

HAPPENINGS

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SERVING PORT ST. JOHN & CANAVERAL GROVES

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

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

Martin Luther King, Jr. Show At The Shuler Stage

At the Shuler Stage:

THE MOUNTAIN TOP - Rated PG-13

February 23 - March 3, 2024

There's a storm brewing at the Lorraine Motel. And the electricity in room 306 may just overpower the lightning outside, as a weary hero receives a smoke and a reality check from a mysterious housekeeper; both of them roiled by the repercussions. A growing moment of connection, unpredicted and unpredictable. It's a conversation about racism and justice and holey socks; about the divergent paths of legacy and how sometimes a great man is also human. A riveting, poetic journey through Martin Luther King Jr.'s missing minutes on April 3, 1968.

The Shuler Stage is an open-air pavilion with amphitheatre-style seating located at 316 S. Palm Ave., Titusville.

Show times are Friday and Saturday at 7:30 p.m., Sunday at 3:00 p.m.

Gates open 30 minutes before show time. NO late seating or at the discretion of the House Manager.



\$20 VIP Seating* (No Discounts)

\$15 General Admission* (No Discounts)

For more information or to purchase tickets, visit <https://titusvilleplayhouse.com/>.

ASM Announces Four Events For 2024

The American Space Museum will have its annual space worker celebration, ShuttleFest III, and three memorabilia shows as part of their exciting 2024 calendar of events. The non-profit organiza-

tion in downtown Titusville will have ShuttleFest III on Saturday, April 13 at Hyatt Place Titusville with the theme "More Than Astronomy Missions." This year the event will focus on unusual events surrounding the Astro telescope and several interplanetary satellite missions in the 1990s. The annual celebration of the Space Shuttle Era on April 13 at Hyatt Place will feature morning and afternoon panel discussions with astronauts, space workers, and VIPs of NASA and the space industry. They will discuss and take questions about aspects of the featured Shuttle missions that may not be common knowledge. Admission will be a \$20 donation to the museum, and there will be an event T-shirt and a special event coin created by artist Tim "The Patch Guy" Gagnon.

The museum and its umbrella U.S. Space Walk of Fame Foundation will host three Saturday memorabilia shows at the Beachside Hotel & Suites in Cocoa Beach on Feb. 17, July 27 and November 2, each from 9 a.m. to 3 p.m. Admission to each event will be a \$10 donation to support the museum.

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PSJ Community Center Schedule - February, 2024

The center is open Mondays–Thursdays from 10 a.m. to 7 p.m., Fridays from 9 a.m. to 6 p.m., Saturdays 10 a.m. to 2 p.m. **Schedule is subject to change.**

For latest information about any of these programs or to register, call 321-633-1904.

Mondays

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

Tuesdays

Seniors At Lunch, 10 a.m.-1 p.m.
Outside Basketball, 10 a.m. - 7 p.m.
Game Room, 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 Classes (ages 3-6) 5:10 - 5:55 p.m.

Wednesdays

Seniors At Lunch, 10 a.m.-1 p.m.
Outside Basketball, 10 a.m. - 7 p.m.
Game Room, 10 a.m. - 7 p.m.
Billiards, 10 a.m. - 7 p.m.
Community Cares Aftercare, 2:30 - 6 p.m.
14th and 28th, Culinary Kid's 4:30 - 6:00 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, 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, 9 a.m. - 6 p.m.
Seniors At Lunch, 10:00 a.m.-1:00 p.m.
Dancing Little Stars - Tiny Tots (ages 1-3) (Parent Participation), 10 - 10:45 a.m.
Dancing Little Stars - Beginner Ballet (ages 2-4), 10:45 - 11:15 a.m.
Community Cares Aftercare, 1:30 - 6 p.m.

Coming soon on Monday evenings:

Zumba Fitness with Diana

I will take the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you'll see why we call Zumba exercise in disguise. Super effective? Check. Super fun? Check and check.

Bring your water bottle Wear close-toed tennis shoes *bring a small towel* Bring your smile* Bring a friend!! Only \$8 per class.

About Kel's Kitchen - Culinary Kids—Every other Wednesday at 4:30-6:00 p.m. A special program for the child who has a keen interest in all things culinary. The focus is on developing foundational skills to carry into your kitchen at

home. \$20.00 per child. Adult must accompany child. Please register at 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 full-scale dance recital is held at the end of the dance season in May. Enrollment is open through February. Tuition is \$60 per month with the recital costume included with tuition. Register online at www.dancinglittlestarsbrevard.com.

About Yoga With Diane - 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. 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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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
Alcoholics Anonymous meets on **Sundays** at 5 p.m, Tuesdays and Thursdays at 6:30 p.m.

Women's AA meets on Mondays, Thursdays and Fridays, 10 a.m.

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Good Day!

City of Cocoa Utilities

The City of Cocoa Utilities sent out a letter to customers which said that they had not adhered to the approved monitoring plan. The letter stated during first quarter of 2023, one of the synthetic organic contaminants Di (2-ethylhexyl) phthalate (DEHP) exceeded the Regulatory Detection Level (RDL) but was below the Maximum Contaminant Level (MCL), which triggered them testing for four consecutive quarters. They had only completed two quarters. It then stated it wasn't an emergency, but some people who drink water containing DEHP in excess of the MCL over many years may have problems with their liver or experience reproductive difficulties, and have an increased risk of getting cancer. This letter did not make me feel safer.

Reference: <https://www.cocoafl.gov/238/Water-Customer-Service>

Split Oak Issue Update

The Split Oak Forest conservation area was acquired by Orange and Osceola counties to protect wildlife habitats and endangered species, and Orange County recently voted to not agree to toll road through the Forest. Osceola County has prepared another planning document giving them complete oversight of the conservation area, removing Orange County. They hope to stop Orange County's disagreement with the toll road running over a mile into the forest that is supposed to be protected in perpetuity.

Since Split Oak Forest is managed by Florida's Fish and Wildlife Conservation Commission, which already voted to contact the Central Florida Expressway Authority to remove conservation easements to allow the toll road, now everything is in question.



If this is allowed, it will bring up impacts throughout the state for the many conservation lands that were supposed to be protected. I mentioned last month that conservation easements should provide a permanent guarantee that the land will not be developed, and are supposed to protect the land in "perpetuity!" Orange County Commissioner Emily Bonilla said commissioners are set to discuss Split Oak Forest further in February.

Reference: <https://www.msn.com/en-us/news/us/osceola-county-battles-orange-county-over-new-plan-for-split-oak-toll-road/ar-AA1mwVTX>
Titusville Right to Clean Water

Titusville voted on December 12th to continue their fight against the approved Clean Water Charter Amendment to a higher court. Although Speak Up Titusville lost the vote to stop the city, I feel it is still a win as we have convinced two of the council, Mayor Dan Diesel and Vice Mayor Joe Robinson, to stop fighting the people. This is not just a Titusville issue. Everyone should be concerned, as pollution doesn't stop at the Titusville border, but can affect us all. Titusville has spent over \$100,000 so far of taxpayer money. The hired attorney said it could cost another \$30,000 to keep fighting the issue. Speak Up Titusville (the citizens) has spent over \$24,000 to fight Titusville's lawsuit. They have had to raise funds from the community.

Reference: <https://www.youtube.com/watch?v=AlJgsjc64qk&t=6787s>

Florida Legislature Environmental Bills

The Florida Legislature is doing everything they can to ensure Florida development is not hindered by environmental concerns as the following will show. There are five bad bills and ten good bills, besides a bad local fertilizer ban that may be extended:

- CS/SB 738: Environmental Management

Senate Bill 738 by Senator Danny Burgess and House Bill 798 by Representative Toby Overdorf requires the losing party in legal challenges against the Department of Environmental Protection (DEP) or a water management district to pay the court costs and attorney fees for the prevailing parties. These bills' sole purpose is to make going to court to enforce environmental laws and rules financially impossible for individuals and non-profits.

- SB 664: Land and Water Management

This bill will block local governments' working any wetland "dredging and filling requirements"

and leave all decisions to the state. The bill creates hurdles for local governments if their wetland protections are stronger than the state's requirements.

- HB 1547 - Local Government Actions

This bill makes it easier for private or for-profit fertilizer production and distribution companies to challenge local government decisions that affect their business. If the local government disapproves a company's permit, the company can appeal to the state to review the decision. This bill seems to be written for Mosaic, a phosphate fertilizer that paid \$25,000 for a fundraising event for the bill's house sponsor Rep. Lawrence McClure, R-Plant City, after he sponsored a bill that was signed by Gov. DeSantis to study the use of phosphogypsum, a radioactive byproduct of phosphate's manufacturing process for road construction.

- SB 684: Residential Building Permits

This bill will streamline building permits, requiring local governments to have a program to speed up the issue of residential building permits and reduce applications down to three days instead of the current ten days. The permits will also be valid indefinitely. They say this is to relieve the state from all their hurricane damage, but it seems it will also limit city and county control over building requirements and permits.

- HB 339: Agritourism

This bill prevents local governments from limiting activities associated with agritourism, which traditionally offer on-farm recreational experiences for consumers. The bill's language includes breweries, wineries and food stands under the umbrella of agritourism.

- SB 338: Safe Waterways Act

The Safe Waterways Act aims to inform the public, through digital messaging and on a central website, of the risks of a waterway. Bacteria testing at beaches will be the responsibility of the Florida (DEP) instead of Florida's Department of Health.

- CS/HB 321: Release of Balloons

We've seen in the news people releasing balloons to remember a loved one or celebrate a birthday. The trouble is, these balloons are bad for the environment. Fish, sea turtles and other creatures mistake the balloons for jellyfish, and being plastic, they can take what feels forever to biodegrade. The bill prohibits any intentional release of balloons, and released balloons will be classified as litter.

- CS/SB 32: Mangrove Replanting & Restora-

tion

This bill requires the (DEP) to establish rules for mangrove replanting and restoration. The bill also requires a study to determine if mangroves could reduce insurance premiums since they provide flood protection.

- SB 298: Saltwater Intrusion Vulnerability Assessments

The bill would allow counties along the coast to receive grant funds from the Resilient Florida grant program to verify areas vulnerable to saltwater intrusion, then update the state's sea-level rise and flood vulnerability data.

- SB 38: Flood Zone Disclosures for Dwelling Units

This bill would help renters. Before leases are signed, renters would have to be told if the property is in a flood zone and be told if the property flood zone changes.

- SB 484: Flood Disclosure in the Sale of Real Property

This bill informs a resident or buyer if the property has a flood risk, any flood damage a home might have, and if the seller had ever received any federal assistance because of flooding.

- HB 723: Everglades Protection Area

This bill ensures that any proposed amendments that involve land within 2 miles of the protected area of the Everglades are reviewed by the (DEP). The EPA must then make suggestions on how to prevent any damaging effects.

- HB 1153: Advanced Wastewater Treatment

This bill will assess the wastewater treatment plants and any nearby water bodies that received discharged, treated sewage. The data would be used for a prioritization list for upgrades in the state.

- SB 452: Land Acquisition Trust Fund

This bill pulls \$20 million each year from the Land Acquisition Trust Fund (a fund for purchasing and conserving the state's land) to protect water resources and produce new water supply options in Central Florida.

- SB 566: Land Acquisition Trust Fund (yes, same name)

Another bill, but same name, expects \$20 million annually from the Land Acquisition Trust Fund to go to the Florida Keys to protect or restore marine ecosystems, or obtain land for conservation efforts.

- Fertilizer Ban

Last year the legislature gave the University of Florida \$250,000 to study the effectiveness of local fertilizer bans. The bill stopped cities or counties from adopting any new fertilizer ban until July 1 of 2024. Would you believe the fertilizer ban and the study were suggested by the TruGreen lawn care company?

Reference: <https://mailchi.mp/ce4323a1cbdc/stopsb738-6270293?e=7c69ade77d>

Space Updates

The Artemis II mission was supposed to be in November. It now sounds like it will be at least next year before it goes. The first-ever crewed Boeing CST-100 Starliner in April of this year and the first-ever uncrewed flight of the Sierra Space Dream Chaser (small commercial shuttle) are expected to launch as soon as this spring. In addition, Blue Origin could launch its first heavy-lift New Glenn rocket from Florida before the end of this year.

The Biden administration is asking for \$1.3 billion to revamp infrastructure over the next five years at the Space Force's ranges in Florida and California. This is to repave or widen roads on both Cape Canaveral Space Force Station and Vandenberg Air Force Base. They also need to refurbish

and expand facilities to supply nitrogen, helium and propellants to the various launch pads. Apparently, they are also calling themselves spaceports instead of ranges as they picture the facilities as airports of the future.

NASA is projecting 225 launches per year by 2030 between Kennedy and Cape Canaveral Space Force Station. Space Force wants to concentrate on improvements as they are nearing capacity at Cape Canaveral Space Force Station. Vandenberg has a bit more space available.

Reference: www.wfit.org/environment-and-science/2024-01-14/here-are-the-environmental-bills-to-watch-as-floridas-legislative-session-starts

Florida Tax System Worst in States for being Unfair to the Poor

In a January 10th Newsweek article, the Florida Tax System was rated as the most unfair of all fifty states according to the Institutes on Taxation and Economics Policy Report titled, "Who Pays." In the document, Florida's poorest 20% of families pay 13.2% of their income in taxes, where the top 1% richest families in Florida only pay 2.7% of their income in taxes. Florida's middle 60% of families pay 9.1% of their income in taxes. I know everyone says Florida is better with no income tax, but the state relies on consumption taxes such as regressive sales and excise taxes, where the lower your income, it costs you more to live than if we had an income-based tax system.

Reference: <https://www.newsweek.com/florida-tax-system-most-unfair-poor-study-1859493>

<https://media.itep.org/ITEP-Who-Pays-7th-edition.pdf>

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~ Maureen Rupe

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

ASM Build-A-Brain Presents



Amazing Water

Classes are February:

1, 8, 9, 10, 13, 14, 15, 16, 17, 24, 27, 28

Water! The most amazing molecule in nature has so many amazing properties that it gets its own workshop! Come this month to do experiments with surface tension, the “sticky” property of water, and more. We will be making water into rocket fuel (Big Boom), and blowing cube shape

soap bubbles. This class will be awash with cool activities...

It will be lots of fun, as well as educational and it's FREE, but donations are accepted.

Please, remember to park out front and enter through the back door. Thank You.

These FREE classes are offered on each of the listed dates at 10:00, 12:00 and 2:00. 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.

If you have a group of NINE or more, please contact Professor Darin to schedule private STEM class times.

For more information, please contact the American Space Museum at 321-264-0434. The address of the museum is 308 Pine Street, Titusville.

American Space Museum & U.S. Space Walk of Fame Foundation is a non-profit, 501(c)(3) charitable organization.

The museum is open for public tours Monday through Saturday, 10 to 5. For more information, call 321-264-0434 or email info@americanspacemuseum.org.



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Thunder Over Indian River Golf Classic

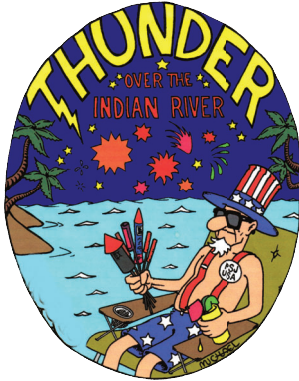
Our Sixth Annual Charity Golf Classic will be held on Saturday, April 20th at Indian River Preserve Golf Club. The cost is \$75 per person or \$280 per team and includes greens fee, cart, lunch, range balls and on-course contests. Registration will begin at 7:00 a.m. with the tournament's shotgun start officially starting at 8:00 a.m.

Afterwards, please join us for lunch, awards and raffle at about 12:30 p.m. All proceeds benefit the Port St. John Independence Day events and fireworks.

In addition to prizes for 1st, 2nd and 3rd place, there will be two "long drives," and two "closest to the pin" challenges, along with a putting contest. A hole-in-one wins \$25,000 toward the purchase of a new vehicle sponsored by Ron Norris Buick/ GMC, a 15 SEER A/C system sponsored by Freedom Air and Plumbing, or a Hybrid Water Heater provided by Freedom Air and Plumbing.

Anyone who does not play golf can still participate by sponsoring a golf hole for \$125 or attend the awards luncheon for \$20.00. For an application or additional info, email PSJCommunityFoundation@gmail.com or visit <https://portstjohncommunityfoundation.com/>.

The deadline to register is April 5th.



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On the Road With Rose



Environmental Learning Center

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Once again, we learn of more and more terribleness in more and more places in this world. We can only donate and help all we can wherever we can, and lift our heads skyward asking the Big Guy to please put his arms around those innocents caught in the midst and to please guide those in power to bring this awfulness to an end. Also, once again if you or someone you love has been touched by this hatefulness, please know you are not alone and prayers are being offered up.

The Environmental Learning Center is truly a hidden gem of fun-time learning! I usually report on places and things here close to home, but when I heard about E.L.C. I thought it might be worth the drive, and I was so right. My GPS reported that we drove for 56 minutes via I-95.

Tucked away in a little mangrove-y area leading into the Indian River Lagoon just this side of Vero Beach, E.L.C. is a piece of what Florida used to be like with very knowledgeable staff to help you identify what you're looking at. A small gift shop offers coastal themed t-shirts, jewelry, water and candy.

The day my fellow adventurer and I visited was a little too cool and rainy to bring any of my favorite fourth generation-ers, (especially since I couldn't remember who had the sniffles), so Judy and I were left to our own devices. (According to my children, not a good scenario, but that's another column.)

Julia and Mara were more than happy to explain all the facility has to offer- more than we could enjoy in one trip. Audio tours are also available for guests.

When you check in, ask for a backpack contain-

ing little nets, magnifying glasses, tweezers and anything else a little explorer may need to find and identify smaller denizens. You return them when you leave and there's no charge.

A short walk across the boardwalk ends at the Discovery Station. Filled with aquariums containing water dwellers from the Indian River Lagoon, including two that you can reach in and actually pet or hold, hermit crabs, various snails and small anemones. Sea Horses bob lazily – a lighter colored one trying to prove blondes really do have more fun – a lion fish that watched us as we passed and several puffer fish are just some of the high spots of the room. There's also a thought-provoking display of trash, mostly plastic, that was pulled from just a tiny portion of the lagoon. Peggy was on duty this day and is a treasure of information on anything in the room and lagoon.

Exiting the Discovery Station, we chose to walk Georges trail, but there are four easy walking trails that meander through and around mangroves. Plenty of benches offer seating and explanatory signs to educate on the flora and fauna. We stopped at the bridge and discovered evidence of a recent raccoon visit, including hints of his diet.

Next stop was the pond. Hundreds of minnows going about their business scattered as we approached and returned just as quick. Wading in the pond and netting the minnows is allowed as long as you return them into the water.

Wandering through the mangroves, we passed several covered pavilions with picnic tables. There are no BBQ grills, but a picnic lunch in the great outdoors is just as enjoyable and less clean up.

Ending up at the Imagination Station, we accepted the written invitation to please touch, even taking a book from the free library box. Preparing pretend food on realistic antique pots and pans, captaining an old fishing boat and just plain being outdoors will keep little ones occupied for a happy afternoon. Older kids can safely wander and discover animal tracks, or perhaps an animal or two. We didn't visit the teaching dock, canoe dock or Georges blind, but plan to do so very soon.

Pets are not allowed and as usual, remember the sunscreen, mosquito spray and please take only pictures and leave only footprints.

A leisurely drive home via A1A and US1 made for a wonderful Florida afternoon which could have only been made better by a stop for ice cream.



Rummage Sale & Bake Sale

Frontenac Baptist Church, 5500 N. U.S. #1 just south of Port St. John will be holding their annual Rummage Sale/Bake Sale on Friday and Saturday, February 23 and 24, 8 a.m. - 2 p.m. The event is FREE and everyone is welcome. Please come and help make it a success. We always like to see you!

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

Our church services are Sunday morning, Sunday School at 9:30 and Worship Service at 10:30.

Wednesday Evening Meal is at 5:30 p.m. and Bible Study and Prayer are at 6:00 p.m.

We are a small church with a big heart!

February Spotlight Artist

At the Downtown Art Gallery

February is the month for lovers. Art lovers get a special treat as the Downtown Art Gallery, 400 Orange St. in downtown Titusville welcomes Julia Simonello as it's February Spotlight Artist. Julia is known for her wild, wacky and whimsical creatures. As a mixed media artist with a love of bright, bold colors and energetic lines, she thrives on creating order out of chaos.

With no prior art education, Julia picked up the brush in 2018 and never looked back. She quickly discovered that her passion was not only painting eyes and expression, but also painting in a way that makes the viewer pause, consider and most of all, laugh.

Julia says, "I love to make people laugh. When my art makes someone smile, I've done my job. Often it's a surprise to see who will show up when I sit down at the easel. A curve of a lip here, the top of a head there, and suddenly a character rises to the surface. Each of my paintings takes me on a wild ride, sharing their secrets through texture, color and most importantly, their eyes."

Julia's art is on display at the Downtown Art Gallery Monday to Friday from 11 a.m. to 5 p.m. and 11 a.m. to 3 p.m. on Saturdays. For more information, call 321-268 -0122 or follow the gallery on Facebook.

Food For Thought

Fiber: Why You Need More of It

Fiber is an essential component of a healthy diet, and it doesn't just come from an orange container labeled Metamucil. It is a type of carbohydrate that the body cannot digest and is naturally in plant foods like fruits, vegetables, whole grains and legumes. While most people know that fiber is important, we don't give fiber the credit it deserves because fiber is much more than the nutrient that helps us poop. The recommended daily intake of fiber is 25 grams for women and 38 grams for men, but the majority of people only consume about half of that amount.

There are two types of fiber: soluble and insoluble fiber. Both types are important for overall health and should be included in your diet. Soluble fiber dissolves in water and forms a gel-like substance in the digestive tract. This type of fiber can help lower cholesterol levels, regulate blood sugar and improve heart health. Foods high in soluble fiber include oats, apples, beans, and flaxseeds.

Insoluble fiber, however, does not dissolve in water and adds bulk to the stool. This helps the digestive system run smoothly by promoting regular bowel movements and preventing constipation. Foods that are high in insoluble fiber include whole wheat bread, brown rice and vegetables like broccoli and carrots.

We know that one of the main benefits of fiber is its role in digestive health, but high-fiber diets have also been linked to lower risks of developing major diseases like cardiovascular disease. Fiber is crucial in heart health because it can help lower cholesterol levels by binding to cholesterol in the digestive tract, preventing it from being absorbed into the bloodstream. Studies have shown that a diet high in fiber can reduce the risk of developing heart disease by up to 40 percent.

Fiber can also help regulate blood sugar levels. Soluble fiber slows down the absorption of sugar into the bloodstream, which can help prevent spikes and crashes in blood sugar levels. This is especially important for people with diabetes, who need to carefully manage their blood sugar levels.

Fiber promotes feelings of fullness and satiety. Foods that are high in fiber tend to be more filling, which can help prevent overeating and promote weight loss. Studies have shown that people who eat a high-fiber diet tend to weigh less than those

who do not.

To increase your fiber intake, it is important to incorporate more high-fiber foods into your diet. One easy way to do this is by adding more fruits to your diet. Make a smoothie with berries and other fruits for a quick breakfast. Snack on a serving size of nuts or make a homemade bean dip which can be prepared ahead of time. When buying bread and cereals at the grocery store, pay attention to the nutrition facts label and choose ones that have fiber, and of course, include vegetables in your meals throughout the day. With a few simple changes to your diet, you can easily increase your fiber intake and improve your overall health.

Amanda Mahaleris, MS, RDN, LDN
Lighthearted Nutrition

Mental Health First Aid Training Available

Why Mental Health First Aid? Stress in the workplace. Family obligations. Negative memories you can't let go of. Everyone faces personal challenges and their journey to recovery and healing. Sometimes it is hard to know what to say or do to provide support, or even where to turn if you are struggling, but anyone can be the one to make a difference in the life of someone with a mental health or substance abuse challenge – if they know what to do and what to say.

That is why UF/IFAS Extension is introducing the Adult Mental Health First Aid (MHFA) course. Just as CPR helps even those without clinical training assist an individual having a heart attack, the MHFA course familiarizes people with the signs and symptoms of mental health challenges and teaches participants a five-step action plan to support someone experiencing a mental health crisis. It also identifies the importance of self-care and how to plan when we need self-care the most.

In just 12 years, Mental Health First Aid has become a full-blown movement in the United States — more than 2.5 million people are certified Mental Health First Aiders, and that number is growing every day.

This course will be held at the UF/IFAS Extension Office in Cocoa, (3695 Lake Drive, Cocoa), on January 31 from 9:00 a.m. – 4:00 p.m. All registered learners will complete a 2-hour, self-paced online assignment and participate in a 5.5-hour, in-person instructor-led training. Registration

starts at \$65.

To learn more and register for the program, visit: <https://loom.ly/5Citxik>. If you have any questions, please call us at 321-633-1702 or email Brevard@IFAS.UFL.edu.

The University of Florida is committed to providing universal access to all of our events. For disability accommodations such as sign language interpreters and listening devices, please contact the UF/IFAS Brevard County Extension Office at Brevard@IFAS.UFL.edu or 321-633-1702 at least 2 weeks in advance. Advance notice is necessary to arrange for some accessibility needs.

JPMF Golf Classic

Jess Parrish Medical Foundation (JPMF) has announced the law firm of Zumpano Patricios as the presenting sponsor for the annual Fran Gerrett Memorial Golf Classic on Friday, April 5. More than 200 golfers are expected to play the two-course tournament with all proceeds benefiting The Children's Center (TCC), a service of Parrish Healthcare and one-stop childhood development resource center. TCC provides a safe and healing environment for special needs and/or typically developing children to learn and grow, along with an array of health, education and human services under one roof.

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

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

The foundation welcomes all businesses and organizations to participate and support the event. A variety of sponsorship opportunities are available beginning at \$500. For information on sponsor opportunities, or to purchase chance drawing tickets, contact Jess Parrish Medical Foundation at (321) 269-4066 or visit www.parrishmedfoundation.com/golf.



Parrish Healthcare Career Fairs/ Hiring Events/ Open Interviews

Parrish Healthcare will be hosting a Career Fair in the Atrium every Tuesday at Parrish Medical Center, 951 N. Washington Ave., Titusville. Enter through the front entrance of the hospital and tell security you are there to see HR for Open Interviews. The Career Fair will be 9:00 a.m. - 12:00 p.m. on:

February 6, 2024
February 13, 2024
February 20, 2024

There are job openings in ALL positions!
Dress to impress, bring a couple of copies of your resume and a smile!

The Event Coordinators for these events are:
Shannon Lapinski
Sr. Human Resources Specialist
recruitmentandretention@parrishmed.com

Tori Watson
Human Resource Specialist
recruitmentandretention@parrishmed.com

These events are FREE. No registration is required. For more information, visit www.parrishhealthcare.com/events.



Looking For A Job?

Visit <https://careersourcebrevard.com/career-services/hot-jobs-now/>. Go back each weekday to view the latest job openings in the Brevard County area. Visit Employ Florida at www.employflorida.com

www.employflorida.com/vosnet/Default.aspx and search by job order number to learn more about each job. You must create an Employ Florida profile to apply for jobs. Click the Employ Florida logo at the top of the Hot Jobs page for a step-by-step guide for help.

You can also get information on upcoming Job Fairs and links to:

- Introduction to Career Services
- Explore Careers
- Education and Training Programs
- Tour Of Services
- Special Programs
- For Young Adults
- For 50+ Job Seekers
- For Veterans
- Military Family Employment
- Workers with Disabilities
- Non-Custodial Parent Employment Program
- Partner Placement Services
- Assistance Programs

Career centers are open Monday through Thursday, 9 a.m. to 6 p.m. and Fridays, 8 a.m. to 5 p.m. Walk-ins are welcome! To schedule an appointment, please call 321-504-7600. For jobs, events and news, text JOBS321 to 321-394-9603.

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Monthly Tax Update



Welcome, everybody. I am Pedro Baldeon, EA. I have been preparing tax returns for over seven years. For the last four years, I have been working for Higginbotham

Companies, Inc. under Tracey's guidance, and it is time for me to take the reins and write the monthly tax update articles.

Shortly after January 31st, everyone should receive your tax Forms 1099-INT, 1099-R, W-2, 1099-NEC, and by the end of February your Forms 1099-S, 1099-DIV, and 1099-B.

Next, an important reminder for taxpayers with health insurance through the Marketplace: go online at Healthcare.gov, log into your account, and download your Form 1095-A, or contact your insurance agent. You can't imagine how many tax returns have been rejected because Form 1095-A was not reconciled in the return.

Also, for taxpayers with a qualified child, don't forget to pick up your yearly statement from childcare, which will be used to claim the

childcare credit.

In addition, taxpayers claiming Earned Income credit (EIC), child tax credits (CTC), and additional tax credits should file their tax returns before February 15th, 2024. This may prevent someone else from using your dependent's information to file taxes before you fraudulently.

By Law, The IRS can't issue any EIC or CTC refunds before mid-February; on the IRS website, the section "Where's my refund" will show an updated status by February 17th for early filers claiming any EIC or CTC. But, you could expect to get your refund by February 27th if you filed electronically, there are no issues with your tax return and you choose direct deposit. So, gather your documents for your appointment with your tax advisor.

This year, for people with businesses, we have a new reporting requirement by The Financial Crimes Enforcement Network (FinCEN) and The Beneficial Ownership Information (BOI). In 2021, Congress enacted the Corporate Transparency Act; this Act was implemented to make it harder for bad people to hide their business. Beginning January, 2024, companies registering with the state must file the Beneficial Ownership Information Report (BOIR). It will gather information for anyone who exercises substantial control or

owns/controls at least 25 percent of the ownership interest of a reporting company. You will need to provide your full name, date of birth, complete current address and a picture of your U.S. ID, like a driver's license or passport. However, if an individual fails to report the Beneficial Ownership Information (BOI) and attempts to report false information, it could result in a Civil penalty of up to \$500 per day or prison for up to two years and/or up to a \$10,000 fine.

Finally, here is the guidance for the due dates; if the company has been registered with Florida Division of Corporations before January 1, 2024, they have until January 1, 2025. If your company was registered on or after January 1, 2024, they have 90 days to file after the company was registered with the state. If your company was registered on or after January 1, 2025, the company has only 30 days to file. Last, the company has to report any correction or update the information within 30 days.

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 Pedro L. Baldeon, E.A., (321) 632-5726, a member of the National Society of Tax Professionals.

FIRST BAPTIST CHURCH PORT ST. JOHN



men on fire

THIRD ANNUAL MEN'S CONFERENCE
FEBRUARY 9-10, 2024



Thomas McMillan
Guardrails Ministries

A powerful FREE* weekend event for Christian men. A FREE BBQ dinner and hot breakfast will be served.

Schedule

Friday, Feb. 9 5:00pm - 9:00pm
Saturday, Feb. 10 8:00am- Noon



Rex Tignor
Man Up Ministries

The spirit of a man is the lamp of the LORD, Searching all the inner depths of his heart.
Proverbs 20:27

(*a love offering will be collected)

Pre-Register Today at:
firstbaptistpsj.org/mens-ministry



Clay Stevens
Gateway Community Church

Scan to register.



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Tax Preparation is more important
now than ever before!!!
Don't be afraid to ask for help.

Parrish Healthcare Community Support Groups - February

Parrish Healthcare offers a variety of support groups as a free service to the community.

Parrish Healthcare Mom's Support Group

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

- When: Mondays, February 5, 12, 19, 26, 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's Fearless Café

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

- When: Wednesday, February 7, 10-11 a.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, please visit www.parrishhealthcare.com/FearlessCafe.

Parrish Healthcare Diabetes Support Group

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

- When: Monday, February 12, 3-4:30 p.m.
- Where: Heritage Hall, 931 N Washington Ave., Titusville
- Facilitated by Peggy McLaughlin, BSN, RN, CDCES
- For additional information, please contact Peggy McLaughlin at 321-268-6699.
- To register, please visit www.parrishhealthcare.com/DiabetesSupport.

Parrish Healthcare 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: Monday, February 12, 6-8 p.m.
- Where: Manatee Conference Room, 5005 Port St.

John Pkwy., Port St. John

- Facilitated by Kristina Weaver, Sleep Center Director
- To register, please visit www.parrishhealthcare.com/SleepSupport.
- For additional information, please contact the Sleep Center at 321-268-6408.

Parrish Healthcare's Caring for Caregivers Support Group

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

- When: Thursdays, February 8, 22, 9:30-11:30 a.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, please visit www.parrishhealthcare.com/CaregiverSupport.

Parrish Healthcare Stroke and Heart Survivors Support Group

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

- When: Tuesday, February 20, 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.

Early Steps Community Play Date

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

- When: Wednesday, February 28, 9-10:30 a.m.
- Where: The Children's Center, 5650 S. Washington Ave., Titusville
- Facilitated by Mary Cancel, Family Resource Specialist
- For additional information, visit parrishhealthcare.com/EarlySteps.

Parrish Healthcare Cancer and Survivor Support Group

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

- When: Wednesday, February 21, 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/CancerSupport.

Tools to Quit Smoking Now

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

- When: Tuesday, February 27, 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.

Parrish Healthcare's Amputee Support Group of Titusville

A safe and supportive environment for individuals living with limb loss or limb difference as well as their family. Join us for resources, education, fellowship, refreshments, and snacks on the second Tuesday of every month.

- When: Tuesday, February 13; 3-4:30 p.m.
- Where: Manatee Conference Room, Parrish Healthcare Center Port St. John, 5005 Port St. John Pkwy, Port St. John
- For more information and to register, visit parrishhealthcare.com/amputeesupport.

Kidney Smart Class

Take control of your kidney health by attending a 90-minute, no-cost Kidney Smart class led by expert educators in your community. You'll learn about chronic kidney disease and its causes, diet and nutrition, benefits of employment and managing insurance, and treatment choices that may be available to you.

- When: Thursday, February 29; 1-2:30 p.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- For more information and to register, visit parrishhealthcare.com/kidneysmart.

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





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

Classical Christianity Engaging the World

February is a busy month at St. Patrick's Anglican Church. We are transitioning from the season of Epiphany into the season of Lent. The colors for Lent are traditionally purple and they represent a somber and penitential season. The dark richness of the purple color should remind us to slow down and think about the sacrifice Jesus made for each one of us. The purple should also remind us of the robe the guard put over Jesus' shoulders as he went to his crucifixion.

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

Our Shrove Tuesday Pancake Dinner will be Tuesday, February 13th at 6:00 p.m., followed on Wednesday, February 14th by our Ash Wednesday Services at 7:00 a.m. and 6:00 p.m.

Starting on Wednesday, February 21st till March 19th we will be doing a weekly Lenten Study from 6:30 to 8:00 p.m. with a light soup supper. The subject for the weekly Lenten Study will be History and Significance of the Stations of the Cross.

On the last Saturday of the month, we offer breakfast for all Veterans, Spouses of Veterans, and Emergency Responders at 9:00 a.m. (February 24th). Please join us for a great breakfast and wonderful fellowship.

In February, we also have our monthly Crafty Ladies get together on the 3rd Monday of the month (February 19th) from 6-8 p.m.. Bring a craft or learn a craft (snacks and drinks provided). Come join us for great fun.

Please mark your calendars for our annual St. Patrick's Dinner, which includes corned beef with all the fixings. This will be on Saturday, March

16th at 6:00 p.m. Tickets will be available starting February 1st. Cost for the dinner is \$20.00 for adults and \$10.00 for children 13 and under. Please contact the church at 321-802-1311 or stop by at one of the services to purchase tickets. We will only have a limited number of tickets for the event.

Regular service schedule is: Holy Communion Service – Sunday 8 a.m., 10 a.m. and Wednesday 6 p.m. (During Lent we will be doing Stations of the Cross at 5:30 p.m. on Wednesdays). Morning and Evening Prayer Services are – Monday through Friday – 9 a.m. (available through Facebook Live only at <https://www.facebook.com/StPatspsj>) and Friday 6:00 p.m. (in person and Facebook Live).



You are invited to the 30th Bark Brew Fest presented by Tails at the Barkery and the Dirty Oar Beer Company on Saturday, February 17th, at the Dirty Oar Beer Company from 5:00 to 7:00 p.m. in Historic Cocoa Village.

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

All proceeds to benefit golden retrievers and golden retriever blends rescued by Golden Retriever Rescue of Mid-Florida, a 501(c)3 non-profit, whose ongoing mission is saving, protecting and rehoming golden retrievers and golden retriever blends that have lost their home and family. Serving our community since 1991 and supported by an all-volunteer staff, donations, and foster homes, GRRMF provides intervention, medical care, a home based foster care environment, adoptions and community education.

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

We hope you can join us!

For more information, contact Golden Retriever Rescue of Mid-Florida, www.grrmf.org, or Tails at the Barkery, (321) 305-4584, or Dirty Oar Beer Company, (321) 301-4306.

Rose's Room

~ Rose Padrick



Family portrait

Family means everything to all of us. We can not possibly fathom how parents' hearts and souls are being ripped to shreds by the horribleness going on around the world. Words mean nothing but perhaps a little understanding in a world that seems not to care. I'm sending prayers for peace and healing, and invite everyone to please join me.

It is a very special moment in a grandparent's life when there is a gathering of grandchildren, especially so when the gathering is totally voluntary, spontaneous and non-holiday.

I recently had occasion to thank The Big Guy for just such a gathering, and to my joy it lasted the whole afternoon. That they were all from different of my offspring made it all even more special. Following his grandfathers' footsteps into the Army, Hayden was on his last days of leave before being deployed. Following his father's and brother's footsteps into the Navy, Nicholas was on his first days of leave before being assigned to a ship. This Grammy's heart 'bout burst when the cousins took precious hours out of their days to take me to breakfast.

A couple of hours occupying a booth that quickly filled with all kinds of military acronyms I totally did not understand passed so quickly I barely had time to tear up...but I managed. They bravely tried to explain, but upon noticing my blank stare returned to the English language, but not before dropping one more 'Squid' and 'Dogface.'

I had to question if The Big Guy was granting me one big day of family love before calling me home when a third grandson descended from yet another of my offspring called to say hello

- continued on next page

- Rose's Room, continued

and jumped at the chance to pick up yet another grandson, meet at my new condo and spend time with cousins not seen in a long time. And, "Oh, yeah, you too Grammy"

Watching R.J., who was just landing after giving up a job and relocating to help his mom post-surgery, and Dominic, preparing to make a big life change to be closer to his son, and the two military men sitting almost knee to knee in my little living room swapping 'remember when' stories made this old Grammy button-bursting proud. And as usual, when the 'remember when' stories brought out the long-hidden secrets of how certain things really happened made this old Grammy have retroactive panic attacks. I do have to wonder how these four remained so innocent in all those misdeeds and all the cousins who were not here were totally responsible for everything!

Sitting to the side to allow The Four unfettered interaction while watching my large supply of chocolate chip cookies and soda disappear almost as quickly as when their parents entrusted them to my care, I couldn't help but see them as in days long past. Where did the time go? How did my

little ruffians become such mature and successful men? Another tear appeared as I found myself wishing I could somehow magically shrink them in both years and size.

The tear quickly disappeared when one cousin playfully punched another on the shoulder...another messed up another's hair...another tried to pull a tee shirt over another's head... Head locks and knee pokes ensued...

Slapping a spatula on the counter, I threatened to call mothers if they didn't stop fooling around – again, as in days past. I also declared that since we had no idea when this gathering might ever happen again, I would like pictures – again, as in days past.

Ignoring moans and rolling eyeballs, I told them I have always wanted a nice, sophisticated family portrait sans rabbit ears and fingers in ears that I could show off to the persons who do have said portraits done. I asked (ordered) them to please line up behind me in order of age. Snickering, because they know I do not remember their birth order, they quietly arranged their precious selves behind me. I assumed what I hoped was an Elizabethan pose and another loved one took

several pictures.

I thought it a tad strange when they all had to leave quickly, but reminded myself they are all full-grown men who had important stuff to do.

I guess the important stuff carried over to when I saw the pictures and tried to call to 'THANK' them.

~ Rose Padrick



A proud Grammy Rose with her grand not-children-anymore boys




Former 'China Garden'
Est.2003



Visit Yuzumi.us for more menu options.

Your food, Your way, Freshly made!

Hello everyone! Just a quick heads-up – due to nearby name duplicates causing some inconvenience for our diners, we've decided to change the name from "China Garden" to "YUZUMI." The official sign swap is scheduled for early 2024. In our commitment to better serve the community we'll be upgrading the restaurant's image, services, and cuisine. Thanks a bunch for your continued support!

TOP 1



✓ Orange / General Chicken
*Sesame Chicken

\$11.95

TOP 2



Sweet&Sour Chicken
*Honey Chicken

\$11.95

TOP 3



Bourbon Chicken

\$11.95

TOP 4



BBQ-Boneless Ribs

\$11.95

TOP 5



Beef with Broccoli

\$11.95

TOP 6



Lo Mein
'Fried noodles'

\$11.99

TOP 7



Singapore Mai Fun
'Rice noodles'

\$13.99

* All combo priced at \$11.95 (tax included) and come with fried rice + egg roll. Explore our diverse options: beef/chicken/shrimp/house specials, broccoli/onion/green pepper/mushrooms/mixed vegetables. Enjoy tasty snacks like wonton soup, dumplings, egg rolls, hot&sour soup, fried crab rangoon, shrimp rolls, and more Asian delights! Delivery fee is only \$3.5, and this month, orders over \$40 receive a free can of cola!

Oder Now! Delivery or Pick up
4795 FAY BLVD UNIT8 PORT ST JOHN, FL 32927

Monday-Saturday
3:00PM -- 8:30PM

321-636-1788 / 321-636-1662

 **YUZUMI**

Post 359 - American Legion Riders



presents **Bike Days at the Tiki** Saturday

February 3, 1 - 5 p.m.

Good food on the grill with Fixin's, \$10. Listen to live music, take part in drawings, 50/50. All proceeds to benefit veterans and veterans' families.

2-7 Ladies Auxiliary General Membership Meeting - 1st Wednesday of the month, 6 p.m.

2-12 Sons of the Legion, 6 p.m. on the 2nd Monday of the month at the Post.

2-18 American Legion Riders General Membership Meeting- 3rd Sunday of the month at 10:30 a.m. Director Wayne Fowler, Director, 321-307-1450.

2-21 General Membership Meeting- 3rd Wednesday of the month at 6 p.m., 7260 S. US Hwy. 1, Bellwood, (just north of Port St. John), 321-268-1632. Contact Commander Wayne Fowler, at 321-307-1450 or visit our website, alr359.org, for more information. 7260 S. US Hwy. 1, Bellwood, (just north of Port St. John), 321-268-1632.

Amvets Post 2415 Schedule



2-7 Sons of Amvets 2415 General Membership Meeting - 1st Wednesday of the month at 6 p.m. Commander Chuck Harrington, 321-208-7897.

2-8 Amvets 2415 Ladies Auxiliary General Membership Meeting - 2nd Thursday of the month at 6 p.m. President Theresa Nikki Anderson, 321-208-7897.

2-10 Amvets Riders Chapter 2415 General Membership Meeting - 2nd Saturday of the month at 10:30 a.m. Pres. Steve Carman, 321-446-3394.

2-10 Bike Night! 3:00 - 7:00 on the 2nd Saturday of the month at the Post.

2-14 General Membership Meeting- 2nd Wednesday of the month at 6 p.m.

Meat Shoot - 1st and 3rd Saturdays, 2-4 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.

Protect Your Accounts From Fraud

Cell phone fraud is becoming more common and bank fraud has been active for over a decade. These three safety tips will help you protect your accounts from fraud:

- Enable notifications in your mobile banking app. This will allow you to get alerts or notices pushed to your phone immediately to verify activity in your accounts.

- Keep your contact info up to date. Confirming your contact information helps your bank reach you quickly if unusual activity is detected. It also ensures you will receive authentication codes required for enhanced security.

- Manage your security preferences. Visit your bank's Security Center to help you increase your level of protection and learn more about data sharing with third-party apps and websites.

No matter where you bank, these steps will make your money more secure. - *Thank to Bank of America*

*As a kid, I think I ate too many Rice Krispies.
Now all my body does is snap, crackle and pop!*

Join us for this non-profit
fundraising event!



47th Year!

Show and Sale
Rocks,
Gems and Jewelry

February 3rd and 4th, 2024

Show Hours
Saturday 9:30 - 5:30
Sunday 10 - 4

Kiwanis Island Recreation Center
951 Kiwanis Island Park
Merritt Island, FL 32952

Hourly Door Prizes, Silent Auction, children's activities,
Raffles and Grand Prize Drawing

Admission: \$6.00. Children under 12 free when accompanied by an adult.

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LIFE●HEALTH●ANNUITIES

COMMUNITY CALENDAR

Alcoholics Anonymous meets on **Sundays** at 5 p.m, Tuesdays and Thursdays at 6:30 p.m. **Women's AA** meets on Mondays, Thursdays and Fridays, 10 a.m. **Both AA Groups meet at St. Patrick's Church, 4797 Curtis Blvd.**

2-2 Groundhog Day

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

2-7 Port St. John Zoning Board meets at PSJ Public Library, 6 pm.

2-7 American Legion Auxiliary, Unit 359, General Membership Meeting on the 1st Wednesday of each month, 6 p.m. at the Post Home, 7260 S. US 1, just north of PSJ. Call President Valerie Helmer at 321-268-1632.

2-7 Sons of Amvets 2415 Meeting- 1st Wednesday of the month, 6 p.m. 688 West Ave., PSJ. Commander Chuck Harrington, 321-208-7897.

2-7 Lailat al Miraj

2-10 Bike Days at the Tiki, 1:00 - 5:00 PM

First Saturday of each month. 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

Important Phone Numbers

| | |
|---------------------------------|--------------|
| County Commissioner - | 321-607-6901 |
| Sheriff: Non-Emergency - | 321-633-7162 |
| Fire Station 26 (Port St. John) | 321-633-2056 |
| 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 |
| Atlantis Elementary School - | 321-633-6143 |
| Challenger 7 Elementary - | 321-636-5801 |
| Enterprise Elementary School | 321-633-3434 |
| Fairglen Elementary School - | 321-631-1993 |
| Space Coast Jr/Sr High School - | 321-638-0750 |

at 321-307-1450 or visit their website, alr359.org, for more information.

2-11 SUPER BOWL!

2-8 Amvets Ladies Auxiliary 2415 General Membership Meeting on the 2nd Thursday of each month at 6 p.m. President Theresa N. Anderson. 321-208-7897.

2-9 Brevard Women's Connection meets at Space Coast Convention Center on Hwy. 520 from 11 a.m. until 1 p.m., 2nd Friday of each month. Call Pam at 321-752-6896 or e-mail bwc0020@gmail.com.

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

2-11 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.

2-11 Multiple Sclerosis Self-Help Group meets on the 2nd Sunday each month (except Mother's Day & November), 2 p.m., Cocoa Library.

2-14 Valentine's Day!

2-14 Ash Wednesday

2-19 Moonport Modelers RC Club meets at 6:30 p.m., 3rd Monday each month at the N. Brevard Library, 2121 S Hopkins Ave., Titusville. For more info, call Wayne Mendez, 505-2361.

2-20 North Brevard Republican Club meets 3rd Tuesdays, 6:30 p.m. at the Police Hall of Fame, 6350 Horizon Dr., Titusville. All are welcome.

2-21 American Legion Post 359 meets at the Post Home at 7260 S. US 1 in Bellwood, (2 miles north of PSJ), 6:00 p.m. All Legionnaires and new members are welcome. The Post meets on the 3rd Wednesday of each month. Please contact the Post at 321-268-1632 for assistance.

2-21 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.

2-27 Moonlight Quilters Guild meets at the First United Methodist Church, 206 S. Hopkins Ave., Titusville on the 4th Tuesday of each month (no meeting in April or December). Meet and greet refreshments at 6:00 p.m., meeting at 6:15 p.m., usually followed by show and tell or a guest speaker. Email Moonlight.Quilters@yahoo.com for more information.

2-19 Presidents Day

2-24 Lailatul Barat Starts

2-24 Veterans & First Responders Breakfast - Last Saturday of each month, 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.

Congratulations to:

Cooper Sanchez turns **3** on the 2nd.

Kara Scott turns **13TEEN** on the 2nd.

Kyle Davis turns **30** on the 3rd.

Jack Bray turns wilder on the 3rd.

Cheyenne Marquez turns **20** on the 4th!

Drake & Madison Rowell are **27** on the 7th.

Amethyst Crawford turns **23** on the 7th

Cassidy Michonski turns **26** on the 7th!

Hunter Osburn turns **18** on the 7th.

Jennifer Wilson turns **32** on the 9th.

Nicolas Wagner turns **20** on the 11th.

Segunda Leach turns prettier on the 11th.

Jamey Blevins turns **19** on the 11th.

Joshua Wilson turns **29** on the 14th.

Missy Crawford parties wild on the 18th.

Samantha Hurst turns **25** on the 23rd

Cely Sanchez turns cooler on the 25th.

Brianna Clawson turns **22** on the 26th.

Jason Sanchez turns **24** on the 26th.

Laura Wagner dances all night on the 27th.

Kobi Ragan turns mo' better on the 27th.

Ashlee Rickard turns **17** on the 27th.

Amber Baum turns hotter on the 29th.

Jack & Sue Bray celebrate their **44th** anniversary on the 1st.

Noah and Sophia Kelderhouse celebrate their **3rd** anniversary on February 6th!!

Adam & Dawn Niehoff celebrate their **18th** anniversary on the 4th.

Michael & Helen Lapardo celebrate their **37th** anniversary on February 14th!!

Joe & Stephanie Hilde celebrate their **6th** on the 17th.

Tom & Laura Wagner celebrate their **23rd** wedding anniversary on the 17th.

Derek & Leslie Rickard celebrate their **20th** anniversary on the 21st.

Karissa & Joel Smith celebrate on the **22nd**.

We have lots of room for more good news.

Email inputs to happenings1@att.net.

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.

2/1 10 a.m.: One-On-One Tech Help. See Reference for information and to sign up.

2/3 10:30 a.m.: Craft class. \$40 fee due at signup. Registration ends 1/31. See Reference Desk for more information and to sign up.

2/5 & 2/18 1:30-5 p.m.: Community Support Advocate office hours. Can help with Housing Assistance, SNAP Benefits, Social Security/Medicare Benefits and more.

2/14 6:30 p.m.: Bookworms Bookclub, see the Reference desk for monthly book selection.

2/15 2:00 p.m.: Spice Travelers Spice Club! Pick up a kit including this month's featured spice (Thyme) at the Reference Desk beginning 2/1. Join us on the third Thursday at 2 p.m. to discuss and share recipes.

2/22 9:30 a.m.: Children's Craft class. Ages 6+ Homeschool groups welcome! Sign ups encouraged, see Youth services.

2/28 6:00 p.m.: Friends of the Port St. John Public Library Membership Meeting. All are welcome.

Tuesdays 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.

Thursdays 1-3 p.m.: SHINE Medicare assistance through the Senior Resource Alliance of Brevard.

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

Fridays 10:30 a.m.: Toddler Storytime. Ages 3-5.

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.

Space Weather Is A Growing Threat

Space is a dangerous place, especially when it comes to high-energy particles, and intense solar activity can pose threats to people and technology on Earth. The sun surface boils at over 10,000 degrees Fahrenheit (5,500 degrees Celsius), with complex electric and magnetic fields twisting, winding and plunging in and out of the depths. This intricate relationship between the superheated plasma of the sun and its own magnetic fields creates the conditions for solar storms. These events — including flares, eruptions and coronal mass ejections — release tremendous amounts of energy into the solar system.

Sometimes the releases take the form of pure radiation. Sometimes entire blobs of particulate launch from the surface out toward the planets.

But often the sun launches storms of tiny, charged particles known as solar energetic particles (SEPs) — electrons and protons traveling at nearly the speed of light. During periods of intense solar activity, SEPs can slam into Earth, overwhelming its magnetic field and even punching through the atmosphere, raining deadly radiation onto the surface.

Anything in space is especially vulnerable. Electronics can get scrambled and sensors can get damaged. A single strong event can exceed the lifetime dose of radiation for astronauts. In fact, radiation damage is considered one of the biggest barriers to long-term space travel, as SEPs can damage DNA and lead to cancer.

Recognizing the severity of the problem, NASA recently awarded a team of researchers at the University of Michigan a five-year grant to build the CLEAR Space Weather Center of Excellence, which will focus on providing accurate and timely space weather forecasts to warn of SEP storm events.

The CLEAR center will bring together astronomers and astrophysicists with a wide variety of specialties, ranging from observers to theorists, to tackle the problem of SEP prediction. They will use theoretical models of the solar surface to predict when solar flares and coronal mass ejections, which launch SEPs, are likely to erupt.

There are currently 36 models used by various groups. Some, which rely purely on known

physics, are very accurate but expensive to run — especially in real time, when every minute counts. So, even if we were to catch a coronal mass ejection going off, we would have enough time to predict the severity of the SEP storm by the time it reached Earth.

The other approach is to use the properties of past storm events to predict when a new one will come. These machine learning techniques are far faster, as they use simple algorithms to determine if the right conditions arise on the sun's surface. But they are currently much less accurate and less reliable.

With the CLEAR center, space weather forecasters hope to combine these two approaches. The aim is to build faster and more efficient physics-based models and use them to augment the history-based models, resulting in an efficient pipeline that can use real-time data from the sun to provide quick, accurate forecasts of SEP storm events. NASA can then broadcast these forecasts to warn satellite operators and human spaceflight missions about the impending threat, thereby helping all space activities mitigate the damage caused by these storms.

Experimental Aircraft Meeting

Experimental Aircraft Association Chapter 724 holds regular scheduled gatherings for fun and fellowship on the 2nd Wednesday of each month - February 14th 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 Courtenay Parkway. Turn off Courtenay 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.



SLEEPY HOLLOW



Fruit From The Groves

On January 11, 2024 there was a meeting of the Canaveral Groves Homeowners Association. At this meeting, there was a vote to maintain all the elected officers until January, 2025. The Association is still looking for someone to volunteer as Vice President. This position assists the President when he is unavailable.

Discussions were held about the roadways, flooding, speeding and other concerns that affect all of us here in the Groves.

Brevard County Sheriff's Office is continuing their patrols of the area. Some people even found the motorcycle traffic unit giving citations and warnings. Please slow down and obey the traffic laws.

This year started off with a number of accidents out here in the Groves. Brevard County Fire Department (Guardians of the Groves) and Four Communities have already been busy this year.

It was nice to see some new members at this meeting and we enjoyed their input.

The 2024 dues are due (\$15.00). The form to pay the dues can be found included on the next

page in Happenings. The Association is funded by the dues. Over the last few years there have been no fundraisers due to peoples lack of participation.

The next meeting is tentatively planned for June 13, 2024. Further information will follow.

A special thanks to Seth Bourne for redoing the meeting signs that get attached to the Canaveral Groves signs. They notify the community of a meeting. Seth is a member of the Brevard Christian Church on Gris-

som Parkway.

Ed Silva, President
Canaveral Groves
Homeowners Association



Painting For Paws



Hosted by Tails at the Barkery, join Great Dane Love – A Central Florida Rescue, Inc., at “Painting for Paws” on Saturday, February 24th, at Milpa Tacos y Tortillas, 207 Brevard

Avenue, (corner of Hwy. 520) in Historic Cocoa Village from 11 a.m. to 2:00 p.m.

Looking for that perfect gift for a special someone in your life or even for yourself? How about a one-of-a-kind, painted by YOU, picture of your favorite pet on canvas? You don't have to be an experienced artist to participate. You will be guided step-by-step through the painting session by Lori Prell of Lori Prell Studio & Gallery. It's going to be a fun time for everyone!

The session costs \$60.00, which includes paint, canvas and instruction. Beverages and snacks will be available, too.

Half of all monies collected will be donated to Great Dane Love – A Central Florida Rescue, Inc., an all-volunteer, non-profit rescue that was established in September, 2012 and whose mission is to help with the re-homing of displaced Great Danes and providing ongoing education regarding responsible Dane ownership and care.

Reservations and payment are due by Thursday, February 22nd to Lori Prell at 321-626-1801, or at Lori Prell Studio & Gallery, 402 Brevard Avenue, Cocoa Village.

For more information, call Tails at the Barkery at 321-305-4584.



5370 US-1, Cocoa FL 32927

321-305-5440

Hours: 11 am - 10 pm

Thursday - Monday



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Evolution of a Photographer, Photography by Rebecca Ragain

The Studios of Cocoa Beach, 165 Minutemen Causeway in downtown Cocoa Beach, announces its February Exhibit “Evolution of a Photographer, Works by Rebecca Ragain” with an Opening Reception on Friday, February 2, from 5 to 9 p.m.

Rebecca’s journey as a photographic artist began with photo representations of reality and has evolved into her visions of artistic expressions and conceptual images. First she honed the technical camera skills needed to accurately capture real life. She quickly realized that processing digital images requires as much skill as photographing the images.

Rebecca uses various photos and images layered in Photoshop based on a concept. But often she finds the process evolves from her original idea into something totally new. “Vibrato” was her first completed portfolio depicting musical instruments. The images were created entirely in-camera, photographing close ups with a wide aperture. Her current portfolio, “Concepts in Square,” consists of conceptual images. It is a work in progress as she continues her artistic journey using digital techniques.

Rebecca says, “I love travel and nature photography because seeing something new always inspires me. A photograph can express visually what no words can, and I do not restrict myself to one type of photography. Many of my images are processed to show not only what the camera saw, but what was in my mind when I took the photo: expressions, thoughts and emotions.”

The exhibit runs from February 1 to March 3. Gallery hours are Monday 9 a.m. to 2 p.m., Tuesday to Saturday 9 a.m. to 7 p.m. and Sunday 1 to 6 p.m. While visiting you can enter a drawing to win an artwork by one of the gallery artists.

All proceeds help support this non-profit artist co-op. For more information, visit www.studiosofcocoabeach.org or follow them on Facebook and Instagram.

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Get Involved with Your Community in Our Citizens Academy Class

Civic engagement is the foundation of a democratic society. There are two related, but sometimes competing, components in making decisions. One is individual liberty and the other is the public good. How do you balance those two? The way to effectively do that is for people to take an active role in shaping their communities. One way that Brevard County residents can assist in shaping their community is by registering for one of the most extraordinary civics classes you will ever take. Citizens Academy!

Citizens Academy is a free course that aims to give residents a better understanding of how the county develops its budget, paves roads, trains employees and so much more. It will also promote open communication lines between county departments and residents. We can only create more robust, equitable, sustainable and healthy communities by working together.

Citizens Academy occurs every Thursday for seven weeks, from 9:00 a.m. to 3:00 p.m., starting Thursday, February 8 and ending Thursday, March 21. Lunch is not provided.

To register and learn more, please visit our Eventbrite: <https://loom.ly/5-5WsIs>.

If you have any questions, please call us at 321-633-1702 or email Brevard@IFAS.UFL.edu.

The University of Florida is committed to providing universal access to all of our events. For disability accommodations such as sign language interpreters and listening devices, please contact the UF/IFAS Brevard County Extension Office at Brevard@IFAS.UFL.edu or 321-633-1702 at least

2 weeks in advance. Advance notice is necessary to arrange for some accessibility needs.

Mardi Gras Paws In The Park

Brevard Humane Society is holding its 18th annual Mardi Gras Paws in the Park on Sunday, February 25th from 10:00 a.m. to 3:00 p.m. at Riverside Park located at 401 Riveredge Blvd., in Historic Cocoa Village.

Dress your pet up in their Mardi Gras finest for our costume parade and see who will be crowned this year’s king and queen. Tackle the canine lure course and check out our vendors and silent auction. Fun for the whole family with live music, pet contests, vendors, food trucks and admission is FREE. For more information, check out our event at <https://brevardhumanesociety.org/mardi-gras>.

Founded in 1952 and celebrating over 70 years serving the homeless animals in our community, the Brevard Humane Society is the oldest established animal welfare organization in Brevard County. The Brevard Humane Society is dedicated to speaking for those who can’t speak for themselves and is a “no kill for space” shelter that works tirelessly to educate the community on responsible pet ownership and humane treatment of animals. They advocate spaying or neutering of animals to reduce the homeless pet population and provide a sanctuary for animals with the best quality care until they are placed in “forever homes.”

For more information please contact 321-636-3343, ext. 209 or visit www.brevardhumanesociety.org/mardi-gras.



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?

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Sudden symptoms like these should never be ignored.

- Numbness or weakness of the face, arm or leg, especially on one side of the body
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- Trouble seeing in one or both eyes
- Difficulty walking, dizziness, or loss of balance and coordination
- Severe headache with no known cause

At the first signs of stroke, call 911 immediately.



The Joint
Commission

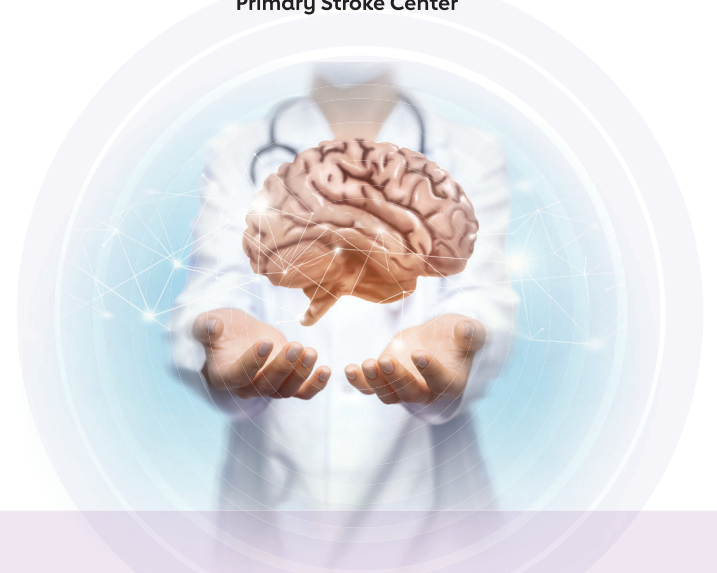


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Association
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