the engineering surveys provided in the bids won't work exactly. Parts of those plans were done from the Florida State Plane program surveys and there may be underground utility conflicts. Those locations have been corrected accordingly and construction started.

The work to be done installing the electrical lines, control boxes, connector boxes, etc. has started. You'll see some ground crews working on those. Later the new 40' tall poles will go up and the luminaires attached on their arms.

The most obvious work will be the new 40' tall poles going up and the luminaires being attached on their arms. The poles in the median will be two-armed, one to light the northbound lane and one to light the southbound lane. The poles in the medians will have 12' arms extending to each lane.

But there will be other work to be done installing the electrical lines, control boxes, connector boxes, etc. You'll see some ground crews working on those.

Work will be done mostly in daylight and nights when necessary. Since most of the installs are in the median, single lane closures are expected to be minimal. When they are necessary, the periods of heaviest traffic will be avoided. A process has already been created to inform the public of lane closures in advance. (Read: when we should use Grissom instead of US 1!)

Appropriate cutoff boxes will be located along the route for maintenance and of course, storm damage repair. The 2-armed poles will hold two 175 watt LED lights, much brighter than the lights currently used. The eight single light

poles used at merge lanes and the 6-lane intersections will be placed on the sides of the road and will hold a 295 watt LED light. All of them will be placed on concrete pads and have their own grounding rods.

Jim McGee, a retired local firefighter and longtime resident of Port St., John, is the person who started the ball rolling with a phone call to DOT on August 1st, 2018. During that first phone call, Jim voiced his concern about how dark US1 is throughout Port St. John and Sharpes, and the number of wrecks and pedestrian fatalities that had occurred over the years. An email chain between DOT and himself lasted until around July, 2020. At which time longtime PSJ resident Wayne Weathers took over the email exchange to keep up with the progress of the project.

Now Jim's request and perseverance, along with FDOT's hard work, are coming to fruition. The project is planned to be finished by November 8th of this year, subject - of course! - to weather (storms!).

Please be cautious and respectful of the workers while this project is being done. They are moms, dads, sons and daughters of someone and they're just doing a job that makes it much easier and safer for us to drive at night. We all want them to get home to their families again.

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 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.

www.happenings.net

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or email: happenings1@att.net

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SLEEPY HOLLOW



Fruit From The Groves

There have been a number of traffic accidents out here in the Groves in the last month. People have sustained serious injuries and there have been fatalities. All these accidents were caused by carelessness, people violating the traffic laws and by being stupid. There is no need for drivers to double or triple the speed limits on the roads they are on, or pass when there is a double yellow line. By doing this, they are endangering their lives and those of others. Please leave early enough to get where you are going. Come to a Complete Stop at All STOP signs. The roads are what they are and they aren't going to change, so drive safely.

Brevard County Fire Department and Four Communities Fire Department have been busy with numerous traffic accidents and medical calls. We are still in the dry season and fires could spread rapidly. Please be careful with all fires when they are allowed.

Brevard County Sheriff's Office has been out in the Groves patrolling. If you see something and that includes reckless driving, please call them at 321-264-5100. This is the only way they will know what is going on out here and be able to adjust their patrol routine.

Waste Management has asked that trash and recyclable barrels be put out the night before and

be at least 3 feet apart. They can be contacted at 321-636-6894 for scheduling of large items.

Canaveral Groves Homeowners Association has replaced the signs on Canaveral Groves Blvd. at Pine Street and Coconut Street. These signs welcome people to the Groves.

There is a meeting planned for the Canaveral Groves Homeowners Association on June 8th, 2023 at 7 p.m. at Christian Community Church on Grissom Parkway.

Ed Silva

Canaveral Groves Homeowners Assn.

The Children's Center Welcomes Advanced Care Partners - Pediatric Prescribed Extended Care Center Now Open

Parrish Healthcare is pleased to announce that Advanced Care Partners' Pediatric Prescribed Extended Care (PPEC) center is now open. Located within The Children's Center, a service of Parrish Healthcare, at 5670 S. Washington Ave, Titusville, the PPEC center will provide comprehensive medical care and support services to children with complex medical needs up to age 21.

"Our Titusville PPEC center is equipped with state-of-the-art medical equipment and staffed with highly trained and compassionate health-care professionals," said Cristol Therien-Douglas, PPEC Administrator of Advanced Care Partners. "We specialize in providing quality care for children with medical needs that are 100% covered by Medicaid." The Titusville PPEC provides service 12-hours per day, for as many as six days per week with a qualifying diagnosis, such as gastronomy tubes, feeding tubes, central lines, trach tubes and many more.



PPEC services include skilled nursing care; physical, occupational and speech therapy; educational programs; nutritional support and more. We provide a handicap-accessible playground with a new wheelchair swing to ensure every child enjoys their time at our PPEC.

"We are excited to welcome Advanced Care Partners to The Children's Center," said Vanessa Greco, manager of The Children's Center. "Our mission is to be a one-stop resource for childhood health and development services, and the addition of Advanced Care Partners' PPEC is a perfect complement to our programs and services," added Greco.

The Titusville PPEC center is now accepting new patients. To schedule a tour or learn more about our services, please visit:

www.advancedcarepartners.com/for-ppec-daycare/ or www.parrishhealthcare.com/the-childrens-center.

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?

Rose's Room

~ Rose Padrick



Be careful what you wish for...

I might be a little Pollyanna-ish but I seem to be noticing a very slight improvement of the swirl of terribleness raging around us. I'm certainly not an expert, but while I sit and tap into this machine it seems the tight grip some leaders have on their countrymen may be lessening just a bit. I pray I'm correct and citizens will be able to breathe free soon.

Many moons ago I was asked what my mental image of a perfect Mother's Day would be. Since the person asking was also a young mother of kindergarten and first grade darlings, who had also just spent an hour cleaning the kitchen-wide evidence of small hands preparing her special breakfast, she totally agreed with my dream.

Imagine if you will...Waking up – not be awakened by "I'm tellin!," "Honey, where's my ___ (insert missing object in plain sight atop hubby's dresser)," or the blasted alarm clock; opening your eyes to perfect silence, save for the neighbor who measures his grass with a ruler and mows at daybreak; the aroma of freshly brewed coffee that you didn't brew wafting through the bedroom door and mingling with the fragrance of the Gardenia petals lying in the bathtub awaiting the addition of all the hot water you choose to use; the dog has been fed and walked, the cat banished to the kid's bedroom; cinnamon raisin bagel and cream cheese on one of the fancy dishes next to the toaster and a wonderful hand-made card you actually have time to read and smile about as you linger over your breakfast and first cup of coffee, poured into a fancy cup AND saucer, embellished with real vanilla flavored cream and brown sugar. Soaking in spa-like Gardenia petal filled hot water while sipping the second cup of coffee you try to

decide whether you would prefer a green tea or blueberry mask and which hue you will choose for your fingertips. But you're not fretting over the decisions because you have hours before hubby has completed his promise of taking the kids out to breakfast, then a movie and playground, stopping for dinner with the large mouse so they can play games also, before hitting the jewelry store to choose just the perfect bauble to commemorate this day.

Our side-splitting guffawing broken by, "My toy!" "No! Mine!" as we were brought back to reality with a real thud by sobbing children, dirty dishes, husbands turning the air blue trying to repair the boat, whining dog and cat with a bad case of the zoomies.

Since the Kleenex company had not debuted Lifetime movies yet, my friend and I knew and accepted that these were the snotty nosed, sticky hands, screeching over everything days. We assured each other that we needed to enjoy this time with our babies under our feet, on our laps and eating from our plates because we had been told by our mothers so many times that they would pass very quickly and we will miss them.

As I aged and my babies left one by one to live their own lives and raise their own families, I became wiser and realized my mother was far from truthful about what I would be missing!

I certainly miss tiny footsteps padding into my bedroom and slipping under the covers, I do not miss the freezing fifteen-year-old feet slipping in so their owner can apologize for the latest scream-fest – while I'm sleeping. I miss first steps and excited clapping, I do not miss snotty noses... at all. I miss proud showings of kindergarten paintings. I never again want to have to hide my tears as I help a little bit scared five-year-old onto the school bus for the first time.

Being the matriarch of enough offspring to create a small city, I have carried on the time-honored tradition of lying to them as they became parents...The only difference is that all the spouses in my clan are moderns who actually do take their kids to breakfast and mouse places while moms hit the spa.

I thought I would be just a little bitter, but I can't stop smiling as I add hot water to my own Gardenia petals and plant a tiny seedling in the latest Best Mom Ever coffee cup to add to the

collection on my windowsill.

Ladies, feel free to show certain portions of this to hubby.

FPL Bill Decrease Approved For May

The Florida Public Service Commission (PSC) has approved FPL's petition to reduce customer rates beginning in May through December based on a downward revision in projected natural gas costs for 2023. The monthly bill for a 1,000-kWh residential customer will be reduced by \$4.43 in May. Even before the May reduction, FPL's typical residential bill is well below the national average and among the lowest in Florida. The PSC previously approved a bill increase to take effect in April to pay for costs from hurricane restorations and higher fuel prices in 2022.

In addition to the residential decrease, typical business customer bills will decrease starting in May between 3% and 4% depending on rate class compared to current rates.

Many Floridians are facing challenging times and no one wants to pay more for electricity. FPL continues to improve the fuel efficiency of its power plants and invest in low-cost renewable energy that is reducing the fuel portion of customer bills. According to their data, the ongoing modernization of their power plant fleet has saved customers approximately \$14 billion in avoided fuel costs since 2001. In addition, investments in storm hardening, which improve the resiliency of the energy grid and help speed restorations after storms, also helped to reduce storm costs.

Saving energy is the most effective way to save on your electric bill. Check out www.fpl.com/save/lower-bill/tips.html to discover quick and effective ways to help you conserve energy.

You can also check your eligibility for FPL Budget Billing at www.fpl.com, which gives you more predictable electric bills by evening out your energy costs over the year so you pay about the same amount each month.

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Honoring Motherhood

Happy
Mother's
Day

May 14

We believe in the power of Motherhood.

We believe in the the power of Unconditional Love.



parrishhealthcare.com

Healing Families—Healing Communities®